



Classy Caramel Coffee Cake in a Mug + Cinnamon Streusel Topping + Creamy Caramel-A-Chino

By Jacy Shoener, Erin Fletter

Prep Time 24 / Cook Time 6 / Serves 1 - 1

Shopping List

- FRESH
- 1 lemon
- 1 pinch fresh chopped parsley (or dried parsley/dried dill)
- Kid Chefs' Choice for "Crudités:"
- 4 to 5 baby carrots or carrot chips
- 1 to 2 celery stalks
- 1 mini cucumber or 1/4 large cucumber
- 3 to 5 cherry tomatoes ****(see allergy subs below)****
- 1 to 2 red radishes
- 2 to 3 jicama sticks
- 1/2 red, orange, or yellow bell pepper ****(see allergy subs below)****
- 3 to 5 mini sweet peppers ****(see allergy subs below)****
- DAIRY
- 2 T full-fat plain Greek yogurt ****(see allergy subs below)****
- 3 T butter ****(see allergy subs below)****
- 1 T heavy cream ****(see allergy subs below)****
- 1 C + 2 T milk ****(see allergy subs below)****

- PANTRY
- 1 pinch garlic powder
- 1/4 tsp salt
- 1 pinch ground black pepper
- 1 pinch granulated sugar
- 3 T brown sugar
- 3/4 tsp pure vanilla extract **** (see allergy subs below)****
- 1/4 C + 1 T flour **** (see allergy subs below)****
- 1/2 tsp ground cinnamon
- 1/4 tsp baking powder
- HAVE ON HAND
- 1 tsp water

Fun-Da-Mentals Kitchen Skills

slice: to cut into thin pieces using a sawing motion with your knife.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

juice: to extract or squeeze out the juice of a fruit or vegetable, like a lemon, orange, or carrot, often cutting open or peeling the fruit or veggie first to access its flesh.

mix: to thoroughly combine two or more ingredients until uniform in texture.

tear: to pull or rip apart a food, like basil leaves, into pieces instead of cutting with a knife; cutting breaks cell walls more, so herbs can discolor faster.

dip: to briefly put a solid food, such as chips, fries, battered fried fish, hot sandwich (French dip), or veggie slices, into a liquid, like beef broth or a thicker sauce, like ketchup, dressing, or a dip to impart moisture and extra flavor to the solid food.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

melt: to heat a solid food so it becomes liquid, like butter or chocolate.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

microwave: to heat or cook food or liquid quickly in a microwave oven, which uses high-frequency

electromagnetic waves to generate heat in the food's water molecules.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

drizzle: to trickle a thin stream of a liquid ingredient, like icing or sauce, over food.

melt: to heat a solid food so it becomes liquid, like butter or chocolate.

crumble: to break up food into small pieces, like bacon, crackers, or feta cheese.

microwave: to heat or cook food or liquid quickly in a microwave oven, which uses high-frequency electromagnetic waves to generate heat in the food's water molecules.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

microwave: to heat or cook food or liquid quickly in a microwave oven, which uses high-frequency electromagnetic waves to generate heat in the food's water molecules.

Equipment

- Soap for cleaning hands
- Cutting board
- Kid-safe knife (a butter knife works great)
- Small bowl
- Citrus zester or box grater with small zesting holes
- Citrus juicer (optional, but encouraged)
- Measuring spoons
- Microwave
- Microwave-safe mug
- Potheader
- Paper towel
- Small whisk or metal spoon
- Metal fork

- Metal spoon
- Liquid measuring cup
- Small whisk

Ingredients

Rainbow “Crudités” Veggie Sticks + Rad Ranch Dip for One

- Kid chefs' choice for “Crudités”:
- 4 to 5 baby carrots or carrot chips
- 1 to 2 celery stalks
- 1 mini cucumber or 1/4 large cucumber
- 3 to 5 cherry tomatoes ****(Omit for NIGHTSHADE ALLERGY)****
- 1 to 2 red radishes
- 2 to 3 jicama sticks
- 1/2 red, orange, or yellow bell pepper ****(Omit for NIGHTSHADE ALLERGY)****
- 3 to 5 mini sweet peppers ****(Omit for NIGHTSHADE ALLERGY)****
- Ranch Dip:
- 1 pinch fresh chopped parsley (or dried parsley/dried dill)
- 1/2 lemon
- 2 T full-fat plain Greek yogurt ****(for DAIRY ALLERGY sub dairy-free/nut-free plain Greek yogurt)****
- 1 pinch garlic powder
- 1 pinch salt
- 1 pinch ground black pepper
- 1 tsp water
- 1 pinch granulated sugar, optional

Caramel Drizzle for One

- 1/2 T butter ****(for DAIRY ALLERGY sub dairy-free/nut-free butter alternative, like Earth Balance brand)****
- 1 T brown sugar
- 1 T heavy cream ****(for DAIRY ALLERGY sub dairy-free/nut-free heavy cream OR coconut cream)****

1/8 tsp pure vanilla extract ******(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)******

1 pinch salt

Classy Caramel Coffee Cake in a Mug with Cinnamon Streusel Topping

Streusel topping:

1 T butter ******(for DAIRY ALLERGY sub dairy-free/nut-free butter alternative, like Earth Balance brand)******

1 T brown sugar

1 T all-purpose flour ******(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)******

1/4 tsp cinnamon

Coffee cake:

1 1/2 T butter ******(for DAIRY ALLERGY sub dairy-free/nut-free butter alternative, like Earth Balance brand)******

1 T brown sugar

1/4 tsp baking powder

1/4 tsp cinnamon

1/2 tsp pure vanilla extract ******(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)******

1/4 C all-purpose flour ******(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)******

1 pinch salt

2 T milk ******(for DAIRY ALLERGY sub dairy-free/nut-free milk)******

Caramel Drizzle (you'll use about half)

Creamy Caramel-A-Chino for One

Caramel Drizzle (you'll use about half)

1 C milk ******(for DAIRY ALLERGY sub dairy-free/nut-free milk)******

Food Allergen Substitutions

Rainbow “Crudités” Veggie Sticks + Rad Ranch Dip for One

Nightshade: Omit optional cherry tomatoes, bell peppers, and sweet peppers.

Dairy: Substitute dairy-free/nut-free plain Greek yogurt.

Caramel Drizzle for One

Dairy: Substitute a dairy-free/nut-free butter alternative, such as Earth Balance brand. Substitute dairy-free/nut-free heavy cream OR coconut cream for heavy cream.

Gluten/Wheat: Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Classy Caramel Coffee Cake in a Mug with Cinnamon Streusel Topping

Dairy: Substitute a dairy-free/nut-free butter alternative, like Earth Balance brand. Substitute dairy-free/nut-free milk.

Gluten/Wheat: Substitute gluten-free/nut-free all-purpose flour. Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Creamy Caramel-A-Chino for One

Dairy: Substitute dairy-free/nut-free milk.

Instructions

Rainbow “Crudités” Veggie Sticks + Rad Ranch Dip for One

intro

Each of our SFC Sweet Mug Recipes will include this recipe, so kids can snack on healthy raw veggies and dip while they cook.. All veggies are good for the brain! The purpose is to reinforce and encourage kids to eat veggies and have them learn a little about what each vegetable does for the body! Kids will show which veggie(s) they’ve chosen and share the benefit below. Snack on veggies and encourage kids to eat at least 3 pieces to power up their brains before making the mug cake! **Green** veggies help keep you from catching a cold! **White** veggies give you energy! **Yellow** veggies help make your bones strong! **Orange** veggies are good for your heart! **Blue** and **Purple** veggies are good for your memory! **Red** veggies are good for your blood!

tear + zest + juice

To make the dip, tear **1 pinch of parsley leaves** into tiny bits! Add the parsley to a small bowl. Zest **1 lemon** and add a pinch of zest to the parsley. Slice the lemon in half and add a squeeze of juice. Watch for seeds!

measure + mix

Measure and add **2 tablespoons of Greek yogurt, 1 pinch of garlic powder, 1 pinch of salt, 1 pinch of black pepper,** and **1 teaspoon of water** to the bowl with the parsley and lemon. Use a spoon to mix! Taste! What does it need? Add more lemon, salt, pepper, or garlic powder a little at a time until your dip tastes great to you. Add **1 pinch of sugar** to balance flavors if you wish.

slice + dip

Have kid chefs slice up their **raw vegetables** of choice into sticks or bite-sized pieces, and then dip their Rainbow “Crudités” Veggie Sticks in the Rad Ranch Dip! Delightful!

Caramel Drizzle for One

microwave + melt

Measure and add **1/2 tablespoon of butter** to a microwave-safe mug. Cover with a paper towel and microwave on high for 20 seconds. Carefully remove the mug using a potholder.

measure + whisk + microwave

Measure and add **1 tablespoon brown sugar** and **1 tablespoon heavy cream** to the mug. Whisk until ingredients are combined. Cover with a damp paper towel and microwave on high for 30 seconds.

whisk + microwave

Carefully remove the mug from the microwave. Whisk again until there are no lumps. Cover with a damp paper towel and microwave on high for another 30 seconds.

measure + whisk + cool

Measure and add **1/8 teaspoon of vanilla extract** and **1 pinch of salt**. Whisk again until there are no lumps. Cool while you make the recipes that include Caramel Drizzle.

Classy Caramel Coffee Cake in a Mug with Cinnamon Streusel Topping

measure + combine

To make the Cinnamon Streusel Topping, measure and combine **1 tablespoon butter, 1 tablespoon brown sugar, 1 tablespoon flour,** and **1/4 teaspoon cinnamon** in a small bowl. Use a fork or your fingers to combine ingredients into crumbles. Set aside while you prepare the coffee cake.

measure + melt

To make the Classy Caramel Coffee Cake, measure and add **1 1/2 tablespoons of butter** to a microwave-safe mug. Cover with a paper towel and microwave on high for 20 seconds. Carefully remove the mug using a potholder.

measure + stir

Measure and add **1 tablespoon brown sugar, 1/4 teaspoon baking powder, 1/4 teaspoon**

cinnamon, **1/2 teaspoon vanilla extract**, **1/4 cup flour**, and **1 pinch of salt** to the mug. Stir until ingredients are combined.

measure + stir + microwave

Measure and add **2 tablespoons of milk** to the mug. Stir until ingredients are combined. Microwave on high for 30 seconds, uncovered. Carefully remove the mug.

drizzle

Drizzle about one half of the **Caramel Drizzle** on top of the partially-baked cake. Save the remaining drizzle in its mug for the Creamy Caramel-A-Chino.

crumble + bake

Crumble the streusel topping on top of the cake. Microwave on high for 1 1/2 minutes, uncovered.

cool

Allow the cake to cool in the microwave while you prepare the **Creamy Caramel-A-Chino**.

Creamy Caramel-A-Chino for One

measure + whisk

Measure and add **1 cup of milk** to the mug with the remaining **Caramel Drizzle**. Whisk until frothy and there are few lumps.

microwave + whisk + serve

Heat in the microwave for 1 minute or just until the milk starts to foam. Whisk again to remove any remaining lumps. Serve with the **Classy Caramel Coffee Cake in a Mug with Cinnamon Streusel Topping**.

Featured Ingredient: Cinnamon!

Hi! I'm Cinnamon!

"Did you know that I'm a spice that comes from the inner bark of certain trees?! You can add me to both sweet and savory foods. Recipes generally call for ground cinnamon, but you can also use cinnamon sticks, dried strips of my bark that curl into a tube shape, to flavor apple cider, stews, curries, and more. Just don't forget to remove the stick before serving! And, what's more, I can make your kitchen and home smell wonderful!"

History

Some people say the best kind of cinnamon, referred to as the "true cinnamon" and called Ceylon, is native

to an island southeast of India called Sri Lanka. It has a more subtle flavor than other types. The most common cinnamon in use today, though, is derived from Cassia, which originated in China. Cinnamon is an ancient spice. It was imported to Egypt in about 2000 BCE. The ancient Egyptians used cinnamon together with myrrh to embalm the dead. They considered cinnamon to be more valuable than gold!

Anatomy & Etymology

Cinnamon is the inner bark of some tree species of the genus *Cinnamomum*. Cinnamon trees can grow about 60 feet tall.

Cinnamon farmers begin to harvest cinnamon when the tree reaches two years old. They cut the tree back so that shoots form from the stump. After one more year, the farmers strip the outer bark from the shoots and set the peels out to dry in the sun.

When the bark dries, it curls into "quills," which are the sticks that are cut and sold as cinnamon sticks. They can also be ground into powdered cinnamon, which is how much of the cinnamon we see is sold in stores. So, what do a porcupine and a cinnamon tree have in common? They both grow quills!

The word "cinnamon" comes from late Middle English derived from the Old French form, "cinnamome," from the Greek "kinnamon." The Greek was borrowed from a Phoenician word, which was similar to the related Hebrew word "qinnāmōn."

How to Pick, Buy, & Eat

Cinnamon is harvested twice a year, immediately after the rainy season. The humidity in the air makes the bark peel more easily.

The bark is typically peeled by hand by skilled peelers.

The quality of cinnamon is judged by the thickness of the bark, the appearance of the quills (broken or whole), the aroma, and the flavor.

Cinnamon is a spice used to add flavor to a variety of dishes. For example, it may be added to desserts, chocolate, toast (in cinnamon sugar), fruit (especially apples), roasted veggies, soups, tea, and hot cocoa. It's also good in savory dishes like Bavarian pot roast, Moroccan chicken, and Indian curry.

Nutrition

It is best to eat cinnamon in small doses in its ground form, sprinkling it on top of food or adding a small teaspoon to food. Eating too much cinnamon could cause adverse health effects.

Cinnamon has one of the most recognizable scents. Its pungent, spicy smell is due to the chemical called "cinnamaldehyde." This chemical is considered an antioxidant that has some anti-inflammatory and

antibacterial properties.

Cinnamon is believed to regulate the sugar in our blood and possibly lower cholesterol; however, study findings aren't clear.

Cinnamon oil can keep mosquitoes away! It kills mosquito larvae and probably repels adult mosquitoes, too.