

Gingerbread Pear Carrot Cake Puffs on a Stick + Icy Lemon Icing + Spiced Pear Smoothies



gingerbread pear carrot cake puffs

pre-heat + chop + grate

Pre-heat your oven to 350 degrees. Line your mini-muffin pan with paper liners. With your children, wash then chop up **2 pears** into little tiny bits...Grate **1 carrot** and **¼ tsp fresh ginger** and set the chopped pear, the grated ginger, and the grated carrot to the side.

measure + mix

In a large bowl, have kids measure and mix together **2½ cups all-purpose flour**, **2 tsp baking powder**, **1 tsp baking soda**, **1 tsp salt**, and **3 tsp of pumpkin pie spice**. This is the dry mix.

pour + whisk

In another bowl, have kids pour in **½ cup firmly packed dark brown sugar**, **4 eggs**, **2 Tbs unsalted soft butter** (*How do you make a butterfly? Throw it across the room!* 😊) with **1 cup milk** and add the grated ginger and whisk well. This is the wet mix.

blend + spoon + bake

Add the wet mixture to the dry mixture and whisk until just blended. Add in the chopped pears and carrot. There will be some small lumps - that is okay! Spoon batter into the pre-lined muffin tin and bake for 12-15 minutes...Serve the cake puffs after they cool, put them on a stick if you wish and dip in the lemon icing. Serves many hungry kids!

:: continued ::

Family Fun Recipes

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optional recipe for PANCAKES!

Pre-heat your skillet over medium heat until hot enough for a drop of water to sizzle and then immediately evaporate. Brush with some **butter** or **oil**. For each pancake, ladle about 1/8 cup batter onto the hot surface. Reduce the heat to medium-low and cook until small bubbles appear and the edges start to look dry, about 4 minutes. After 3 minutes, flip a pancake to check if the underside is done; do not let the pancakes darken too much. Carefully turn the pancakes over and cook until lightly browned on the other side, about 1 minute more. Drizzle the lemon icing on the pancakes. YUM!

icy lemon icing

cut + juice + drizzle

As the cakes bake and cool, it's Icy Icing time! Have kids cut and juice **1/2 of a fresh lemon**. Combine **1/2 cup of powdered sugar** and **2 tsp of the fresh squeezed lemon juice** and a **pinch of salt**. Stir it together in a small bowl until smooth. Allow it to sit to stiffen up a bit (at least 5 minutes). Drizzle the lemon icing on top or dip the cooled cake puffs into it!

greek yogurt honey smoothie

combine + blend

Have your kids combine **3 chopped pears**, **3 cups of milk**, **1 Tbs sugar**, **1 peeled banana**, **1 tsp vanilla**, **a squeeze of fresh lemon juice**, **2 tsp of pumpkin pie spice**, **a pinch of fresh or dried ginger**, and **3 cups of ice cubes** into your blender. Blend until smooth. Pour and ENJOY!

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shopping list

Gingerbread Carrot Pear Cake Puffs

- | | |
|---|---|
| <input type="checkbox"/> 2 ½ cups all-purpose flour | <input type="checkbox"/> 4 eggs (or sub 2 very ripe bananas) |
| <input type="checkbox"/> 2 tsp baking powder | <input type="checkbox"/> 2 Tbs unsalted butter, very soft (or sub 2 Tbs of oil or applesauce) |
| <input type="checkbox"/> 1 tsp baking soda | <input type="checkbox"/> 1 cup milk |
| <input type="checkbox"/> 1 tsp salt | <input type="checkbox"/> 2 pears |
| <input type="checkbox"/> 3 tsp pumpkin pie spice | <input type="checkbox"/> 1 carrot |
| <input type="checkbox"/> ¼ tsp fresh ginger | <input type="checkbox"/> honey to drizzle |
| <input type="checkbox"/> ½ cup firmly packed dark brown sugar | <input type="checkbox"/> popsicle sticks (if you want cake puffs on a stick!) |

Icy Lemon Icing

- ½ fresh lemon
- ½ cup powdered sugar
- pinch of salt

Spiced Pear Smoothie

- | | |
|--|--|
| <input type="checkbox"/> 3 pears | <input type="checkbox"/> squeeze fresh lemon juice |
| <input type="checkbox"/> 3 cups milk | <input type="checkbox"/> 2 tsp pumpkin pie spice |
| <input type="checkbox"/> 1 Tbs sugar | <input type="checkbox"/> pinch of fresh or ground ginger |
| <input type="checkbox"/> 1 banana | <input type="checkbox"/> 3 cups ice cubes |
| <input type="checkbox"/> 1 tsp vanilla | |

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fun food facts:

The History of Gingerbread:

Volumes exist on the origins of gingerbread. For these purposes, suffice it to say an early form of gingerbread can be traced to the **ancient Greeks and Egyptians who used it for ceremonial purposes**. Gingerbread **made an appearance in Europe when 11th-century crusaders brought the spice back from the Middle East** for the rich folks' cooks to experiment with. As ginger and other spices became more affordable to the masses, gingerbread caught on. An early European recipe consisted of **ground almonds, stale breadcrumbs, rosewater, sugar and, naturally, ginger**. The resultant paste was pressed into wooden molds. These carved works of art **served as a sort of story board** that told the news of the day, bearing the likeness of new kings, emperors and queens, or religious symbols. The finished cookie might be **decorated with edible gold paint (for those who could afford it) or flat white icing** to bring out the details in relief. In the 16th century, the English replaced the breadcrumbs with flour, and added eggs and sweeteners, resulting in a lighter product. **The first gingerbread man is credited to Queen Elizabeth I**, who knocked the socks off visiting dignitaries by presenting them with one baked in their own likeness. Gingerbread tied with ribbon was popular at fairs and, **when exchanged, became a token of love**.

The surprise ingredient of the week is: Pears!

- ★ Pears are an excellent source of **fiber** and a good source of **vitamin C** - lots of nutrition in one sweet and juicy package!
- ★ **Vitamin C** helps your child build strong **muscles, blood vessels, bones, and teeth**.
- ★ **Fiber** helps keep your child **regular** and **prevent blood sugar spikes**.
- ★ Pears are members of the **rose family** (like apricots, apples, and plums).
- ★ Pears have been eaten for thousands of years. The pear was cultivated by the **Romans**, who did not eat them raw. Pears have been cultivated in **China** for approximately 3,000 years.
- ★ Pears and apples cannot always be distinguished by the form of the fruit. Some pears look very much like apples. One major difference is that the flesh of **pear fruit contains stone cells (also called "grit")**.
- ★ Another interesting difference is that apples, when placed carefully in water, will float; **pears will sink**.

Time for a laugh!

What did the gingerbread man put on his bed? A cookie sheet!

Knock Knock! Who's there? Pear! Pear who? Pear of shoes!

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