

Double Chocolate Raspberry Petit Gâteau + Fancy French Raspberry Drizzle + Raspberry Lait Glacé



double chocolate raspberry petit gâteau

preheat+grate+squeeze

Preheat your oven to 350 degrees. Grate **1 small zucchini** and then squeeze out the liquid from the grate zucchini with clean hands. Discard the liquid.

measure+chop+stir

Measure, chop, and add **½ C fresh or frozen (thawed) raspberries** to a big bowl, including any juice. In a separate bowl, stir together **1½ C flour**, **⅓ C cocoa powder**, **½ tsp baking soda**, and **¼ tsp salt**.

cream+crack+mix

In a new bowl, combine **2 T softened unsalted butter** and **½ C brown sugar**. Cream together using a hand mixer or whisk until light and fluffy. Crack and add **2 eggs**, **1 tsp vanilla extract**, **1 C whole milk**, **¼ C whole milk Greek yogurt**, and grated zucchini. Mix it all up until any lumps have disappeared.

combine+fold

Combine the dry ingredients into the wet ingredients and mix gently until combined. Gently fold in your chopped raspberries and **¼ C semi-sweet chocolate chips**.

line+divide+bake

Line the wells of your cupcake pan with paper liners and divide the cupcake batter into each well. Bake for 15-20 minutes, or until a toothpick inserted into the center of the cupcake comes out clean. Let cool a bit and then drizzle with with raspberry drizzle (see recipe below) and enjoy!

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raspberry lait glacé +
fancy french raspberry drizzle

measure+blend

Measure **1 C fresh or frozen raspberries** and **2-3 T brown sugar** in your blender or in a pitcher for use with an immersion blender. Blend until sauce is smooth. Taste and adjust if it needs more sweetness, add a bit more sugar.

separate+drizzle

Separate out $\frac{1}{4}$ C of raspberry sauce and set aside. This is your raspberry drizzle for your cupcakes!

add+blend

Add $\frac{1}{4}$ C **whole milk Greek yogurt**, **1 C whole milk**, and **1 C ice** to your blender/pitcher and blend until it is pink, thick, and smooth! Divide into cups and enjoy!

shopping list

Double Chocolate Raspberry Petit Gâteau

- | | |
|--|---|
| <input type="checkbox"/> 1½ C all-purpose flour | <input type="checkbox"/> 1 tsp vanilla extract |
| <input type="checkbox"/> ⅓ C unsweetened cocoa powder | <input type="checkbox"/> 1 C whole milk |
| <input type="checkbox"/> ½ tsp baking soda | <input type="checkbox"/> ¼ C whole milk Greek yogurt |
| <input type="checkbox"/> ¼ tsp salt | <input type="checkbox"/> 1 small zucchini |
| <input type="checkbox"/> 2 T unsalted butter, softened | <input type="checkbox"/> ½ C raspberries, fresh or frozen |
| <input type="checkbox"/> ½ C brown sugar | <input type="checkbox"/> ¼ C semi-sweet chocolate chips |
| <input type="checkbox"/> 2 eggs, room temperature | |

Raspberry Lait Glacé + Fancy French Raspberry Drizzle

- | | |
|---|---|
| <input type="checkbox"/> 1 C raspberries, fresh or frozen | <input type="checkbox"/> 1 C whole milk |
| <input type="checkbox"/> 2-3 T brown sugar | <input type="checkbox"/> 1 C ice |
| <input type="checkbox"/> ¼ C whole milk Greek yogurt | |

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The surprise ingredient of the week: Raspberries!

- ★ **There are over 200 species of raspberries!** Raspberries can be red, purple, gold, or black in color. Golden raspberries are sweeter than other varieties.
- ★ **The difference between raspberries and blackberries** is that raspberries have a hollow core in the middle, while blackberries do not.
- ★ **In the United States, about 90% of all raspberries sold come from Washington, California, and Oregon.** Once raspberries have been picked, they won't ripen any further.
- ★ **When selecting raspberries, look for berries that are firm and dark in color.** They should not be soft or mushy. If you are picking raspberries off the bush, gently pull on the berry; if it does not come off easily, then leave it on the bush, as the berry is not ripe enough yet.
- ★ **Raspberries are high in fiber, vitamin C, potassium, and folate.** They can help lower high blood pressure. They also have an anti-inflammatory property that may help to reduce inflammation of the joints.

Raspberry Myths from Around the World

Raspberries are sold, eaten, and produced throughout the world, which has given rise to myths about why raspberries are red and even one myth about the magical qualities of the fruit.

One popular myth comes from France, which tells the story about how raspberries used to be only white in color. The myth states that one day, a nymph named Ida was taking care of an infant Zeus (also referred to as Jupiter). Zeus was crying and to help soothe him, Ida picked some white raspberries. But when she went to pick the raspberries, she scratched herself on a thorn and started to bleed. Her blood dripped on the white raspberries, instantly turning the red and they have been red ever since.

Another myth, which originates in Germany, talks about the magical qualities of raspberries. It states that to tame a bewitched horse, one would have to tie a wild raspberry twig around the horse's body.

Finally, a modern myth tells the story of how raspberries turned a fox's fur red. In the Tale of the Raspberry Fox, by Henning Buchhagen, there is a fox named Ferdinand. At the time of this story, all foxes were grey in color. The tale tells how Ferdinand didn't like to eat meat, so one day he decided to eat some raspberries and discovered that he loved eating them. He kept eating raspberries and the more he ate, the redder his fur became! Ever since then, all foxes have had red fur and like to eat fruit.

Time for a laugh!

What did the raspberry say to the petit gâteau? I like you BERRY much!

What do you call a sad raspberry? A blueberry.

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