

Banana Smore's Boat



Servings: 1 person

Cook Time: 20 min.

Tools Required: Knife and Pan

Ingredients:

Banana Boat S'mores Classic:

1 Banana

1 tbs marshmallows

1 tbs chocolate chip

1 tbs graham crackers

Strawberry Hazelnut:

1 Banana

1 tbs chocolate hazelnut spread (Nutella)


2 strawberries chopped

Directions:

1. Make deep cut down the middle of the banana flesh.
2. Push in both ends of the banana to widen gap.
3. Have fun flavoring!
4. Wrap bananas tightly in foil and bake 10 min.



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Blueberry Smoothie



Servings: 1 – 5 samples

Cook Time: 10 min.

Tools Required: Blender

Ingredients:

¾ cup fresh or frozen blueberries

½ cup blueberry yogurt

½ cup orange juice


1 cup crushed ice

1 tsp agave nectar

Directions: Blend ice, orange juice, blueberries, yogurt, and agave nectar in a blender until smooth.



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Healthy Zucchini Muffin



Servings: 12 muffins Cook Time: 40 min

Tools Required: Muffin tin, cupcake liners, small bowl, large bowl, whisk, paper towel or cheese cloth


Ingredients: 2 cups oat flour , ½ tsp baking soda , 1 tsp baking powder, ½ tsp salt, 1 tsp cinnamon, 2 eggs, ½ cup unsweetened applesauce, ½ cup coconut oil melted, 1/3 cup maple syrup, 1 tsp vanilla, 1 cup finely shredded zucchini, then squeezed in paper towel or cheese cloth, 1 cup chocolate chips

Directions:

1. Preheat oven to 350° and line muffin tin with cupcake liners or non stick spray
2. In a small bowl, combine oat flour, baking powder, baking soda, salt, and cinnamon. Set aside.
3. In a large bowl, whisk together eggs, applesauce, and oil. Add in maple syrup and vanilla. Whisk till well combined.
4. Add dry ingredients to wet and stir until combined, not over-mixing. Gently fold in zucchini and chocolate chips.
5. Scoop into muffin liners and bake 20 - 22 minutes or until toothpick inserted in middle comes out clean.



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Gluten-Free Chocolate Chip Zucchini Muffins



Servings: 12 muffins Cook Time: 40 min

Tools Required: Muffin tin, cupcake liners, small bowl, large bowl, whisk, paper towel or cheese cloth


Ingredients: 2 cups almond flour , 1/3 cup cocoa powder , 1/2 tsp baking soda, 1/4 tsp salt, 3 eggs, 1/3 cup maple syrup, 1/4 cup coconut oil melted, 1 tsp vanilla, 1 cup finely shredded zucchini, then squeezed in paper towel or cheese cloth, 1 cup chocolate chips

Directions:

1. Preheat oven to 350° and line muffin tin with cupcake liners or non stick spray
2. In a small bowl, combine almond flour, cocoa powder, baking soda and salt. Set aside.
3. In a large bowl, whisk together eggs, coconut oil. Add in maple syrup and vanilla. Whisk till well combined.
4. Add dry ingredients to wet and stir until combined, not over-mixing. Gently fold in zucchini and chocolate chips.
5. Scoop into muffin liners 7 fill 3/4 full and bake 20 - 22 minutes or until toothpick inserted in middle comes out clean.



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Veggie Super Hero



Tools Required: Paper plate per child, small bowl & serving spoons

Ingredients: A variety of washed vegetables (e.g., 1 head broccoli, 2 zucchinis, 1 small can corn, 1 small can slice olives, 2 red peppers, 1 bunch celery, spaghetti squash and 3–4 whole carrots). Hummus, low fat ranch, French, or other dressings for dipping vegetables.

Directions

1. Place spaghetti squash with cut sides down on the prepared baking sheet, and bake 30 minutes in the preheated oven, or until a sharp knife can be inserted with only a little resistance. Remove squash from oven and set aside to cool enough to be easily handled. Use a large spoon to scoop the stringy pulp from the squash and place in a medium bowl. Give a sample to kids to taste with sauce. Leave some out to use as hair for super hero.
2. Rinse and cut the broccoli into small florets; the zucchini into round slices; the red peppers into thin strips and then in half; the celery into 3-inch stalks; and the carrots into 2-inch strips.
3. Drain the corn and olives.
4. Pour dressings or dips into small bowls for sharing. Place a serving in each bowl.
5. Set out cut vegetables and materials on a table where children can reach them.
6. Ask kids to use as many different types of veggies as they can to create their own Veggie Super Heroes.
7. Have them give their hero a name and ask what are his or her super powers, what are the colors and shapes of the veggies they selected, do you know their name, why did you choose the veggie they selected, etc.



FRENCH TOAST BITES

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AT HOME!

WHAT YOU'LL NEED:



FULL RECIPE



INGREDIENTS:

HONEY CREAM CHEESE DIP



- In a small bowl, combine cinnamon and sugar and set aside.
- In a skillet, melt butter over medium heat.
- Whisk together cinnamon mixture, eggs, milk, and vanilla and pour into a shallow container.
- Dip bread in egg mixture.
- Fry slices until golden brown, and then carefully use tongs to flip and cook the other side.
- Cut the french toast slices into 1 inch squares.
- On the kebab stick, thread a piece of toast and then a piece of fruit, alternating until the stick is full.
- Use your sifter to dust the kebabs with powdered sugar.
- Make the honey cream cheese dip by mixing the cream cheese, honey, vanilla extract, and cinnamon.
- Dip each bite into the honey cream cheese dip. Enjoy!



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BANANA PUDDING

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WHAT YOU'LL NEED:



FULL RECIPE



INGREDIENTS:

- In a large pot, bring 2 inches of water to a boil.
- In a large bowl, combine milk, egg yolks, sugar, corn starch, and a pinch of salt. Whisk until smooth.
- Place bowl over simmering water; whisk until thick, about 10 minutes.
- Remove pudding from heat.
- Slice the bananas.
- Line cups with banana slices.
- Pour the hot pudding mixture over the bananas, covering them. Smooth tops.
- Cover with plastic wrap and refrigerate for at least one hour before serving.
- Top with vanilla wafers and whipped cream.



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