



Mexican Tortilla Churro French Toast + Whipped Cinnamon Yogurt "Crema" + Fruit Salad Salsa

By Erin Fletter

Prep Time 25 / Cook Time 10 / Serves 6 - 12

Shopping List

Fresh:

1 lime

Choose at least 2:

1/2 C green or red grapes

1 kiwi

1 banana

6 to 10 large strawberries (or other berries)

1/2 C diced watermelon (or other melon)

1/2 C mango or pineapple (your choice!)

1 apple

Pantry:

1 T + 1 tsp vanilla extract

1/4 C sugar (or 3 Stevia packets) + 5 T honey/sugar (or 2 packs of Stevia)

1 1/2 tsp ground cinnamon

6 or more flour tortillas (cut in half) **** (for GLUTEN ALLERGY sub corn tortillas) ****

1 pinch salt

Dairy and eggs:

- 3 oz plain Greek yogurt, about 1/2 C **** (for DAIRY ALLERGY sub plain dairy-free/nut-free yogurt)****
- 1/2 C milk **** (for DAIRY ALLERGY sub dairy-free/nut-free milk)****
- 2 large eggs **** (for EGG ALLERGY sub 1 mashed banana)****
- 1 T butter or vegetable oil

Fun-Da-Mentals Kitchen Skills

crack: to break open or apart a food to get what's inside, like an egg or a coconut.

dredge: to dip poultry, fish, or meat in flour, cornmeal, or breadcrumbs to help preserve moisture during cooking and give your food a crispy coating, also referred to as "breading."

stir-fry: to cook meat, fish, or vegetables rapidly over high heat while stirring briskly—used in Asian cooking.

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

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

whip: to beat food with a whisk or mixer to incorporate air and produce volume.

chop: to cut something into small, rough pieces using a blade.

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

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

peel: to remove the skin or rind from something using your hands or a metal tool.

squeeze: to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

Equipment

- Medium mixing bowl
- Cutting board + kid-safe knife
- Measuring spoons
- Wooden spoon or spatula
- Mixing bowls
- Liquid measuring cup
- Whisk

- Large skillet
- Tongs
- Serving plate
- Small mixing bowl

Ingredients

Mexican Tortilla Churro French Toast

- 2 large eggs ****(for EGG ALLERGY sub 1 mashed banana)****
- 1/2 C milk ****(for DAIRY ALLERGY sub dairy-free/nut-free milk)****
- 1 T vanilla extract
- 1/4 C sugar
- 1 tsp ground cinnamon
- 1 T butter
- 6 (or more) flour tortillas ****(for GLUTEN ALLERGY sub corn tortillas)****

Whipped Cinnamon Yogurt "Crema"

- 3 oz plain Greek Yogurt, about 1/2 C ****(for DAIRY ALLERGY sub plain dairy-free/nut-free yogurt)****
- 2 T honey/agave nectar/powdered sugar
- 1 tsp vanilla extract
- 1/2 tsp ground cinnamon

Fruit Salad Salsa

- Choose 2 or all of the fruits below:
- 1/2 C green or red grapes
- 1 kiwi
- 1 banana
- 6 to 10 large strawberries
- 1/2 C diced watermelon
- 1/2 C mango or pineapple
- 1 apple

Dressing:

1 lime

3 T honey/sugar (or 2 Stevia packets)

1 pinch salt

Food Allergen Substitutions

Mexican Tortilla Churro French Toast

Dairy: Substitute dairy-free/nut-free milk for milk in Churro French Toast.

Egg: For 2 eggs in Churro French Toast, substitute 1 mashed banana.

Gluten/Wheat: Substitute corn tortillas for flour tortillas for Churro French Toast.

Whipped Cinnamon Yogurt "Crema"

Dairy: Substitute dairy-free/nut-free yogurt for Greek yogurt in Crema.

Fruit Salad Salsa

Instructions

Mexican Tortilla Churro French Toast

crack + whisk

Have your kid chefs crack **2 eggs** into a medium mixing bowl. Add **1/2 cup milk** and **1 tablespoon vanilla extract**. Whisk together to combine while counting to 5 in Spanish: 1 uno (OO-noh), 2 dos (dohs), 3 tres (trehs), 4 cuatro (KWAH-troh), 5 cinco (SEEN-koh).

mix + cut

In another bowl, have your kids mix together **1/4 cup sugar** with **1 teaspoon cinnamon**. Have your kids cut 6 (or more) tortillas into halves or fourths.

melt + dip + fry

Parents heat a nonstick skillet over medium heat on your stovetop and melt 1 tablespoon butter or oil, swirling or brushing to coat the pan. Have your kids dip each tortilla into the egg mixture, cover both sides well, and shake off the excess. Parents place the coated tortillas on your hot skillet. Fry the tortillas for about 1 to 2 minutes on each side (tongs work great to turn the tortillas), until puffed and golden brown.

cool + dredge

Cool the tortillas a bit and then have your kids dredge the cooked tortilla French toast in the cinnamon sugar mixture you made earlier. Set on a plate for serving with Fruit Salad Salsa and Whipped Cinnamon Yogurt "Crema" (see recipes).

Whipped Cinnamon Yogurt "Crema"

measure + whisk + whip

Have your kid chefs measure **3 ounces Greek yogurt, 2 tablespoons honey, 1 teaspoon vanilla extract**, and **1/2 teaspoon cinnamon** into a bowl. Whisk and whip everything together. Taste. Does it taste good? Does it need more cinnamon? More sweetener? Adjust if needed. This "Crema" is great dolloped on top of Mexican Tortilla Churro French Toast (see recipe)!

Fruit Salad Salsa

wash + peel + chop

See ingredients list for fruit ideas! Have your kid chefs wash all of your fruit. If using, peel kiwi, watermelon, bananas, pineapple, and mango. Parents may need to help with this. Then, have your kids chop up all of your fruit into itty-bitty pieces.

squeeze + stir

Cut **1 lime** into wedges and then let your child(ren) squeeze the lime juice onto the fruit, to prevent it from turning brown. Have your kids measure and stir in **3 tablespoons of honey** and sprinkle with **1 pinch of salt**. Serve with Mexican Tortilla Churro French Toast (see recipe) or pancakes!

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.