



Week of: 05/03/202: **Puffy Greek Baklava CUPcake + Out-of-this-world Orange Honey Syrup + Honey Cinnamon Milk Steamers**

PARENTS: This recipe requires a microwave-safe mug and a microwave

INGREDIENT CHECKLIST:

- 1 T **butter***
- 2 tsp + 1 T brown sugar, divided
- 2 T **sunflower seeds or pumpkin seeds***
- 1/4 C **all-purpose or whole wheat flour***
- 1/4 tsp baking powder
- Pinch salt
- 1 tsp pumpkin pie spice blend
- Pinch ground cinnamon OR cinnamon stick OR both!
- 2 T + 1/2 tsp honey
- 1 **egg***
- 2 T **whole milk yogurt***
- 1 small orange
- 3/4 C **whole milk**

Kids will choose veggies and a dip to snack on before making their mug cakes:

- Baby carrots or carrot chips (4-5)
- Celery stalks (1-2)
- 1 mini cucumber or 1/4 large cucumber
- Cherry tomatoes (3-5)
- Red radishes (1-2)
- Jicama sticks (2-3)
- Red, orange, or yellow bell pepper (1/2)
- Hummus, sour cream, nut butter, or another dip of their choice

ALLERGY SUBSTITUTIONS (for those items with a *)

Butter: sub olive oil, coconut oil, or vegan butter alternative (we like Earth Balance)

Sunflower seeds or pumpkin seeds: omit OR sub raisins

All-purpose or whole wheat flour: sub gluten-free flour blend with xanthan gum or guar gum (must be a blend: pure garbanzo or rice flour will not work)

Egg: sub 1/4 C applesauce

Yogurt: sub non-dairy coconut or soy yogurt, or coconut cream

Milk: sub dairy-free soy, coconut, or rice milk



Week of: 5/10/2021: **Vegetable Confetti Cantonese Fried Rice Cup + Bubbly Ginger Limeade**

PARENTS: This recipe requires a microwave-safe mug and a microwave

INGREDIENT CHECKLIST:

- 1/4 C **pre-cooked** white rice (or use Minute Instant ready-to-serve microwavable rice)
- 1 green onion
- 1/4 C mixed frozen or fresh veggies (Choose at least 2! Chef's choice: frozen peas, carrots, and/or corn, frozen or fresh spinach, cherry tomatoes, celery, bell pepper, fresh shredded carrots, fresh or canned mushrooms)
- 1 garlic clove
- 1 egg***
- 2 tsp + more low-sodium soy sauce***
- 1/2 tsp toasted sesame oil***
- 3 limes
- Sugar to taste
- 1/4 C water
- 1 C ice
- 12 oz ginger ale (preferably without high fructose corn syrup)
- Pinch salt
- Handful of raisins, dried cranberries, or other dried fruit for a science experiment (and for snacking!)

ALLERGY SUBSTITUTIONS (for those items in red with a *)

- **Egg: Sub 1/4 C of silken tofu or omit**
- **Soy Sauce: Sub GF Tamari (for gluten allergy) or Coconut Aminos (for gluten OR soy allergy)**
- **Sesame: Sub olive oil**



Week of: 5/17/2021:

Bubbly Fruit-filled Crumbly Crisp + Wondrous Whipped Yogurt + Berry Lovely Lemonade

SHOPPING LIST:

*Families: please prep larger fruits and vegetables for younger kids (cut the lime into quarters, for example). Also: for younger kid chefs, please open all cans and discard the metal lids prior to class.

This class also requires a microwave.

- 3/4 C fresh or frozen berries (use blueberries, raspberries, strawberries, blackberries, or mixed berries)
- 1½ large lemons
- 1/4 C full-fat plain Greek yogurt*
- 1/2 tsp cornstarch*
- 1/3 C quick-cooking oats*
- 4 tsp brown sugar or maple syrup
- 2 T + 2 tsp sugar
- 2 T olive oil
- 1/4 tsp vanilla extract
- Pinch of cinnamon
- 1 C water

- 1/2 C ice

BRAINY POWERUP: Please choose 1-2 veggies for kids to snack on during class AND a dip:

- Baby carrots or carrot chips (3-5)
- Celery stalks (1)
- Mini cucumber or 1/4 large cucumber
- Cherry tomatoes (3-5)
- Red radishes (3)
- Jicama sticks (3-5)
- 1/2 of a red, orange, or yellow bell pepper
- Kids' choice of dip(s): hummus, sour cream, nut butter, etc

ALLERGY SUBSTITUTIONS (for those items with a *)

Yogurt: sub dairy-free plain soy or coconut yogurt or coconut cream

Cornstarch: sub arrowroot starch, all-purpose flour, tapioca starch, or sweet rice flour

Oats (gluten allergy): use certified gluten-free oats OR cornflakes



Week of: 5/24/2021: Sri Lankan Pumpkin Chickpea Curry in a Hurry + Orange Chai Creme Soda

PARENTS: This recipe requires a microwave-safe mug, a small glass jar with matching lid, and a microwave

INGREDIENT CHECKLIST:

- 1/2 stalk celery
- 1 orange
- 1 green onion
- Heaping 1/4 C of chickpeas*
- 1/4 C canned pumpkin puree
- Mild yellow curry powder (up to 1/4 tsp: let kids decide how much)
- Mild chili powder (up to 1/4 tsp: let kids decide how much)
- 1/2 tsp pumpkin pie spice
- 1/4 tsp garlic powder
- Pinch salt
- 1/4 tsp sugar
- 1 tsp tomato paste*
- 1 16-oz canned full fat coconut milk*
- 1/4 C precooked white or brown rice
- 1/4 tsp vanilla extract
- Ice
- 1/4 C sparkling water

ALLERGY SUBSTITUTIONS (for those items in red with a *)

Chickpeas (for peanut/legume allergy): Sub canned black beans OR corn

Tomato: Omit

Coconut: Sub heavy whipping cream or soy milk