



Delightfully Donut-y Apricot-Filled Mug Cake

By Jacy Shoener

Prep Time 10 / **Cook Time** 2 / **Serves** 1 - 2

Fun-Da-Mentals Kitchen Skills

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.

separate eggs: to remove the egg yolk from the egg white by cracking an egg in the middle and using the shell halves, the palm of the hand, or a device to keep the egg yolk in place while the egg white falls into a separate bowl.

Equipment

- Microwave
- Microwave-safe mug
- Potheader
- Paper towels
- Small bowl
- Butter knife
- Measuring spoons
- Fork for mixing

Ingredients

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- 2 T butter ******(for DAIRY ALLERGY sub coconut oil or dairy-free/nut-free butter, like Earth Balance)******
- 2 T granulated sugar
- 4 T all-purpose flour ******(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)******
- 1/2 tsp baking powder
- 1/4 tsp cinnamon
- 1 egg yolk ******(for EGG ALLERGY sub 1 tsp ground flaxseeds + 3 T apple cider—more info below)******
- 1 T milk ******(for DAIRY ALLERGY sub dairy-free/nut-free milk)******
- 1 T apricot preserves
- 1/4 tsp powdered sugar

Food Allergen Substitutions

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Dairy: Substitute dairy-free/nut-free butter, like Earth Balance, or nut-free oil for butter. Substitute dairy-free/nut-free milk.

Gluten/Wheat: Substitute gluten-free/nut-free all-purpose flour.

Egg: For 1 egg yolk, substitute 1 tsp ground flaxseeds + 3 T apple cider. Mix and let stand for 2 minutes.

Instructions

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separate eggs

If not already separated, crack **1 egg** and separate the white from the yolk, setting both aside.

microwave + melt

Measure **2 tablespoons of butter** into a microwave-safe mug. Cover with a damp paper towel and cook on high for 20 seconds. Stir with a butter knife until the butter is fully melted. Carefully remove using a potholder.

measure + mix

Measure and add to the mug **2 tablespoons sugar, 4 tablespoons flour, 1/2 teaspoon baking powder, 1/4 teaspoon cinnamon, 1 egg yolk, and 1 tablespoon milk**. Mix well with a fork until just combined.

measure + add

Gently place **1 tablespoon of apricot preserves** on top of the batter. The easiest way to do this is by pushing the preserves out of the measuring spoon with a butter knife. The preserves will sink, but a small amount will show through.

microwave + cool

Cook on high for 75 seconds until the cake is firm on top. Cool for at least 5 minutes in the microwave. This will allow the batter to finish cooking.

sprinkle + serve

Sprinkle the mug cake with **1/4 teaspoon powdered sugar** and enjoy!

Featured Ingredient: Apricots!

Hi! I'm Apricot!

"I'm from the same family as the peach and kind of look like one, but I'm smaller with more velvety than fuzzy skin. I'm also a little less sweet and more tart, but when you cook apricots, that's where we shine!"

History & Etymology

The most common apricot cultivar was thought to have originated in ancient Armenia, where its scientific name, *Prunus armeniaca*, came from. However, genetic studies have found it was first domesticated in Central Asia and China. It then spread to South Asia, West Asia (including Armenia), Europe, North Africa, and Japan.

Turkey is the largest producer of apricots worldwide, at over 850,000 tons per year. The United States, in comparison, produces a little over 40,000 tons, with almost 75 percent grown in California.

Apricots are the national fruit of Armenia, grown primarily in the Ararat plain, which is shared with Turkey. US astronauts ate dried apricots on the Apollo 15 and 17 moon missions.

The word "apricot" comes from the mid-16th century French "abricot," from the Spanish "albaricoque," from the Spanish Arabic "al + barquq" ("the plums").

Anatomy

Apricot trees (*Prunus armeniaca*) are from the Rosaceae family, including roses, apples, peaches, pears, plums, cherries, raspberries, and strawberries.

The trees grow from 26 to 39 feet tall. The fruit is orange and is one-half to one inch in diameter. Its appearance resembles a small peach, and its skin may be smooth or velvety.

The fruit of the apricot tree is a drupe or stone fruit, like almonds, cherries, nectarines, olives, and

peaches. A drupe has an outer fleshy part with a thin skin and a stone (also called pip or shell) in the center surrounding the seed or kernel.

A positive consequence of the hard stones in apricots is to protect people from ingesting the toxic kernel inside.

How to Pick, Buy, & Eat

Depending on the variety, apricots are picked when fully ripe, between June and August. After they are harvested, they can be stored in a cool place for one to three weeks.

Commercially processed apricots are mostly canned, dried, frozen, or made into jams, jellies, and preserves.

Store ripe apricots in your refrigerator's crisper bin for one to two days. To ripen firm apricots, place them in a closed paper bag at room temperature.

Fresh apricots can be eaten as a snack or cooked and made into jams and preserves. Fresh apricots and preserves are added to cookies, pies, cakes, and other desserts.

Dried apricots retain many nutrients and are a sweet and tasty snack.

Nutrition

Raw, fresh apricots are a moderate source of vitamin A, beta-carotene, and vitamin C.

Vitamin A helps you see in the dark and makes your skin healthy. The deeper the color, the more beta-carotene apricots have and the better they are for you. Vitamin C helps boost the immune system.

Due to the concentration of nutrients, dried apricots are rich sources of vitamins A and C and potassium. However, dried apricots contain more than five times more sugar than fresh apricots.