

Snacks

Candy Apples
Chewy Granola Bars
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Fruit Salad
Guacamole
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Puffed Wheat Cake
Simple Scones

Candy Apples

Ingredients

parchment paper
2 cups sugar
 $\frac{3}{4}$ cup water
 $\frac{1}{2}$ cup light corn syrup
 $\frac{1}{2}$ tsp red food coloring
1 apple per group member & 1 for the teacher

Directions

- Line a baking sheet with parchment paper and set aside.
- In a medium heavy-bottomed saucepan, combine sugar, $\frac{3}{4}$ cup water, corn syrup, and food coloring.
- Bring to a boil over high heat; reduce heat to medium-high.
- Insert candy thermometer and continue to boil until temperature reaches between 300 degrees and 310 degrees (hard crack stage), about 20 minutes.
- Meanwhile, insert a wooden stick into the top of each apple, pushing about halfway through; set aside.
- When mixture reaches temperature, immediately remove from heat.
- Working quickly, dip apples in sugar mixture until completely coated.
- Transfer to prepared baking sheet; allow to cool.



Chewy Granola Bars

Ingredients

4 ¼ cups rolled oats
¼ cup Rice Krispies
1 cup all-purpose flour
1 teaspoon baking soda
1 teaspoon vanilla extract
1 cup butter, softened
1 cup honey
1/3 cup packed brown sugar
2 cups miniature semisweet chocolate chips

Directions

- Preheat oven to 325 degrees F (165 degrees C). Lightly grease one 9x13 inch pan.
- In a large mixing bowl combine the oats, flour, baking soda, vanilla, butter or margarine, honey and brown sugar. Mix until sticky
- Stir in the 2 cups assorted chocolate chips, raisins, nuts etc.
- Press mixture hard into the prepared pan.
- Bake at 325 degrees F (165 degrees C) for 18 to 22 minutes or until golden brown.
- Let cool for 10 minutes then cut into 18 bars.
- Put bars in the freezer to cool completely in pan before removing or serving.



Easy Cheesy Nacho Beef Dip

Ingredients:

½ lb of lean ground beef(454g)
¾ cups grated cheddar cheese
½ jar (or batch) of salsa
Tortilla chips

Directions:

- Cook ground beef in frying
- Combine cooked ground beef, salsa and cheese in the **Tupperwave Casserole** and reheat on **Medium** power (P5) for 4-6 minutes to bring to serving temp.
- Stir well, and serve as a hot dip with nacho chips.

Fruit Salad

Ingredients:

2 Tbsp lemon juice
3 apples
3 pears
2-3 bananas
½ cantaloupes
¼ small watermelons
3 large bunches of grapes
Small container of berries
(raspberry, blackberry,
blueberry)
Handful of strawberries
1 large pineapple

Directions:

- Rinse all fruit before cutting to remove pesticides
- Peel and chop apples & pears and toss with lemon juice in a large bowl
- Rinse and slice strawberries then add to the bowl with apples & pears.
- Small berries and grapes can be placed directly in bowl after rinsing
- Peel and chop banana, pineapple, cantaloupe and watermelon
- Toss all fruit together

Perfect Guacamole

Ingredients

2 ripe avocados
1/2 onion, minced (about 1/2 cup)
1 tablespoon of fresh lime or
lemon juice
1/2 teaspoon coarse salt
A dash of freshly grated black
pepper
1/2 ripe tomato, seeds and pulp
removed, chopped
Serve with tortilla chips &/or fajitas

Directions:

- Cut avocados in half. Remove seed. Scoop out avocado from the peel, put in a mixing bowl.
- Using a potato masher, mash the avocado.
- Add the chopped onion, lime or lemon, salt and pepper and mash some more.
- Hint: do not use a metal bowl!!!

Homemade Nutella

Chocolate Peanut Spread

Ingredients:

- 2 cups shelled and skinned raw peanuts
- 1/2 cup of your darkest, richest unsweetened cocoa powder
- 1 1/4 cups powdered sugar
- 1/4 teaspoon salt plus additional to taste (I used an extra 1/8 teaspoon)
- 3 tablespoons peanut oil

Directions:

Heat the oven to 400 degrees. Spread the peanuts evenly over a cookie sheet and roast until they darken, about 10 minutes, rattling them around a bit halfway through to they toast evenly. (If you, like me, were unable to find raw peanuts, just toast them for a 5 minutes to deepen their flavor.)

Transfer the peanuts to a food processor and grind them for about 5 minutes. First they'll become a paste. Then they'll become more of a paste and finally, they'll liquefy. Scrape down the sides as needed.

Add the cocoa, sugar, salt and two tablespoons of the oil to the food processor and continue to process until well blended, about 1 minute. Add more salt if needed. Add the last tablespoon of oil if the consistency seems too thick.

Store in refrigerator up to a week in a covered container. When it is full chilled, like peanut butter, it will become thick and swipe with a teaspoon will leave a telltale impression. Look, I'm just warning you, okay?



Pigs-in-a-Blanket

Servings: 8 sandwiches

Ingredients:

8 hot dogs
4 slices American cheese, each
1 can Pillsbury refrigerated
crescent dinner rolls



Directions:

- Heat oven to 375°F.
- Slit hot dogs to within 1/2 inch of ends
- Cut cheese into 6 strips
- Insert 3 strips of cheese into each slit.
- Separate dough into triangles.
- Wrap dough triangle around each hot dog.
- Place on parchment paper on a cookie sheet cheese side up.
- Bake at 375°F for 12 to 15 minutes or until golden brown.

Puff Wheat Cake

Ingredients:

1/3 cup margarine
1/2 cup corn syrup
1 cup brown sugar
2 teaspoons vanilla
2 teaspoons cocoa
8 cups puffed wheat



Directions:

- In a large pot, combine margarine, corn syrup, brown sugar, vanilla and cocoa; bring to a boil.
- Boil 2 minutes.
- Add puffed wheat and pour into a 9x13" pan and let cool.

Simple Scones

Ingredients

2 cups all-purpose flour
1/3 cup sugar
1 teaspoon baking powder
1/4 teaspoon baking soda
1/2 teaspoon salt
8 tablespoons unsalted butter, frozen
1/2 cup cranberry (or dried currants)
1/2 cup sour cream
1 large egg
Zest of one lemon



Directions

- Adjust oven rack to lower-middle position and preheat oven to 400 degrees.
- In a medium bowl, mix flour, 1/3 cup sugar, baking powder, baking soda and salt. Grate butter into flour mixture on the large holes of a box grater; use your fingers to work in butter (mixture should resemble coarse meal), then stir in raisins.
- In a small bowl, whisk sour cream and egg until smooth.
- Using a fork, stir sour cream mixture into flour mixture until large dough clumps form. Use your hands to press the dough against the bowl into a ball. (The dough will be sticky in places, and there may not seem to be enough liquid at first, but as you press, the dough will come together.)
- Place on a lightly floured surface and pat into a 7- to 8-inch circle about 3/4-inch thick. Sprinkle with remaining 1 tsp. of sugar. Use a sharp knife to cut into 8 triangles; place on a cookie sheet (preferably lined with parchment paper), about 1 inch apart. Bake until golden, about 15 to 17 minutes. Cool for 5 minutes and serve warm or at room temperature.

Variations (Flavour options):

Cranberry-Orange Scones: Follow the recipe for Simple Scones, adding a generous teaspoon of finely grated orange rind (zest) to the dry ingredients and substituting dried cranberries for the raisins.

Lemon-Blueberry Scones: Follow the recipe for Simple Scones, adding a generous teaspoon of finely grated lemon rind (zest) to the dry ingredients and substituting dried blueberries for the raisins.

Note:

Substitute for Sour Cream: For baking: 3/4 cup milk + 1Tbsp Lemon Juice + 1/3 cup butter.