

Recipes

Almost every child loves to bake with his/her family. Baking is a great way to work on a project as a family. Here are some great recipe ideas!

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BANANA BREAD

Source: KidsHealth® (http://kidshealth.org/kid/recipes/recipes/banana_bread.html)

Prep time: about 90 minutes

Ingredients:

- 2 eggs
- 1¾ c. sifted flour
- 2 tsp. baking powder
- ¼ tsp. baking soda
- ½ tsp. salt
- 1/3 c. vegetable oil
- 2/3 c. sugar
- 1 c. mashed bananas (about 3 bananas)

Utensils:

- oven (you'll need help from your adult assistant)
- measuring cups and spoons
- mixer
- sifter
- spatula
- small bowl
- medium-size bowl
- large bowl
- bread pan coated with nonstick cooking spray

Directions:

1. Preheat the oven to 350° F (180° C).
2. Beat eggs well in a small bowl.
3. In a medium-size bowl, sift together the flour, baking powder, baking soda, and salt.
4. In a large bowl, add the vegetable oil. Add the sugar a little bit at a time, and continue beating until the mixture is fluffy.
5. Add the eggs to the mixture in the large bowl and beat well.
6. Add some of the flour mixture to the large bowl and beat well. Then add some of the mashed bananas and beat some more. Continue adding flour, then bananas, then flour, then bananas, until everything is mixed in.
7. Pour mixture into the baking pan. Bake for 70 minutes.
8. Flip your banana bread out of the pan, let it cool for a bit, and cut it into slices to eat and share!

Serves: 16

Serving size: 1 slice

Nutritional analysis (per serving):

145 calories
2 g protein
5 g fat
24 g carbohydrate
1 g fiber
27 mg cholesterol
155 mg sodium
37 mg calcium
0.8 mg iron

Note: Nutritional analysis may vary depending on ingredient brands used.

Suggestion: If you're nutty for nuts, add chopped walnuts during Step 6.

FABULOUS FRENCH TOAST

Source: KidsHealth® (http://kidshealth.org/kid/recipes/recipes/french_toast.html)

Prep time: about 15 minutes

Ingredients:

- 1 egg
- 1/4 c. milk
- dash of vanilla extract
- 1 tbsp. margarine
- 2 pieces of bread

Utensils:

- medium-size bowl
- mixing spoon
- frying pan
- stove (You'll need help from your adult assistant.)
- spatula
- serving plate
- measuring cups and spoons

Directions:

1. Crack the egg into a medium-size bowl and beat well. Then mix in the milk and vanilla extract.
2. Put the margarine in a frying pan. Heat the pan on the stovetop on medium heat. It's hot enough when the margarine starts to bubble.
3. Dunk each piece of bread in the egg mixture. Make sure the bread is totally covered.
4. Cook the bread in the frying pan on low heat until the underside is light brown (about 5 minutes).
5. Use a spatula to flip the bread over, and cook again for another 5 minutes.
6. Use the spatula to transfer the French toast to a plate.

Serves: 2

Serving size: 1 slice

Nutritional analysis (per serving):

162 calories

6 g protein

9 g fat

13 g carbohydrate

0 g fiber

107 mg cholesterol

218 mg sodium

80 mg calcium
1.1 mg iron

Note: Nutritional analysis may vary depending on ingredient brands used.

Suggestion: Eat your French toast with powdered sugar, cinnamon, maple syrup, jelly, or fruit on top.

BERRY TASTY MUFFINS

Source: KidsHealth® (http://kidshealth.org/kid/recipes/recipes/berry_muffins.html)

Prep time: about 40 minutes

Ingredients:

- 1 c. flour
- 1 c. oatmeal
- 3 tbsp. sugar
- 1 tsp. salt
- 4 tsp. baking powder
- 1 c. blueberries, washed
- 1 egg
- 1 c. milk
- ¼ c. vegetable oil
- nonstick cooking spray

Utensils:

- oven (you'll need help from your adult assistant)
- mixing spoon
- 2 large bowls
- fork
- muffin/cupcake tin
- paper muffin/cupcake liners
- wire rack for cooling muffins
- measuring cups and spoons

Directions:

1. Preheat oven to 400° F (200° C).
2. In a large bowl, mix together the flour, oatmeal, sugar, salt, and baking powder.
3. Mix in blueberries.
4. In another bowl, break the egg and use a fork to beat it just a little bit. Then add the milk and vegetable oil, and mix.
5. Add egg mixture to the dry ingredients in the large bowl.
6. Using a mixing spoon, mix about 25 or 30 times. Don't mix too much! Your muffin mixture should be lumpy, not smooth.
7. Line a muffin tin with paper liners or lightly spray with nonstick spray. Spoon in the muffin mix. Fill each muffin cup about 2/3 of the way up.
8. Bake for about 20 minutes.
9. When muffins are finished baking, remove from muffin tin and cool them on a wire rack.
10. Enjoy your berry tasty muffins!

Serves: 12

Serving size: 1 muffin

Nutritional analysis (per serving):

136 calories
3 g protein
6 g fat
19 g carbohydrate
1 g fiber
18 mg cholesterol
344 mg sodium
86 mg calcium
0.9 mg iron

Note: Nutritional analysis may vary depending on ingredient brands used.

PRETZELS

Source: KidsHealth® (<http://kidshealth.org/kid/recipes/recipes/pretzel.html>)

Prep time: about 30 minutes

Ingredients:

- 1 tbsp. yeast
- 1/2 c. warm water
- 1 tsp. honey
- 1 1/3 c. flour
- 1 tsp. salt

Utensils:

- oven (You'll need help from your adult assistant.)
- small bowl
- mixing spoon
- medium-size bowl
- cutting board, sprinkled with flour
- baking sheet, sprayed with nonstick spray
- measuring cups and spoons

Directions:

1. Preheat the oven to 325 degrees Fahrenheit (165 degrees Celsius).
2. Put the yeast in a small bowl with the water and honey. Stir a little, then let the mixture sit for 5 minutes.
3. Mix the flour and salt together in a medium-size bowl.
4. After the 5 minutes is up, check on the yeast mixture. It should be bigger than before and a little bubbly. Add this mixture to the flour and salt mixture.
5. Stir everything together. Use a spoon to start. Finish with your hands. The dough is ready when it's still a little crumbly and flaky.
6. Put the dough on the cutting board and knead it like you are playing with clay. Knead it into one big ball.
7. Break off a piece of dough that's about the size of a big gumball or superball. Use your hands to roll it into a skinny snake.
8. Twist the snake into a medium-size pretzel shape, and put it on the cookie sheet. Do this with all the dough, making 12 pretzels.
9. Bake your pretzels for 10 minutes. Let them cool and take a bite!

Serves: 12

Serving size: 1 pretzel

Nutritional analysis (per serving):

56 calories

1 g protein

0 g fat

12 g carbohydrate
0 g fiber
0 mg cholesterol
192 mg sodium
2 mg calcium
0.7 mg iron

Note: Nutritional analysis may vary depending on ingredient brands used.