



## **Cozy Cranberry Carrot Cinnamon Rolls + Cran-Cinnamony Drizzle + Frosty Cranberry Yogurt**

By Dylan Sabuco

**Prep Time 25 / Cook Time 15 / Serves 4 - 6**

### **Shopping List**

- ☐ FRESH
- ☐ 1 carrot
- ☐ DAIRY
- ☐ 3 C + 3 T plain Greek yogurt + up to 2 T more if needed **\*\*(see allergy subs below)\*\***
- ☐ 4 T butter **\*\*(see allergy subs below)\*\***
- ☐ PANTRY
- ☐ 2 C all-purpose flour + extra for dusting **\*\*(see allergy subs below)\*\***
- ☐ 4 tsp baking powder
- ☐ 1 tsp salt
- ☐ 1 1/4 tsp ground cinnamon
- ☐ 3/4 C brown sugar
- ☐ 1 1/4 C dried cranberries
- ☐ 1 C powdered sugar
- ☐ 1/2 C powdered sugar, brown sugar, granulated sugar or 2 stevia packets
- ☐ HAVE ON HAND
- ☐ 2 C ice

### **Fun-Da-Mentals Kitchen Skills**

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

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

**mix:** to thoroughly combine two or more ingredients until uniform in texture.

**roll:** to use a rolling pin to flatten dough; use your hands to form a roll or ball shape; or move a round food, like a grape or a meatball, through another food, like sugar or breadcrumbs, to coat it.

**shape:** to form food into a specific shape by hand or with a cutting tool—examples are cutting cookie dough into shapes with cookie cutters, forming bread dough into a roll or crescent shape, and rolling ground meat into a meatball.

**slice:** to cut into thin pieces using a sawing motion with your knife.

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

**drizzle:** to trickle a thin stream of a liquid ingredient, like icing or sauce, over food.

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

**mix:** to thoroughly combine two or more ingredients until uniform in texture.

**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

- ☐ Oven
- ☐ 9 x 13 baking dish
- ☐ Large mixing bowl
- ☐ Small mixing bowl
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Grater
- ☐ Cutting board

- ☐ Kid-safe knife
- ☐ Wooden spoon
- ☐ Immersion blender or hand mixer
- ☐ Medium mixing bowl
- ☐ Rubber spatula
- ☐ Blender (or pitcher + immersion blender)
- ☐ Pitcher

## Ingredients

### Cozy Cranberry Carrot Cinnamon Rolls

- ☐ 2 C all-purpose flour + extra for dusting **\*\*(for GLUTEN ALLERGY sub 2 C gluten-free/nut-free all-purpose flour)\*\***
- ☐ 4 tsp baking powder
- ☐ 1 tsp salt
- ☐ 1 C plain Greek yogurt + up to 2 T more if needed **\*\*(for DAIRY ALLERGY sub 1 C or more dairy-free/nut-free plain Greek yogurt)\*\***
- ☐ 1 carrot
- ☐ 1 tsp ground cinnamon
- ☐ 3/4 C brown sugar
- ☐ 1/2 C dried cranberries
- ☐ 4 T soft butter **\*\*(for DAIRY ALLERGY sub 4 T dairy-free/nut-free butter)\*\***

### Cran-Cinnamony Drizzle

- ☐ 1/4 C dried cranberries
- ☐ 1/4 tsp ground cinnamon
- ☐ 1 C powdered sugar
- ☐ 3 T plain Greek yogurt **\*\*(for DAIRY ALLERGY sub 3 T dairy-free/nut-free plain Greek yogurt)\*\***

### Frosty Frozen Cranberry Yogurt

- ☐ 2 C plain Greek yogurt **\*\*(for DAIRY ALLERGY sub 2 C dairy-free/nut-free plain Greek yogurt)\*\***
- ☐ 1/2 C dried cranberries

☐ 1/2 C powdered sugar, brown sugar, granulated sugar, or 2 packets of stevia

☐ 2 C ice

## Food Allergen Substitutions

### Cozy Cranberry Carrot Cinnamon Rolls

**Gluten/Wheat:** For 2 C all-purpose flour, substitute 2 C gluten-free/nut-free all-purpose flour.

**Dairy:** For 1 C plain Greek yogurt, substitute 1 C dairy-free/nut-free plain Greek yogurt. For 4 T soft butter, substitute 4 T dairy-free/nut-free butter.

### Cran-Cinnamony Drizzle

**Dairy:** For 3 T plain Greek yogurt, substitute 3 T dairy-free/nut-free plain Greek yogurt.

### Frosty Frozen Cranberry Yogurt

**Dairy:** For 2 C plain Greek yogurt, substitute 2 C dairy-free/nut-free plain Greek yogurt.

## Instructions

### Cozy Cranberry Carrot Cinnamon Rolls

#### intro

The first cinnamon roll was baked in Sweden, where October 4 is known as National Cinnamon Bun Day, and November 20 is Children's Day! Wish your students a "Good day" in Swedish by saying "God dag" (Good dahg)! Now, let's make some dough!

#### preheat

Preheat your oven to 350 F.

#### measure + mix

In a large mixing bowl, have your kids measure and mix together **2 cups flour**, **1/4 cup brown sugar**, **4 teaspoons baking powder**, and **1 teaspoon salt**. Next, they can mix in **1 cup of plain Greek yogurt** (sometimes clean hands are the best tools!), adding up to **2 tablespoons more yogurt** if the dough is too stiff.

#### grate + knead

Have kids grate **1 carrot**. Add **2 tablespoons of the grated carrots** to the dough, setting the remainder of the grated carrots aside for the filling. Knead the dough for roughly 5 minutes to make the dough nice and springy. Time to make the filling!

#### measure + mix

In a small mixing bowl, measure **1 teaspoon cinnamon, 1/2 cup brown sugar, 1/2 cup dried cranberries, 4 tablespoons soft butter**, and the remaining grated carrots. Mix until thoroughly combined and creamy.

#### roll + shape

Roll the dough out on a lightly-floured cutting board into a rectangle shape about 1/4-inch thick. Kids can spread the cranberry filling on the rolled-out dough. Try to evenly spread the filling to the edges of the dough. Your kids can now roll up the dough rectangle into a cylinder. With a knife, slice the cylinder into about 12 to 16 small rolls. The thinner the rolls, the faster they cook! Place the rolls in a baking dish. The cinnamon rolls can all be touching. Bake in your oven for 15 minutes or until golden brown, puffy, and cooked through.

#### cool + drizzle

Remove the cinnamon rolls from the oven to cool for a few minutes. Then drizzle the cinnamon rolls with **Cran-Cinnamony Drizzle**. "Smaklig måltid" or "Enjoy your meal" in Swedish!

### Cran-Cinnamony Drizzle

#### measure + blend

Into a medium mixing bowl, measure **1/4 cup dried cranberries, 1/4 teaspoon cinnamon, 1 cup powdered sugar**, and **3 tablespoons yogurt**. Blend with an immersion blender or hand mixer until the cranberries are in tiny pieces. Stir with a rubber spatula a few times to make sure the mixture is fully blended.

#### drizzle + devour

Drizzle over **Cozy Cranberry Carrot Cinnamon Rolls**, and devour them!

### Frosty Frozen Cranberry Yogurt

#### measure + blend

Into a blender (or pitcher for use with an immersion blender), measure **2 cups yogurt, 1/2 cup dried cranberries, 1/2 cup powdered sugar**, and **2 cups ice**. Blend until the ice is crushed and blended. Pour the drink into cups and enjoy!

## Featured Ingredient: Cranberry!

Hi! I'm Cranberry!

"I love being me because I'm very popular during Fall holiday feasts. Yes, I can be sour, but sugar sweetens me right up, and cranberry sauce is a tart and tasty culinary partner when added to turkey (and leftover turkey sandwiches!). I also like hanging out with my orange friends to make delicious scones or muffins."

## History

The cranberry is indigenous to North America. The Narragansett people, an Algonquian tribe who called the berries "sasemineash," may have introduced them to Massachusetts Bay colonists in the early 1600s.

The Native Americans created what you could call the first energy bar, "Pemmican," made from a mixture of pounded cranberry, ground deer meat, and fat tallow. They also used cranberries to make a dye.

Several 17th-century books from New England reference cranberry recipes. A couple of the books describe cranberry sauce, and a cook's guide mentions cranberry juice.

Many years ago, American ships carried cranberries to prevent scurvy, a disease caused by vitamin C deficiency, for the same reason English sailors added limes to their diets.

Eighty percent of cranberries grown worldwide are harvested today in the United States and Canada.

Cranberries are primarily grown in five states: Massachusetts, Wisconsin, New Jersey, Oregon, and Washington.

About 80 million pounds, or 20 percent of the cranberries harvested per year, are gobbled up during Thanksgiving week!

There are approximately 4,000 cranberries in one gallon of cranberry juice!

The word "cranberry" is from the mid-17th century (by a North American Puritan), from the German "kranbeere" (crane-berry).

## Anatomy

The cranberry plant is an evergreen shrub or trailing vine from the Ericaceae (heath or heather) family that includes the blueberry, huckleberry, rhododendron, azaleas, and heathers. The berries are part of the genus *Vaccinium*.

Contrary to common belief, cranberries do not grow in water. Instead, they are grown on constructed beds surrounded by dykes, evenly layered with sand, and close to a water source. The cranberry farmers flood these "bogs" in Fall so that the cranberries can float to the surface when they are ready to harvest and in Winter to protect the plants from the cold temperature.

Cranberries are small, light, airy, round, and red. Each cranberry has four air pockets in the middle that allow it to float.

Cranberries are sometimes called "bounceberries" because the tiny air pockets make them bounce and float in the bogs when they are ripe!

## How to Pick, Buy, & Eat

When selecting fresh cranberries from the grocery store, where they usually come in a bag, look for firm, plump berries that are red to dark red. Avoid ones that look shriveled, feel soft, or have blemishes. You can buy fresh cranberries from September through January, and you can freeze fresh cranberries until ready to use. Frozen, canned, and dried cranberries are available year-round at the grocery store. Store cranberries in their sealed plastic bag in the refrigerator for one to two months, check the berries' condition now and then, and remove any that appear to be decaying. They can last about one year in an airtight container if you freeze them.

Cranberries are both sour and bitter. They taste astringent! This is due to tannins, the same compound found in red wines. So fresh cranberries are usually sweetened and juiced, cooked, or dried before eating. Make an easy cranberry sauce by heating a bag of fresh or frozen cranberries with 3/4 cup sugar, 2 tablespoons of orange juice, 1 tablespoon of water, and some orange zest. Simmer the sauce over low heat until the cranberries pop for about 10 minutes, stirring occasionally.

Fresh cranberry salsa is delicious. Mince cranberries in a food processor and combine with lime juice, fresh ginger, minced jalapeno, cilantro, sugar, and chopped green onions. Serve with chips!

You can add cranberries to smoothies and bake them into puddings, cakes, and pies. You can also make jam, relish, and sherbet with them.

Cranberries are especially delicious paired with pork, almond, orange, peach, cinnamon, ginger, chocolate, apple, mango, mint, and pear.

## Nutrition

Cranberries are a moderate source of vitamin C. Vitamin C protects our blood vessels and heart and helps us maintain healthy immunity during cold and flu season. In addition, the body uses vitamin C to absorb iron, another essential nutrient.

They also have a moderate amount of manganese. It is a mineral and essential trace element involved with the metabolism of carbohydrates and glucose. Manganese also helps bone formation and works with vitamin K in blood clotting.

Cranberries contain A-type proanthocyanidins (plant compounds) that help keep bacteria from binding to cell walls. These compounds are why cranberry juice is associated with preventing urinary tract infections.