

LESSON 7

COOKIES AND BANANA MOUSSE

CHOCOLATE BLACK BEAN COOKIES

Serving Size: makes 12 cookies

Ingredients:

- 1 cup canned black beans
- 2 tbsp olive oil
- 2 tbsp sunbutter (NUT FREE)
- 2 tbsp milk
- 2/3 cup sugar
- 5 tbsp cocoa powder, unsweetened (NUT FREE)
- ¼ cup oat flour (NUT FREE)
- 1 tsp baking powder
- 1/2 tsp salt

PREP BEFORE CLASS:

Preheat the oven to 350 degrees. Open beans and drain. Line baking sheet with foil and grease with oil.

Directions:

1. Blend oats in food processor to make oat flour.
2. Add beans to a food processor, and have students measure the sunbutter, oil, and milk. Blend until completely smooth.
3. Have students measure sugar, cocoa powder, 2 tbsp oat flour, baking powder, and salt into a mixing bowl.
4. Mix dry ingredients together, and add to the bean mixture.
5. Blend again until well combined. The batter should have a thick consistency.
6. Instructor only: spoon 12 evenly distributed dollops of batter on a baking sheet. Use a spoon to form the cookies into round shapes.
7. Bake for 20 minutes (cookies should still be a little soft when you remove them from the oven).
8. Set aside a few minutes to cool. Enjoy!



DID YOU KNOW?

Cocoa powder is one of the richest sources of polyphenols, which decrease inflammation

CHOCOLATE BANANA MOUSSE

Makes 12 servings

Ingredients:

- 5 bananas
- ¾ cup cocoa powder, unsweetened (NUT FREE)
- ⅔ cup sunbutter (10 tbsp) (NUT FREE)
- 2 tbsp sugar
- ½ cup chocolate chips (NUT FREE)
- 10 plastic cups

Directions:

1. Have students measure banana, cocoa powder, sugar, and sunbutter into blender.
2. Blend until it becomes completely combined. If needed, use a spatula to move the ingredients around inside the blender.
3. Pour into plastic cups for each student.
4. Distribute chocolate chips evenly between students, have them sprinkle chocolate chips on the top if they desire.
5. Enjoy!

DID YOU KNOW?

The scientific name for banana is *Musa sapientum*, which means "fruit of the wise men."

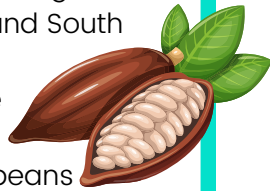
LESSON 7: BEAUTIFUL BROWN

OBJECTIVES

- Explain why chocolate has the potential to be a healthy ingredient.
- Name a few recipes where chocolate can be used.
- Identify the cooking tools that are used for mixing.

STAR INGREDIENT: CHOCOLATE

- Where does chocolate come from? Chocolate comes from cocoa beans, which grew on trees in Central and South America
- Why is chocolate good for us?
The raw cocoa beans are really good for you, full of vitamin C and magnesium, but they're bitter. The beans also contain caffeine, also found in coffee and tea.
- What can we do with chocolate? Chocolate is bitter on it's own, so when we use it in deserts, which we often do, we need to add a sweetener like sugar.
- Dark chocolate is more bitter, while milk chocolate has more sugar and milk, so it is more sweet.



INTRODUCTION

🕒 2-3 min

- Ask the students to identify the ingredients from both recipes. Have them guess what we might be making today! Are they familiar with any of these ingredients?
- Note that both recipes include cocoa powder, a powder form of chocolate. Discuss how the cocoa powder is made. It is made by drying and then, crushing cocoa beans and removing the fat, or cocoa butter. Because it is a powder, we consider it a dry ingredient, and can mix it with other dry ingredients when baking.
- Ask children about recipes with cocoa powder that they know. (Hot chocolate, smoothies, brownies, cookies, cakes, etc.) Ask children to name their favorite foods with chocolate.

DEVELOPMENT

🕒 5-7 min

- As you are transitioning to the Chocolate Black Bean Cookies, discuss Star Technique. Then discuss the benefits of chocolate. Cocoa powder in particular is one of the richest sources of polyphenols, which decrease inflammation and protects us from getting diseases. Chocolate is a healthy ingredient, but is often used in combination with sugar, which means eating it in moderation is important.
- As you are making Chocolate Banana Mousse discuss the Star ingredient, Key Qs: Where does chocolate? Why is chocolate good for us in moderation? What can we do with chocolate?
- While finishing the first recipe, discuss Cooking Pro.

COOKING PRO

The best way to grate chocolate is by letting your grating tool (ex. zester or microplane) and your chocolate chunk chill in the fridge for about 15 minutes first. This will keep the chocolate from melting in your hand as you grate.

LESSON 7:

BEAUTIFUL BROWN

STAR TECHNIQUE: MIXING

- What is mixing? Mixing is a general term that includes stirring, beating, blending, binding, creaming, whipping and folding. In mixing, two or more ingredients are evenly dispersed in one another until they become one product.
- What tools do you use to mix? A blender, mixer, food processor. Additionally, we can use spatula, whisks, and spoons.
- When do we usually use mixing? When baking and making a batter, when making sauces, when making salads.

5 SENSES

- Sight
- Smell
- Touch
- Taste
- Hearing


5 TASTES

- Salt
- Sugar
- Bitter
- Sour
- Unami

ASSESSMENT

- Use questioning and observation throughout
- Think-Pair-Share: Teacher listens to responses
- Observe children as they complete each task and skill
- Thumbs up and down to confirm understanding

TASTE TEST

 2-3 min

- When the class is ready to taste food, complete The 30 Second Silent Taste Test: Students will engage in mindful eating by silently tasting the first recipe for 30 seconds.
- Remind the class while they are tasting to focus on their 5 senses (see 5 Senses and 5 Tastes graphic)
- How would you describe the dish? Use 5 Tastes to describe or use adjectives from "Words to Describe Food Taste, Smell, or Texture" page at the beginning of the instructor guide
- Repeat this for the second recipe.

THUMBS UP TEST

 2 min

- Carry out the Thumb Test: Thumbs up/thumbs to the side/thumbs down.
- If time permits students can share comments.
- Key Qs: How might you change the recipes, why do/don't you like it, were there any strong flavors or textures?

CLEAN UP & DIMISSAL

 5 min

- Clean up the classroom. Allocate roles such as putting scraps and left overs in the trash, creating a pile of all cutting boards and aprons, wiping down surfaces and checking the floor.
- Make sure you leave the classroom the same way you found it - or better!
- Dismiss from classroom in an orderly line and follow school dismissal procedures.
- Any issues? Contact your Program Coordinator.