



## Swirly Sweet Potato Babka Crumb Mug Cake

By Erin Fletter

**Prep Time** 15 / **Cook Time** 7 / **Serves** 1 - 2

### Fun-Da-Mentals Kitchen Skills

**mash:** to reduce food, like potatoes or bananas, to a soft, pulpy state by beating or pressure.

**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.

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

**pierce:** to prick a food with a sharp utensil, like a fork, to create small, shallow holes in raw potatoes to keep them from exploding or in a pie crust to allow steam to escape and prevent it from puffing up when blind baking (pre-baking).

**scoop:** to pick up an amount of food with a utensil to move it to a dish, pan, or container; utensils that can be used to scoop are spoons, dishers (small scoops used for cookie dough or melon balls), ice cream scoops, or large transfer scoops for bulk foods.

**swirl:** to create a swirl design by lightly stirring a food with a toothpick, or other cooking or eating utensil, in a circular or other pattern.

### Equipment

- Microwave
- Cutting board + kid-safe knife
- Metal fork
- Paper towels
- Microwave-safe plate

- 2 microwave-safe mugs
- Measuring spoons
- Pot holders
- Metal spoon
- Microwave-safe bowl
- Dry measuring cups
- Butter knife

## Ingredients

### Swirly Sweet Potato Babka Crumb Mug Cake

- 1 slice orange sweet potato or yam, about 1-inch thick
- 2 tsp butter **\*\***(for DAIRY ALLERGY sub vegetable oil or dairy-free butter, like Earth Balance)**\*\***
- 1 T sugar
- 3 T milk **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free milk)**\*\***
- 1/4 C all-purpose flour **\*\***(for GLUTEN ALLERGY sub gluten-free/nut-free flour blend with xanthan gum)**\*\***
- 1 pinch salt
- 1/4 tsp baking powder
- 2 tsp cocoa powder
- 2 T chocolate chips **\*\***(for NUT/DAIRY/SOY ALLERGY use Enjoy Life brand chocolate chips)**\*\***

## Food Allergen Substitutions

### Swirly Sweet Potato Babka Crumb Mug Cake

**Dairy:** Substitute vegetable oil or dairy-free butter, like Earth Balance. Substitute dairy-free/nut-free milk. Use Enjoy Life brand chocolate chips.

**Gluten/Wheat:** Substitute gluten-free/nut-free flour blend with xanthan gum for all-purpose flour.

**Nut:** Use Enjoy Life brand chocolate chips.

**Soy:** Use Enjoy Life brand chocolate chips.

## Instructions

# Swirly Sweet Potato Babka Crumb Mug Cake

## intro

Babka originated in Poland and Eastern Europe, and its history is deeply rooted in Jewish culture. Chocolate babka is sometimes served during Hanukkah, a Jewish holiday, although it is not specifically a Hanukkah dish.

## pierce + microwave + mash

You'll be making the sweet potato chocolate swirl first. Slice a 1-inch slice from **1 sweet potato** and pierce with a fork in several places. Wrap it with a damp paper towel and place it on a microwave-safe plate and microwave for 2 minutes. Let cool slightly, then microwave for a final minute. Let cool enough to handle before using the fork to mash the flesh. Discard the peel, or eat it!

## measure + microwave + mix

Measure and add **1 teaspoon butter**, **2 teaspoons cocoa powder**, and **2 tablespoons chocolate chips** to a microwave-safe mug. Cover the mug with a damp paper towel and microwave for 1 minute. Remove the mug with a potholder and stir! Then add the mashed sweet potato and **1 tablespoon of milk**. Cover the mug with a towel again and microwave for 1 more minute. Stir well. Scoop the mixture out of the mug and set it aside (it can stay on the spoon!)

## microwave + measure + mix

Next, you'll be making the babka crumb cake batter. Microwave **1 teaspoon of butter** in a microwave-safe bowl for 30 seconds to melt it. Measure and combine **1 tablespoon sugar** and **2 tablespoons milk** to the butter and mix! Measure and add **1/4 cup flour**, **1 pinch of salt**, and **1/4 teaspoon baking powder** to the bowl. Mix well until the flour disappears!

## scoop + swirl + microwave

Scoop the cake batter mixture into your microwavable mug and top it with the sweet potato chocolate swirl mixture. Use the tip of a butter knife to swirl the chocolate mixture into the cake batter. Cover mug with a damp paper towel and microwave for 1 minute.

## cool + drizzle

Let cool slightly before drizzling the cake with Very Vanilla Yogurt Glaze (see recipe) and digging in!

## Featured Ingredient: Sweet Potato!

Hi! I'm Sweet Potato!

"Sweet potatoes are root vegetables, like beets and carrots! We're very popular in the Fall, especially for holiday dinners, where you might find us baked whole or sliced and diced as part of a side dish. We also pair well with fruit and other vegetables in salads and casseroles."

## History

The sweet potato originated in Central or South America, and people began cultivating them in Central America at least 5,000 years ago.

Sweet potatoes have been grown in Peru for almost 3,000 years and remain one of the major crops for people in Peru.

When Columbus arrived in the New World, Native Americans were already growing and utilizing sweet potatoes. Columbus brought sweet potatoes back to Europe, and other explorers brought them from the New World to Asia.

Sweet potatoes were cultivated widely in Colonial America and were a significant form of sustenance for farmers and soldiers during the Revolutionary War.

As far as records show, orange sweet potatoes originally came from Puerto Rico and were named "yams" by Louisiana farmers to differentiate them from the white-fleshed variety grown in other parts of the country. Indeed, the sweet potato is officially the state vegetable of Louisiana! It's also North Carolina's official state vegetable.

George Washington grew sweet potatoes on his estate at Mount Vernon, Virginia.

North American supermarkets import much of their sweet potatoes from the Caribbean.

February is National Sweet Potato month!

## Anatomy & Etymology

Sweet potatoes are edible roots, not tubers like potatoes. Actually, sweet potatoes aren't related to potatoes but are part of the Morning Glory family. Plants from this family produce beautiful flowers whose seeds were revered for their laxative properties by the Chinese.

The flesh of sweet potatoes can be white, yellow, orange, or even purple!

Enslaved African-Americans called the sweet potato "nyami" because it reminded them of the starchy, edible tuber from their homeland. "Nyami" is a Senegalese word that was eventually shortened to "yam." Sweet potatoes are often confused with yams, and this is why!

## How to Pick, Buy, & Eat

Sweet potatoes are eaten by people worldwide as they are a hearty crop that packs a lot of nutrition.

It's best to store sweet potatoes in cool, dark, and dry places. They won't last as long in the fridge.

Small, firm sweet potatoes tend to be sweeter and creamier. Large sweet potatoes contain more starch, as they've had more time to grow and develop the starches. Look for smooth, firm, even skin.

Sweet potatoes should be cooked, not eaten raw. You can use them in many savory and sweet recipes.

Sweet potatoes make an excellent side dish—you can bake, mash, or boil them—and their nutritional

benefits are increased when combined with healthy fats, like avocado, butter, or olive oil!

If they had their say, sweet potatoes might like to be known as everyday veggies rather than just for special occasions. For example, we in the United States eat more sweet potatoes around Thanksgiving than at any other time. But sweet potatoes are available year-round and should be enjoyed more often because of their benefits!

## Nutrition

Sweet potatoes are very nutritious! Their color can tell us which nutrients they contain (like many vegetables and fruits!).

If a sweet potato is orange, it contains beta-carotene (other orange foods that contain this nutrient include carrots, shrimp, and oranges). Can you hear the name of a familiar vegetable in the word "beta-carotene?" Carrot! We know that beta-carotene is good for our eyes and skin. Have you ever been asked to eat your carrots because they are good for your eyes? Beta-carotene is why!

Sweet potatoes also have vitamin K, which helps our blood clot. When we get a cut, our blood clots to stop the bleeding, and vitamin K helps with this!

We often talk about fiber when we reveal our Surprise Ingredients because vegetables and fruits contain a lot of fiber. Sweet potatoes are no exception. So what does fiber help with? Digestion! And which body parts are responsible for digestion? Many, but namely our stomach and intestines.