LESSON 10:
FUDGY PUMPKIN BROWNIES & CHOCOLATE OAT MILK

FUDGY PUMPKIN BROWNIES

	Students Per Class		
Ingredient	**10**	**15**	**20**
Pumpkin Puree, canned	3/4 cup	1 cup	1 1/2 cup
Vanilla extract	3/4 tsp	1 tsp	1 1/2 tsp
Oats	1/4 cup	1/4 cup + 1 tbsp	1/2 cup
Mini chocolate chips	1/4 cup	1/4 cup	1/2 cup
Sugar	1/4 cup	1/3 cup	1/2 cup
Cocoa Powder	1/4 cup	1/4 cup + 2 tbsp	1/2 cup
Baking Soda	1/3 tsp	1/2 tsp	2/3 tsp
Other: Foil muffin tins per students. : **Make sure it is PEANUT, NUT, and SESAME FREE**			

PREP BEFORE CLASS:
Open canned pumpkin puree. Preheat oven to 375°F. Line muffin tin with foil baking cups.

Directions:
1. Have students measure and whisk together pumpkin and vanilla extract.
2. In a separate bowl, measure and stir together all remaining ingredients.
3. Pour dry ingredients into wet (not the other way around!) and stir until well combined, allow students to get a turn to mix.
4. Evenly distribute mixture between the foil baking cups.
5. Bake for 11-13 minutes. Keep an eye on the oven as time may vary. They will look underdone, but brownies will firm up as they cool.
6. Remove from oven and allow to cool.
7. Enjoy!

DID YOU KNOW?
Brownies were invented at the Chicago World's Fair in 1893 when a chef was asked to make a small, hand-held dessert inspired by chocolate cake.

DID YOU KNOW?
People have been eating oats for almost 9,000 years!

CHOCOLATE OAT MILK

	Students Per Class		
Ingredient	**10**	**15**	**20**
Oats	1 cup	1 1/2 cups	2 cups
Sweetened condensed milk	1/2 cup	3/4 cup	1 cup
Cold water	4 cups	6 cups	8 cups
Cocoa powder	1 tbsp	1 1/2 tbsp	2 tbsp
Vanilla extract	2 tsp	3 tsp	4 tsp
Cinnamon	1 tsp	1 1/2 tsp	2 tsp
Other: Cups for serving. : **Make sure it is PEANUT, NUT, and SESAME FREE**			

PREP BEFORE CLASS:
Prepare the blender.

Directions:
1. Have students add oats, sweetened condensed milk, cold water, cocoa powder, vanilla extract, and cinnamon to the blender. Blend until mixed.
2. Let the mixture sit for 10-15 minutes until the oats have separated at the bottom of the blender.
3. Pour portions into small cups for students, reserving the thicker oat remnants at the bottom of the blender.
4. Enjoy!

LESSON 10: POWER-PACKED TREATS

SHOPPING LIST

Ingredients to buy: **Please see recipe for amounts, varies by class size**

Pantry Staples:

- Pumpkin puree
- Mini chocolate chips (NUT & SESAME FREE)
- Cocoa powder (NUT & SESAME FREE)
- Oats (NUT & SESAME FREE)
- Sweetened condensed milk
- Baking soda

Ingredients in the bin:

- Vanilla extract
- Sugar
- Cinnamon
- Foil baking cups

OBJECTIVES

- ☑ Understand the nutrition power in cocoa, which makes chocolate
- ☑ Learn about how important measuring is in baking
- ☑ Explore the place that desserts play in a healthy diet

STAR INGREDIENT: COCOA

- Cocoa is packed with antioxidants, which can help protect your heart, reduce inflammation, and improve blood flow.
- Cocoa has minerals your body needs for muscles, blood and your immune system including magnesium, iron, and zinc.
- Dark cocoa may help with brain power. Some studies suggest the flavonoids in cocoa can support memory, focus, and even your mood.

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.
- Can anyone guess what dishes we may be making with the ingredients today?
  - Pumpkin puree, Cocoa powder, Oats, Vanilla extract, Sweetened condensed milk
- As you are completing the chocolate oat milk, discuss the Star Ingredient - cocoa! Did you know that this is what chocolate is made from?
- Talk about the Star Technique: Measuring!
  - Why is measuring important when we are making sweets?
  - Do you measure ingredients at home?
  - What kinds of things do you usually measure?
- Demonstrate the Star Technique when making and mixing the brownie batter.
- Additionally, discuss the Cooking Pro fact described on the next page.

ENGAGMENT TIPS

When mixing wet and dry ingredients, ask students to watch how the texture changes as it combines. Have them announce when the batter looks smooth and even.

When opening the canned pumpkin, remind students the edges are sharp. Be careful when scooping out the puree.

Remind students the brownies bake for 11–13 minutes and can burn quickly. Have them watch the clock and call out when 5 minutes and 2 minutes are left.

LESSON 10: POWER-PACKED TREATS

STAR TECHNIQUE: MEASURING

- Measuring means using a utensil to portion out a specific amount of an ingredient before adding to a recipe.
- What tools do you usually use to measure?
  - Measuring cups (dry and liquid), measuring spoons, kitchen scales, and sometimes even your hands
- Why measure?
  - Measuring properly ensures that your recipe will taste good and cook correctly!
  - In baking it is extra important to measure to ensure accuracy in the chemistry of the dish.

See MEASURING TIPS page at the beginning of the curriculum for proper measuring techniques.

COOKING PRO

To keep homemade oat milk from getting slimy, rinse the oats well before blending, then blend with cold water for no more than 30 seconds. Strain gently through a fine sieve or nut milk bag. Avoid squeezing too hard, as this can release extra starch and make the milk slimy.

DEVELOPMENT

5-7 min

- Here's the sweet truth: desserts can be both delicious and power-packed, and they can absolutely be part of a balanced diet.
- Our bodies need a variety of foods to grow strong and stay energized. That includes fruits, vegetables, grains, proteins, and yes, a little something sweet too. The key is choosing treats made with ingredients like fruits, oats, pumpkin, and even dark chocolate or cocoa that give your body something extra.
- Here's why power-packed desserts matter:
- They give us energy. Ingredients like oats, pumpkin, and cocoa help fuel our brains and bodies.
- They're full of nutrients. Desserts made with pumpkin or dairy can give us vitamins, minerals, and fiber.
- They make eating joyful. Having a sweet treat after a meal can help us feel satisfied and happy.
- Remember, eating healthy doesn't mean skipping dessert. It means choosing treats that do more for our bodies, most of the time.
- Today, we're making two delicious power-packed treats: fudgy pumpkin brownies and chocolate oat milk. These desserts don't just taste good. They're made with ingredients your body loves.
- Let's take a closer look:
- Pumpkin gives us fiber and vitamin A, which supports our eyes and immune system.
- Oats are whole grains that provide lasting energy and support heart health.
- Cocoa is rich in antioxidants that protect our cells and support brain function.
- What are some other smart sweets you've enjoyed at home?

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