

# Baking, Cooking & More!

## Kit Kat's Rules of the Kitchen

1. Always wash your hands with soap and water!
  - a. Before you begin cooking/baking.
  - b. After you crack eggs.
  - c. If you taste test anything (lick your fingers!)
  - d. While you are working (if you are sticky, dirty, etc.).
  - e. Once you are finished.
2. Leave the kitchen looking & smelling nicer than you found it!
  - a. This means clean-up after yourself 100%
  - b. Don't burn anything ☺
3. Before you turn the oven on ALWAYS look inside of it and remove any dishes/items that may be stored in the oven.
4. Respect people's workspace in shared kitchens – **ask your parents what their "Rules" are!**
5. Never leave your creation unattended!
6. Always set a timer.
7. People with long hair - pull your hair back so loose strands don't end up in your food!



## Helpful Tips and Tricks to Cooking/Baking

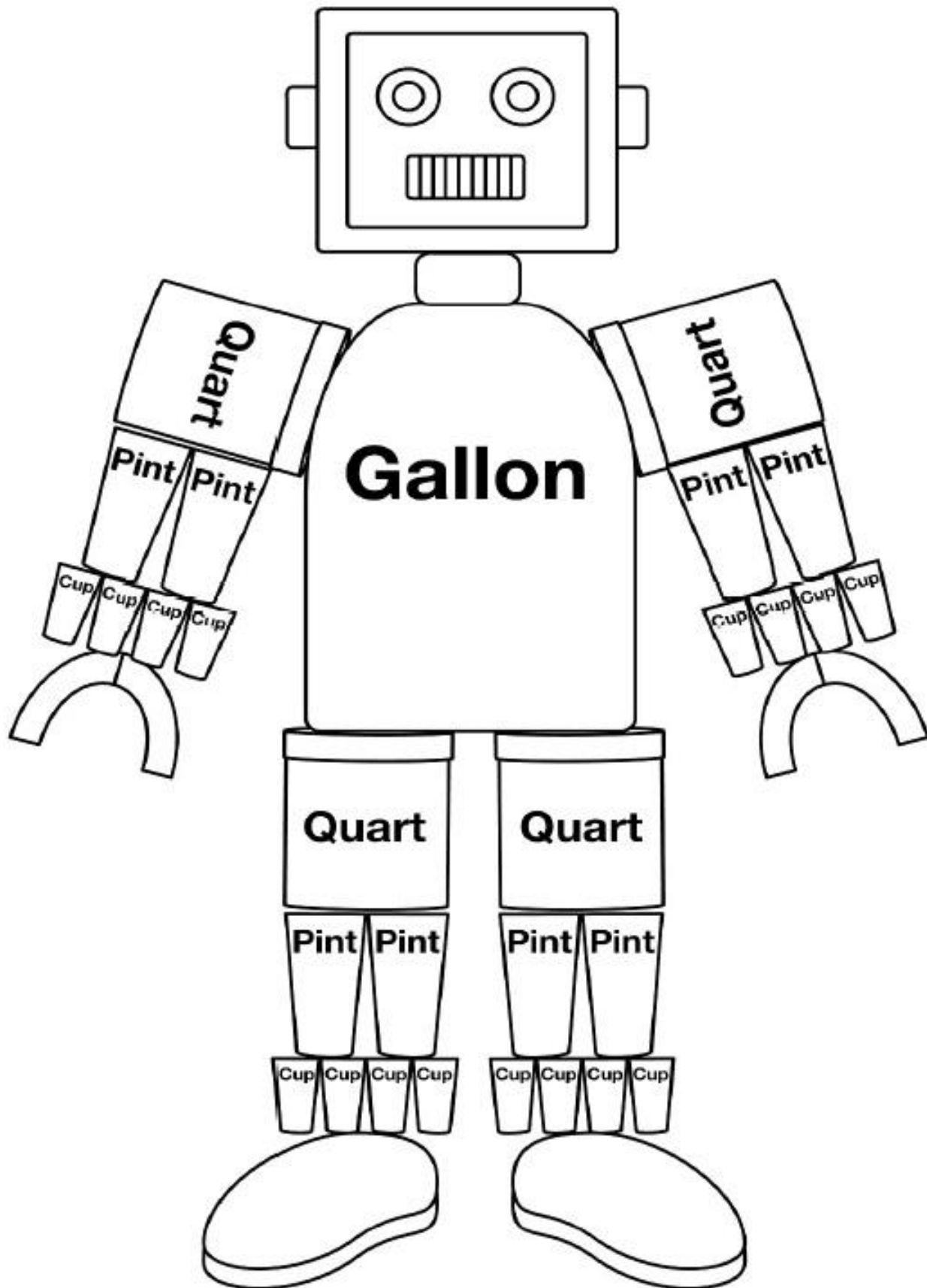
1. Read the recipe before you begin and gather all the ingredients and utensils you will need.
2. When you can start to smell your creation that means it is almost done (you should check it).
3. Every oven/stovetop is different. Always set your timer and check on your creation a few minutes earlier than the time listed on the recipe until you get to know your oven.
4. When using the stovetop, never set anything on "High"; if a recipe calls for the burner to be on high or says bring to a boil; put the burner on just under "high" as not to burn your pot!
5. Every time you open the oven you drastically change the temperature inside of the oven.
  - a. Using the oven light is a great way to check on your creation without disturbing the oven's temperature.
6. Remember there is a difference between a dry ingredient measuring cup and a liquid measuring cup, so make sure you use the correct one!
  - a. Dry ingredients include: flour, white sugar, brown sugar, confectioner (powdered) sugar, baking soda, baking powder, cinnamon, etc.
  - b. Liquid ingredients include: water, oil, milk, molasses, maple syrup, honey, yogurt, etc.

*Liquid Measuring Cup*

*Dry Measuring Cups*



# GallonBot



# Ultimate Chocolate Chip Cookies from Gold Medal(R) Flour

## Ingredients

- 3/4 cup granulated sugar
- 3/4 cup packed brown sugar
- 1 cup butter softened
- 1 teaspoon vanilla
- 1 egg
  
- 2 1/4 cups Gold Medal(R) all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup coarsely chopped nuts
- 1 (12 ounce) bag semisweet chocolate chips



## Directions

1. Heat oven to 375°F. In small bowl, mix flour, baking soda and salt; set aside.
2. In large bowl, beat softened butter and sugars with electric mixer on medium speed, or mix with spoon about 1 minute or until fluffy, scraping side of bowl occasionally.
3. Beat in egg and vanilla until smooth. Stir in flour mixture just until blended (dough will be stiff). Stir in chocolate chips and nuts.
4. Onto ungreased cookie sheets, drop dough by rounded tablespoonfuls 2 inches apart.
5. Bake 8 to 10 minutes or until light brown (centers will be soft). Cool 2 minutes; remove from cookie sheet to cooling rack. Cool completely, about 30 minutes. Store covered in airtight container.

## Tips

- You can form these cookies more quickly if you use a #16 cookie/ice-cream scoop. Level off the dough on the edge of the bowl for perfectly round cookies.
- If you didn't think these cookies could get any better, try them with 1/2 cup each of semisweet chocolate chips, peanut butter chips, milk chocolate chips and butterscotch chips instead of the 2 cups semisweet chocolate chips. Incredibly, even more incredible!

<https://www.goldmedalfLOUR.com/recipes/ultimate-chocolate-chip-cookies/6d327e03-8388-45c3-94d2-34898977e7b3>











## Oreo-Stuffed Chocolate Chip Cookies



**Prep Time: 25 min   Bake Time: 11 – 15 min**

**Total Time: 40 min   Servings: 24**

### **Ingredients**

-  1 cup butter, softened (2 sticks)
-  3/4 cup light brown sugar packed
-  1 cup sugar
-  2 large eggs
-  1 tablespoon vanilla extract
-  3 1/2 cups flour
-  1 teaspoon salt
-  1 teaspoon baking soda
-  1 bag chocolate chips (12 oz)
-  1 package Oreo™ cookies

## Directions

1. Preheat oven to 350°F.
2. Cream butter and sugars together with a mixer until well combined.
3. In the same bowl, beat in eggs and vanilla.
4. In a separate bowl, mix the flour, salt and baking soda.
5. Slowly add dry ingredients to wet ingredients mix well.
6. Add the chocolate chips until they are just combined.
7. Using a one-inch cookie scoop (or teaspoon) to measure out dough, place a single Oreo between two equal scoops of cookie dough. Use your hands to mold the dough around the Oreo until edges are sealed and cookie is completely enclosed in dough.
  - a. Note: You want just enough dough to wrap around the Oreo. Too much dough will cause the cookies to look like flying saucers!
8. Repeat with each cookie until all dough is used.
9. Place onto a cookie sheet. (You can use parchment or Silpat-lined baking sheets to line the pan if you desire.) The cookies will expand a bit when baking, so use two pans if necessary to provide enough space between them.
10. Bake 11-15 minutes or until golden brown.
11. Let cool for 5 minutes before transferring to cooling rack.
12. Share, Eat and Enjoy! ☺

*This recipe was found on [tablespoon.com](http://www.tablespoon.com) and slight alterations were made to it by Katherine.*

<http://www.tablespoon.com/recipes/oreo-stuffed-chocolate-chip-cookies/0a222ab7-125d-4310-9a3d-d737e14a4d48>

# SNICKERDOODLES

This cookie has been an American favorite since the late 1700's.

## Ingredients

- 3  $\frac{3}{4}$  cups flour
- 2 eggs
- $\frac{1}{2}$  tsp. baking soda
- $\frac{1}{2}$  cup milk
- $\frac{1}{2}$  tsp. cream of tartar
- 1 tsp. vanilla
- 1 cup butter
- 3 tbsp. sugar
- 2 cups sugar
- 1 tsp. cinnamon
- $\frac{1}{2}$  tsp. salt



Makes about 4 dozen cookies.

## Directions

- Preheat oven to 375 degrees
- Stir together flour, baking soda, cream of tartar and salt in a large bowl.
- Beat butter until creamy in a large bowl.
- Add 2 cups of sugar and beat until fluffy
- Add eggs, milk and vanilla to butter mixture; beat well.
- Add dry ingredients, beat until blended.
- Mix 3 tbsp. sugar and cinnamon in a small bowl.
- Shape cookie dough into 1 inch balls
- Roll balls in sugar and cinnamon mixture.
- Place balls on greased baking sheets.
- Bake for about 8 minutes.
- Transfer to cooling racks.

# Grandma's Gingersnap Cookies

**Prep:** 20 minutes    **Cook:** 10 minutes    **Ready:** 30 minutes

## Ingredients

- 2 cups sifted all-purpose flour
- 1 tablespoon ground ginger
- 2 teaspoons baking soda
- 1 teaspoon ground cinnamon
- ½ teaspoon salt

- 
- ¾ cup shortening
  - 1 cup white sugar
  - 1 egg
  - ¼ cup dark molasses
  - 1/3 cup cinnamon sugar



## Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Bowl # 1
  - a. Sift the flour, ginger, baking soda, cinnamon, and salt into a mixing bowl.
  - b. Stir the mixture to blend evenly.
  - c. Sift a second time into another bowl.
3. Bowl # 2
  - a. Place the shortening into a mixing bowl and beat until creamy.
  - b. Gradually beat in the white sugar.
  - c. Beat in the egg, and dark molasses.
  - d. Sift 1/3 of the flour mixture into the shortening mixture; stir to thoroughly blend.
  - e. Sift in the remaining flour mixture, and mix together until a soft dough forms.
4. Pinch off small amounts of dough and roll into 1 inch diameter balls between your hands. Roll each ball in cinnamon sugar, and place 2 inches apart on an ungreased baking sheet.
5. Bake in preheated oven until the tops are rounded and slightly cracked, about 10 minutes.
6. Cool cookies on a wire rack. Store in an air tight container.

<http://allrecipes.com/recipe/10365/grandmas-gingersnap-cookies/>

# The Breakfast Cookie

**Prep time:** 15 mins **Cook time:** 10 mins **Total time:** 25 mins **Serves:** 20

## Ingredients

- 1-1/2 cups whole wheat flour
- 2-1/2 cups old-fashioned rolled oats
- 2 teaspoons baking soda
- ½ teaspoon salt
- ½ teaspoon cinnamon
- 1 cup creamy peanut butter
- ½ cup dark brown sugar
- 1 large egg
- 1 teaspoon vanilla
- 1 cup mashed banana (about 2 medium)
- 1 cup shredded peeled apple (about 2 medium)
- ½ cup chocolate chips, optional



## Directions

1. Preheat oven to 350°F. Line two baking sheets with parchment paper. Set aside.
2. In a medium bowl, whisk together the flour, oats, baking soda, salt, and cinnamon. Set aside.
3. In the bowl of an electric mixer, blend the peanut butter and brown sugar until creamy. Add the egg and vanilla and mix until well combined. Mix in the mashed banana. Slowly add the flour mixture until just combined. Stir in the shredded apple and chocolate chips.
4. Form 3-4 tablespoons of dough into large balls and place a few inches apart on the prepared baking sheets. Flatten each ball of dough with a cup measurer that has been sprayed with non-stick cooking spray.
5. Bake for 10-12 minutes until slightly browned. Let cool on cookie sheets for 10 minutes before transferring to wire racks to cool completely.

**Notes:** Store in an airtight container in the refrigerator for up to 4 days. Let cookies come to room temperature or heat in the microwave for 10-15 seconds if you don't like cold cookies.

<https://thebakermama.com/recipes/breakfast-cookies/>



# Cinnamon Roll Apple Pie

## Ingredients

- 5 Granny Smith apples
- 2 cans cinnamon rolls
- ½ cup sugar
- 1 teaspoon cinnamon
- 1 tablespoon cornstarch



## Directions

1. Preheat oven to 350°F/180°C and spray a pie dish with nonstick oil.
2. Peel and cut the apples into thin slices and place in a bowl.
3. Add sugar, cinnamon, and cornstarch to apples and stir.
4. Cut each cinnamon roll in half and roll out with flour until thin.
5. Layer the bottom of the pie dish with the flattened cinnamon rolls to create a bottom crust.
6. Add the apples and layer the rest of the rolls on top to create a closed crust, pinching any holes together with your fingers.
7. Cover with foil and bake for 35 minutes.
8. Remove the foil and bake for another 10 minutes uncovered.
9. Allow the pie to cool and drizzle with icing.
10. Enjoy

[https://www.buzzfeed.com/alixtraeger/cinnamon-roll-apple-pie?utm\\_term=.egGA9L8bj#.bwZwmd3bV](https://www.buzzfeed.com/alixtraeger/cinnamon-roll-apple-pie?utm_term=.egGA9L8bj#.bwZwmd3bV)

# S'more Brownies

## Ingredients

1. Two boxes of Brownie Mix
  - a. (Be BOLD – mix a milk chocolate and dark chocolate batch together!)
2. Eggs
3. Oil
4. Water
5. 1 Bag Mini Marshmallows
6. 1-2 packs of graham crackers



## Indulge With Additional Toppings

- Peanut Butter
- Caramel Sauce
- Hot Fudge
- Oreo Cookie Crumbs
- Whip Cream
- Ice-cream
- Etc. 😊

## Directions

1. Follow the directions on the brownie box.
  - a. If you are mixing a milk chocolate and dark chocolate mix, then make them separately.
2. Pour the brownies into a 9 x 13 baking pan.
3. Cook for regular time.
4. Once the brownies are done add the marshmallows and put back in the oven for 2-4 minutes (until they begin to grow and become light brown).
5. Take the pan out and add the graham crackers on top of the marshmallows.
6. Place back in the oven for another 2-4 minutes (until the marshmallows are golden brown).
7. Let cool for 45+ minutes.
8. Cut and serve.
  - a. Personalize each piece with a fun topping!

# S'mores On A Stick

## Ingredients & Supplies

1. Large Bag of Marshmallows
2. 12 oz. bag of Chocolate Chips
3. 1 Teaspoon – 1 Tablespoon of Crisco
4. 1 Box Graham Cracker Crumbs
5. Box of Toothpicks



## Directions

1. Put a toothpick in each of your marshmallows.
2. Sprinkle graham cracker crumbs on a small plate. (Don't put a lot, you can add more as you need it.)
3. Pour desired amount of chocolate chips into microwave safe bowl, add Crisco (amount varies on how much chocolate chips you plan to use).
4. Put bowl in microwave on 30 second intervals and stir chocolate chips in-between. Remove when chocolate is smooth.
5. Dip marshmallows into chocolate (about halfway or as much or little as you desire). Be sure the chocolate is not dripping heavily off the marshmallow.
6. Roll the chocolate covered marshmallow in the graham cracker crumbs (as much or as little as you desire).
7. Place on a plate.
8. Repeat until you are done.
9. Put plate in the freezer or refrigerator to help harden the chocolate.
10. Eat and enjoy about 5 minutes later.

Note: Your S'mores on a Stick will actually last in the freezer for about a month if you store them nicely. Just remove and allow them to thaw for about

# Fruit Salsa and Cinnamon Chips

## Ingredients

- 2 Kiwis, peeled and diced
- 2 Golden Delicious apples – peels, cored and diced
- 8 ounces raspberries
- 1 pound strawberries
- 2 tablespoons white sugar
- 1 tablespoon brown sugar
- 3 tablespoons fruit preserves, any flavor
- 10 (10 inches) flour tortillas
- Butter flavored cooking spray
- 2 tablespoons cinnamon sugar

## Directions

1. In a large bowl, thoroughly mix fruit, white sugar, brown sugar and fruit preserves.
2. Cover and chill in the refrigerator for at least 15 minutes.
3. Preheat oven to 350 degrees.
4. Coat one side of each flour tortilla with butter flavored cooking spray.
5. Cut the tortillas into wedges and arrange in a single layer on a large baking sheet.
6. Sprinkle wedges with desired amount of cinnamon sugar.
7. Spray again with cooking spray.
8. Bake 8 to 10 minutes.
9. Repeat with any remaining tortilla wedges.
10. Allow to cook approximately 15 minutes.
11. Serve with chilled fruit mixture.

## Variations

1. Make and serve with homemade whip cream.
2. Add chocolate, strawberry or caramel sauce.



# DIRT CUPS

(Makes 10)



## Ingredients

- 1 pkg. (3.9 oz.) JELL-O Chocolate Flavor Instant Pudding
- 2 cups cold milk
- 1 tub (8 oz.) COOL WHIP Whipped Topping, thawed
- 15 OREO Cookies, finely crushed (about 1-1/4 cups), divided
- 10 worm-shaped chewy fruit snacks
- Clear 8 oz. Plastic cups

## Directions

1. Beat pudding mix and milk in large bowl with whisk 2 min. Let stand 5 min.
2. Stir in COOL WHIP and 1/2 cup cookie crumbs.
3. Spoon into 10 (6- to 7-oz.) paper or plastic cups; top with remaining cookie crumbs.
4. Refrigerate 1 hour. Top with fruit snacks just before serving.

# SANDY BEACH CUPS

(Makes 8)



## Ingredients

- 1 quart cold milk
- 2 pkg. (4 serving size) JELL-O Vanilla Flavor Instant Pudding & Pie Filling
- 32 NILLA Wafers, finely crushed, divided
- 8 paper or plastic cups (6 to 7 oz.)
- 3 Teddy Grahams
- 1 bag Gummy Life Savers
- Sour Rainbow Fruit Roll Ups
- Cocktail Umbrellas

## Directions

1. Pour milk into large bowl. Add dry pudding mixes. Beat with wire whisk 2 minutes or until well blended. Let stand 5 minutes.
2. Place 1 tablespoon of the wafer crumbs in bottom of each cup; cover evenly with pudding. Top with remaining crumbs.
3. Refrigerate 1 hour or until ready to serve.
4. Garnish each cup with a fruit snack before serving.

# Sweet and Saltines

**Total Time:** 35 min **Prep:** 5 min **Inactive:** 20 min **Cook:** 10 min **Yield:** 20 servings



## Ingredients

1. Cooking spray
2. 35 to 40 saltine crackers
3. 2 sticks (1 cup) butter
4. 1 cup light brown sugar
5. 8 ounces semisweet chocolate chips (about 1 1/3 cups)

## Suggested Toppings

1. Nuts (walnuts, pecans, peanut, etc.)
2. Coconut Shavings
3. Peanut Butter
4. Cookie Crumbs
5. Marshmallows
6. Sprinkles
7. Pretzels
8. And so much more!!!

## Directions

1. Preheat the oven to 425 degrees F.
2. Line 1 large or 2 small jelly-roll baking pans with aluminum foil, spray with nonstick spray and arrange the saltines salt-side down in a single layer.
3. In a medium saucepan, melt the butter and brown sugar together and boil until it turns a caramel color, a few minutes. Remove from the heat and pour over the crackers, covering them evenly.
4. Put the pan into the oven and bake for 3 to 5 minutes, or until just bubbly, watching carefully.
5. Remove from the oven and pour the chocolate chips over the crackers. When the chips melt a bit, spread them over the crackers with a knife or back side of a tablespoon.
6. Add your personal topping of choice or leave plain.
7. Transfer the pan to the freezer for 15 to 20 minutes, or until completely cold. They will form one big sheet.
8. Remove from freezer and break up/cut into pieces.
9. Store in an airtight container. (Note: These freeze really well and are best served chilled!)

<http://www.foodnetwork.com/recipes/trisha-yearwood/sweet-and-saltines-recipe.html>

*This recipe was adapted from Home Cooking with Trisha Yearwood (c) Clarkson Potter 2010 and small additions were made by Katherine.*

# Banana Banana Bread

**Prep:** 15 min **Cook:** 1 h 5 m **Ready In:** 1 h 20 min

## Ingredients

- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup butter
  
- 3/4 cup brown sugar
- 2 eggs, beaten
- 2 1/3 cups mashed overripe bananas
- Add all ingredients to list



## Directions

1. Preheat oven to 350 degrees F. Lightly grease a 9x5 inch loaf pan.
  
2. In a large bowl, combine flour, baking soda and salt. In a separate bowl, cream together butter and brown sugar. Stir in eggs and mashed bananas until well blended. Stir banana mixture into flour mixture; stir just to moisten. Pour batter into prepared loaf pan.
  
3. Bake in preheated oven for 60 to 65 minutes, until a toothpick inserted into center of the loaf comes out clean. Let bread cool in pan for 10 minutes, then turn out onto a wire rack.

*Notes from Katherine: Add additional fruit like strawberries, blueberries, and raspberries to the batter. You can also add chocolate chips, peanut butter, or other yummy things to the batter.*

<https://www.allrecipes.com/recipe/20144/banana-banana-bread/>

# Zucchini Bread Recipe

## Ingredients

- 2 eggs, beaten
- 1 1/3 cup sugar
- 2 tsp. vanilla
- 3 cups grated fresh zucchini
- 2/3 cup apple sauce
- 2 teaspoons baking soda
- Pinch salt
- 3 cups all-purpose flour
- 2 teaspoons cinnamon
- 1 cup raisins

## Directions

1. Preheat the oven to 350°F
2. Line the cupcake pans with the liners.
3. In a large bowl, mix together the sugar, eggs, and vanilla.
4. Mix in the grated zucchini.
5. Mix in the applesauce.
6. Sprinkle baking soda and salt over the mixture and mix them in.
7. Add the flour, a 1/3 at a time.
8. Sprinkle in the cinnamon.
9. Fold in the raisins.
10. Scoop the mixture into cupcake pans.
11. Bake for 15 minutes and check to see if finished.
12. They are done if you stick a tooth pick in the center and it comes out clean. Turn out onto wire racks to cool thoroughly.





# Scones

## Ingredients

- 2 cups Original Bisquick mix
- 1/2 cup semisweet chocolate chips
- 1/3 cup whipping heavy cream or whole milk
- 3 tablespoons sugar
- 1 egg
- 1 teaspoon vanilla



## Directions

1. Heat oven to 425°F.
2. Spray cookie sheet with cooking spray or grease with shortening.
3. Stir Bisquick mix, chocolate chips, whipping cream, sugar, egg and vanilla in medium bowl until soft dough forms.
4. Pat into 8-inch circle on cookie sheet (if dough is sticky, dip fingers in Bisquick mix).
5. Brush circle with additional whipping cream; sprinkle with additional sugar.
6. Cut into 8 wedges, but do not separate.
7. Bake about 12 minutes or until golden brown.
8. Carefully separate; serve warm.

## Variations

- Instead of chocolate chips use, blueberries, strawberries, raspberries, raisins, mini chocolate chips, M&M's or any other sweet treat you would like.
- To add a little savory flavor to it, add a dash of cinnamon or coat some apple pieces in cinnamon and sugar.
- Add some homemade whipped cream, chocolate syrup or powdered sugar to the top!

# MUSCOOT FARM'S SOFT PRETZELS

Each recipe makes 6-7 good size pretzels.

## Ingredients

- 1 package dry yeast
- 1 ½ cups warm water
- 1 tbsp. sugar
- 4-5 cups flour (depending on humidity)
- 1 tsp. salt
- 1 egg, lightly beaten
- Kosher salt
- Cinnamon sugar (*1 tsp. cinnamon / 3 tbsp. sugar*)
- Other toppings (*everything but the bagel seasoning, parmesan cheese, garlic powder, etc.*)

## Directions

1. Pre-heat oven to 425 degrees.
2. Dissolve yeast in warm water in a large bowl. Add the sugar.
3. Stir 4 cups of flour and salt together in a medium bowl.
4. Blend flour with yeast mixture. Knead dough on floured board, adding more flour as needed, until the dough is smooth and satiny (about 5-10 minutes).
5. Break off 6 – 7 pieces the size of a golf ball.
6. Roll into a 14” long rope and shape into a pretzel. (Or ANY design/shape you want; get creative!!!)
7. Place on baking sheet and brush with egg then sprinkle your topping of choice on. (Kosher salt, cinnamon sugar, etc.)
8. Bake pretzels for 15 minutes (check after about 10 minutes).



# Homemade Whipped Cream

## Ingredients

- 1 quart heavy cream
- 1 cup white sugar
- ½ teaspoon vanilla extract



## Directions

1. Pour ingredients in a medium mixing bowl.
2. Using a whisk beat the mixture together by hand for 15 minutes until whipped cream forms. (Alternate...Use a hand mixer on low-medium speed for 5 minutes.)

## Homemade Whipped Cream goes great on

1. Scones
2. Homemade Ice-cream
3. Fruit Salsa & Cinnamon Chips
4. Dirt Cups
5. Sandy Beach Cups
6. And SO MUCH MORE!

# Butter Recipe

## Ingredients

- 1 pint of heavy whipping cream
- salt

## Supplies

- 2 small glass jars with lids (or small leak-proof containers)
- 1 strainer

## Directions

1. Fill each jar half full with cream.
2. Tighten the lid and shake the jar (until your arms get tired; this is quite the workout) then pass it along to another family member.
3. In about 15 – 20 minutes you will begin to see and feel a difference in shaking the jar.
4. The butter will float to the top of the jar as a yellow mass.
5. Once you have butter, strain out/separate the butter milk from the butter.
6. Sprinkle a pinch of salt over the butter.
7. Enjoy your butter on a cracker, or freshly baked good....like a homemade pretzel!



# Homemade Pickle Recipe

(Single Recipe)

## Ingredients

- 1 medium onion
- 2 small-medium cucumbers
- ½ cup of vinegar
- 5 tbsp water
- 5 tbsp sugar
- ½ tsp salt
- Ground pepper to own personal taste

## Directions

1. Cut onion into thin pieces
2. Scrape “stripes” onto the cucumbers
3. Slice cucumbers thin
4. Mix the cucumbers and onions together in a large bowl
5. In a medium size bowl mix the vinegar, water, sugar, salt and pepper all together.
6. Pour the ingredients over the cucumbers.
7. Put cucumbers in a jar.
8. Seal and place in the refrigerator for 24 hours before serving.



# Good Old Fashioned Pancakes

## Ingredients

- 1 1/2 cups all-purpose flour
- 3 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1 tablespoon white sugar
- 1 1/4 cups milk
- 1 egg
- 3 tablespoons butter, melted

## Flavor Boosters

- Blueberries
- Banana
- Peanut butter
- M&M's
- Chocolate chips



## Directions

1. In a large bowl, sift together the flour, baking powder, salt and sugar. Make a well in the center and pour in the milk, egg and melted butter; mix until smooth.
2. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

# EASY BAGEL RECIPE

**Prep Time:** 5 mins **Cook Time:** 25 mins **Rest Time:** 15 mins **Total Time:** 30 mins

**Yield:** 4 servings

## **Ingredients**

- 1 cup (5 oz) unbleached all-purpose flour, whole wheat or gluten-free mix\*
- 2 teaspoons baking powder, make sure it's not expired or it won't rise
- 3/4 teaspoon kosher salt, use less if using table salt
- 1 cup non-fat Greek yogurt, not regular yogurt, it will be too sticky
- 1 egg white, beaten (whole egg works fine too)
- optional toppings: everything bagel seasoning, sesame seeds, poppy seeds, dried garlic flakes, dried onion flakes\*\*

## **Directions**

### *Oven Method:*

1. Preheat oven to 375F. Place parchment paper or a silpad on a baking sheet. If using parchment paper, spray with oil to avoid sticking.
2. In a medium bowl combine the flour, baking powder and salt and whisk well. Add the yogurt and mix with a fork or spatula until well combined, it will look like small crumbles.
3. Lightly dust flour on a work surface and remove dough from the bowl, knead the dough a few times until dough is tacky, but not sticky, about 15 turns (it should not leave dough on your hand when you pull away).
4. Divide into 4 equal balls. Roll each ball into 3/4-inch thick ropes and join the ends to form bagels. (or you can make a ball and poke a hole in the center then stretch it slightly)
5. Top with egg wash and sprinkle both sides with seasoning of your choice. Bake on the top rack of the oven for 25 minutes. Let cool at least 15 minutes before cutting.

### *Air Fryer Method:*

1. In a medium bowl combine the flour, baking powder and salt and whisk well. Add the yogurt and mix with a fork or spatula until well combined, it will look like small crumbles.

2. Lightly dust flour on a work surface and remove dough from the bowl, knead the dough a few times until dough is tacky, but not sticky, about 20 turns (it should not leave dough on your hand when you pull away).
3. Divide into 4 equal balls. Roll each ball into 3/4-inch thick ropes and join the ends to form bagels.
4. Top with egg wash and sprinkle both sides with seasoning of your choice.
5. Preheat the air fryer 280F degrees. Transfer in batches without overcrowding and bake 15 to 16 minutes, or until golden. No need to turn. Let cool at least 15 minutes before cutting.

#### **Visit the Website**

- Watch a video on how to make these bagels.
- Tips on making gluten free bagels.
- Tips on making dairy free bagels.
- & More!

<https://www.skinnytaste.com/easy-bagel-recipe/>





# Homemade Croutons Recipe

**Prep time:** 5 mins **Cook time:** 30 mins **Total time:** 35 mins **Serves:** 3 CUPS

## **Ingredients**

- 6 slices regular, gluten-free, or low-carb bread (fresh or day old), crusts trimmed and cubed
- 3 tablespoons melted butter or olive oil
- 1 teaspoon garlic powder and a pinch of salt OR ½ teaspoon garlic salt
- 1 teaspoon dried parsley flakes

## **Directions**

1. Preheat oven to 300 degrees.
2. Mix melted butter, garlic powder/salt, and parsley flakes until garlic powder is dissolved and mixture is clump free.
3. Toss butter mixture with cubed bread in a medium bowl until cubes are evenly coated.
4. Spread coated bread cubes on a cookie sheet in a single layer.
5. Bake for 15 minutes and check to see if they are dry, crispy, and golden brown.
6. Stir the croutons around and bake for an additional 15 minutes until done.
7. Store croutons in air-tight container or ziplock bag.
8. Enjoy!



<https://savorysweetlife.com/homemade-croutons-recipe/>

# Simple Macaroni and Cheese

**Prep** 10 m    **Cook** 20 m    (**Bake** 20 m)    **Ready In** 30 - 50 m    **Yields:** 4 servings

## Ingredients

- 1 (8 ounce) box elbow macaroni
- 1/4 cup butter
- 1/4 cup all-purpose flour
- 1/2 teaspoon salt
- ground black pepper to taste
- 2 cups milk
- 2 cups shredded Cheddar cheese (*For added flavor use Bacon Cheddar Cheese ☺*)



## Directions

1. Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in the boiling water, stirring occasionally until cooked through but firm to the bite, 8 minutes. Drain.
2. Melt butter in a saucepan over medium heat; stir in flour, salt, and pepper until smooth, about 5 minutes. Slowly pour milk into butter-flour mixture while continuously stirring until mixture is smooth and bubbling, about 5 minutes. Add Cheddar cheese to milk mixture and stir until cheese is melted, 2 to 4 minutes.
3. Fold macaroni into cheese sauce until coated. (You can serve after this.)
4. *Optional – put macaroni in Pyrex dish and bake in the oven for 20 minutes at 350 degrees to allow the flavor to really bake in.*

## Footnotes

- You can never have enough cheese, and I usually add an extra half cup without ruining the recipe.
- Keep a careful eye on the milk when boiling, as milk boils fast and burns easily. Burnt milk will show up in the recipes flavor if overcooked.

<http://allrecipes.com/recipe/238691/simple-macaroni-and-cheese/>

With added notes in blue by Katherine ☺

# Chef Joe's Cranberry Orange Chicken

## Ingredients

- Nonstick cooking spray
- 10 skinless, boneless chicken breast halves
- 1 16 ounce can whole cranberry sauce
- 1 cup bottled French salad dressing
- ½ cup orange juice
- 1 envelope onion soup mix (1/2 of 2-ounce package)
- ½ teaspoon seasoned salt
- Hot cooked brown rice
- Orange wedges (optional)



## Directions

1. Lightly coat a 13x9x2-inch (3-quart rectangular) baking dish with nonstick cooking spray. Arrange chicken in bottom of prepared baking dish; set aside.
2. In a medium bowl, combine cranberry sauce, salad dressing, orange juice, onion soup mix and seasoned salt. Evenly pour over chicken breasts. Cover and chill in the refrigerator for at least 8 hours or overnight.
3. Bake, uncovered, in a 350 degrees oven for 45 to 50 minutes or until chicken is no longer pink (170 degrees).
4. Serve with hot cooked brown rice. If you like, garnish with orange wedges.

Makes 10 servings.

***Katherine's Notes:*** You can just use the cranberry sauce and French dressing if you don't have orange juice and soup mix. You don't have to marinate it in the fridge; you can put it right into the oven. This marinade is good on pork as well.

<https://www.midwestliving.com/recipe/chicken/chef-joes-cranberry-orange-chicken/>

# English Muffin Pizza

**YIELD: 8 PIZZAS    PREP TIME: 10 MINS    COOK TIME: 15 MINS**

**TOTAL TIME: 25 MINS**

## **Ingredients**

- 4 whole wheat English muffins — split
- 1/2 tablespoon extra virgin olive oil
- 3/4 cup prepared pizza sauce — tomato, pesto, or alfredo; whichever your family likes!
- Tiny Pinch kosher salt
- Pinch black pepper
- 1 cup shredded part-skim mozzarella cheese — or cheddar cheese, provolone, or any cheese you like
- 1/2 teaspoon Italian seasoning
- Toppings of choice — such as mini pepperonis (or regular pepperonis, quartered), or sautéed veggies, such as spinach or mushrooms
- Thinly sliced fresh basil — optional for serving

## **Directions**

1. Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper.
2. Arrange the English muffin halves cut side up onto a baking sheet. Lightly drizzle with olive oil. Place in the oven and toast until barely golden, about 4 minutes.
3. Spoon 1 1/2 tablespoons pizza sauce over each one, using the back of a spoon to spread it evenly. Sprinkle with salt and pepper. Top with mozzarella cheese and Italian seasoning. Add any desired toppings.
4. Bake for 10 minutes, until the cheese is melted and the muffins are browned on the edges. Top with fresh basil. Enjoy hot.

<https://www.wellplated.com/english-muffin-pizza/>



# Taste Testing

## Materials:

- 1.) Food/snacks
- 2.) Blindfold
- 3.) Nose plug (tissues, cotton balls or fingers)



## Instructions:

- 1.) Choose different snacks or foods but don't let the participants know what you are choosing
- 2.) Blindfold participants and plug their noses
- 3.) Label each food choice or food combination (get creative!) with numbers or letters
- 4.) Let the participants try each item(s) and write down their guesses
- 5.) Have fun trying to fool the participants and have the participants guess what weird food combos you have given them!

# Deign Your Own Family

## Cooking / Baking Competition

1. Choose a type of dish / baked good everyone must make.
2. Come up with rules, guidelines and restrictions as to what is allowed and not allowed. (Consider ingredients, preparation and cooking/baking time, the order in which each family member will have full kitchen rights, if you're allowed to vote for your own dish, prize, etc.)
3. After everyone has completed their dish, sit around the kitchen table together. Have each person explain their dish and why they chose it. Let the other family members sample the dish. Once all chefs present their creation and sampling of all dishes is complete, vote on your favorite dish.

