Banana Smore's Boat

Cook Time: 20 min. Servings: 1 person

Tools Required: Knife and Pan

Ingredients:

Banana Boat S'mores Classic:

1 Banana

1 tbs marshmallows 1 tbs chocolate chip

1 tbs graham crackers

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.





Strawberry HazeInut:

1 Banana

1 tbs chocolate haZelnut spread (Nutella)

2 strawberries chopped

Clef Sperience

678.400.2045



@ The Chef Xperience

www.thechefxperience.com

Blueberry Smoothie





Cook Time: 10 min. **Servings:** 1 – 5 samples

Tools Required: Blender

Ingredients:

3/4 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.



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, $\frac{1}{2}$ tsp baking soda, 1 tsp baking powder, $\frac{1}{2}$ tsp salt, 1 tsp cinnamon, 2 eggs, $\frac{1}{2}$ cup unsweetened applesauce, $\frac{1}{2}$ cup coconut oil melted, $\frac{1}{3}$ 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.



678.400.2045



@ The Chef Xperience

www.thechefxperience.com

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.





Veggie Super Hero





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

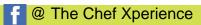
Ingredients: A variety of washed vegetables (e.g., 1 head broccoli, 2 zucchinis, 1 small can corn, 1 small can slice olives, 2 red peppers, 1 bunch celery, spaghetti squash and 3–4 whole carrots). Hummus, low fat ranch, French, or other dressings for dipping vegetables.

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.



678,400,2045



www.thechefxperience.com



