



## **Mexican Coconut Lime Frozen Custard in a Mug+Whipped CocoLime Crema+Frozen Coconut Limeade**

By Erin Fletter

**Prep Time** 30 / **Cook Time** 1 / **Serves** 1 - 2

### **Shopping List**

- ☐ FRESH
- ☐ 4 limes
- ☐ 1 lemon
- ☐ 1 pinch fresh chopped parsley (or dried parsley/dried dill)
- ☐ 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 **\*\*(see allergy subs below)\*\***
- ☐ 1 to 2 red radishes
- ☐ 2 to 3 jicama sticks
- ☐ 1/2 red, orange, or yellow bell pepper **\*\*(see allergy subs below)\*\***
- ☐ 3 to 5 mini sweet peppers **\*\*(see allergy subs below)\*\***
- ☐ DAIRY
- ☐ 1 T butter **\*\*(see allergy subs below)\*\***
- ☐ 3 T cream cheese **\*\*(see allergy subs below)\*\***
- ☐ 3 T full-fat plain Greek yogurt **\*\*(see allergy subs below)\*\***

☐ PANTRY

☐ 1 pinch garlic powder

☐ 1/4 tsp salt

☐ 1 pinch ground black pepper

☐ 3 to 4 plain crackers (Ritz, Club, Saltines, etc) **\*\***(see allergy subs below)**\*\***

☐ 1 tsp shredded coconut

☐ 1 15-oz can full-fat coconut milk (save 4 T cream at top for two recipes)

☐ 3 1/2 T granulated sugar

☐ HAVE ON HAND

☐ 1 tsp water

☐ 1 C ice

## 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.

**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.

**freeze:** to lower the temperature of a liquid or solid food below its freezing point to change its properties or to preserve it.

**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.

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

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

**zest:** to scrape off the outer colored part of a citrus fruit's rind (skin or peel) using a metal tool with small sharp blades, such as a zester, microplane, or the small holes of a grater (avoid the "pith," the white, spongy lining of the rind that can be bitter).

**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.

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

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

**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.

**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.

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

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

## Equipment

- ☐ Cutting board
- ☐ Kid-safe knife (a butter knife works great)
- ☐ Small bowl
- ☐ Citrus squeezer (optional)
- ☐ Can opener
- ☐ Measuring spoons
- ☐ Whisk
- ☐ Blender (or pitcher + immersion blender)
- ☐ Liquid measuring cup
- ☐ Drinking glasses (2)
- ☐ Microwave
- ☐ Microwave-safe mug
- ☐ Metal spoon

- ☐ Freezer
- ☐ Zester (or grater with small zesting plate/side)
- ☐ Soap for cleaning hands
- ☐ Citrus zester or box grater with small zesting holes
- ☐ Citrus juicer (optional, but encouraged)

## Ingredients

### Mexican Coconut Lime Frozen Custard in a Mug

- ☐ 1 T butter **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free butter, like Earth Balance brand)\*\***
- ☐ 3 to 4 plain crackers, like Ritz, Club, saltines, etc. **\*\*(for GLUTEN ALLERGY substitute gluten-free/nut-free crackers OR 1/3 C corn flakes)\*\***
- ☐ 1 tsp shredded coconut
- ☐ 1 lime
- ☐ 3 T cream cheese **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free cream cheese OR 3 T silken tofu + 1 squeeze lemon juice)\*\***
- ☐ 1 T full fat plain Greek yogurt **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free plain Greek yogurt OR more canned coconut cream)\*\***
- ☐ 1 T coconut cream (from the top of full-fat coconut milk can)
- ☐ 1 pinch of salt
- ☐ 1 T granulated sugar

### Whipped Coco-Lime Crema

- ☐ 1 lime
- ☐ 2 T coconut cream (from the top of full-fat coconut milk can)
- ☐ 1 pinch granulated sugar

### Frozen Coconut Limeade for Two

- ☐ 2 limes
- ☐ 1 C canned coconut milk (save cream at top for other recipes)
- ☐ 2 T granulated sugar + more to taste
- ☐ 1 C ice

## 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

### Mexican Coconut Lime Frozen Custard in a Mug

**Dairy:** Substitute dairy-free/nut-free butter, like Earth Balance brand. For 3 T cream cheese, substitute dairy-free/nut-free cream cheese OR 3 T silken tofu + 1 squeeze lemon juice. For 1 T plain Greek yogurt, substitute dairy-free/nut-free plain Greek yogurt OR more canned coconut cream.

**Gluten/Wheat:** For 3 to 4 plain crackers, substitute plain gluten-free/nut-free crackers OR 1/3 C corn flakes.

### Whipped Coco-Lime Crema

## Frozen Coconut Limeade for Two

## 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

### Mexican Coconut Lime Frozen Custard in a Mug

#### melt + crush

Microwave **1 tablespoon of butter** in your microwavable mug for 30 to 40 seconds until it melts. Then crush **3 to 4 plain crackers** with your hands in a small bowl until you’ve created fine crumbs.

#### add + mix + freeze

Add **1 teaspoon of shredded coconut** to the cracker crumbs. Carefully pour in the melted butter and mix everything together with a spoon. Scoop the mixture back into the mug using the spoon and press down firmly with your hands to create a crust at the bottom of your mug. Pop the mug into your freezer to chill.

#### wash + zest + juice

Wash and zest **1 lime** and add all of the zest to a small bowl. Slice the zested lime in half and squeeze the juice from both halves into the bowl with the zest.

#### measure + whisk

Measure and add to the bowl **3 tablespoons cream cheese, 1 tablespoon yogurt, 1 tablespoon coconut cream** (from the top layer of a can of full-fat coconut milk), and **1 pinch of salt** and whisk well. Add **1 tablespoon of sugar** and mix again. If your custard mixture is lumpy, keep mixing until it becomes smooth. Tip: Whisking back and forth in a bowl helps release the ingredients from the whisk if they get stuck!

#### pour + freeze

Take your mug out of the freezer and pour the custard on top of the chilled crust. Pop the mug back into the freezer to chill for at least 20 minutes! Top with a dollop of **Whipped Coco-Lime Crema** before serving! "Buen provecho" or "Eat well" in Spanish!

### Whipped Coco-Lime Crema

#### slice + juice + measure

Slice **1 lime** in half and squeeze the juice into a small bowl. Measure and add **2 tablespoons coconut cream** (use the top layer from a can of full-fat coconut milk) and **1 pinch of sugar** to the bowl.

#### whisk + top

Whisk until you have a smooth whipped cream consistency. Taste and add another pinch of sugar if needed. Top pies or custards, like **Mexican Coconut Lime Frozen Custard**, with a dollop of Whipped Coco-Lime Crema and enjoy!

### Frozen Coconut Limeade for Two

#### slice + juice + measure

Slice **2 limes** in half and squeeze the juice into a liquid measuring cup. Add the lime juice, **1 cup canned coconut milk**, **2 tablespoons sugar**, and **1 cup ice** to your blender.

#### blend + pour

Blend until smooth, taste, and add more sugar if needed. Pour into two drinking glasses and shout "Salud" or "Cheers" in Spanish!

### 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: Coconut!

Hi! I'm Coconut!

"Knock, Knock! Who's there? Coco. Coco Who? Coco Nut! You guessed it! I'm a Coconut! I'm kind of like the full moon because you can sort of see a face on my outer shell. See those indentations? They could be my eyes and nose! (Or maybe you see a really small, hairy bowling ball!) I may be a hard case to crack, but I'm tasty inside! Try me flaked or shredded, sweetened or unsweetened, in cookies, pies, cakes, salads, and shakes! Yum!"

### History

Coconuts are native to tropical islands in the Pacific around Southeast Asia, but they were spread around the globe by explorers hundreds of years ago.

In Thailand, for about 400 years, pigtailed macaque monkeys have been trained to pick coconuts.

In the United States, you can write an address on the outside of a coconut, slap on the correct postage, and drop the whole thing in the mail. Amazing! Yes, coconuts are mailable as long as they are presented in a dry condition and not oozing fruit juice! Try it!

A coconut can survive months of floating in the ocean, and when it washes up on a beach, it can germinate into a tree!

Globally, coconut oil was the leading oil until the 1960s, when soybean oil overtook it.

May 8 is "National Coconut Cream Pie Day" in the United States.

### Anatomy & Etymology

Coconuts are related to olives, peaches, and plums. Coconuts are NOT nuts; they are big seeds!

The term "coconut" can refer to the whole coconut palm tree, the seed, or the fruit, which technically is a drupe, not a nut! A drupe refers to a fleshy fruit with a stony seed inside that's protected with thin skin or hard, stony covering. Examples are peaches, coconuts, and olives. The word "drupe" comes from "drupa," meaning overripe olive.

An average coconut palm produces about 30 coconuts a year, although it's possible for a tree to yield 75 to 100 annually.

A coconut will ripen in about a year; however, if you want to harvest it for the coconut water, it will be ready within six to seven months. If you shake a coconut and hear water sloshing around, it's not fully ripe, and there won't be as much meat.

The outer skin of the coconut covers a thick, fibrous husk, which can be used for making ropes, mats, brushes, sacks, caulking for boats, and stuffing for mattresses.



Coconut leaves have many uses, too, such as making brooms, weaving baskets or mats, or drying for thatch roofing.

Traditionally, the trunk of the coconut palm tree was used for its wood to build boats, bridges, houses, and huts.

The word "coconut" comes from the mid-16th-century Spanish and Portuguese word "coco," which can mean "bogeyman" or "grinning face" after the three indentations on the coconut shell that resemble facial features.

## How to Pick, Buy, & Eat

The coconut comes from the coconut palm tree. These trees prefer hot weather. Where in the world do you think they grow? Throughout the tropics and subtropical parts of Earth, in over 80 countries!

The three highest coconut-producing countries are the Philippines, Indonesia, and India.

The coconut palm tree can grow up to 98 feet tall!

Coconut milk is sweet and water-like but eventually dries out as the coconut ripens.

The coconut palm is sometimes referred to as the "Tree of Life" because it's useful from top to bottom.

Except for the roots, every part of the coconut tree is harvested in the tropical areas where coconut palms are common.

If buying a coconut whole, choose one that feels heavy for its size. Young coconuts will be full of coconut water and covered in a green, smooth shell with tender flesh. While older, mature coconuts have a more brown and fibrous outer shell with firmer and drier meat inside.

Coconuts are not easy to open! You have to forcefully crack them open to get to the edible goodness inside.

Coconut meat can be dried and shredded and used in salads, baked recipes, sprinkled over fruit, and enjoyed as a snack. It can also be eaten fresh and added to smoothies.

Coconut water is hydrating and can be enjoyed straight or poured over ice with other juices for a refreshing treat.

## Nutrition

Electrolytes! Fresh coconut water is a source of electrolytes like potassium, sodium, and manganese. What do electrolytes do? They replenish the body by helping our muscles to move, our hearts to beat, and our brain cells to communicate with each other.

Coconuts are rich in a type of fat called lauric acid, which is known for being antiviral, antibacterial, and antifungal. These properties help prevent us from getting sick by protecting our immune system.

Coconut is very nutritious and has lots of fiber, vitamins, and minerals. It is classified as a "highly functional food" because it provides many health benefits beyond its nutritional content.

Pacific Islanders especially value coconut oil for its health and cosmetic benefits.

