

Old Fashioned Banana Cupcakes + Sour Cream Frosting + Creamy Dreamy Banana Shakes



old fashioned banana cupcakes

preheat+chop+zest

Preheat your oven to 350 degrees. Have your kids chop up **3 very ripe bananas** into small pieces for the cupcake batter. Then zest the peel of **1 orange** - be careful to only grate the orange part and not get down to the white!

measure+whisk

Have your kids measure **¾ C granulated or brown sugar** and add to the chopped bananas. Whisk very well until combined.

crack+combine

Have your kids crack **2 eggs** into the bowl with the sugar and bananas. Then add **½ C vegetable oil**, **½ C sour cream**, **1 tsp vanilla extract**, and the **orange zest**. Mix very well again until smooth.

measure+mix

Time for the dry ingredients! In a new bowl, measure **2 C flour**, **1 tsp baking soda**, and **½ tsp kosher salt**. Whisk together and then add the dry ingredients to the wet ingredients. Mix until just combined. Stir in a **handful of chocolate chips**, if using.

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Family Fun Recipes

Sticky Fingers  Cooking
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fill+bake

Line a cupcake tray with **paper liners** or grease with **oil or butter**. Fill each well $\frac{2}{3}$ full with batter. Bake 20-25 minutes, or until a toothpick inserted in the center of a cupcake comes out clean. Make the frosting while you wait!

cool+decorate

After removing the cupcake from the oven, cool completely. Then spread the frosting thickly on top of the each cupcake and decorate with **a slice of fresh banana** and **a few chocolate chips**, if using.

For vegan (dairy free and egg free) banana cupcakes, just use the following replacements...

- ★ Increase baking soda to 1½ tsp and sugar to 1 cup.
- ★ Decrease vegetable oil to ¼ cup.
- ★ Add one extra very ripe banana to your chopped bananas.
- ★ Add ¼ cup milk or non-dairy milk of your choice.

sour cream (or banana) frosting

measure+mix

In a medium bowl, have your kids measure **2 T sour cream** (or sub **2 T mashed ripe banana** for dairy-free frosting), **½ tsp vanilla extract**, **½ tsp orange juice**, **¼ tsp salt** and mix.

stir+adjust

Stir in **1-2 C confectioners' sugar**, slowly, as needed to make a thick frosting. If frosting is too thick, spoon in more sour cream/banana/juice until desired consistency is reached.

creamy dreamy banana shakes

combine + blend

In a pitcher or blender, measure **2 C milk**, **½ C sour cream** (optional), **2-3 frozen bananas**, **3 T brown sugar** (or 2-3 packs of stevia), **½ tsp vanilla extract**, **pinch of salt**, **fresh orange juice from 1 orange**, **ice**, and **a handful of chocolate chips** (optional). Blend until smooth and creamy in blender, or using an immersion blender in your pitcher. Taste it...does it need more orange juice? More vanilla? Adjust and enjoy!

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shopping list

Old Fashioned Banana Cupcakes

- | | |
|--|---|
| <input type="checkbox"/> 3 very ripe bananas | <input type="checkbox"/> 1 tsp pure vanilla extract |
| <input type="checkbox"/> 3/4 C granulated sugar and/or brown sugar | <input type="checkbox"/> zest of 1 orange |
| <input type="checkbox"/> 1/2 C vegetable oil | <input type="checkbox"/> 2 C all-purpose flour (or sub gluten-free flour) |
| <input type="checkbox"/> 2 extra-large eggs, at room temp. | <input type="checkbox"/> 1 tsp baking soda |
| <input type="checkbox"/> 1/2 C sour cream | <input type="checkbox"/> 1/2 tsp kosher salt |
| | <input type="checkbox"/> handful of chocolate chips (optional) |

Sour Cream (or Banana) Frosting

- | | |
|---|---|
| <input type="checkbox"/> 2 T sour cream (or sub 2 T mashed ripe banana) | <input type="checkbox"/> 1/2 tsp orange juice |
| <input type="checkbox"/> 1/2 tsp vanilla extract | <input type="checkbox"/> 1/4 tsp salt |
| | <input type="checkbox"/> 1-2 C confectioners' sugar |

Creamy Dreamy Banana Shakes

- | | |
|--|--|
| <input type="checkbox"/> 2 C milk | <input type="checkbox"/> 1/2 tsp vanilla extract |
| <input type="checkbox"/> 1/2 C sour cream (optional) | <input type="checkbox"/> pinch of salt |
| <input type="checkbox"/> 2-3 frozen bananas | <input type="checkbox"/> fresh orange juice from 1 orange |
| <input type="checkbox"/> 3 T brown sugar (or 2-3 packs stevia) | <input type="checkbox"/> ice |
| | <input type="checkbox"/> handful of chocolate chips (optional) |

***Best Banana Ripening Tip:** A bunch of overripe bananas on the counter is the perfect excuse to make banana muffins, but what do you do if the craving strikes and you don't have any brown, squishy bananas on hand? Sticky Fingers Cooking found a way to transform bananas from bright yellow and firm to soft, sweet, and banana-cake-ready in under an hour. Here's what to do...just bake your firm, yellow bananas in a 300 degree oven for 40 minutes and then remove. They'll be easy to mash, sweet, and will bake up into banana muffins that are moist and tasty!

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The History of Banana Cake

Banana cakes were invented during the Depression era of the 1930s. If there ever were a time in American history when people who have wanted to make use of every scrap, it was during The Great Depression. By the spring of 1933, nearly one third of all non-farm workers in the U.S. were unemployed. That was the national average. Unemployment was running as high as 50% in poor urban areas. During the same time frame, the Dust Bowl teamed up with the economic crash to cause the loss of many Midwestern farms. These were some of the toughest times that American ever faced. There was very little in the way of public assistance in those days. Hunger and malnutrition became prevalent.

The first banana bread and banana cake recipe was published by Pillsbury in 1933. Housewives all over America began experimenting with their own banana quick bread recipes and kept tons of nutritious fruit from going to waste. Since it was the Depression era, grocery stores were also trying to find ways to get some extra money and they did so by selling their overripe bananas and giving away these free recipes to use them in muffins, bread, cupcakes and pancakes!

The surprise ingredient of the week: Bananas!

- ★ **Bananas contain vitamin C, potassium, fiber, and vitamin B6.** Vitamin B6 helps the body produce serotonin, a natural substance that makes you feel HAPPY!
- ★ **Bananas don't actually grow on trees - they grown on plants that are officially classified as an herb (not surprisingly, the world's largest herb!).** They are in the same family as lilies, orchids, and palms. The plants can grow up to 25 ft. high and the leaves can grow to be 9 ft. long and 2 ft. wide. Their roots can be hundreds of years old.
- ★ **A cluster of bananas is called a hand, and a single banana is called a finger.** Each banana hand has about 10-20 fingers. The word banana comes from an Arab word, "banan", meaning finger. The strings on the inside of the banana are called *phloem* (pronounced FLOM).
- ★ **Leave your bananas in a bunch to ripen quickly.** When separated, bananas ripen more slowly.
- ★ **Thanks to its oil, rubbing the inside of a banana peel on a mosquito bite or on poison ivy will help keep it from itching.** You can also try rubbing it on a scrape or burn to help the pain go away, keep the swelling down, and help you heal.

Time for a laugh!

Why are bananas never lonely? Because they hang around in bunches!

What kind of key opens a banana? A mon-key!

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