

Cozy Cranberry Cinnamon Rolls + Cran-Cinnamony Drizzle + Frosty Frozen Cranberry Yogurt



cozy cranberry carrot cinnamon rolls

preheat+grate+mix

Preheat your oven to 375 degrees. We'll start by making the dough for the cinnamon rolls. Begin by grating **1 small carrot** and set to the side. Then mix together **2 C flour, 2 T brown sugar, 4 tsp baking powder, 1 tsp salt, and a pinch of cinnamon**. Add **3 T whole milk Greek yogurt** and mix in with hands or a spoon, adding up to **2 T more yogurt** if the dough is too stiff. Add in 2 T of grated carrots the dough (reserve the rest of the carrots to the side for the filling). Finally, stir in **¾ C milk** to form a soft dough.

knead+rest

Have your kids knead the dough for 1-2 minutes and then let it rest while you prepare the cranberries.

measure+combine+heat

Have your kids measure and combine **¼ C water, ½ C fresh cranberries, ½ C sugar**, and the reserved grated carrots to a saucepan on your stovetop. Cover with a lid and turn the heat onto medium-high.

simmer+burst+cool

Carefully simmer the berries just until they begin to burst, about 2 minutes. Then remove your saucepan from the heat and let the berries cool.

strain+reserve

Using a slotted spoon, strain out the cranberries and carrots only and put in a small bowl for the filling. Reserve the juice/liquid, your "cranberry syrup", to the side for the cranberry drizzle and frozen yogurt.

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Family Fun Recipes

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measure+combine

Into the bowl with the cranberries and carrots, add **4 T softened butter**, **¼ C brown sugar**, and **1 T cinnamon** and combine to form the filling mixture.

roll+spread+roll+slice

Time to assemble the cinnamon rolls! Roll out the dough on a lightly floured cutting mat to make a rectangle-ish shape about ¼ inch thick. Have your kids spread the cranberry filling onto the rolled out dough, trying to have the filling evenly spread out on the dough all the way to the edges. Then roll up the dough rectangle into a cylinder and slice, with a knife, into 12-16 small rolls.

bake+puff+drizzle

Bake each roll in its own well of a greased muffin tin in your preheated oven for 10-12 minutes, until golden brown, puffy and cooked through. Remove from oven to cool a bit and then drizzle the glaze (recipe below) on top before serving!



cran-cinnamon drizzle

combine+whisk

Combine **½ C powdered sugar**, **1 T Greek yogurt**, **1 T reserved cranberry syrup/juice** from the cooked berries, and **¼ tsp cinnamon** in a small bowl. Whisk until smooth. Serve over your cooked cinnamon rolls!



frosty cranberry frozen yogurt

mix+whisk

Mix together **2 C whole milk Greek yogurt**, **1 C milk**, **a pinch of cinnamon**, and **the rest of your reserved cranberry syrup/juice** from the cooked berries. Whisk together and taste, adding a bit of brown sugar or 1-2 packs of Stevia if the yogurt is too sour.

fill+seal+shake

Split the yogurt into **2 pint or quart sized freezer food storage bags** and seal the bags very, very well. Next, fill **2 gallon sized freezer food storage bags**, each with **1-2 C of ice** and **3 T of salt**. Add the sealed up yogurt bag into the ice/salt bag and seal well. Now, have your kids shake, shake, shake the bags, just until the yogurt is frozen - about 10 minutes. If the yogurt gets too hard, you can break it up with your hands until it reaches your desired consistency.

remove+wash+squeeze

Remove the yogurt bags from the ice bags and wash the salt off of the yogurt bags. Snip the corner off the bag and squeeze the frozen yogurt out to serve with your cranberry cinnamon rolls!

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shopping list

Cozy Cranberry Carrot Cinnamon Rolls

Dough Ingredients

- 2 C flour
- 2 T brown sugar
- 4 tsp baking powder
- 1 tsp salt
- 1 small carrot
- pinch of cinnamon

Filling Ingredients

- ½ + ¼ C brown sugar
- ½ C fresh cranberries
- reserved grated carrots
- 4 T softened butter
- 3 tsp cinnamon

3-5 T whole milk Greek yogurt

- ¾ C milk

Frosty Frozen Cranberry Yogurt

- 2 C whole milk Greek yogurt
- 1 C milk
- reserved cranberry syrup/juice

Cran-Cinnamon Drizzle

- ½ C powdered sugar
- 1 T whole milk Greek yogurt
- 1 T reserved cranberry syrup/
juice from cooked berries
- ¼ tsp cinnamon

- from cooked berries
- pinch of cinnamon
- 2 pint/quart sized plastic freezer
food storage bags (e.g. Ziploc)
- 2 gallon sized plastic freezer
food storage bags (e.g. Ziploc)
- 2-4 C ice
- 6 T salt
- 1-2 packs stevia or brown sugar,
if needed

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Cinnamon Roll History!

The first cinnamon roll was baked in Sweden, where October 4th is known as National Cinnamon Bun Day. These cinnamon rolls are social institutions that should not be missed - they are commonly enjoyed during *Fika*, a get-together with friends. Cinnamon rolls in Sweden are not as sweet and heavy as they are in the U.S. In Sweden, the dough contains a hint of cardamom, a spice in the ginger family, and they are baked in muffin wrappers to make a more delicate treat.

Cinnamon rolls are a popular breakfast food in the U.S. Philadelphia-style cinnamon rolls date back to the 18th century and contain honey, sugar, cinnamon and raisins. Although they are popular all over America, they are often associated with Philadelphia, PA and a coffee shop counter lined with sticky buns is still common.

The Surprise Ingredient of the Week is: Cranberries!

- ★ **The cranberry is one of only a handful of major fruits native to North America.** Others include the blueberry and the Concord grape.
- ★ **The cranberry gets its name from Dutch and German settlers, who called it “crane berry”.** When the vines bloom in the late spring and the flowers’ light pink petals twist back, they have a resemblance to the head and bill of a crane. Over time, the name was shortened to cranberry.
- ★ **During the days of wooden ships and iron men, American vessels carried cranberries.** Just as the English sailors loved limes, American sailors craved cranberries. It was cranberries’ generous supply of vitamin C that prevented scurvy.
- ★ **Native Americans used cranberries to make a survival cake known as pemmican.** They also used the fruit in poultices and dyes. Legend has it that the Pilgrims may have served cranberries at the First Thanksgiving in 1621 in Plymouth, Massachusetts.
- ★ **The hearty cranberry vine thrives in conditions that would not support most other crops: acid soil, few nutrients, and low temperatures, even in the summer.** Contrary to popular belief, cranberries do grow in water. They are grown on sandy bogs or marshes. Because cranberries float, some bogs are flooded when the fruit is ready for harvesting.
- ★ **Cranberries are primarily grown in five states** - Massachusetts, Wisconsin, New Jersey, Oregon, and Washington.
- ★ **Cranberries are a good source of resveratrol** - which helps your body work better and gives you energy!

Time for a laugh!

What is the difference between a pirate and a cranberry farmer? A pirate buries his treasure and a cranberry farmer treasures his berries!

Why did the cranberries turn red? Because they saw the turkey dressing!

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