



Cocoa Berry Buckle Cake in a Mug + Berry Delicious Soft Serve + Cocoa Caliente for One

By Erin Fletter

Prep Time 33 / Cook Time 4 / Serves 1 - 2

Shopping List

FRESH AND FROZEN

1 1/4 C frozen berries (your choice)

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

1 T butter ****(see allergy subs below)****

1 C milk ****(see allergy subs below)****

1/2 C heavy whipping cream ****(see allergy subs below)****

- 2 T full-fat plain Greek yogurt ****(see allergy subs below)****
- PANTRY
- 1/4 C all-purpose or whole wheat flour ****(see allergy subs below)****
- 1 handful chocolate chips ****(see allergy subs below)****
- 3 1/2 T granulated sugar
- 2 1/2 T unsweetened cocoa powder ****(see allergy subs below)****
- 1/4 tsp baking powder
- 1/4 tsp salt
- 1 small pinch ground cinnamon
- 1 pinch garlic powder
- 1 pinch ground black pepper
- 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.

fold: to gently and slowly mix a light ingredient into a heavier ingredient so as not to lose air and to keep the mixture tender, such as incorporating whipped egg whites into a cake batter or folding blueberries into pancake batter; folding is a gentler action than mixing or whisking.

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

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

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.

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

freeze: to lower the temperature of a liquid or solid food below its freezing point to change its properties or to preserve it.

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

pour: to cause liquid, granules, or powder to stream from one container into another.

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
- Potholder
- Paper towel or dish towel
- Liquid measuring cup
- Metal spoon or small whisk
- Dry measuring cups
- Fork

- Blender (or immersion blender)
- Measuring spoon
- 32 oz plastic container with lid
- Metal spoon

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

Cocoa Loco Berry Buckle Cake in a Mug

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

- 1/4 C milk **** (for DAIRY ALLERGY sub dairy-free/nut-free milk)****
- 1/4 C all-purpose or whole wheat flour **** (for GLUTEN ALLERGY sub all-purpose gluten-free/nut-free flour)****
- 4 tsp unsweetened cocoa powder **** (for CHOCOLATE ALLERGY sub carob powder)****
- 1/4 tsp baking powder
- 1 pinch salt
- 1 handful chocolate chips **** (for CHOCOLATE ALLERGY sub carob chips; for DAIRY/NUT/SOY ALLERGY use Enjoy Life brand chocolate chips)****
- 1/4 C frozen berries (your choice)

Berry Delicious Soft Serve

- 1 C frozen berries (your choice)
- 1/2 C heavy whipping cream **** (for DAIRY ALLERGY sub dairy-free/nut-free heavy cream OR coconut cream from top of full-fat coconut milk can)****
- 1 tsp sugar

Kid-Made Cocoa Caliente for One

- 1 T sugar
- 1 T unsweetened cocoa powder **** (for CHOCOLATE ALLERGY sub carob powder)****
- 3/4 C milk **** (for DAIRY ALLERGY sub dairy-free/nut-free milk)****
- 1 pinch ground cinnamon

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.

Cocoa Loco Berry Buckle Cake in a Mug

Dairy: Substitute dairy-free/nut-free butter, like Earth Balance brand. Substitute dairy-free/nut-free milk. Use Enjoy Life brand chocolate chips.

Gluten/Wheat: Substitute all-purpose gluten-free/nut-free flour.

Chocolate: Substitute carob powder for cocoa powder. Substitute carob chips for chocolate chips.

Nut: Use Enjoy Life brand chocolate chips.

Soy: Use Enjoy Life brand chocolate chips.

Berry Delicious Soft Serve

Dairy: Substitute coconut cream, not milk, for heavy whipping cream.

Kid-Made Cocoa Caliente for One

Chocolate: Substitute carob powder for cocoa powder.

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!

Cocoa Loco Berry Buckle Cake in a Mug

intro

A berry buckle cake is a single-layer cake, similar to a coffee cake with streusel, with berries, usually blueberries, added to the cake batter. The fruit bubbles as it cooks and as it rises "buckles" the top of the cake. When early settlers came to the Americas, they had to learn how to make new things with the ingredients they had. This is how many recipes were created and still are! Names were given to recipes based on how they looked once they were cooked. Look at your cake, smell it, and taste it once it's cooked. What would you call this Cocoa Loco Berry Buckle Cake in a Mug if you were to rename it?

add + melt + whisk

Add **1 tablespoon of butter** to your microwavable mug and microwave for 30 seconds to melt it. Measure and add **2 tablespoons sugar** and **1/4 cup milk**. Whisk!

measure + mix + fold

Measure and add **1/4 cup flour**, **4 teaspoons cocoa powder**, **1 pinch of salt**, and **1/4 teaspoon baking powder** to the mug. Mix well. Stir in **1 handful of chocolate chips**. Fold in **1/4 cup frozen berries**.

cover + microwave

Cover mug with a damp paper towel or dish towel. Microwave on high for 2 minutes. Check the cake after 2 minutes by poking a fork through the middle. Careful! Handle may be hot! Cake should be pudding-like but not too wet. Microwave for another 30 seconds to cook more. Use a potholder to carefully remove the mug from the microwave. Let cool slightly before topping with whipped cream or **Berry Delicious Soft Serve!**

Berry Delicious Soft Serve

intro

If kids could create their own perfect or outrageous ice cream flavor, what would it be? What ingredients would they include?

add + blend + pour + freeze

Add **1 cup frozen berries**, **1/2 cup heavy whipping cream**, and **1 teaspoon sugar** to a blender (or 32 oz plastic container for use with an immersion blender). Blend until smooth, then pour into a container and chill in the freezer for at least 10 minutes. Top your cake, like **Cocoa Loco Berry Buckle Cake in a Mug**, with Berry Delicious Soft Serve!

Kid-Made Cocoa Caliente for One

intro

Mayans were the first to drink cocoa around 2,500 years ago! Their cocoa was spicy and less sweet than our hot cocoa today. They made theirs with cornmeal (the same ingredient used to make corn tortillas), ground cocoa seeds, salt, and chili peppers. They mixed the drink by pouring it back and forth between a pot and a cup, and they drank it cold!

measure + add

Measure and add **1 tablespoon sugar**, **1 tablespoon cocoa powder**, and **1 pinch ground cinnamon** to clean microwavable mug. Add **1/4 cup of milk** to the mug using your liquid measuring cup.

pour + count

Pour your drink back and forth from your mug to your liquid measuring cup 10 times, counting to 10 in Spanish as you do it: 1 uno (OO-noh), 2 dos (dohs), 3 tres (trehs), 4 cuatro (KWAH-troh), 5 cinco (SEEN-koh), 6 seis (SAYCE), 7 siete (see-EH-tay), 8 ocho (OH-choh), 9 nueve (new-EH-vay), 10 diez (DEE-ehs)! End by pouring the mixture back into your mug.

top + mix

Top with the remaining **1/2 cup of milk** and mix.

microwave + stir + sip

Microwave for 1 minute. Use a potholder to carefully remove the mug from the microwave. Stir, sip, and enjoy!

Featured Ingredient: Chocolate + Cocoa!

Hi! I'm Chocolate!

"Hello! Let me introduce myself! I can be dark brown, light brown, or even white. I'm sometimes bitter, sometimes a little sweet, and often very sweet. I add flavor and excitement to many other foods! Have you guessed yet? I'm Chocolate! You may be familiar with me from candy bars or chocolate sundaes, but I can live up many other foods, too, including chili, butter, and milk!"

History

The cacao (kahKOW) tree is native to equatorial South America and the rainforests of Mesoamerica. It was first used 5,300 years ago by indigenous people in South America. Mesoamericans who lived in the rainforests of Mexico and Central America domesticated the tree about 1,500 years later. They drank chocolate as a bitter beverage—far from the sweet treat most of us are familiar with today.

The Mayan people of Central and South America used cocoa as currency and as medicine: it was very valuable, just like vanilla! In fact, it was so precious that they made counterfeit cocoa beans out of clay and avocado seeds!

The Aztec people are a nomadic tribe in Northern Mexico. When the Aztec empire began to expand, they

demanded that the Mayan people pay tribute to them through gifts of cacao.

The Aztec people ruled until Spaniards arrived and conquered the land and its people. The Spanish explorers took cacao beans back to Europe, where they experimented by adding cinnamon and sugar to sweeten it. For a long time, only aristocratic people enjoyed chocolate.

Princess Maria Theresa married Louis the 16th from France and gave him chocolate as a wedding present! Demand for chocolate soon grew very fast, and as a result, people were enslaved on plantations to grow cacao to meet the high demand.

In 1847, Joseph Fry invented the first chocolate bar. By 1907, Hershey was manufacturing millions of chocolate kisses each day.

Cacao trees grow best in the rainforest underneath the branches of taller trees. However, they won't bear fruit until they are at least three to five years old.

Most early Spanish sources refer to chocolate as "cacahuatl" (cah-cah-Hwat), which translates to "cacao water."

The word chocolate comes from a combination of a Mayan word for hot, "chocol," and an Aztec word for water, "atl."

How Chocolate is Made

All chocolate comes from the beans of the cacao tree. Cacao trees produce pods containing pulp-covered seeds. Before cacao is processed, it would be hard for most of us to recognize it as chocolate! This is because the pulp-covered seeds taste bitter and raw and look nothing like the chocolate products we see in stores.

The seeds go through a process called fermentation, and then they are dried and made into nibs before being turned into chocolate.

A cacao pod contains about 30 to 50 almond-sized seeds—enough to make about seven milk chocolate candy bars!

After roasting and grinding cocoa beans, chocolate liquor is left, which is about equal parts cocoa solids and cocoa butter. After the cocoa butter is mostly extracted, the result is dry cocoa solids. Cocoa powder is the powdered form. Natural cocoa is a light brown color and tastes bitter.

Dutch chemist Coenraad van Houten created the "Dutch process" method in the early 19th century to reduce the acidity in natural cocoa powder by treating the beans with alkaline salts. As a result, Dutch process cocoa is less bitter and has a dark brown color.

How to Enjoy Cocoa & Chocolate

You can add unsweetened cocoa to milk with sugar, honey, or stevia for a delicious and warming beverage. You can also add it to smoothies for a delicious chocolaty taste and an extra hit of magnesium and polyphenols.

Chocolate comes in many forms: bars, kisses, chips, powder, shavings, puddings, syrups, and sauces. Unconventional chocolate flavor pairings: cardamom, lavender, wasabi, chili, chipotle, sea salt, lime, matcha, curry, ginger, mint, figs, fennel, sesame, parmesan, and Earl Grey tea. Seriously, what doesn't go well with chocolate?! Can you think of any other fun and delicious pairings?

Nutrition

Dark chocolate helps protect your heart, blood, and brain! To get the full health benefits of chocolate, choose at least 85% cocoa content or higher. The higher percentage makes the chocolate more bitter, but those bitter compounds, called polyphenols, are antioxidants that provide several health benefits. Many people prefer very dark chocolate!

Polyphenols help prevent heart disease by maintaining healthy blood pressure levels, keeping vessels flexible and allowing the blood in our body to flow easier (good circulation), and reducing inflammation. In addition, they help control blood sugar levels, lower cancer risk, and boost immunity. Polyphenols also promote good digestion.

Cocoa is a great source of magnesium. We need magnesium for good health! For strong bones, healthy teeth, and as a building block for proteins within the body.

Cocoa can protect our teeth?! Cacao contains antibacterial elements that fight tooth decay. However, this is true with unsweetened cocoa only, as most mass-produced chocolate has a lot of sugar. We know what sugar does to our teeth—it causes decay!

One study has shown that the smell of chocolate may actually relax you by increasing theta waves in the brain!