

# Cracker-Crust Mexican Coconut Lime Frozen Custard

+ Sour Pucker Whipped Coco-  
crema + Frozen Coconut Limeade



cracker-crust mexican coconut lime  
frozen custard

melt + crush + mix

Microwave **1 T butter** in your mug for 30-40 seconds until it melts. Crush **3 or 4 plain crackers** with your hands over a cereal bowl until you've created fine crumbs! Add **1 tsp shredded coconut** to the cracker crumbs. Pour in the **melted butter** and mix everything together with your hands. Scoop the mixture back into the mug and press down firmly with your hands to create a crust at the bottom of your mug. Pop mug into the freezer to chill.

wash + zest + slice + combine

Wash the outside of **1 lime well**. Zest the lime and add all of the zest to a cereal bowl. Slice the lime in half and squeeze the juice from both halves into the bowl with the zest. Measure and combine **3 T cream cheese**, **1 T sour cream**, **1 T coconut cream** (use the top layer from a can of full-fat coconut milk), and a **pinch of salt** and whisk well! Add **1 T honey or sugar** and mix again. If your custard mixture is lumpy, keep mixing until it becomes smooth! 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!



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## sour pucker whipped coco-crema

### slice + squeeze + measure + whisk

Slice **1 lime** in half and squeeze the juice into a bowl. Measure and add **2 T coconut cream** (use the top layer from a can of full-fat coconut milk) and a **pinch of sugar** to the bowl. Whisk until you have a smooth whipped cream consistency. Top your Mexican Coconut Lime Frozen Custard with a dollop of Whipped Coco-crema and enjoy!



## frozen coconut limeade

### slice + squeeze + measure + blend

Slice **2 limes** in half and squeeze the juice into a bowl. Measure and add **1 C canned coconut milk**, **2 T honey or sugar**, **1 C ice**, and the **lime juice** to your blender. Blend until smooth and add more sweetener to taste! Pour into cups and shout “SALUD!” or “cheers” in Spanish!

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## rainbow crudite veggie sticks + cool ranch dip

### slice + mix + dip

Have kid chefs slice up their **raw vegetables of choice** into sticks or bite-sized pieces. If using fresh parsley, tear it a pinch of leaves into tiny bits! Add the herbs to a small bowl. Zest **1 lemon** and add a pinch of zest to the herbs. **Save a pinch of lemon zest and half a lemon for the Rich Ricotta Frosting!** Slice the lemon in half and add a squeeze of juice, too! Measure and add **2 T full-fat Greek yogurt**, a **pinch of garlic powder**, **pinch of salt**, **pinch of black pepper**, (optional) **pinch of sugar**, and **1 tsp of water**. Mix! Dip veggies into Cool Ranch Dip!



\*Each Sweet Mug Recipe will also include this section of the lesson, where kids will snack on raw veggies and dip with their homemade Cool Ranch. 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! Have kids 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: helps keep you from catching a cold!

WHITE: gives you energy!

YELLOW: helps make your bones strong!

ORANGE: good for your heart!

BLUE/PURPLE: good for your memory!

RED: good for your blood!

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## equipment list

- |   |  |
|---|--|
| <input type="checkbox"/> Microwave            | <input type="checkbox"/> Kid-safe knife                      |
| <input type="checkbox"/> Microwave-safe mug   | <input type="checkbox"/> Box grater with small zesting plate |
| <input type="checkbox"/> Microwave-safe plate | <input type="checkbox"/> Metal fork                          |
| <input type="checkbox"/> Metal spoon          | <input type="checkbox"/> Toothpick                           |
| <input type="checkbox"/> Measuring spoons     | <input type="checkbox"/> Cutting board                       |
| <input type="checkbox"/> Drinking glass       |  |

## shopping list

- |  |   |
|--|---|
| <b>Cracker-crust Mexican Coconut Lime Frozen Custard</b>   | <b>Sour Pucker Whipped Coco-crema</b>       |
| <input type="checkbox"/> 1 T butter                        | <input type="checkbox"/> 1 lime             |
| <input type="checkbox"/> 3-4 plain crackers                | <input type="checkbox"/> Pinch of sugar     |
| <input type="checkbox"/> 1 tsp shredded coconut            |   |
| <input type="checkbox"/> 1 lime                            | <b>Frozen Coconut Limeade</b>               |
| <input type="checkbox"/> 3 T cream cheese                  | <input type="checkbox"/> 2 limes            |
| <input type="checkbox"/> 1 T sour cream                    | <input type="checkbox"/> 2 T honey or sugar |
| <input type="checkbox"/> 1 14-oz can full-fat coconut milk | <input type="checkbox"/> 1 C ice            |
| <input type="checkbox"/> Pinch of salt                     |   |

## allergy substitutions

- BUTTER:** Sub olive oil dairy-free butter substitute, like Earth Balance
- DAIRY (yogurt):** Sub dairy-free yogurt or more coconut cream
- DAIRY (cream cheese):** Sub dairy-free cream cheese alternative OR silk tofu + 1 extra lemon
- GLUTEN (crackers):** Sub plain gluten-free crackers or corn flakes

:: shopping list continued ::

## shopping list, continued

### Rainbow "Crudite" Veggie Sticks

- Baby carrots or carrot chips (4-5)
- Celery stalks (1-2)
- 1 mini cucumber or ¼ large cucumber
- 3-5 Cherry tomatoes
- 1-2 red radishes
- 2-3 jicama sticks
- ½ red, orange, or yellow bell pepper
- 3-5 mini sweet peppers

### Cool Ranch Dip

- Pinch fresh chopped or dried parsley or dried dill
- 1 lemon
- 2 T full-fat Greek yogurt
- Pinch garlic powder
- Pinch salt
- Pinch ground black pepper
- 1 tsp water
- Optional: pinch sugar

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## Coconut!

- ★ 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, 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 a thin skin or hard stony covering. Examples are peaches, coconuts, and olives. The word "drupe" comes from the word *drupa* meaning overripe olive.
- ★ Early Spanish explorers called coconuts "coco," which means "monkey face" because the three indentations (eyes) that resembles the head and face of a monkey:
- ★ 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 mail able as long as they are presented in a dry condition and not oozing fruit juice! Try it!
- ★ Coconuts are native only to the South Pacific, but they were spread around the globe by explorers hundreds of years ago.
- ★ A coconut can survive months of floating in the ocean. When it washes up on a beach, it can germinate into a tree!
- ★ **ELECTROLYTES!** Fresh coconut juice is one of the highest sources of electrolytes known to humans. What do electrolytes do? They replenish the body by being the chemicals it needs to make our muscles move, our hearts beat, and our brain cells to communicate with each other.

### Time for a laugh!

What do you call a fruit that goes into space? **A coco-naut.**

Where do intergalactic coconuts grab a drink? **At the "Milky Way"**

What did one coconut say to the other? **Got milk?**

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