

Upside-Down Pineapple Pancakes + Sweet Churned Butter + Downside-Up Pineapple Smoothies



upside-down pineapple pancakes

chop+zest+juice

Chop **¼ of a large pineapple (or ½ can)** into very small bits. Zest **1 lemon** and then squeeze the juice.

measure+whisk+preheat

Measure and whisk together **1½ C all-purpose flour, 2 T baking powder, ½ tsp ground nutmeg, ½ tsp salt,** and **4 T brown sugar** or 2 packs stevia (or sub honey/maple syrup in with wet ingredients). In a separate bowl, measure and whisk together **4 eggs, 2 C ricotta cheese, 1½ C milk, 1 tsp vanilla,** and lemon zest and juice. Preheat a nonstick skillet or griddle on your stovetop over medium heat.

fold+combine

Gently fold the dry mixture into the wet ingredients until just combined. Add the chopped pineapple to your batter.

brush+pour

Brush the hot griddle with **oil or butter**. For each pancake, pour approximately 1-2 T of batter onto the pan and cook on both sides until light golden brown. Repeat until no batter remains. Makes silver dollar sized pancakes. Serve upside down, of course, with the fresh butter and smoothies!

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sweet churned butter

fill+pinch

Have your kids fill a glass or plastic jar about $\frac{1}{2}$ full with **whipping cream** and a **pinch of salt**. Add a tight fitting lid.

shake+drain+stir

Now have your kids shake, shake, shake until the whipping cream separates into butter and buttermilk (it may take a while!). Drain off excess liquid from the butter and then stir in **2 T brown sugar, honey, or maple syrup** and enjoy with your pancakes!



downside-up pineapple smoothies

chop+measure+blend

Chop up $\frac{1}{2}$ -1 **C of fresh, canned, or frozen pineapple**. Add to blender or pitcher for use with a hand blender, along with **2 C milk, 1 tsp vanilla, 2 bananas, ice, and brown sugar, honey, maple syrup, or Stevia** to taste.

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shopping list

Upside-Down Pineapple Pancakes

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|----------------------------------------------------------------------------------|----------------------------------------------------------|
| <input type="checkbox"/> 1½ C all-purpose flour | <input type="checkbox"/> 2 C ricotta cheese |
| <input type="checkbox"/> 2 T baking powder | <input type="checkbox"/> 4 eggs |
| <input type="checkbox"/> ½ tsp ground nutmeg | <input type="checkbox"/> 1½ C milk |
| <input type="checkbox"/> 1 tsp vanilla | <input type="checkbox"/> 1 lemon |
| <input type="checkbox"/> ½ tsp salt | <input type="checkbox"/> ¼ of large pineapple (or ½ can) |
| <input type="checkbox"/> 4 T brown sugar, honey, maple syrup (or 2 packs Stevia) | <input type="checkbox"/> oil or butter for skillet |

Downside-Up Pineapple Smoothies

- ½ - 1 C pineapple
- 2 C milk
- 1 tsp vanilla extract
- 2 bananas
- brown sugar, honey, Stevia, or maple syrup to taste
- ice

Sweet Churned Butter

- ¼ C Italian parsley
- 1 T lemon juice
- ½ tsp salt
- ⅔ C extra virgin olive oil

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The History of Pineapple Upside-Down Cake!

The idea of cooking a cake upside down is an old technique that started centuries ago when cakes were cooked in cast iron skillet. It was easy for cooks to add fruit and sugar to the bottom of the pan and a simple cake batter on top and put it over the fire to cook. Then flipping it over onto a plate was a natural way to show the pretty fruit and let it run into the cake as well.

The idea of the pineapple upside down cake happened around 1911, when one of James Dole's engineers had invented a machine to cut his pineapples into nice rings. Soon the convenient and pretty rings were used in this age-old technique of the skillet cake. The Pineapple Upside-Down Cake, which was so popular in the 1950s and 1960s is again gaining in popularity. No wonder - it is still delicious and wonderful!

The surprise ingredient is: Pineapple!

- ★ **Pineapple is one of the world's favorite tropical fruits.** First called "anana", a Caribbean word for "excellent fruit", the name pineapple came from European explorers who thought the fruit looked like a pinecone with flesh like an apple.
- ★ **Pineapples are the only edible members of the bromeliad family of plants.** Pineapples are actually berries! It is not a single fruit, but rather a cluster of 100-200 tiny fruitlets. Each scale on a pineapple is evidence of a separate flower.
- ★ **The pineapple is originally native to Brazil and Paraguay.** Sailors brought them to the West Indies long before the arrival of Europeans. Now one-third of the world's pineapple comes from Hawaii.
- ★ **Each pineapple plant only produces one pineapple every two years.**
- ★ **Pineapple is high in manganese,** which is critical to development of strong bones and tissues, and also has a lot of bromelain, which is an enzyme that helps break down protein. This means that pineapple is a good digestive aid, helping the body to digest proteins more efficiently. Pineapple also has vitamin C, which is good for the immune system.
- ★ **Pineapples stop ripening the minute they are picked.** No special way of storing them will help ripen them further. Color is relatively unimportant in determining ripeness. Choose your pineapple by smell. If it smells fresh and sweet, it will be a good fruit.

Time for a laugh!

What do you get when you cross an apple with a Christmas tree? A pineapple!

What do you call a person that can't flip pancakes? A flip flop!

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