

Red Velvet (*just BEET it*) Doughnut Holes + Mint Dust + Red Velvet Shakes



red velvet doughnut holes

preheat+measure+whisk

Preheat your oven to 400 degrees. Have your kids measure your dry ingredients into a large bowl: **1½ C all-purpose flour, 3 T unsweetened cocoa powder, 1½ tsp baking powder, ½ tsp baking soda, 1 tsp cinnamon, 3 T chocolate chips, and a pinch of salt.** Whisk to combine.

crack+mix

Have your kids crack **2 eggs** and combine with **⅓ C white sugar, 1 C milk, 1 tsp vanilla, 2 ½ T white vinegar,** and **2 T softened butter in a separate large bowl.** Blend with a hand blender until smooth. Add **1 C cooked or canned beets** and blend again until smooth.

well+add

Make a well in the center of your dry ingredients and have your kids slowly whisk in the wet ingredients. Add a little more milk if the batter appears to be too thick.

pour+pop+turn

Put about **¼ tablespoon of vegetable oil** in the bottom of each well in a mini-muffin tin and heat the empty pan until hot. Carefully pour in about 1 T of the batter into each cup. POP them into the oven and bake for about 6-8 minutes. As soon as they get bubbly and brown around the edge, pull the muffin tin out to of the oven and turn the doughnut holes quickly and carefully (a chopstick works great!). Continue baking for 3-4 more minutes and until cooked though. Remove and cool. Roll in mint dust (see recipe below) and enjoy!

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Family Fun Recipes

Sticky Fingers  Cooking
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THYME to TURNIP the BEET on WHAT KIDS EAT

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mint dust

measure+massage

Measure **1/4-1/2 C sugar** into a small bowl and add **1-2 fresh mint leaves**. Have your kids massage the mint leaves into the sugar, allowing to get the mint oils and flavor to infuse into the sugar. You can let the mint rest in the sugar for 5-10 minutes and even up to one week!

red velvet shakes

combine+blend

Have your kids measure and combine **3 C milk, 3 T cocoa powder, 5 T sugar/honey/agave, 1 small cooked or canned beet**, and **a handful of chocolate chips**. Blend until smooth. Add **2 C ice** and blend again. Taste - does it need more cocoa,, milk, sweetener? Adjust and enjoy!

shopping list

Red Velvet Doughnut Holes

- | | |
|---|---|
| <input type="checkbox"/> 1½ C all-purpose flour | <input type="checkbox"/> 1 C milk |
| <input type="checkbox"/> 3 T unsweetened cocoa powder | <input type="checkbox"/> 2 eggs |
| <input type="checkbox"/> ⅓ C white sugar | <input type="checkbox"/> 1 tsp vanilla extract |
| <input type="checkbox"/> 1½ tsp baking powder | <input type="checkbox"/> 2½ T white vinegar |
| <input type="checkbox"/> ½ tsp baking soda | <input type="checkbox"/> 1 C cooked or canned beets
(NOT pickled beets!) |
| <input type="checkbox"/> 1 tsp cinnamon | <input type="checkbox"/> 2 T salted butter, softened |
| <input type="checkbox"/> pinch of salt | <input type="checkbox"/> oil for cooking |
| <input type="checkbox"/> 3 T chocolate chips | |

Red Velvet Shakes

- 3 C milk
- 3 T unsweetened cocoa powder
- 5 T sugar/honey/agave
- 1 small cooked or canned beet
- handful of chocolate chips
- 2 C ice

Mint Dust

- ¼ - ½ C sugar
- 1-2 mint leaves

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The History of Red Velvet Cake

Red Velvet Cake originated in the 1920s at New York's fancy Waldorf-Astoria Hotel. In the 1930s, a lady had recently been in New York City on vacation and had dinner at the Waldorf-Astoria. She ate Red Velvet cake and LOVED it! After she returned home, she wrote a letter to the hotel asking for the name of the chef who had invented the cake and if she could have the recipe. Not only did she get the the recipe in the mail, but she got a bill for \$100 from the chef! She took the matter to her attorney and he advised her to pay it because she had not asked beforehand if there would be a charge for the recipe. So she said the bill, but was very angry about it. To "get even" with the greedy chef, every time she was on a bus or train, she would pass out 3x5 cards with a hand-written recipe for "Red Velvet Cake" to anyone who would take it. She gave out hundreds of them, for free! Because of this, Red Velvet Cake is also known as Waldorf-Astoria Cake or \$100 cake!

Meanwhile, in Austin, TX in the 1930s, Mr. John A. Adams started getting very rich selling vanilla and food dyes because of Red Velvet Cake. He and his wife, Betty, ate the Red Velvet Cake at the Waldorf-Astoria hotel and then got the recipe from the woman who had started handing it out on buses! John and Betty started printing and selling the recipe on cake boxes, next to their bottled vanilla and red food dye all over the USA!

The surprise ingredient of the week is: Beets!

- ★ **Beets are a member of the order of flowering plants called *Caryophyllales*,** which includes bougainvillea, cacti, amaranth, carnations, spinach, chard, quinoa, and even Venus fly traps!
- ★ **Modern beets are derived from wild sea beets that originated around the coasts of Europe, the Middle East, and Africa.** Beets from the time of ancient Greeks and Roman were white and black rather than red!
- ★ **Since the 16th century, beet juice has been used as a natural red dye.** The Victorians used beets to dye their hair. To cure the inevitable 'pink fingers' when cooking beets, rub with lemon juice and salt before washing with soap and water.
- ★ **Beets contain many vitamins and minerals such as vitamin C, potassium, iron, and manganese.** Regular beets contain no more than 10% sugar, while sugar beets contain 20% sugar.
- ★ **Beets also contain the substance betaine,** which relaxes the mind and is used in other forms to treat depression.

Time for a laugh!

Knock knock. Who's there? **Beets.** Beets who? **Beets me!**

Knock knock. Who's there? **Doughnut.** Doughnut who? **Doughnut forget to let me in!**

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