

# LESSON 9:

## MUFFIN PIZZA & CHOCOLATE BERRY MUD

### ENGLISH MUFFIN VEGGIE PIZZA

Ingredient	Students Per Class		
	10	15	20
English muffins	5 (10 halves)	8	10
Tomato sauce	2 cups	3 cups	4 cups
Olive oil	1 tbsp	1 ½ tbsp	2 tbsp
Fresh basil	1/2 cup	2/3 cup	1 cup
Shredded mozzarella cheese	3 1/2 cups	5 cups	7 cups
Red bell pepper	1	1 ½	2
Black olives	1 can	1 can	2 cans

: Make sure it is Peanut, Nut, and Sesame FREE

#### PREP BEFORE CLASS:

Preheat oven to 350 F. Put foil on oven tray, grease with olive oil. Divide bell pepper into equal pieces, and pass out basil leaves. Open cans.

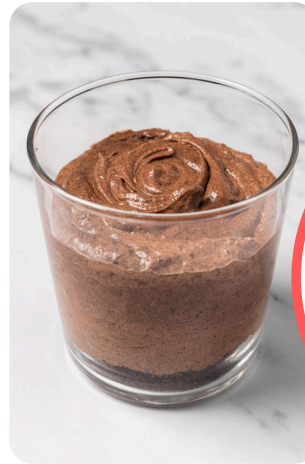
#### Directions:

1. Have students slice their individual piece of red bell pepper. They may also chop basil leaves, or keep the leaves whole, whatever they prefer.
2. Have each student spread the pizza sauce on their piece of English muffin.
3. Have students sprinkle mozzarella cheese onto their pizza.
4. Have students top with the basil, red bell pepper, and black olives.
5. Bake in the oven for 10-12 minutes, until cheese is melted. Let cool and enjoy!



#### DID YOU KNOW?


One red bell pepper contains 170% of the RDA of Vitamin C, making it one of the richest sources of this important vitamins.



#### DID YOU KNOW?

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

### CHOCOLATE BERRY MUD

Ingredient	Students Per Class		
	10	15	20
Mixed berries, frozen	2 cups	3 cups	4 cups
Spinach	2 cups	3 cups	4 cups
Avocado	1	1 1/2	2
Cocoa powder 	3 tbsp	5 tbsp	7 tbsp
Honey	3 tbsp	5 tbsp	7 tbsp

Other: Water, if needed

: Make sure it is Peanut, Nut, and Sesame FREE

#### 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

## DEFENDERS OF HEALTH

### Ingredients to buy:

#### Fresh produce:

- Red bell pepper
- Spinach
- Avocado
- Fresh basil

#### Dairy:

- Shredded mozzarella cheese

### SHOPPING LIST

Please see recipe for amounts, varies by class size

#### Pantry Staples:

- English muffins
- Tomato sauce
- Black olives, canned
- Cocoa powder (NUT & SESAME FREE)

#### Frozen Goods:

- Frozen mixed berries

#### Ingredients in the bin:

- Olive Oil
- Honey

### OBJECTIVES

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

### 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, scales, and other things!
- What food do you usually measure? All ingredients can be measured!
- Why measure? Measuring properly ensures that your recipe will taste good and cook correctly!
- See MEASURING TIPS page at the beginning of the curriculum for proper measuring techniques.

### 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.

### ENGAGEMENT TIPS



Set up a separate assembly station with all ingredients. Have students line up to build their recipe. While they wait, ask what other toppings or ingredients they might add at home.



Between steps, have students wipe cutting boards with a paper towel and place used knives in the sink to keep work areas clean.



Remind students how long the pizzas will bake. Have them watch the clock and call out when 5 and 2 minutes are left.

# LESSON 9

## DEFENDERS OF HEALTH

### 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 pigments called anthocyanins, which are powerful antioxidants.
- Blueberries are 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 and promotes a healthy gut.
- Blueberries are rich in vitamin C, which boosts the immune system and supports overall health.



### COOKING PRO

Always let your baked goods cool completely before serving or decorating. Cooling allows the texture to set properly, ensuring cookies are chewy, cakes are fluffy, and pastries are crispy. Plus, flavors develop as they cool, making your treats even more delicious. Rushing this step can lead to crumbling or a less polished final product!

### 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