iCook After School





SUPERHERO SUPERFOODS COOKBOOK





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www.icookafterschool.com

ABOUT US

iCook After School offers engaging hands-on cooking and nutrition education classes designed to foster life skills, provide an insight into nutrition and wellness and simultaneously nurturing curiosity and a passion for exploration among children. Our classes reinforce math, science and enhance students Executive Function Skills and Social-Emotional Learning, creating a holistic approach that combines the joy of cooking with the reinforcement of essential cognitive and emotional development. Our curated curricula center around themes that emphasize the significance of diversity, creativity, and education, providing a holistic approach to learning for children in an after-school setting.



HISTORY

iCook was founded in 2014 by two visionary women who saw an opportunity to bring high-quality, engaging after-school programming to children through hands-on cooking experiences. What started as a small initiative quickly grew into a thriving program, reaching schools and communities across the country. From the very beginning, our mission has been to make after-school enrichment accessible and enjoyable for parents, principals, and—most importantly—kids. Over the years, we've built a strong team of dedicated educators and enrichment supervisors who bring our curriculum to life, ensuring seamless class delivery and local program oversight. Through passion, innovation, and a commitment to excellence, iCook continues to inspire young chefs and foster a love of healthy eating in every class.

OUR MISSION

Our mission is to encourage young chefs to enjoy the simple goodness of food and cooking through hands-on classes sprinkled with nutrition, cultural diversity and sustainability for good measure. Our vision is to cultivate a generation of young chefs who delight in the art of cooking while embracing the values of nutrition, cultural diversity, and sustainability. Through hands-on classes, we inspire a love for culinary exploration, nurturing a community that celebrates the simple goodness of food and its power to create positive change in the world.

In essence, iCook After School is more than just a provider of cooking classes – we're catalysts for growth, curiosity, and culinary creativity in the hearts and minds of young learners nationwide.

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iCOOK RULES

1

Wash hands with soap before cooking.



2

Wash **fruits** and **vegetables**.



3

Stay away from oven and blender. (Only adults can use these.)



4

Keep your **station clean**. (Clean as you go.)



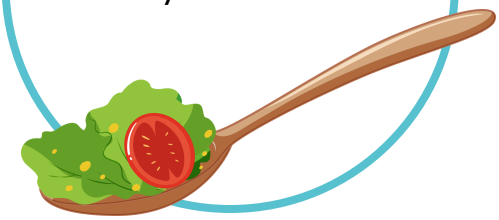
5

Do **NOT** play with knives.



6

"**One bite rule**": Taste at least one bite of every dish we make.



7

Have fun!

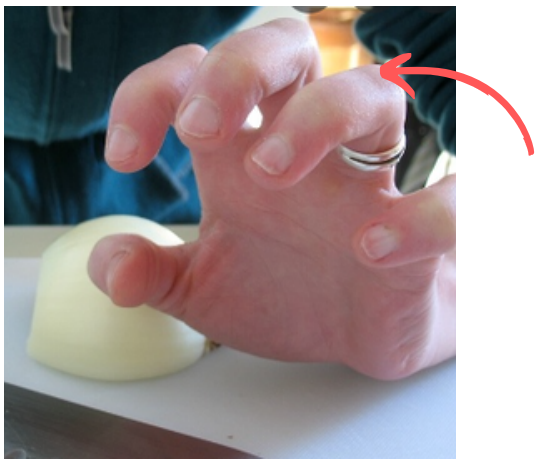


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KNIFE SKILLS

Use these to help teach students about knife safety and proper knife techniques









SAFETY HOLDING A KNIFE

Three important rules to teach children:

- Grip. Hold the knife properly. Hold the knife with your dominant hand (the hand you write with). Pinch the blade right above the handle and rest the knuckles of your pointer finger on the back of the knife.
- Do the chef stance. Stand on a steady surface with feet shoulder width apart. Make sure your hips are at counter height. Wear close toed shoes that are non-slip. Create an X with the tip of the knife and your claw hand. Elbows out.
- Claw. The hand that is holding the food should look like a bear claw – fingers curled with thumb in. This protects your fingers in case the knife slips.
- Eyes. Keep eyes on the knife at all times. Remind your child that if their eyes wander then they should stop cutting and place the knife carefully on the cutting board.

PRACTICE KNIFE SKILLS

Before practicing knife skills there are a few tips to discuss with your children. These tips will help them successfully cut a piece of food while remaining safe.

- The knife is stuck. Tell children to pretend the tip of the knife is stuck to the cutting board.
- Rocking the boat technique (aka rock the blade). When cutting, the blade should move in a rocking motion to saw through the food.
- Lay food flat. Round items like cucumbers and bananas should be cut in half lengthwise to lay on their flat side for safe cutting.
- Move hand to coarsely chop. Small pieces like garlic or herbs should be chopped by rocking the knife across the food while your hand lays flat on top of the knife.

Now you are ready to work on your recipes and do some chopping and dicing like a pro.

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MEASURING TIPS

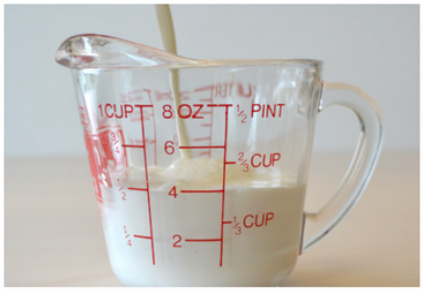
Use these to help teach students about measuring different ingredients



MEASURING DRY INGREDIENTS



MEASURING BROWN SUGAR



MEASURING LIQUIDS



MEASURING YOGURT



MEASURING HONEY HACK

MEASURING

- Means using a utensil to portion out a specific amount of an ingredient before adding to a recipe.
- Measuring tools include measuring cups (dry and liquid), measuring spoons, scales.
- Measuring properly ensures that your recipe will taste good and cook correctly!

MEASURING DRY INGREDIENTS (FLOUR, SUGAR ETC)

- Always use a dry measuring cup for these ingredients!
- Spoon into measuring cup from container.
- Level off any excess with the backside of a butter knife.

MEASURING BROWN SUGAR

- Spoon the brown sugar into a measuring cup.
- Pack down the top.
- You know you've done it right when you dump the brown sugar out and it keeps the shape of the measuring cup.

MEASURING BUTTER

- Butter and margarine are solid fats, and need to be measured using a dry measuring cup. Press the fat into the measuring cup and level the top, using a spoon or rubber spatula.
- If you are using stick butter or margarine, explain that one normal size stick equals ½ cup. The sticks also have handy lines that mark each 1 tablespoon.

MEASURING LIQUIDS

- Set the liquid measuring cup on the counter.
- Bend down so y
- our eyes are level with the measuring cup. Pour the liquid into the measuring cup until it hits the line that matches the amount you want to measure.

MEASURING SOUR CREAM, PEANUT BUTTER, YOGURT

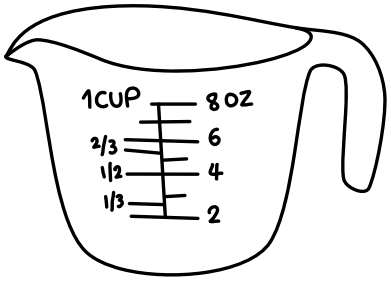
- Thick ingredients, such as sour cream, need to be measured in a dry measuring cup,.
- Spoon into a dry measuring cup, making sure there aren't any air pockets in the cup.
- Level off with the back of a butter knife.

MEASURING HONEY HACK

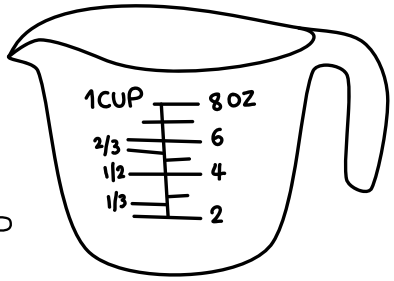
- Oil the utensil before measuring—the honey will slide out cleanly

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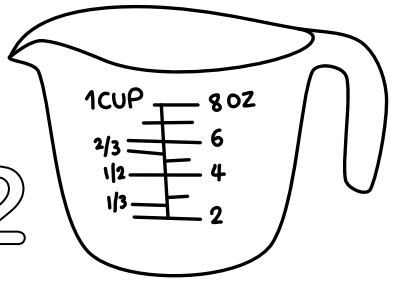
UNIT CONVERSION

1 

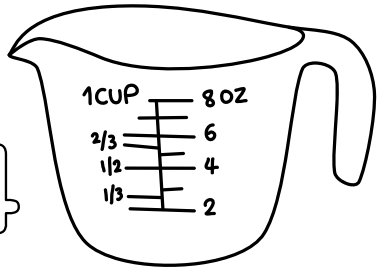
= = 16 TBSP

3/4 

= = 12 TBSP

1/2 

= = 8 TBSP

1/4 

= = 4 TBSP

1 TBSP = = 3 TSP = = 15 mL

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WHAT WE LEARNED



Superfoods Are Nutrient Packed

These foods do more than just taste amazing—they boost brain function, helping us focus and learn, while building strong muscles with protein and healthy fats. They protect our bodies by strengthening the immune system, support clear vision with vitamins like A, and provide lasting energy through smart carbs and fiber. Fresh herbs and vibrant colors make them as enjoyable to eat as they are nourishing.

Eating Like A Superhero Means

Healthy eating can be fun and powerful! Choosing colorful fruits and veggies, adding protein for strength, snacking smart, and building balanced plates all help fuel our bodies. Plus, having fun in the kitchen makes healthy habits even more enjoyable.



Powering Up With Everyday Superfoods

Superfoods are everyday ingredients that pack a powerful nutritional punch. Foods like blueberries, spinach, salmon, sweet potatoes, and almonds are rich in vitamins, antioxidants, and healthy fats that support brain health, boost energy, and strengthen the immune system. Adding these to your meals helps your body stay strong, your mind stay sharp, and your plate stay colorful and delicious.



WHAT WE LEARNED

Star Ingredients Explored:



- Oranges
- Feta
- Rosemary
- Tofu
- Mushrooms
- Spinach
- Carrots
- Blueberries
- Red Pepper



Star Techniques Learned:

- Kitchen Safety
- Kneading
- Setting
- Blending
- Slicing
- Stuffing
- Spreading
- Whipping
- Mixing
- Measuring
- Dicing

Cooking Pro:

- Always let your dough rest for a few minutes after kneading—it makes it easier to shape and ensures fluffier rolls. For extra flavor, try adding a pinch of your favorite herb to the dough!
- Adding flavors to your hummus is yummy and easy! Garlic, lemon, and spices like za'ataar, sumac, and cumin are commonly added to hummus for new flavors. Try experimenting with new hummus flavors by adding your favorite spice!
- Room temperature ingredients are key for smooth batters and doughs. Butter, eggs, and milk at room temperature blend more easily, creating fluffier cakes and more tender pastries!

WELCOME RECIPE

NO BAKE ORANGE CAKES

Serving Size: 5 servings

Ingredients:

Crust

- 1 sleeve Graham crackers
- 3 oranges

Filling

- 8 oz cream cheese
- 1/2 cup sugar
- 5 oz greek yogurt
- 1 tsp vanilla extract
- 1 tsp range zest

PREP BEFORE:

Cut oranges into quarters, leaving peel on. Prepare the food processor.

Directions:

- Crumble ½ graham cracker into foil tin and use hands or the back of a spoon to pack crust into bottom of tins.
- Make the filling by measuring and mixing sugar, cream cheese, Greek yogurt, and vanilla extract into the food processor.
- Zest orange and add to food processor. Mix until zest is combined.
- Spoon the mixture onto the top of the crust in the foil tins.
- Peel and slice orange into small pieces. Then decorate the tart with orange slices.
- Enjoy!





DID YOU KNOW?

The word “orange” was first used for the color and not the fruit!

DID YOU KNOW?

An orange tree can grow as tall as 30 feet and live for 100 years!

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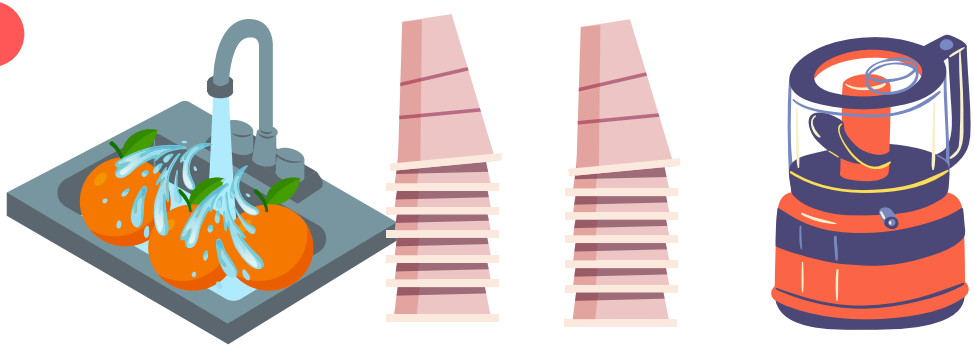
WELCOME RECIPE

NO BAKE ORANGE TARTS

INGREDIENTS

- Graham Crackers
- Oranges
- Cream Cheese
- Greek Yogurt
- Vanilla Extract
- Sugar
- Orange Zest
- Plastic Cups
- Ziplock Bags

1



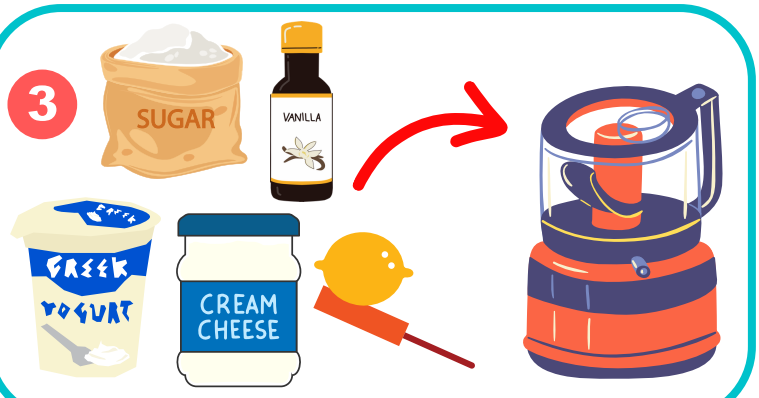
Prep before class: wash oranges, pass out cups, prepare food processor

2



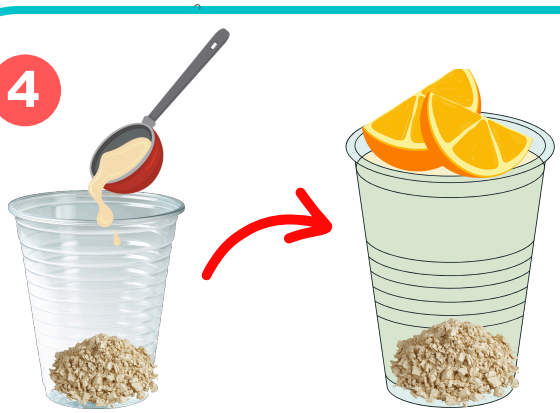
Crumble graham crackers into the muffin liners (inside Ziplock bag or by back of spoon) and press into plastic cup

3



Make filling by processing sugar, Greek yogurt, cream cheese, vanilla, and orange zest until smooth

4



Spoon mixture into cups. Cut oranges for decoration. Enjoy!

OLIVE OIL DINNER ROLLS & WHIPPED FETA

OLIVE OIL DINNER ROLLS

Ingredient	5 servings
All-purpose flour	2 cups + 2 tbsp
Baking powder	2 ½ tsp
Butter, unsalted	2 ½ tbsp
Whole milk	1 cup
Sugar	4 tsp
Salt	½ tsp

Preparation:
Preheat the toaster oven to 350°F. Foil and grease baking pan.

Directions:

1. Mixing the wet ingredients. In a large bowl, stir melted butter, milk, sugar, and salt together.
2. Add baking powder and stir until fully mixed.
3. SLOWLY add the flour, mixing until a dough forms.
4. Divide the dough evenly. Roll the dough into a ball using hands.
5. Place dough balls on the prepared baking sheet, Evenly spaced out for baking.
6. Bake for 30 minutes, or until the tops are golden brown.
7. Cool for a few minutes and serve. Add butter on top if preferred. Enjoy!



DID YOU KNOW?
Whole milk creates a creamier texture in recipes because it contains about 3.5% fat!



DID YOU KNOW?
Feta has a crumbly texture and a salty taste that makes it a favorite in Mediterranean dishes!

WHIPPED FETA DIP

Ingredient	5 servings
Feta cheese	6 oz
Greek yogurt, plain	½ cup
Garlic cloves	1 ½
Olive oil	3/4 tsp
Honey	1 ½ tsp
Chives, chopped	1 tsp

Preparation:
Prepare the food processor.

Directions:

1. Break the feta cheese into smaller pieces if necessary.
2. Place the following ingredients into the food processor: feta cheese, Greek yogurt, garlic cloves, and olive oil.
3. Pulse until the mixture becomes smooth and creamy.
4. Scoop around 1-2 tbsp of the whipped feta into each student's bowl.
5. Add honey and chopped chives on their feta dip to their liking.
6. Enjoy!

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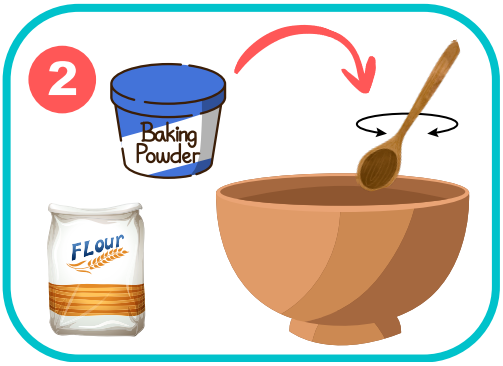
OLIVE OIL DINNER ROLLS

INGREDIENTS

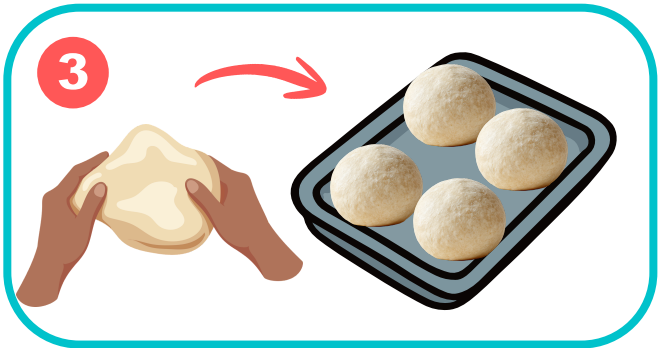
- All Purpose Flour
- Baking Power
- Butter
- Whole Milk
- Sugar
- Salt



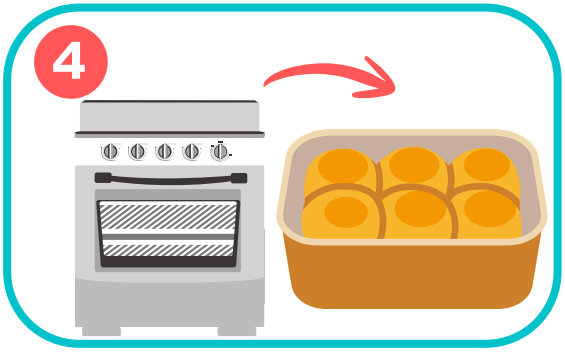
Mix wet ingredients into a large bowl.



Into same bowl, add in baking powder and flour slowly until dough forms



Give students a portion of dough to roll into balls. Place onto baking sheet

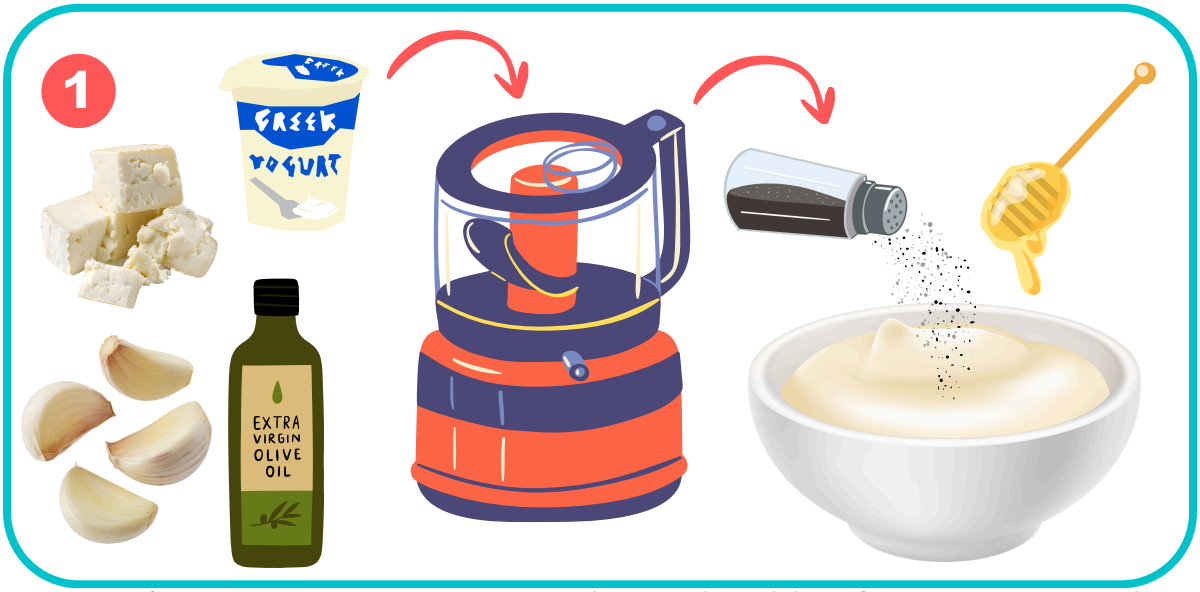


In preheated 350 degree oven, bake rolls for 30 minutes. Let cool then enjoy!

WHIPPED FETA DIP

INGREDIENTS

- Feta Cheese
- Greek Yogurt
- Garlic Cloves
- Olive Oil
- Honey
- Black Pepper



Process feta cheese, Greek yogurt, garlic, an olive oil into food processor until whipped. Spoon into students bowls and add honey and pepper if desired. Enjoy!

ROSEMARY OATMEAL CRACKERS & LEMON HUMMUS

ROSEMARY OATMEAL CRACKERS

Ingredient	5 servings
Oats	1 cup
All-purpose flour	2 ½ tbsp
Rosemary	1 tsp
Baking powder	1/2 tsp
Cold unsalted butter, cubed	2 ½ tbsp
Milk	3 tbsp
Salt	1 tsp
Pepper	⅓ tsp

Preparation:
Preheat the oven to 375 degrees. Foil and grease baking sheet.

Directions:
1. Make oat flour by placing oats in a food processor and pulse until a fine powder forms.
2. Measure and add, salt, pepper, rosemary, baking powder, and butter to the food processor with the oat flour. Pulse.
3. Add milk slowly. Pulse until a dough forms.
4. Divide dough evenly. Roll the dough into ½ inch balls and flatten the dough between the palms. The thinner the crackers are, the crispier they will be!
5. Arrange crackers on a baking sheet and bake for 15 minutes.
6. Allow crackers to cool before enjoying with hummus!



DID YOU KNOW?
Oats are a naturally gluten-free food and are packed with fiber!



DID YOU KNOW?
Chickpeas are high in plant protein and can be used instead of meat in vegetarian dishes

LEMON HUMMUS

Ingredient	5 servings
Chickpeas	2 cups
Lemon juice	3 tbsp
Olive oil	3 tbsp
Garlic clove	1
Salt	1 tsp
Water	1 tbsp

Preparation:
Open can(s) of chickpeas, drain and rinse.

Directions:
1. Measure the ingredients and add them to the food processor in this order: chickpeas, olive oil, lemon juice, water, and seasonings. Pulse, scraping sides down periodically, until the mixture is a puree.
2. Eat with rosemary oatmeal crackers.
3. Enjoy!

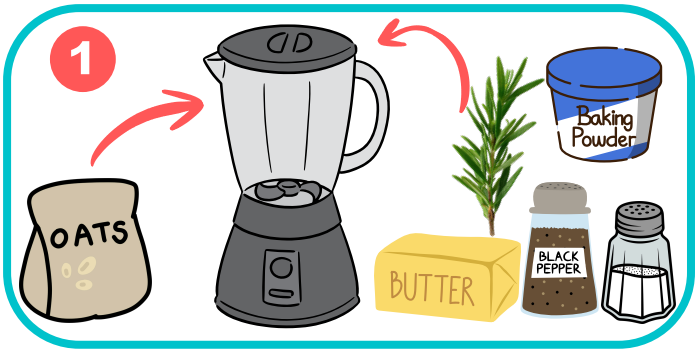
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ROSEMARY OATMEAL CRACKERS

INGREDIENTS

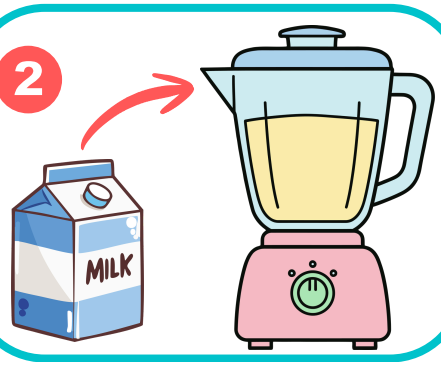
- Oats
- All Purpose Flour
- Rosemary
- Baking Power
- Cubed Butter
- Milk
- Salt
- Pepper

1



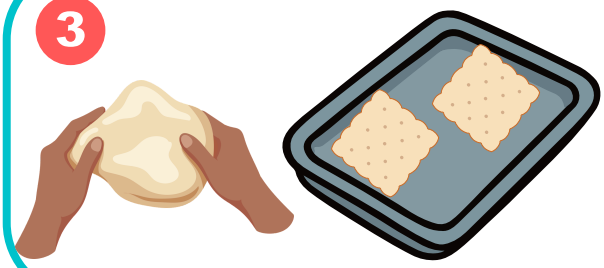
First, blend oats until they're powder. Then, add salt, pepper, rosemary, baking powder, and butter and blend

2



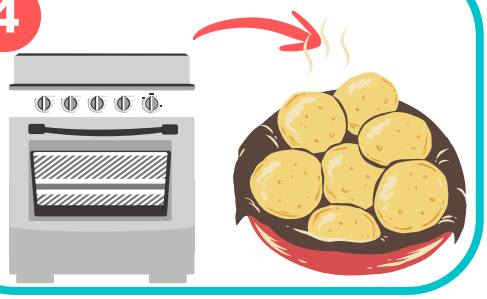
Add milk slowly and blend until dough forms

3



Give portion of dough to students to roll and flatten out between their palms. Place onto baking sheet

4



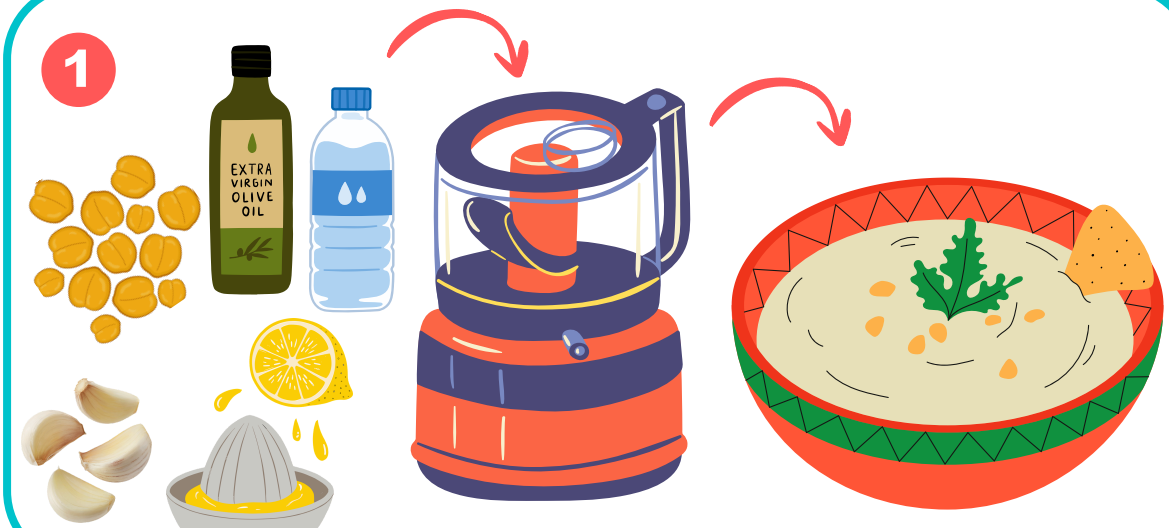
In preheated 375 degree oven, bake crackers for 15 minutes. Let cool then enjoy!

LEMON HUMMUS

INGREDIENTS

- Chickpeas
- Lemon Juice
- Olive Oil
- Garlic Clove
- Salt
- Water

1



In food processor, pulse (in this order) chickpeas, olive oil, lemon juice, water, and seasonings. Scrae down sides and add water when needed. Serve with crackers!

BLUEBERRY CRUMBLE

BLUEBERRY CRUMBLE

Ingredient	5 servings
Blueberries	2 1/2 cup
Lemon juice	2 tbsp
Lemon zest	1 tsp
Flour	2 ½ tbsp
Sugar	2 tbsp
Butter, softened	3 tbsp
Brown sugar	1/2 cup
Flour	3 tbsp
Oats	1/2 cup
Cinnamon	dash

Preparation:
Preheat oven to 375°F. Allow butter to soften.
Prepare the food processor.

Directions:

1. Mix blueberries with lemon juice and lemon zest with tongs or a large spoon!
2. In a small bowl, mix together indicated amount of sugar and flour and toss with blueberries until coated. Spoon into muffin tins. Set aside.
3. Create the crumble: measuring out all ingredients (flour, brown sugar, salt, butter, oats) and pulse in the food processor to combine. Spoon topping over the fruit in each muffin tin evenly.
4. Bake for 20 minutes until the blueberries are bubbling at the edges.
5. Cool for a few minutes and serve.
6. Enjoy!

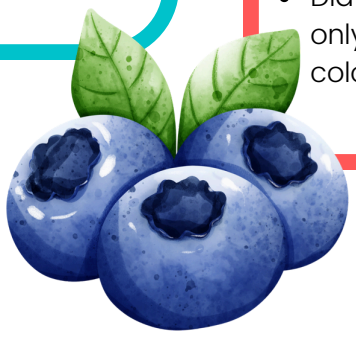


DID YOU KNOW?

Blueberries have been part of our diet for thousands of years!

STAR INGREDIENT: BLUEBERRY

- Blueberries grow on bushes on almost every continent on earth. There are two types: the highbush and lowbush blueberry. The highbush can grow as tall as 13 feet high!
- Blueberries are good for us because they contain Vitamins C, K, A, E, B – which keeps our bodies and minds happy and strong!
- Blueberries also have Antioxidants which keeps our bodies safe from bad guys called free radicals and helps us heal when we are sick.
- Did you know? Blueberries are one of the only foods that are actually blue! This blue color is from anthocyanin, an antioxidant.



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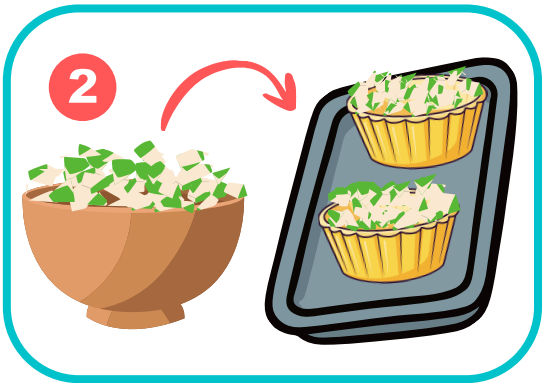
BLUEBERRY CRUMBLE

INGREDIENTS

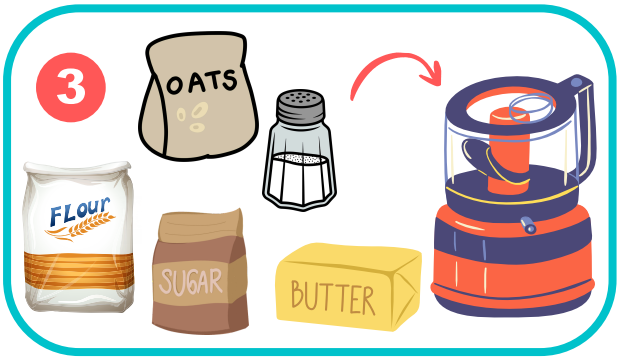
- Blueberries
- Lemon Juice
- Lemon Zest
- Flour
- Sugar
- Butter
- Brown Sugar
- Flour
- Oats
- Cinnamon
- Salt



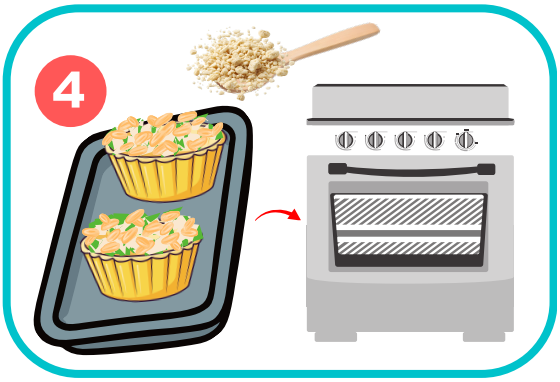
Mix chopped apples and lemon juice and lemon zest together. Then mix sugar and flour and toss with the apple mix.



Spoon apple mixture into muffin tins



Make crumble by pulsing flour, brown sugar, salt, butter, and oats in food processor



Spoon crumble over mixture. Bake for 20 minutes in preheated 375 degree oven. Let cool and enjoy!

STUFFED MUSHROOMS & WHIPPED COTTAGE CHEESE

STUFFED MUSHROOMS

Ingredient	5 servings
Cremini Mushroom	10
Butter	1 tbsp
Garlic clove	1
Onion, diced	1/4 cup
Mozzarella shredded cheese	1/4 cup
Cream cheese	2 oz
Fresh parsley	2 tbsp
Salt	dash
Black pepper	dash

Preparation:
Preheat oven to 375°F

Directions:
1. Wash the mushrooms and gently twist off the mushroom stems and toss away.
2. Dice the onion and mince the garlic.
3. Add the onions, garlic, salt, pepper, cream cheese, shredded cheese, and parsley to a bowl. Stir everything until it's mixed well.
4. Use a spoon to fill the mushroom caps with the mixture.
5. Add a small amount of tomato sauce and mozzarella cheese to the top.
6. Place them on a baking tray. Bake for 20 minutes.
7. Let the mushrooms cool slightly before serving. Enjoy!



DID YOU KNOW?
Onions make you cry because they release a gas that irritates your eyes. It's the onion's way of protecting itself!



DID YOU KNOW?
Cottage cheese can be made at home in an afternoon with just some milk and lemon juice!

WHIPPED COTTAGE CHEESE

Ingredient	5 servings
Cottage cheese	1 pint
Lemon juice	1 tbsp
Garlic clove	1
Basil	3 tbsp
Salt and pepper	to taste

Preparation:
Prepare the food processor.

Directions:
1. Place the cottage cheese, lemon juice, garlic clove, basil, and pepper into a blender or food processor.
2. Blend the mixture on high speed for 30 to 60 seconds until it's silky smooth. You might need to stop and scrape down the sides to ensure everything blends evenly.
3. Serve 3 tbsp of the dip to each plate to dip the mushrooms into. Enjoy!

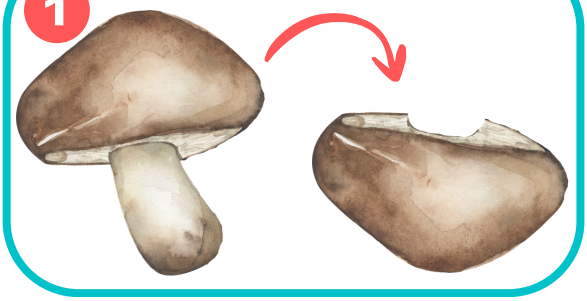
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STUFFED MUSHROOMS

INGREDIENTS

- Cremini Mushroom
- Butter
- Garlic Clove
- Onion
- Mozzarella Cheese
- Cream Cheese
- Fresh Parsley
- Salt
- Black Pepper

1



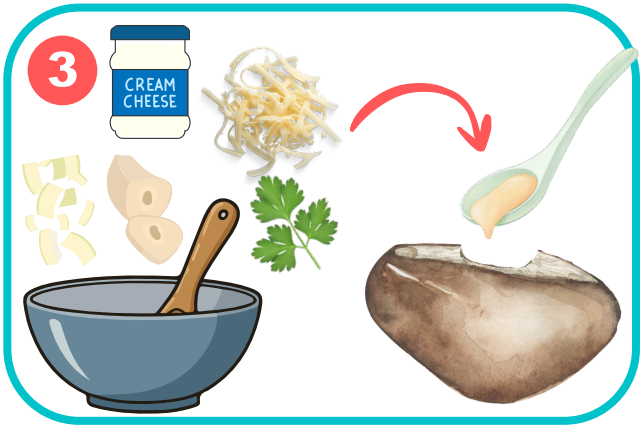
Wash mushrooms and gently twist off stems and discard the stems

2



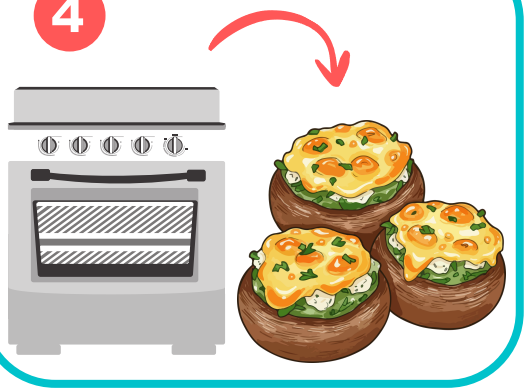
Dice onion and mince garlic clove

3



Mix onion, garlic, salt, pepper, cream cheese, shredded cheese, and parsley into bowl. Add filling to mushroom caps

4



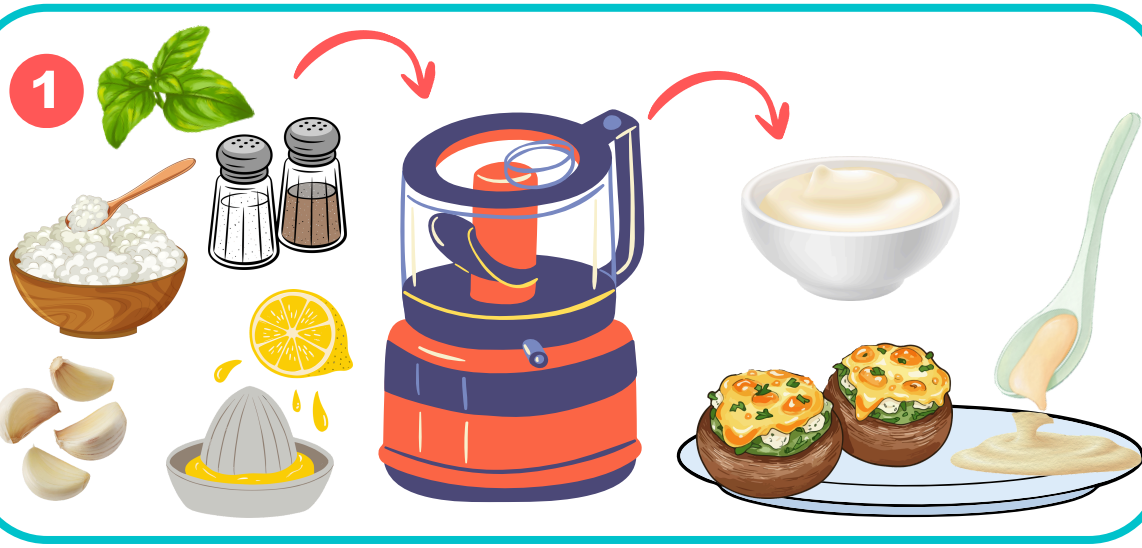
In preheated 375 degree oven, bake for 20 minutes, let cool then enjoy!

WHIPPED COTTAGE CHEESE

INGREDIENTS

- Cottage Cheese
- Lemon Juice
- Garlic Clove
- Basil
- Salt
- Pepper

1



In food processor, blend on high speed cottage cheese, garlic, salt, pepper, lemon juice, and basil until silky smooth. Serve on plate to dip mushrooms in and enjoy!

CARROT CAKE & CREAM CHEESE FROSTING

CARROT CAKE

Ingredient	
Grated carrots	1 1/4 cups
Flour	1 1/4 cups
Baking powder	1 1/4 tsp
Baking soda	1/2 tsp
White sugar	4 tbsp
Brown sugar	1/2 cup
Plain yogurt	1/3 cup
Unsweetened applesauce	3 tbsp
Vanilla	1 tsp
Olive oil	1/3 cup
Salt	1/3 tsp
Cinnamon	1 tsp

Preparation:
Preheat oven to 350°F. Blend the carrots if not grated.

Directions:

1. In a large bowl, combine flour, baking soda, baking powder, salt, and cinnamon. Stir.
2. In another bowl, whisk together brown sugar, granulated sugar, oil, yogurt, applesauce, and vanilla extract until smooth.
3. Pour the wet mixture into the dry ingredients. Stir gently until just combined. Fold in the grated carrots.
4. Spoon the batter into the muffin tins, filling each slightly less than two-thirds full.
5. Place the pan in the oven and bake for 18-20 minutes, or until a toothpick inserted into the center comes out clean.
6. Remove the cupcakes from the oven and let them cool before adding the frosting. Enjoy!

DID YOU KNOW
Carrots were originally purple, yellow, or white—not orange! The orange ones we eat today were developed in the Netherlands





DID YOU KNOW
Butter has been around for over 4,000 years and was once made by shaking milk in animal skins. Now, it's a delicious staple in kitchens everywhere!

CREAM CHEESE FROSTING

Ingredient	10
Butter, unsalted	2 1/2 tbsp
Cream cheese	3 oz
Vanilla extract	1/2 tsp
Powdered Sugar	1 1/2 cup

Preparation:
Soften butter

Directions:

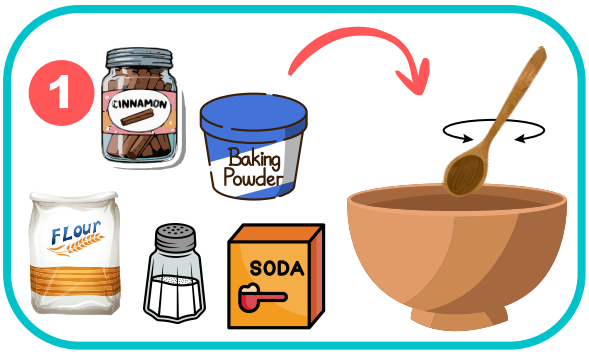
1. In a large bowl, add the butter and cream cheese. Use a hand mixer to blend them until the mixture is smooth and creamy.
2. Add the vanilla extract and salt to the bowl. Mix again until everything is combined evenly.
3. Gradually add the powdered sugar, a little at a time, while mixing on low speed.
4. Once all the sugar is added, increase the speed to medium and mix until the frosting is fluffy and smooth.
5. Use a spatula to spread the frosting on cupcakes. Enjoy!

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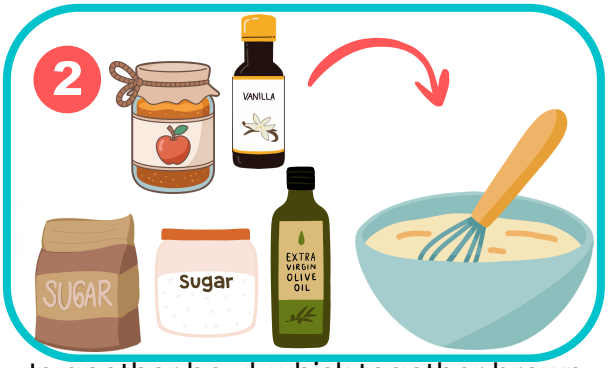
CARROT CAKE

INGREDIENTS

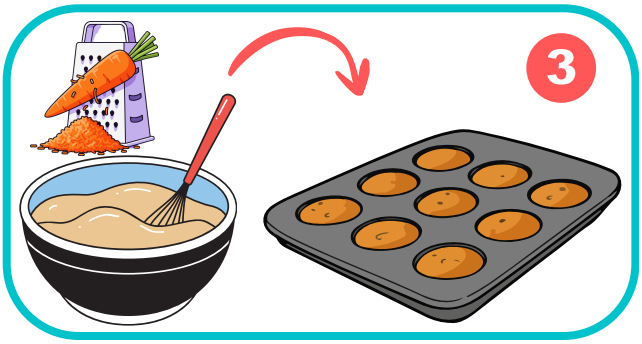
- Grated Carrots
- Flour
- Baking Powder
- Baking Soda
- White Sugar
- Brown Sugar
- Plain Yogurt
- Applesauce
- Vanilla
- Olive Oil
- Salt
- Cinnamon



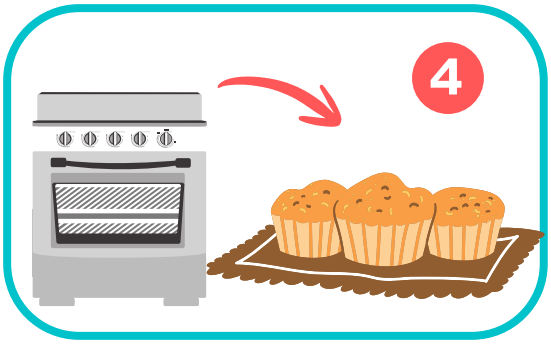
In a large bowl, ,combine flour, baking soda, baking power, cinnamon, and salt



In another bowl, whisk together brown sugar, oil, applesauce, white sugar, and vanilla



Pour the wet and dry ingredients together and fold in shredded carrots. Spoon batter into muffin liner

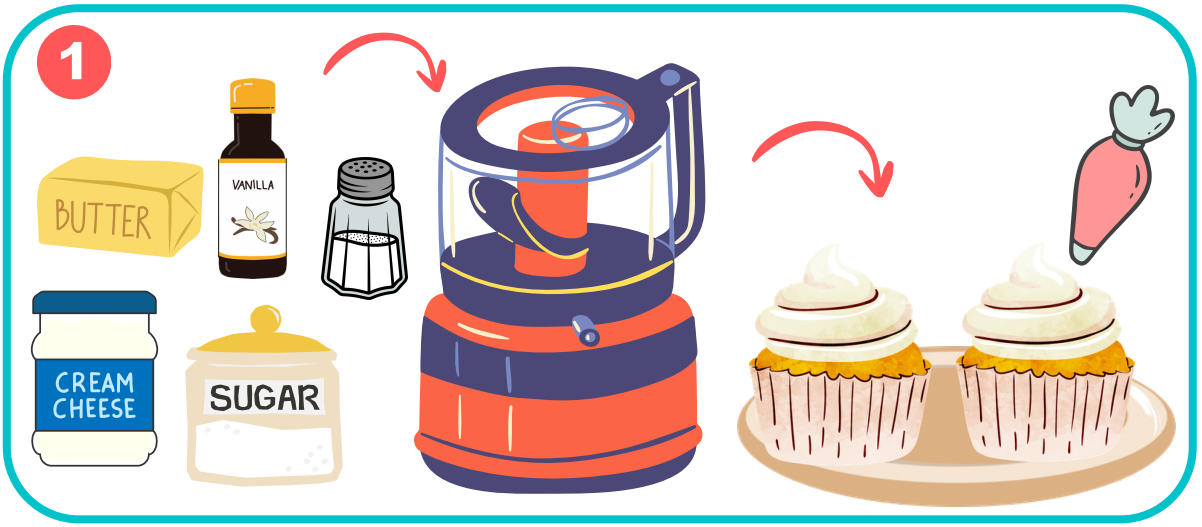


In preheated 350 degree oven, bake cupcakes for 18-20 minutes. Let cool before adding the frosting

CREAM CHEESE FROSTING

INGREDIENTS

- Butter
- Vanilla Extract
- Cream Cheese
- Powdered Sugar
- Salt



In food processor, add butter and cream cheese. Blend until creamy. Add vanilla and salt and mix. Gradually add sugar until smooth. Spread on cooled cupcakes and enjoy!

SUPERFOOD VEGGIE TOTS & DILL DIP

SUPERFOOD VEGGIE TOTS

Ingredient	5 servings
Baby carrots	2 cups
Broccoli	2 cups
All-purpose flour	1/2 cup
Ritz crackers	13
Grated parmesan cheese	1/2 cup
Fresh dill	1 1/2 tbsp
Olive oil	3 tbsp
Salt	1/2 tsp

Preparation:
Wash vegetables. Preheat oven to 400F. Grease baking sheet or line with foil.

Directions:

1. Pulse vegetables several times in food processor.
2. Place remaining ingredients into a large bowl: flour, crushed crackers or breadcrumbs, parmesan cheese, oil, and salt. Stir until combined.
3. Add blended veggies to bowl. Add fresh dill and mix to combine.
4. Form mixture into individual tots/cylinders or patties (about 1 tablespoon of mixture each) and place on baking sheet. If they do not hold their shape, add 1tbsp additional oil.
5. Bake for 15 minutes at 400F. Flip each tot and bake another 10 minutes. (Total 25 minutes). Cool. Enjoy!



DID YOU KNOW?
Carrots can have many colors, including white, purple and yellow.



DID YOU KNOW?
Olive oil comes from pressing olives and is one of the healthiest fats you can eat. It's a key ingredient in Mediterranean cooking!

DILL DIP

Ingredient	10
Cucumber, medium	1 1/2
Garlic clove	2
Greek yogurt	1 1/2 cup
Fresh mint or dill, chopped	1 tbsp
Cold water	1 1/2 tbsp
Olive oil	1 tbsp
Salt	to taste

Preparation:
Wash cucumber and mint or dill.

Directions:

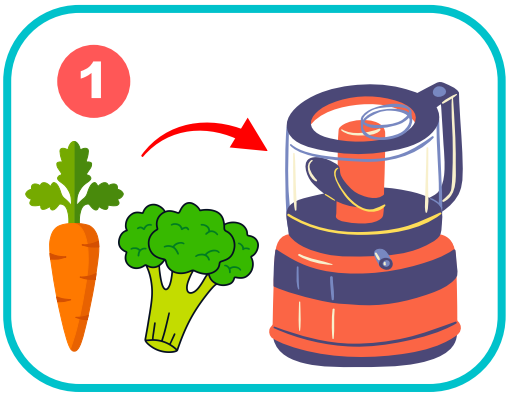
1. Chop the cucumber into small pieces.
2. Finely chop garlic
3. In a large mixing bowl, whisk yogurt, salt and mint/dill together.
4. Pour cold water in the bowl gradually and mix well.
5. Add in cucumbers and garlic.
6. Mix well, top with olive oil and serve. Enjoy!

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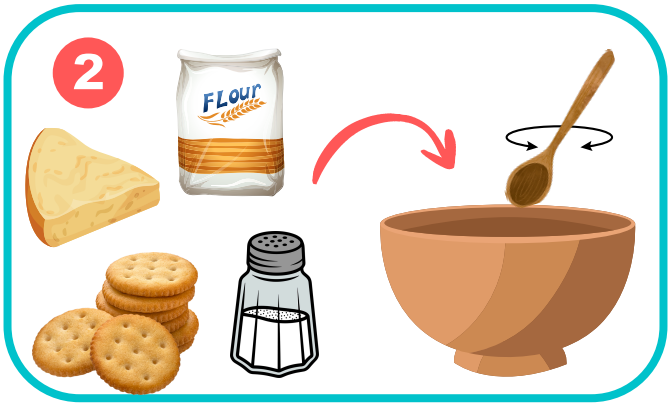
SUPERFOOD VEGGIE TOTS

INGREDIENTS

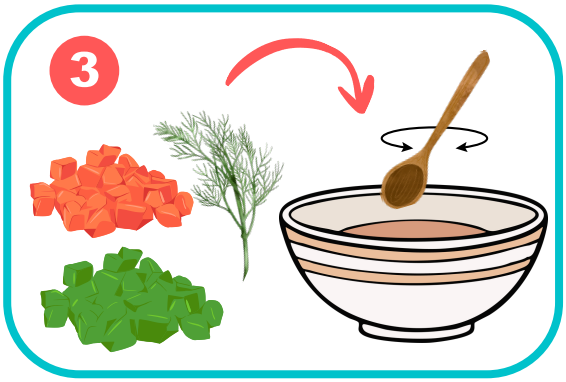
- Baby Carrots
- Broccoli
- All Purpose Flour
- Ritz Crackers
- Parmesan Cheese
- Fresh Dill
- Olive Oil
- Salt



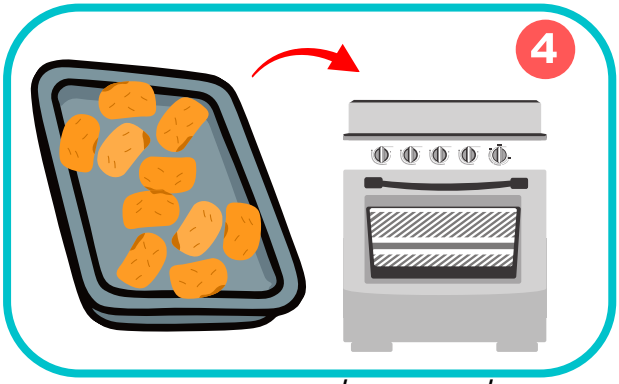
Pulse vegetables in food processor until finely processes



Add dry ingredients into bowl: flour, crackers, cheese, and salt.



Add veggies and dill into bowl and mix to combine



Form mixture into tots/cylinders/patties and bake in preheated oven (400 degrees) for 25 minutes. Let cool and enjoy!

DILL DIP

INGREDIENTS

- Cucumber
- Garlic Clove
- Greek Yogurt
- Fresh Mint or Dill
- Cold Water
- Olive Oil
- Salt



Chop cucumbers and garlic into small pieces



Add all ingredients into bowl and mix until dip forms. Add drizzle of olive oil and serve with tots and enjoy!

Thank you & Happy Cooking!

