

Sticky Icky Toffee Date Cakes + Quick Salted Caramel + Ooey Gooey Valentine's Day Date Shakes



sticky icky toffee date cake

chop+squeeze+simmer

Have your kids chop up **8 oz (about 8-10) pitted dates** and squeeze **1 T lemon juice**. Add chopped dates, lemon juice, and **¾ C water** to a boil in a small saucepan on your stovetop. Reduce heat and simmer gently until the chopped dates soften and start to fall apart, about 3-6 minutes. Add **½ C raisins** to the saucepan, remove from heat, and set aside to cool completely.

preheat+measure+stir

While the date mixture cools, preheat your oven to 325 degrees. Then, measure and stir together your dry ingredients into a medium bowl: **1½ C flour**, **1½ tsp pumpkin pie spice**, **¾ tsp salt**, and **1 tsp baking soda**.

combine+cream

Measure and add **1¾ sticks (14 T) butter** and **¾ C packed light brown sugar** to a large bowl and cream together with a hand mixer or blender until light and fluffy, about 3-5 minutes.

crack+purée+whisk

Crack **2 eggs** into the butter mixture, mixing well after each addition and scraping down the sides of the bowl as needed. Measure and mix in **½ tsp vanilla extract** along with the cooled date mixture and purée until smooth. Finally, whisk in your flour mixture (dry ingredients) until combined.

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Family Fun Recipes

Sticky Fingers Cooking
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THYME to TURNIP the BEET on WHAT KIDS EAT

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bake+simmer+spoon

Fill lined cupcake pan with batter and bake for 15-20 or until a toothpick inserted into the center comes out mostly clean with just a few crumbs stuck to it. Meanwhile, make the sticky toffee (salted caramel). In a small saucepan on your stovetop, combine **¼ C agave nectar or honey**, **¼ C packed light brown sugar**, and **⅛ tsp salt** and bring to a simmer over medium heat, whisking to dissolve the sugar. Once the sugar dissolves and bubbles, remove from heat and swirl in **1 T butter**. When the cupcakes are finished cooking, spoon the sticky toffee over each cupcake and sprinkle with flakes of **sea salt**, if desired.

ooey gooey valentine's day date shakes

soak+purée

Soak **2-4 T raisins** and **2-4 pitted dates** in hot water for at least 5 minutes and up to an hour before preparing the shakes. Using an immersion blender or regular blender, purée the soaked dates and raisins in **¼ C milk** until smooth. Add **1¾ C milk**, **4 frozen bananas**, **1 C ice**, **½ tsp vanilla extract**, and **pinch of pumpkin pie spice** and blend until well mixed. The goal is to achieve a smooth and thick texture with minimal chunks of fruit. Top with **whipped cream**, optional!

shopping list

Sticky Icky Toffee Date Cakes

1¾ sticks (14 T) **butter**

8 oz (~8-10) **pitted dates**

1 T **fresh lemon juice**

½ C **raisins**

1½ C **flour**

1 tsp **baking soda**

1½ tsp **pumpkin pie spice**

Sticky Toffee (Salted Caramel)

¼ C **agave nectar or honey**

¼ C **packed light brown sugar**

⅛ tsp **salt**

1 T **butter**

flaked sea salt, optional

¾ tsp **salt**

¾ C **packed light brown sugar**

2 **large eggs**

½ tsp **vanilla extract**

Ooey Gooey Date Shakes

4 **frozen bananas**

2-4 **pitted dates**

2-4 T **raisins**

2 C **milk**

1 C **ice**

pinch of pumpkin pie spice

½ tsp **vanilla extract**

whipped cream, optional

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The History of Date Cakes + Date Shakes!

Date cake or sticky toffee pudding is a British dessert consisting of a very moist sponge cake, made with finely chopped dates, covered in toffee sauce. The original sticky toffee pudding recipe was created by Francis Coulson at Sharrow Bay in England in the 1970s and it is said that the sweet, sticky sponge served in the lakeside restaurant is 'still the finest you will find anywhere in the world!'.

The date milkshake is a tasty culinary creation, which is commonly made in the date-growing region near Palm Springs in southern California. In February, the town of Indio, CA, hosts the annual National Date Festival with an Arabian theme, of which the specialty is the date shake. The first date palm trees in the United States were grown from seeds planted by Franciscan and Jesuit missionaries around 1769 in San Diego, CA and according to legend, the date shake was invented in the 1930s by a California date farmer.

The surprise ingredient of the week is: Dates!

- ★ **The word 'date' comes from the Greek word *daktylos*, meaning finger.**
- ★ **Dates are full of potassium and fiber** - one cup of dates has 27% of the recommended daily requirement of potassium and 48% of the daily fiber. Date fruits also contain vitamins A, B, and D and fructose, which make them a great natural source of energy.
- ★ **The low water and high sugar content gives dates a long shelf life of many months to years!** Throughout history, people have used them for long boat trips, crossing deserts, and even in fortresses as survival food.
- ★ **Because the date palm tree and its fruit have so many uses - from food to building materials - the date palm is known as the 'tree of life' in the Middle East** and is the national symbol of Saudi Arabia and Israel. The trees are used for shade in the desert; their leaves are used to make baskets, carpets, and trays; the trunks are used as a frame for tents and for making furniture; and the fiber is good for ropes, fish traps, brushes, and filling mattresses and pillows.

Time for a laugh!

Why did the fig take the raisin out to the movies? She couldn't find a date!

What is the fruit that you can't see? A blind date!

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