



Honey Cinnamon Milk Steamer for One

By Erin Fletter

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

Fun-Da-Mentals Kitchen Skills

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.

seal: to close tightly, keeping filling inside.

shake: to rapidly and vigorously move a covered container filled with food up and down and side to side to combine ingredients and create a different consistency, such as shaking whipped cream to make butter.

Equipment

- Microwave
- Microwave-safe mug
- Potheader
- Pint-sized glass or plastic jar or container + matching lid
- Liquid measuring cup
- Measuring spoons

Ingredients

Honey Cinnamon Milk Steamer for One

- 3/4 C milk **** (for DAIRY ALLERGY sub dairy-free/nut-free milk) ****
- 1 T honey
- 1 pinch ground cinnamon OR 1 cinnamon stick

Food Allergen Substitutions

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Dairy: Substitute dairy-free/nut-free milk.

Instructions

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measure + seal

Kid chefs can measure and add **3/4 cup milk**, **1 tablespoon honey**, and **1 pinch of cinnamon** to a clean jar or container and seal with its matching lid.

shake + microwave + stir

Have kids shake the sealed jar for a total of 30 seconds. Add the honey cinnamon milk to a microwave-safe mug. Microwave on high for 45 seconds to 1 minute. Carefully remove the mug with a potholder and stir.

cool + sip

Let it cool and sip. Cheers!

Featured Ingredient: Honey!

Hi! I'm Honey!

"I'm a golden, thick, naturally sweet liquid made by honeybees! My flavor varies depending on the particular flower nectar that bees carry home to their hive. Did you know I can last indefinitely? That's forever! Try squeezing or dribbling me into tea, on biscuits, toast, or fruit, and add me to desserts."

Honeybees make honey—they are one of the world's insects that makes food people can eat. An average bee makes about one-twelfth of a teaspoon of honey during its whole life.

In Spain, an 8,000-year-old cave painting in the Cuevas de la Araña (Spider Caves) depicts a person gathering honey from a beehive.

Egyptian hieroglyphs record the practice of beekeeping in ancient Egypt and honey's use as a sweetener and as a soothing ointment for wounds. Egyptians also buried their dead with honey or used it in mummification.

Ancient Greece had its beekeepers, and references to honey also appear in ancient Indian and Israelite texts.

Honey has an indefinite shelf life—it can last forever if well stored because it has natural preservatives. It may crystallize eventually, but the crystals will melt if you warm it by putting the jar in a bowl or pot of hot water or in the microwave on low power.

People initially used honey as a culinary sweetener but now recognize it as a healing ingredient in

medicinal treatment. For example, honey can help soothe a cough or sore throat and heal burns or cuts on your skin.

Eating local honey, made from bees living in the same area where you live, may help you build up a resistance to pollen, thereby reducing your allergies. However, there is not sufficient evidence for this. Infants do not yet have any resistance to the bacteria in honey, so keep it out of their diet until they are over one year old.

Honey consists primarily of fructose and other natural sugars and has insignificant amounts of vitamins and minerals, so it is wise to limit your honey intake as you do with other sugars.

Honey soaks up moisture rapidly. To make cake and cookies last longer and retain their moistness, substitute half of the sugar in a recipe with honey.