

LESSON 9:

BLUEBERRY CRUMBLE & CHOCOLATE BERRY MUD

BERRY CRUMBLE

Serving Size: 12 servings

Ingredients:

- 1.5 pounds or 24 oz frozen blueberries
- 2 tbsp lemon juice
- 1 tsp lemon zest
- 3 tbsp flour
- 2 tbsp sugar
- 12 foil muffin tins

For the crumble topping:

- ¼ cup butter softened
- 1/2 cup cup brown sugar
- 1/4 cup cup flour (NUT & SESAME FREE)
- 3/4 cup oats regular (NUT & SESAME FREE)
- 1/4 tsp cinnamon
- Pinch of salt

PREP BEFORE CLASS:

Preheat oven to 375°F. Allow butter to soften. Prepare the food processor.

Directions:

1. Have students assist with tossing blueberries with lemon juice and lemon zest. Have them use tongs or a large spoon!
2. In a small bowl, have students mix together 2 tbsp sugar and 3 tbsp flour and toss with blueberries until coated. Spoon into muffin tins. Set aside.
3. Create the crumble: Have students assist in measuring out all ingredients (flour, brown sugar, salt, butter, oats) and pulse in the food processor to combine. Spoon topping over the fruit in each muffin tin evenly.
4. Bake for 20 minutes until the blueberries are bubbling at the edges.
5. Cool for a few minutes and serve!

DID YOU KNOW?

The sweetness of blueberries come from a type of natural sugar called fructose.



DID YOU KNOW?

Blueberries are native to North America and have been growing wild for thousands of years.

CHOCOLATE BERRY MUD

Serving Size: 12 servings

Ingredients:

- 2 cup frozen mixed berries
- 2 cup spinach
- 1 avocado, ripe
- 1/4 cup cocoa powder (NUT & SESAME FREE)
- 4 tbsp. honey
- water, if needed

PREP BEFORE CLASS:

Wash avocado and spinach. Prepare blender attachments.

Directions:

1. Cut the avocado in half and remove the pit.
2. Scoop the avocado into a blender.
3. In the same blender, add spinach, frozen mixed berries, cocoa powder, and honey.
4. Blend all of the ingredients together, pausing to scrape down the sides as necessary. If needed, add water to help blend, but add very slowly! The "mud" should have the consistency of a thick pudding.
5. Pour the mixture into cups or bowls, and enjoy!

LESSON 9:

NATURALLY SWEET: FRUITS AND BERRIES IN DESSERT MAKING

SHOPPING LIST

Ingredients to buy:

- 1.5 pounds or 24 oz. frozen blueberries
- 2 cups frozen mixed berries
- 1 lemon
- 2 cup spinach
- 1 avocado, ripe
- 1 cup flour (NUT & SESAME FREE)
- 3/4 cup oats regular (NUT & SESAME FREE)
- ¼ cup butter softened
- 1/2 cup brown sugar
- 1/4 cup cocoa powder (NUT & SESAME FREE)

Ingredients in the bin:

- Sugar
- Cinnamon
- Salt
- Honey
- 12 foil muffin tins

OBJECTIVES

- Name benefits of using fruits and berries in dessert making
- Name at least two benefits of blueberries

COOKING PRO

Making smoothies using a blender is a great way to add vegetables into your diet. Try adding vegetables to your smoothies like spinach and kale! Incorporating fruits with them as well can make the flavoring better. It also gives you an extra boost of important vitamins and minerals.



INTRODUCTION

🕒 2-3 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies.
- Ask the students to identify the ingredients from both recipes.
 - Have them guess what we might be making today.
 - Have they previously had all of these ingredients, or is there a new item?
- Discuss that today we are going to be making recipes that use berries. Fruits and berries not only add natural sweetness to our desserts but also provide essential vitamins, minerals, and fiber. So let's dive into the theory of using these nature's treats to create delightful and healthy desserts!
- Fruits and berries are a gift from nature, offering a wide range of flavors, textures, and colors. They are packed with natural sugars, which make them the perfect ingredients for sweetening desserts. Unlike processed sugars, fruits and berries come with the added benefits of vitamins, minerals, and antioxidants. Incorporating them into our desserts allows us to indulge in sweetness while nourishing our bodies.
- Enhancing Flavor and Texture: Adding fruits and berries to desserts not only enhances the taste but also introduces exciting textures.
- When you are craving something sweet, of course, you can always grab a cookie or a cupcake, but some healthier dessert options are just as delicious.

LESSON 9:

NATURALLY SWEET: FRUITS AND BERRIES IN DESSERT MAKING

STAR INGREDIENT: BLUEBERRIES

- Blueberries are native to North America and have been consumed for thousands of years by Native American tribes who recognized their delicious flavor and health benefits.
- The deep blue-purple color of blueberries comes from natural pigments called anthocyanins, which are powerful antioxidants.
- Blueberries are also often referred to as a "superfood" due to their high concentration of vitamins, minerals, and antioxidants. They are considered one of the healthiest fruits.
- Blueberries are often referred to as "brain food" due to their potential cognitive benefits.
- Blueberries are a good source of dietary fiber, which aids digestion, promotes a healthy gut.
- Blueberries are rich in vitamin C, which is known to boost the immune system and support overall health.



DEVELOPMENT

🕒 5-7 min

- As you start cooking discuss how berries can enhance the flavor and texture of the dish:
 - Freshness and Moisture: Chopped or pureed fruits and berries can provide a burst of freshness and moisture to cakes, muffins, and pastries. They prevent dryness and add a juicy element that makes every bite delightful.
 - Tangy and Tart: Some fruits, like citrus fruits or berries, have a naturally tangy or tart flavor. These fruits can balance the overall sweetness of a dessert, creating a well-rounded taste profile.
 - Crunch and Chew: Incorporating sliced or diced fruits and berries into pies, tarts, or crumbles can add a pleasant crunch or chewiness. This creates interesting textural contrasts, making desserts more exciting to eat.
- Pairing fruits and berries with other ingredients is an art that can take your dessert to new heights. Consider these factors when creating flavor combinations:
 - Flavor Combinations: Certain fruits and berries pair well with specific flavors. For example, citrus fruits work beautifully with vanilla, while berries often go hand-in-hand with chocolate. Experiment with different combinations to discover your favorite flavor matches.
 - Contrasting Flavors: Don't be afraid to explore contrasting flavors. Sweet fruits like pineapple or mango can be paired with slightly savory elements like coconut or mint to create a unique and refreshing dessert experience.
 - Seasonality: Choosing fruits and berries that are in season ensures their peak flavor and sweetness. It also encourages supporting local farmers and enjoying the freshest produce available.
- As we conclude the lesson, remember that fruits and berries are not only delicious but also offer numerous health benefits. Incorporating them into dessert-making allows us to enjoy sweet treats guilt-free while nourishing our bodies with essential nutrients.

END OF CLASS CHECKLIST

🕒 10 min

- Follow End of Class Checklist (see beginning of the curriculum) and complete Taste Test, Thumbs Up Test, Clean Up & Dismissal