



## **Deliciously Fluffy Cinnamon Roll Dutch Baby in a Mug+Coco Loco Drizzle+Cinn-a-Yummy Cocoa**

By Erin Fletter

**Prep Time 25 / Cook Time 4 / Serves 1 - 2**

### **Shopping List**

- ☐ FRESH
- ☐ 1 pinch fresh chopped (or dried parsley or dill)
- ☐ 1 lemon
- ☐ Kid Chefs' Choice for "Crudités:"
- ☐ 4 to 5 baby carrots or carrot chips
- ☐ 1 to 2 celery stalks
- ☐ 1 mini cucumber or 1/4 large cucumber
- ☐ 3 to 5 cherry tomatoes
- ☐ 1 to 2 red radishes
- ☐ 2 to 3 jicama sticks
- ☐ 1/2 red, orange, or yellow bell pepper
- ☐ 3 to 5 mini sweet peppers
- ☐ DAIRY
- ☐ 1 tsp butter **\*\*(see allergy subs below)\*\***
- ☐ 2 T full-fat Greek yogurt **\*\*(see allergy subs below)\*\***
- ☐ 1 scoop vanilla ice cream **\*\*(see allergy subs below)\*\***
- ☐ PANTRY

- ☐ 1 tsp ground cinnamon
- ☐ 1 small can coconut cream **\*\*(see allergy subs below)\*\***
- ☐ 2 1/4 tsp sugar
- ☐ 2 T maple syrup
- ☐ 3/4 tsp pure vanilla extract **\*\*(see allergy subs below)\*\***
- ☐ 3 T all-purpose flour **\*\*(see allergy subs below)\*\***
- ☐ 1/4 tsp baking powder
- ☐ 1 tsp cocoa powder **\*\*(see allergy subs below)\*\***
- ☐ 1 pinch of garlic powder
- ☐ 1 pinch of salt
- ☐ 1 pinch of black pepper
- ☐ HAVE ON HAND
- ☐ 3/4 C water

## Fun-Da-Mentals Kitchen Skills

**dip:** to briefly put a solid food, such as chips, fries, battered fried fish, hot sandwich (French dip), or veggie slices, into a liquid, like beef broth or a thicker sauce, like ketchup, dressing, or a dip to impart moisture and extra flavor to the solid food.

**juice:** to extract or squeeze out the juice of a fruit or vegetable, like a lemon, orange, or carrot, often cutting open or peeling the fruit or veggie first to access its flesh.

**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.

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

**tear:** to pull or rip apart a food, like basil leaves, into pieces instead of cutting with a knife; cutting breaks cell walls more, so herbs can discolor faster.

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

**melt:** to heat a solid food so it becomes liquid, like butter or chocolate.

**microwave:** to heat or cook food or liquid quickly in a microwave oven, which uses high-frequency

electromagnetic waves to generate heat in the food's water molecules.

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

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

**microwave:** to heat or cook food or liquid quickly in a microwave oven, which uses high-frequency electromagnetic waves to generate heat in the food's water molecules.

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

## Equipment

- ☐ Microwave
- ☐ Microwave-safe mug
- ☐ Potholder
- ☐ Can opener
- ☐ Measuring spoons
- ☐ Metal spoon or mini whisk
- ☐ Liquid measuring cup
- ☐ Metal spoon
- ☐ Paper towel or dish towel
- ☐ Small bowl
- ☐ Whisk
- ☐ Ice cream scoop
- ☐ Soap for cleaning hands
- ☐ Cutting board
- ☐ Kid-safe knife (a butter knife works great)
- ☐ Citrus zester or box grater with small zesting holes
- ☐ Citrus juicer (optional, but encouraged)

## Ingredients

Deliciously Simple Fluffy Cinnamon Roll Dutch Baby in a Mug a la Mode + Coco Loco Drizzle

- ☐ 1 tsp butter **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free butter, like Earth Balance, or nut-free oil, like olive or vegetable oil)**\*\***
- ☐ 1/2 tsp ground cinnamon
- ☐ 2 T coconut cream **\*\***(for COCONUT ALLERGY sub heavy cream or full-fat plain or vanilla yogurt or dairy-free/nut-free yogurt)**\*\***
- ☐ 2 tsp sugar
- ☐ 2 tsp maple syrup
- ☐ 1/2 tsp pure vanilla extract **\*\***(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)**\*\***
- ☐ 3 T all-purpose flour **\*\***(for GLUTEN ALLERGY sub gluten-free/nut-free flour blend with xanthan gum)**\*\***
- ☐ 1/4 tsp baking powder
- ☐ 1 small scoop vanilla ice cream **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free vanilla ice cream)**\*\***
- ☐ Drizzle:
- ☐ 1/2 tsp maple syrup or 1 pinch of sugar—kids' choice!
- ☐ 1 T room-temperature coconut cream **\*\***(for COCONUT ALLERGY sub heavy cream or full-fat plain or vanilla yogurt or dairy-free/nut-free yogurt)**\*\***

### Cinn-a-Yummy Cozy Cocoa

- ☐ 1 T maple syrup
- ☐ 1 tsp cocoa powder **\*\***(for CHOCOLATE ALLERGY sub carob powder)**\*\***
- ☐ 1/4 to 1/2 tsp cinnamon (chef's choice!)
- ☐ 1/8 tsp pure vanilla extract **\*\***(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)**\*\***
- ☐ 1/2 C water
- ☐ 1/4 C room temp coconut cream **\*\***(for COCONUT ALLERGY sub heavy cream or full-fat plain or vanilla yogurt or dairy-free/nut-free yogurt)**\*\***

### Rainbow “Crudités” Veggie Sticks + Rad Ranch Dip for One

- ☐ Kid chefs' choice for “Crudités”:
- ☐ 4 to 5 baby carrots or carrot chips
- ☐ 1 to 2 celery stalks
- ☐ 1 mini cucumber or 1/4 large cucumber

- ☐ 3 to 5 cherry tomatoes **\*\*(Omit for NIGHTSHADE ALLERGY)\*\***
- ☐ 1 to 2 red radishes
- ☐ 2 to 3 jicama sticks
- ☐ 1/2 red, orange, or yellow bell pepper **\*\*(Omit for NIGHTSHADE ALLERGY)\*\***
- ☐ 3 to 5 mini sweet peppers **\*\*(Omit for NIGHTSHADE ALLERGY)\*\***
- ☐ Ranch Dip:
- ☐ 1 pinch fresh chopped parsley (or dried parsley/dried dill)
- ☐ 1/2 lemon
- ☐ 2 T full-fat plain Greek yogurt **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free plain Greek yogurt)\*\***
- ☐ 1 pinch garlic powder
- ☐ 1 pinch salt
- ☐ 1 pinch ground black pepper
- ☐ 1 tsp water
- ☐ 1 pinch granulated sugar, optional

## Food Allergen Substitutions

Deliciously Simple Fluffy Cinnamon Roll Dutch Baby in a Mug a la Mode + Coco Loco Drizzle

**Dairy:** Substitute dairy-free/nut-free butter, like Earth Balance, or nut-free oil, like olive or vegetable oil.  
Substitute dairy-free/nut-free vanilla ice cream.

**Coconut:** Sub heavy cream, full-fat yogurt, or dairy-free/nut-free yogurt for coconut cream.

**Gluten/Wheat:** Substitute gluten-free flour blend with xanthan gum. Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

### Cinn-a-Yummy Cozy Cocoa

Coconut: Sub heavy cream, full-fat yogurt, or dairy-free/nut-free yogurt for coconut cream.

Gluten/Wheat: Substitute gluten-free flour blend with xanthan gum. Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Chocolate: Substitute carob powder for cocoa powder.

### Rainbow “Crudités” Veggie Sticks + Rad Ranch Dip for One

**Nightshade:** Omit optional cherry tomatoes, bell peppers, and sweet peppers.

**Dairy:** Substitute dairy-free/nut-free plain Greek yogurt.

## Instructions

### Deliciously Simple Fluffy Cinnamon Roll Dutch Baby in a Mug a la Mode + Coco Loco Drizzle

#### add + melt + swirl

Add **1 teaspoon butter** to your microwavable mug and microwave for 20 seconds or longer until melted. Use a potholder to remove the mug from the microwave and swirl to melt the butter fully.

#### measure + add + mix

Measure and add **1/2 teaspoon ground cinnamon, 2 tablespoons coconut cream, 2 teaspoons sugar, 2 teaspoons maple syrup**, and **1/2 teaspoon vanilla extract** to the mug and mix with a metal spoon. Measure and add **3 tablespoons flour** and **1/4 teaspoon baking powder** and mix again until all traces of flour disappear.

#### cover + microwave

Cover the mug with a dish towel or damp paper towel and microwave for 1 minute. Let the mug cake rest while you make the Coco Loco Drizzle.

#### measure + whisk

Measure and whisk together **1 tablespoon coconut cream** and **1/2 teaspoon maple syrup** in a small bowl. Set aside until the cake is done.

#### microwave + top

Microwave cake for another 30 seconds. Let rest for 10 seconds before microwaving for a final 30 seconds. Carefully remove the mug with a potholder, then top the Cinnamon Roll Dutch Baby with a small scoop of ice cream and the Coco Loco Drizzle! "Smaklig måltid! (SMAHK-leeg MALT-id) or "Enjoy your meal" in Swedish!

### Cinn-a-Yummy Cozy Cocoa

#### measure + whisk

Measure and whisk together **1 tablespoon maple syrup, 1 teaspoon cocoa powder, 1/4 to 1/2 teaspoon cinnamon** (kid chefs choose amount!), and **1/8 teaspoon vanilla extract** in a clean microwavable mug. Keep whisking until the mixture is smooth and all lumps are gone.

#### measure + pour + whisk

Measure and pour **1/2 cup water** and **1/4 cup coconut cream** into your mug and whisk again.

#### microwave + rest

Microwave for 1 minute. Let rest for 10 seconds and microwave for a final 30 seconds. Use a potholder to remove the mug from the microwave. Blow on it before sipping carefully! It will be hot!

### Rainbow “Crudités” Veggie Sticks + Rad Ranch Dip for One

#### intro

Each of our SFC Sweet Mug Recipes will include this recipe, so kids can snack on healthy raw veggies and dip while they cook.. All veggies are good for the brain! The purpose is to reinforce and encourage kids to eat veggies and have them learn a little about what each vegetable does for the body! Kids will show which veggie(s) they’ve chosen and share the benefit below. Snack on veggies and encourage kids to eat at least 3 pieces to power up their brains before making the mug cake! **Green** veggies help keep you from catching a cold! **White** veggies give you energy! **Yellow** veggies help make your bones strong! **Orange** veggies are good for your heart! **Blue** and **Purple** veggies are good for your memory! **Red** veggies are good for your blood!

#### tear + zest + juice

To make the dip, tear **1 pinch of parsley leaves** into tiny bits! Add the parsley to a small bowl. Zest **1 lemon** and add a pinch of zest to the parsley. Slice the lemon in half and add a squeeze of juice. Watch for seeds!

#### measure + mix

Measure and add **2 tablespoons of Greek yogurt**, **1 pinch of garlic powder**, **1 pinch of salt**, **1 pinch of black pepper**, and **1 teaspoon of water** to the bowl with the parsley and lemon. Use a spoon to mix! Taste! What does it need? Add more lemon, salt, pepper, or garlic powder a little at a time until your dip tastes great to you. Add **1 pinch of sugar** to balance flavors if you wish.

#### slice + dip

Have kid chefs slice up their **raw vegetables** of choice into sticks or bite-sized pieces, and then dip their Rainbow “Crudités” Veggie Sticks in the Rad Ranch Dip! Delightful!

## Featured Ingredient: Cinnamon!

Hi! I’m Cinnamon!

"Did you know that I'm a spice that comes from the inner bark of certain trees?! You can add me to both sweet and savory foods. Recipes generally call for ground cinnamon, but you can also use cinnamon sticks, dried strips of my bark that curl into a tube shape, to flavor apple cider, stews, curries, and more. Just don't forget to remove the stick before serving! And, what's more, I can make your kitchen and home smell wonderful!"

## History

Some people say the best kind of cinnamon, referred to as the "true cinnamon" and called Ceylon, is native to an island southeast of India called Sri Lanka. It has a more subtle flavor than other types. The most common cinnamon in use today, though, is derived from Cassia, which originated in China.

Cinnamon is an ancient spice. It was imported to Egypt in about 2000 BCE. The ancient Egyptians used cinnamon together with myrrh to embalm the dead. They considered cinnamon to be more valuable than gold!

## Anatomy & Etymology

Cinnamon is the inner bark of some tree species of the genus *Cinnamomum*. Cinnamon trees can grow about 60 feet tall.

Cinnamon farmers begin to harvest cinnamon when the tree reaches two years old. They cut the tree back so that shoots form from the stump. After one more year, the farmers strip the outer bark from the shoots and set the peels out to dry in the sun.

When the bark dries, it curls into "quills," which are the sticks that are cut and sold as cinnamon sticks. They can also be ground into powdered cinnamon, which is how much of the cinnamon we see is sold in stores. So, what do a porcupine and a cinnamon tree have in common? They both grow quills!

The word "cinnamon" comes from late Middle English derived from the Old French form, "cinnamome," from the Greek "kinnamon." The Greek was borrowed from a Phoenician word, which was similar to the related Hebrew word "qinnāmōn."

## How to Pick, Buy, & Eat

Cinnamon is harvested twice a year, immediately after the rainy season. The humidity in the air makes the bark peel more easily.

The bark is typically peeled by hand by skilled peelers.

The quality of cinnamon is judged by the thickness of the bark, the appearance of the quills (broken or whole), the aroma, and the flavor.

Cinnamon is a spice used to add flavor to a variety of dishes. For example, it may be added to desserts, chocolate, toast (in cinnamon sugar), fruit (especially apples), roasted veggies, soups, tea, and hot cocoa. It's also good in savory dishes like Bavarian pot roast, Moroccan chicken, and Indian curry.

## Nutrition

It is best to eat cinnamon in small doses in its ground form, sprinkling it on top of food or adding a small teaspoon to food. Eating too much cinnamon could cause adverse health effects.

Cinnamon has one of the most recognizable scents. Its pungent, spicy smell is due to the chemical called "cinnamaldehyde." This chemical is considered an antioxidant that has some anti-inflammatory and antibacterial properties.

Cinnamon is believed to regulate the sugar in our blood and possibly lower cholesterol; however, study findings aren't clear.

Cinnamon oil can keep mosquitoes away! It kills mosquito larvae and probably repels adult mosquitoes, too.