



## Cozy Cottage Very-Blueberry Cheesecakes + mOolala Cheesecake Milkshakes

By Dylan Sabuco

**Prep Time** 20 / **Cook Time** 15 / **Serves** 4 - 6

### Shopping List

FRESH OR FROZEN

1 lemon

3/4 C frozen or fresh blueberries

DAIRY AND EGGS

1 C cottage cheese **\*\*(see allergy subs below)\*\***

2 C milk **\*\*(see allergy subs below)\*\***

2 eggs **\*\*(see allergy subs below)\*\***

PANTRY

1 1/2 C all-purpose flour **\*\*(see allergy subs below)\*\***

1 tsp baking powder

1 C + 1/8 tsp granulated sugar

1 tsp pure vanilla extract **\*\*(see allergy subs below)\*\***

1/2 C vegetable oil **\*\***

4 graham crackers **\*\*(see allergy subs below)\*\***

HAVE ON HAND

1/2 C water

2 C ice

## Fun-Da-Mentals Kitchen Skills

**bake:** to cook food with dry heat, as in an oven.

**crush:** to put pressure on a food, like a garlic clove, to break the skin and release its flavor; or to pulverize or grind a food, like a cracker, into small particles with your hands, blender, or food processor.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**pour:** to cause liquid, granules, or powder to stream from one container into another.

## Equipment

- Blender (or pitcher + immersion blender)
- Measuring cups
- Measuring spoons
- Citrus squeezer (optional)
- Oven
- Muffin pan
- Paper cupcake liners
- Blender (or bowl + immersion blender)
- Mixing bowls
- Rubber spatula
- Cutting board
- Kid-safe knife
- Bowls (2) or resealable plastic bags (2) for crushing crackers and blueberries
- Toothpicks (or knife or fork) for testing cakes

## Ingredients

## Cozy Cottage Very Blueberry Cheesecakes

- 1/2 C cottage cheese **\*\* (for DAIRY ALLERGY sub 1/2 C silken tofu)\*\***
- 1 1/2 C all-purpose flour **\*\* (for GLUTEN ALLERGY sub gluten-free/nut-free flour)\*\***
- 1 tsp baking powder
- 2 eggs **\*\* (for EGG ALLERGY sub 2 tsp flaxseeds + 1/3 C water—more info below)\*\***
- 1 C granulated sugar
- 1/2 tsp pure vanilla extract **\*\* (for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)\*\***
- 1/2 C vegetable oil **\*\***
- 1/2 C water
- 1/2 lemon, juiced
- 4 graham crackers **\*\* (for GLUTEN ALLERGY sub gluten-free/nut-free graham crackers OR similar style gluten-free/nut-free cookie/cracker/pretzels)\*\***
- 1/2 C frozen or fresh blueberries

## mOolala Cheesecake Milkshakes

- 1/2 C cottage cheese **\*\* (for DAIRY ALLERGY sub 1/2 C silken tofu)\*\***
- 1/4 C frozen or fresh blueberries
- 1 big pinch granulated sugar
- 1/2 tsp pure vanilla extract **\*\* (for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)\*\***
- 2 C milk **\*\* (for DAIRY ALLERGY sub dairy-free/nut-free milk)\*\***
- 2 C ice
- 1/2 lemon, juiced

## Food Allergen Substitutions

### Cozy Cottage Very Blueberry Cheesecakes

**Dairy:** For 1/2 C cottage cheese, substitute 1/2 C silken tofu.

**Gluten/Wheat:** Substitute gluten-free/nut-free graham crackers OR similar style gluten-free/nut-free cookie/cracker/pretzels. Substitute gluten-free/nut-free flour. Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

**Egg:** For 2 eggs, substitute 2 tsp flaxseed + 1/3 C water. Stir and soak flaxseeds in warm water for 5 minutes or until fully absorbed and thickened.

## mOolala Cheesecake Milkshakes

**Dairy:** For 1/2 C cottage cheese, substitute 1/2 C silken tofu. Substitute dairy-free/nut-free milk.

**Gluten/Wheat:** Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

## Instructions

### Cozy Cottage Very Blueberry Cheesecakes

#### intro

Cheesecake is most commonly made using cream cheese or mascarpone. These cheeses are known for having extra creamy, smooth qualities that lend themselves well to creating a dessert like cheesecake. The result is a soft, smooth cake with, hopefully, no cracks on top. What if we exchanged the cream cheese typically used with cottage cheese? Cottage cheese is much higher in protein, and if we blend it, you will be surprised how glossy and smooth this cheese becomes. Let's dive in!

#### measure + blend

Measure **1/2 cup of cottage cheese** into a blender or food processor. Blend until smooth. Then, scrape the cottage cheese into a large mixing bowl.

#### measure + crack

Have your kids measure **1 1/2 cups flour** and **1 teaspoon baking powder** into a medium bowl. Then, measure and crack **2 eggs, 1 cup sugar, 1/2 teaspoon vanilla extract, 1/2 cup vegetable oil,** and **1/2 cup water** into the bowl with the blended cottage cheese.

#### slice + juice + whisk

Slice a lemon in half and squeeze the juice from **1/2 lemon** into your bowl. (Reserve the other half of the lemon for the drink if making.) Whisk to combine the ingredients in their separate bowls, then pour them all into the larger bowl and whisk once more. Make sure all ingredients are smoothly combined.

#### smash + crush

Time for your kids to get some energy out! Place **4 graham crackers** into a bowl or resealable plastic bag. The kids will crush the graham crackers into tiny crumbs. Set aside. In another bowl or bag, measure **1/2 cup blueberries** and have your kids smash them until they are all goopy and smooshed. (Reserve half of the blueberries for the decorating step below.)

## preheat + fold + bake

Preheat your oven to 350 F. Fold the berries into the batter. Place cupcake liners in the wells of a muffin pan. Fill each well using 1/4-cup scoops of batter. Once all the wells are full, slide them into the oven and bake for 13 to 15 minutes or until a fork, knife, or toothpick can be removed from the center of the cake cleanly.

## scrumptious science

Both baking soda and baking powder are leavening agents, which means they are added to baked goods before cooking to produce carbon dioxide, causing them to rise. Baking powder contains baking soda, but the two substances are used under different conditions and can provide very different results. Baking soda has only one ingredient: sodium bicarbonate. It is about four times stronger than baking powder and is used in recipes that contain an acidic ingredient. Baking powder contains baking soda, but it also includes an acidifying agent, like cream of tartar.

## decorate + serve

Remove the cakes from the oven and allow them to cool for at least 15 minutes. Then, have your students decorate with the graham cracker crumbs and reserved smashed blueberries. Eat and enjoy!

## mOolala Cheesecake Milkshakes

### measure + juice + blend

Measure **1/2 cup cottage cheese**, **1/4 cup blueberries**, **1 big pinch of sugar**, **1/2 teaspoon vanilla extract**, **2 cups milk**, and **2 cups ice** into a blender (or pitcher for use with an immersion blender). Squeeze the juice from **1/2 lemon** into the blender. Then, blend until creamy, dreamy, and smooth.

## Featured Ingredient: Cottage Cheese!

Hi! I'm Cottage Cheese!

"I can be a low-fat, protein-filled meal on my own, or you can add me to granola, fruit, smoothies, and baked goods!"

Cottage cheese is made from curdled skim milk, and its texture is known for its small curds. It has a mild, slightly sour taste and a creamy, somewhat soupy consistency.

Early curd cheeses made with milk and salt in Mesopotamia in 3,000 BCE were similar to today's cottage cheese.

Cottage cheese is thought to be the first cheese made in America by immigrants from Europe who had separated curds and whey when making farmer cheese. The name "cottage cheese" started being used in the 1800s.

To make cottage cheese, an acid is introduced to the milk to separate the solids from the whey (the watery part). The acid can be vinegar or lactic acid from a bacteria culture. This process develops the curd, which

is cut, cooked, and pressed to release more whey. The resulting curds are then rinsed and salted.

Farmer or baker's cheese is a type of cottage cheese, but it is drier and firmer because more of the liquid has been pressed out. It is used in baking and cooking and can be sliced or crumbled.

Because the curds are made with skim milk, cottage cheese begins as a non-fat product. However, a light cream dressing is often added, resulting in a higher fat content, depending on the percentage of milk fat in the dressing. If it contains 4 percent fat, it is like whole milk; if it has 2 percent milkfat, it is considered low-fat cottage cheese.

Cottage cheese can be eaten alone or with added spices or fruit, like apples, peaches, pears, and pineapple. It can be part of a salad or dip. It can replace ricotta cheese in lasagna or cream cheese in cheesecake or jello salad.

Cottage cheese is high in protein and calcium and low in sugar. Its casein (KAY-seen) protein is a complete protein. It may contain probiotics, good bacteria that can improve digestion. Non-fat and low-fat versions can be part of a healthy, low-fat diet!