



LESSON 16:

SHORTBREAD COOKIES & BANANA CHOCOLATE MOUSSE

SHORTBREAD COOKIES

Ingredient	Students Per Class		
	10	15	20
Butter	1 stick	1 1/2 stick	2 stick
Vanilla extract	1 tsp	1 1/2 tsp	2 tsp
Applesauce	1/4 cup	1/3 cup	1/2 cup
All-purpose flour 	2 cup	3 cup	4 cup
Powdered sugar	1/2 cup	3/4 cup	1 cup
Choose one:			
Honey	2 tbsp	3 tbsp	4 tbsp
Sugar	3 tbsp	4 1/2 tbsp	6 tbsp

: **Make sure it is PEANUT, NUT, and SESAME FREE**

PREP BEFORE CLASS:

Preheat oven to 350°F. Grease foil lined tray. Prep the blender. Allow butter to reach room temperature.

Directions:


1. Have student volunteer to help cream butter in blender until light and fluffy.
2. Add sugar or honey, applesauce, and vanilla. Blend until completely smooth.
3. Slowly add flour. Dough should be tacky to the touch.
4. Pass out two 2 tbsp servings of dough and instruct students to roll dough into balls.
5. Place dough on lined oven tray.
6. Bake cookies in oven for 15-20 minutes, or until golden brown. Keep an eye on them, cooking times may vary.
7. Let cookies cool. Give each student 1 tsp of powdered sugar on their plate, and have them roll cookie in the sugar to dust. Enjoy!




DID YOU KNOW?

Heavy cream's high fat content is what lets it trap air when whipped. The fat forms a stable structure, making it double in size and stay fluffy.

BANANA CHOCOLATE MOUSSE

Ingredient	Students Per Class		
	10	15	20
Whipping cream	2 cups	3 cups	4 cups
Cocoa powder 	1/2 cup	3/4 cup	1 cup
Powdered sugar	1 cup	1 1/2 cup	2 cups
Cream cheese	1 cup	1 1/2 cup	2 cups
Vanilla extract	1 tsp	1 1/2 tsp	2 tsp
Banana	1/2	1	1 1/2

Other: Cups and Spoons for servings

: **Make sure it is PEANUT, NUT, and SESAME FREE**

PREP BEFORE CLASS:

Prepare the food processor. Allow cream cheese to soften in package.

Directions

1. Have students measure and combine whipping cream with 1/4 cup of powdered sugar in blender.
2. Whip cream and sugar until soft peaks are formed. Transfer whipped cream to a bowl and set aside.
3. Without cleaning the blender, add an 8 oz bar of cream cheese and beat until soft.
4. To the blender, allow students to combine banana, cocoa powder and add remaining powdered sugar 1/4 cup at a time. Make sure mixture is well combined before each addition.
5. Add vanilla extract and pulse to combine.
6. Add cream cheese mixture to whipped cream and gently fold together.
7. Once well blended serve in a cup.



DID YOU KNOW?

Shortbread cookies are common dessert for the holidays in many countries!

SHOPPING LIST

Please see recipe for amounts, varies by class size

Ingredients to buy:

Fresh produce:

- Banana

Dairy:

- Whipping cream
- Cream cheese
- Butter

Pantry Staples:

- All-purpose flour (NUT & SESAME FREE)
- Powdered sugar
- Applesauce
- Cocoa powder (NUT & SESAME FREE)


Ingredients in the bin:

- Honey
- Sugar
- Vanilla extract
- Tin foil
- Cups
- Spoons

OBJECTIVES

- Learn about the foods that are a big part of our holiday celebrations
- Master the technique of mixing
- Explore the nutrition and benefits of bananas

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?
 - Banana, Cream, Cocoa powder, Butter, Flour, Applesauce
- As you are completing the mousse, discuss the Star Ingredient - Banana!
 - Do you like bananas?
 - Have you had bananas in desserts like this before?
- Talk about the Star Technique: mixing!
 - We have been mixing so many things for the past few months. Do you feel like a pro at mixing yet?
 - Why is mixing well so important in baking?
- Demonstrate the Star Technique when mixing the shortbread cookie dough
- Additionally, discuss the Cooking Pro fact described on the next page.

STAR INGREDIENT: BANANA

- Bananas are technically classified as berries and grow on large, sturdy plants that look like trees but are actually giant herbs.
- They're packed with potassium, an essential mineral that helps maintain normal heart function, supports muscle contractions, and regulates blood pressure by balancing sodium levels in the body.
- Bananas contain natural sugars (fructose, glucose, and sucrose) that provide a quick source of energy.

ENGAGEMENT TIPS



Students love playing with dough! Give them a few minutes to stretch and shape it before rolling into balls for baking.



Do the blender dance! While the blender runs, let students dance by their chairs. When it stops, they freeze. Start and stop it to keep the game exciting.



To keep workstations clean and students busy, have them wipe cutting boards with a paper towel and put in the sink between recipes.

STAR TECHNIQUE:

MIXING



- Mixing means using a utensil to combine two or more ingredients until they become one product.
- What tools do you usually use to mix? Spoon, spatula, stand mixer, hand mixer.
- What food do you usually mix? All ingredients can be mixed!
- Why mix? Incorporating different ingredients to make one product can give you a variety of different flavors and textures!
- Mixing can also refer to stirring. What is stirring? Stirring means mixing ingredients together with the use of utensils.



COOKING PRO:

POWDERED SUGAR

You can make powdered sugar at home by blending regular granulated sugar in a blender or food processor. The blades break the sugar into a fine, fluffy powder just like store-bought powdered sugar. For extra smoothness, you can add a little cornstarch which will prevent clumping. This is helpful for making frosting in a pinch!

DEVELOPMENT

🕒 5-7 min

Winter is a special time when many people around the world celebrate holidays with family and friends. During these celebrations, people often share delicious foods that bring everyone together and make the season feel cozy and bright.

- One popular treat is shortbread cookies. These buttery, crumbly cookies are especially loved during winter holidays. They're easy to make and fun to decorate with sprinkles or icing. People enjoy sharing shortbread because they remind us of warmth and kindness during chilly days.
- Another favorite dessert is chocolate mousse. This creamy, fluffy chocolate treat is smooth and sweet, making it a perfect dessert for holiday dinners. It feels like a little celebration in every bite!

Other important holiday treats include:

- Gingerbread cookies: Spiced cookies often shaped like little people or houses, decorated with icing and candies.
- Fruitcake: A dense cake filled with dried fruits and nuts, sometimes soaked in juice or alcohol, enjoyed in many cultures.
- Candy canes: Sweet, peppermint-flavored candies shaped like a cane, often used to decorate trees or as tasty treats.
- Eggnog: A creamy, spiced drink made from milk, eggs, and sugar, sometimes enjoyed warm or cold during the holidays.

All these foods help make winter holidays special. Not just because they taste good, but because they bring people together. Sharing food is one of the oldest ways that people celebrate. Special treats can remind us of family traditions, cultural heritage, or loved ones who passed down recipes from generation to generation.

Baking cookies, stirring hot cocoa, or decorating a gingerbread house can be a fun way for families to spend time together. At holiday gatherings, food becomes a way to show love and care, offering someone a favorite treat, preparing a meal as a gift, or trying a dish from someone else's culture.

Food can also help us learn about how different people celebrate around the world. From latkes for Hanukkah to panettone in Italy or tamales for Las Posadas, every dish tells a story. It's a delicious way to learn about each other and to feel connected, no matter where we come from.

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