

# Japanese Ginger Banana Rice Pudding + Fried Sweet Bananas + Iced Ginger Green Tea Lattes



## japanese ginger banana rice pudding

### cook

Cook **¾ C short grain white rice** according to package directions, yielding 2¼ C cooked rice. Set aside.

### chop+grate

Chop **2 bananas**, which will be mixed into your rice pudding, and set to the side. Grate a **2-inch piece of peeled fresh ginger**.

### combine+simmer

Combine **2 C milk, a pinch of salt**, 2 tsp of your grated ginger, and your 2¼ C of cooked rice into a saucepan on your stovetop. Turn the heat to medium and bring to a boil. Then reduce heat down to low, cover and simmer, stirring occasionally, for about 15 minutes until it is thick and creamy.

### whisk+add+cook

Measure and whisk together **1 C milk and ½ C sugar**. Once the rice pudding is thick and creamy, add the milk/sugar mixture along with your chopped bananas, and **1½ T butter** to your saucepan. Continue cooking for about 2-3 minutes and then turn off the heat so that it cools slightly before serving. Top each serving with a fried sweet banana (recipe below) and enjoy!

*::continued::*

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## fried sweet bananas

### slice+sprinkle+heat

Peel and slice **1 banana** and sprinkle with some **sugar**. Add the banana slices to a non-stick skillet on your stovetop and turn the heat to medium-low.

### melt+caramelize+cool

Cook the banana slices until the sugar has melted and caramelized. Turn off the heat on the skillet and carefully transfer the bananas onto a plate to let them cool. Top each serving of rice pudding with a fried sweet banana!

## iced ginger green tea lattes

### steep+pour

Add **2 decaf green tea bags** into **3 C milk**. Steep for at least 30 minutes and then pour the steeped green tea milk to your blender or a pitcher for use with an immersion blender.

### grate+measure+add

Grate **2 tsp peeled fresh ginger root** and add to your blender/pitcher, along with **4 T sugar/honey or 2 packs Stevia, 1-2 C ice**, and **a small handful of spinach** (optional, to make the latte green).

### blend+enjoy!

Blend the ingredients until smooth and thick. Enjoy with your rice pudding!

*::continued::*

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## shopping list

### Japanese Ginger Banana Rice Pudding

- |   |  |
|---|--|
| <input type="checkbox"/> ¾ C (dry) short grain white rice (2¼ C cooked) | <input type="checkbox"/> 1½ T butter                             |
| <input type="checkbox"/> 3 C whole milk                                 | <input type="checkbox"/> ¾ tsp vanilla                           |
| <input type="checkbox"/> pinch of salt                                  | <input type="checkbox"/> 2 bananas                               |
| <input type="checkbox"/> ½ C sugar                                      | <input type="checkbox"/> 1 2-inch piece peeled fresh ginger root |

### Fried Sweet Bananas

- |                                   |  |
|-----------------------------------|--|
| <input type="checkbox"/> 1 banana | <input type="checkbox"/> sprinkling of sugar |
|-----------------------------------|--|

### Iced Ginger Green Tea Lattes

- |  |   |
|--|---|
| <input type="checkbox"/> 2 decaf green tea bags              | <input type="checkbox"/> 2 tsp freshly grated ginger root |
| <input type="checkbox"/> 3 C milk                            | <input type="checkbox"/> 1-2 C ice                        |
| <input type="checkbox"/> 4 T honey/sugar (or 2 packs Stevia) | <input type="checkbox"/> small handful spinach (optional) |

::continued::

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## The History of Green Tea

**The history of green tea began in China as far back as 5000 years ago.** There is an old Chinese legend that says a man was out walking one day when he accidentally tasted the juices from a leaf of a tea plant. He thought it tasted great and even felt the tea had special medicinal properties. Another legend suggests it was actually an Emperor called Shen Nung who discovered tea when a tea blossom fell into a cup of hot water he was drinking. At that time tea was drunk fresh with the new leaves being mixed with hot water. In those days all tea was green. It was only later that Oolong and black or red teas were developed. Black tea is fermented and Oolong is semi-fermented.

**Tea drinking grew in popularity and became a pastime of the rich.** Fine teas were only available to those who could afford them and green teas were even used as a currency. Elaborate tea ceremonies developed involving large sets of tea making equipment. Tea houses sprung up and tea connoisseurs prided themselves on the quality of their leaves and their tea making skill.

**Eventually tea was brought to Europe and the USA.** This happened in the 1600's. Since then tea drinking has blossomed. Tea is the second most popular drink on the planet. Even more popular than Coca Cola!

## The surprise ingredient: Ginger!

- ★ **The ginger plant, one of the oldest plants used for medicinal purposes,** has been used in the kitchen as well as a medicine for the past 5,000 years! The importance of ginger can be dated back to the writings of Confucius.
- ★ **Throughout history, ginger has been used both as a food preservative and to treat digestive problems.** To treat digestive problems, Greeks would eat ginger wrapped in bread. Eventually ginger was added to the bread dough, creating that wonderful treat many around the globe love today: gingerbread!
- ★ **The ginger plant looks like a reed and can grow up to 4 ft. tall.** The part we eat is actually a rhizome, not a root. A rhizome is an underground stem.
- ★ **Ginger is part of the Zingiberaceae family, which includes turmeric and cardamom.**
- ★ **Ginger grows in southern China, Japan, West Africa, and many other tropical countries, including the Caribbean islands.** Jamaican ginger is considered to be the best of all. In the US, ginger is grown in Florida, Hawaii, and along the eastern coast of Texas.

Time for a laugh!

What is the noisiest spice? Ginger snap!

What is the Alphabet's favorite drink? T!

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