

Mini Macaroon Lemon Pancakes + Kid-Made Coconutty Butter + Mighty Macaroon Smoothies



mini macaroon lemon pancakes

toast+stir

Measure **¼ C dried shredded coconut** to a preheated skillet on your stovetop. Toast for 3-5 minutes, stirring a few times with a wooden spoon to ensure an even, light golden color. Turn off heat and remove coconut from skillet when just slightly toasted, being careful not to burn. Add to a big bowl and set aside.

measure+add

Measure and add all of your dry ingredients to the bowl with the toasted coconut: **1¼ C all-purpose flour, 2 T sugar, 1 tsp baking powder, ½ tsp baking soda, and ¼ tsp salt**. Whisk to combine.

slice+squeeze+curdle

Slice 1 lemon and squeeze out the juice. Measure **3 T of lemon juice** and add to a large bowl. Add **1 C coconut milk** and set aside for a few minutes. It will curdle, but that is what you want! This will be your “buttermilk”.

crack+whisk+pour

Crack **1 egg** into the wet bowl and add **1 T softened butter/coconut oil/vegetable oil**. Whisk well and then pour wet ingredients into the dry ingredients.

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Family Fun Recipes

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blend+preheat+coat

Blend the batter for about 10-20 seconds using an immersion blender, or in a regular blender - making the coconut pieces smaller. Preheat a skillet on your stovetop, adding a **pat of butter or some oil** to coat the bottom of the pan.

drop+cook+flip

Drop about 2 T of batter for each pancake onto your hot skillet. Let the pancakes cook until bubbles begin to pop in the center of each pancake, about 2 minutes. Flip the pancakes and cook for an additional minute or so until golden brown. Serve with kid-made butter (recipe below) and a **drizzle of honey/maple syrup/agave** on top!



kid-made coconutty butter

fill+pinch+shake

Fill a plastic jar with a tight fitting lid about half full with room temperature **heavy whipping cream** and a **pinch of salt**. Have kids shake, shake, shake until the cream becomes butter. You must shake for a very long time (about 7-10 minutes)! When you feel the cream stop moving, you are almost there - keep shaking! When you hear a clump and slosh, you have made butter!

drain+stir

Drain off the excess liquid, called buttermilk, from the fresh butter. Stir in **½ tsp dried shredded coconut**, **1 T honey/agave/maple syrup**, and a **squeeze of lemon juice** into the fresh butter and mix well. Serve on hot pancakes!



mighty macaroon smoothies

chop+measure

Chop **2 bananas** into pieces and add to your blender, or a pitcher for use with your immersion blender. Top with **1-2 C coconut milk**, **2 T dried, shredded coconut**, **1 T lemon juice**, **3 T honey/sugar/agave/maple syrup**, and **2-3 C ice**.

blend+sprinkle

Blend until creamy and thick. Pour into small cups and sprinkle the top with a **pinch of dried coconut!** Enjoy!

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shopping list

Mini Macaroon Lemon Pancakes

- | | |
|--|---|
| <input type="checkbox"/> 1¼ C all-purpose flour (sub GF flour) | <input type="checkbox"/> 1 egg |
| <input type="checkbox"/> 2 T sugar | <input type="checkbox"/> 3 T lemon juice |
| <input type="checkbox"/> 1 tsp baking powder | <input type="checkbox"/> 1 C coconut milk |
| <input type="checkbox"/> ½ tsp baking soda | <input type="checkbox"/> 1 T softened butter, coconut oil, or vegetable oil |
| <input type="checkbox"/> ¼ tsp salt | <input type="checkbox"/> honey/agave/maple syrup to drizzle on pancakes |
| <input type="checkbox"/> ¼ C dried shredded, coconut | |

Kid-Made Coconutty Butter

- small container heavy whipping cream (at room temp.)
- ½ tsp dried, shredded coconut
- 1 T honey/sugar/agave/maple syrup
- squeeze lemon juice
- pinch of salt

Mighty Macaroon Smoothies

- 1-2 C coconut milk
- 2 medium bananas
- 2 T dried, shredded coconut
- 1 T lemon juice
- 3 T honey/sugar/agave/maple syrup or 2-3 packs stevia
- 2-3 C ice

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The History of Macaroons

Macaroons can trace their story back to Italy, where the flourless and unleavened cookies were originally made with almond paste. According to popular myth, the macaron, despite being most popular with the French, was created around 1533 in Italy by the chef of Catherine de Medici, who brought her sweet tooth indulgence to France when she married the French king. Later, two Benedictine nuns, Sister Marguerite and Sister Marie-Elisabeth, came to Nancy seeking asylum during the French Revolution. The two women paid for their housing by baking and selling macaroon cookies and thus became known as the “Macaroon Sisters”.

So when did coconut macaroons arrive on the scene? Depending on the baking history you read, some will say that the coconut was added to the macaron recipe in Europe. The coconut version became really popular with the European Jewish community - the cookie was the perfect treat for Passover because it was unleavened. Another theory points to Scotland as the origin of the coconut macaroon, and yet another baking tradition describes the coconut macaroon as a thoroughly American cookie, created in the late 1800s when the exotic coconut arrived in America from India. It became trendy to include coconut in desserts, from coconut cream pie to custard, and it's thought that around this time coconut went into macarons, replacing the traditional almond paste.

The Surprise Ingredient of the Week is: Coconut!

- ★ **Coconuts are related to olives, peaches, and plums.** They are actually NOT NUTS - they are big seeds!
- ★ **Early Spanish explorers called them “coco”,** which means “monkey face” because of the three indentations (eyes) that resemble the head and face of a monkey.
- ★ **The coconut palm is sometimes referred to as the “Tree of Life” because it’s useful from top to bottom.** Except for the roots, every part of the coconut tree is harvested in the tropical areas where coconut palms are common.
- ★ **Coconut is highly nutritious and rich in fiber, vitamins, and minerals.** Coconut oil is especially healthy - possessing healing properties far beyond that of any other dietary oil. Coconuts are rich in auric acid, which is known for being antiviral, antibacterial, and anti fungal, and boosts the immune system. Coconut juice is also one of the best sources of electrolytes!
- ★ **Coconuts can survive months of floating on the ocean.** When it washes up on a beach, it can germinate into a tree!

Time for a laugh!

What is hairy, brown, and wears sunglasses? A coconut on vacation!

What kind of tree can you carry in your hand? A palm tree!

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