

Carrot Cranberry Mug Cake

The Harvest of the Month for January is Carrots & Cranberries! Carrots grow especially well in Oregon's well-drained sandy or peaty soils. In Oregon, carrots can be planted in the spring as soon as the soil is workable and can continue to be planted into midsummer for fall and winter harvests! In Oregon, most cranberries are grown in Coos and Curry counties along the southern Oregon coast. Farmers began cultivating cranberries in Oregon in 1885, but wild cranberries have been harvested from Oregon's bogs for hundreds of years.

Info from Oregon Harvest for Schools



Recipe

Kitchen Tools Needed

2 Bowls, Measuring Spoons, Ceramic Coffee Mug,
 Grater or Knife (ask your family first),
 Cutting Board

Ingredients

- ½ of a large carrot or one small carrot grated or finely chopped with a knife.

- 2 Tablespoons dried cranberries

- 1/2 Teaspoons cinnamon

- 4 Tablespoons flour

- 1/4 tsp baking powder

- 1 Orange

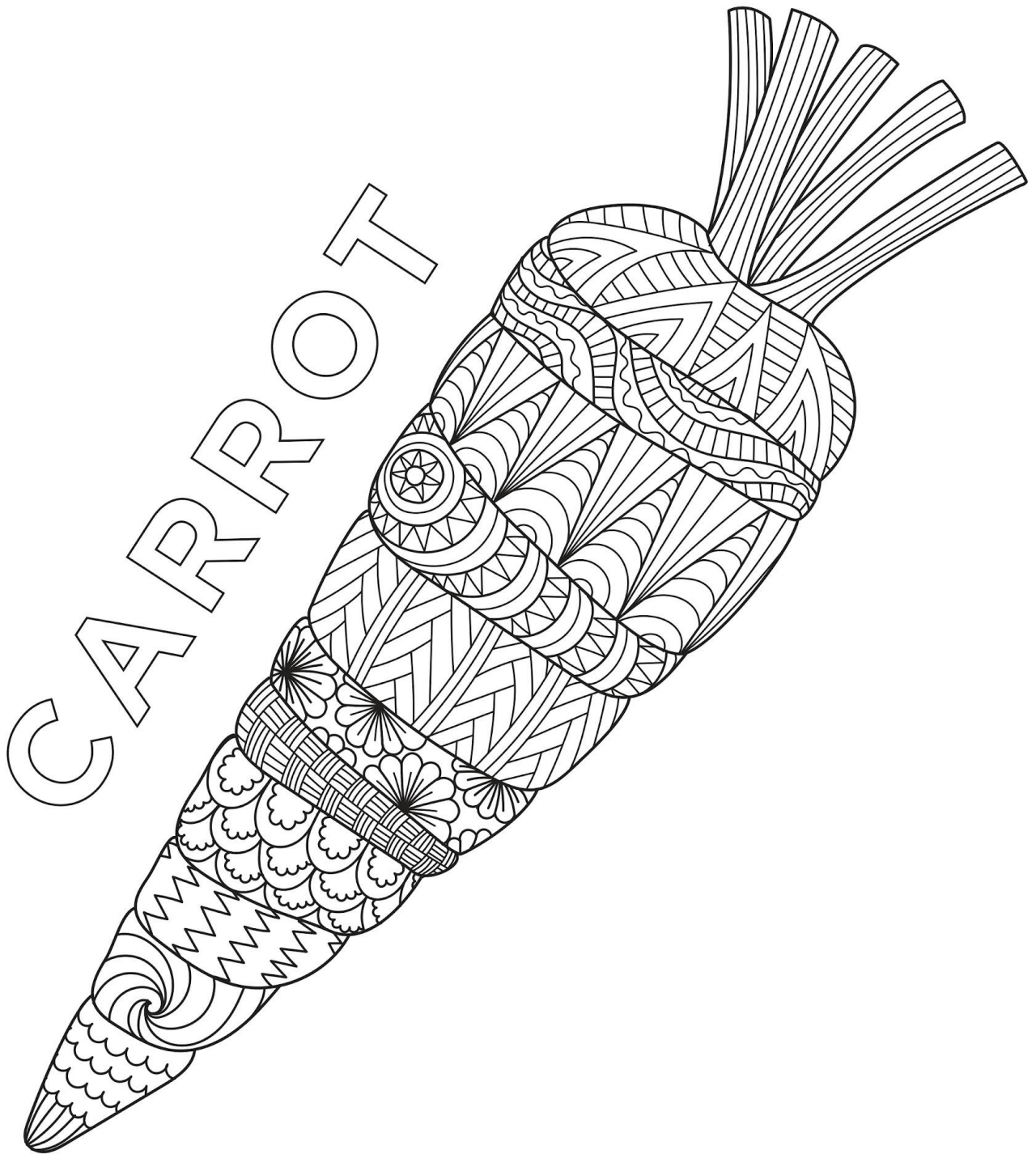
- 1/2 Tablespoons oil

- 2 Tablespoons honey

- 4 Tablespoons milk or water

- pinch of salt

1. Watch [Ms. D's Cooking Video](#) first!
2. Preheat oven to 350 degrees or skip if using a microwave
3. Get out one of your bowls and measuring spoons and measure and mix the dry ingredients: 4 tablespoons of flour, ½ teaspoon of cinnamon, ¼ teaspoon of baking powder, and a pinch of salt.
4. Grab your other bowl and measure and mix wet ingredients: ½ tablespoon of oil, 2 tablespoons of honey, 4 tablespoons of milk or water, and cut your orange in half and squeeze the juice of both halves.
5. Use a grater or a knife and cutting board to finely chop ½ carrot and sprinkle into the bowl with wet ingredients.
6. Measure 2 tablespoons of dried cranberries and sprinkle into the bowl with the wet ingredients.
7. Grab the bowl of dry ingredients you already mixed and combine with the bowl of wet ingredients until you do not see any dry flour in the bowl.
8. Pour the batter into your coffee mug.
9. If using a microwave, microwave for 1-2 minutes.
10. If using an oven, place your mug in a pan or glass dish with an inch of hot water in it and bake for 20-25 mins until a toothpick or fork comes out clean.
11. Allow to cool before eating with a spoon, straight out of the mug! Add cranberry sauce or yogurt as a topping!



CARROTS come in many colors, including orange, yellow, white, red, and purple. They are a good source of beta carotene, fiber, vitamin K1, potassium, and antioxidants.