



MUMMY APPLE HAND PIES

Ingredient	Students Per Class		
	10	15	20
Crescent rolls 	10	15	20
Apples	2	3	4
Cinnamon	1 tsp	1 1/2 tsp	2 tsp
Sugar	1/4 cup	1/4 cup + 1 tbsp	1/2 cup
Butter, melted	4 tbsp	6 tbsp	8 tbsp
Vanilla extract	1 tsp	1 1/2 tsp	2 tsp
For whipped cream:			
Heavy whipping cream	1 cup	1 1/2 cups	2 cups
Sugar	2 tbsp	3 tbsp	4 tbsp

: **Make sure it is Peanut, Nut, and Sesame FREE**

PREP BEFORE CLASS:

Preheat oven to 350°F. Foil and grease baking pan. Prepare blender. Melt butter.

Directions:

1. Instructors: Cut apples into larger chunks for each student to cut. Pass out pieces and instruct students to cut them into long, thin wedges, shaped like a crescent moon.
2. Have students measure and add cinnamon, sugar, vanilla extract, and the melted butter. Whisk to combine into a paste.
3. Toss apple slices in the butter/sugar mixture until well coated.
4. Open crescent roll cans and roll out the dough triangles.
5. Give each student a crescent triangle and have them place 2–3 apple slices at the bottom (wide end). Show them how to roll upwards toward the point, wrapping the apples inside.
6. Bake at 350° F for 10 minutes.
7. Make the whipped cream by adding heavy whipping cream and sugar to the blender. Be careful not to over-mix!
8. Enjoy!




DID YOU KNOW?

Cottage cheese got its name because it was first made in cottages using leftover milk after butter-making!

MONSTER GREEN DIP

Ingredient	Students Per Class		
	10	15	20
Cottage cheese	2 cups	3 cups	4 cups
Avocado, ripe	1/2	3/4	1
Fresh dill	2 tbsp	3 tbsp	1/4 cup
Fresh parsley	1/4 cup	1/3 cup	1/2 cup
Lemon juice	2 tbsp	3 tbsp	4 tbsp
Salt	1/2 tsp	3/4 tsp	1 tsp
Garlic powder	1/4 tsp	1/3 tsp	1/2 tsp

Additional: Pita chips for serving

: **Make sure it is Peanut, Nut, and Sesame FREE**

PREP BEFORE CLASS:

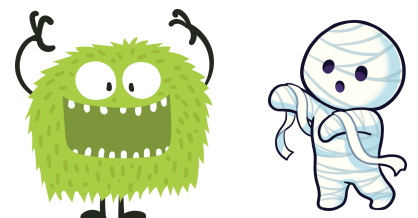
Prepare the food processor.

Directions:

1. Have students measure and combine all ingredients into food processor. Blend until well combined and the herbs are fully integrated into the dip
2. Serve each student 1/4 – 1/3 cup of dip with a handful of pita chips. Enjoy!

DID YOU KNOW?

Apples float in water because they're 25% air. Basically nature's life preservers!



LESSON 9: MONSTER FUEL

SHOPPING LIST

Please see recipe for amounts, varies by class size

Ingredients to buy:

Fresh produce:

- Apples
- Avocado
- Fresh dill
- Fresh parsley
- Lemon

Dairy:

- Butter
- Heavy whipping cream
- Cottage cheese

Pantry Staples:

- Crescent rolls (NUT & SESAME FREE)
- Pita chips (NUT & SESAME FREE)
- Garlic powder


Ingredients in the bin:

- Salt
- Cinnamon
- Sugar
- Vanilla extract

OBJECTIVES

- Learn about heart healthy fats like avocado
- Explore customizing recipes to our tastes
- Enjoy spooky and fun inspired treats

INTRODUCTION

 2-3 min

- Complete Start of Class Checklist (see beginning of the curriculum) arrive early, set up for the class, take attendance, review allergies.
- Can anyone guess what dishes we may be making with the ingredients today?
 - Apple, Crescent rolls, Cinnamon, Heavy whipping cream, Cottage cheese, Avocado, Fresh Dill, Fresh parsley, Lemon.
- As you are completing the monster dip, discuss the Star Ingredient - Avocado!
 - Who has ever had avocado?
 - Do you know that avocado is a heart healthy food?
- Talk about the Star Technique: Customization!
 - What does it mean to customize a dish?
 - What are some flavors we can customize in this dish?
 - Adding more or less herbs and lemon juice are some ways that the flavors can be customized!
- Demonstrate the Star Technique when adding ingredients into the monster dip.
- Additionally, discuss the Cooking Pro fact described on the next page.

STAR INGREDIENT: AVOCADO

- Avocados are a great source of heart-healthy monounsaturated fats, which can help lower bad cholesterol levels.
- One avocado contains about 20 different vitamins and minerals, including potassium, which helps maintain healthy blood pressure.
- Avocados are high in fiber with around 10 grams per fruit, making them great for digestion and promoting a feeling of fullness!

ENGAGEMENT TIPS



When students slice the apples, reteach the bear claw technique for safe cutting. Check in often and encourage even wedges.



While making whipped cream in the blender, have students listen closely. The sound changes as it thickens. Ask them to raise their hands when they hear it get higher-pitched.



When adding the herbs, pass some around for students to smell and feel. Ask what the scent reminds them of and what herbs they've tried before.

STAR TECHNIQUE: CUSTOMIZATION

- Customization means changing or adjusting food to make it just the way you like it!
- What foods do you usually customize?
 - Almost anything! You can customize sandwiches, salads, pasta, smoothies, and even desserts by choosing different ingredients.
- Why customize?
 - Customization lets you make food fit your taste, diet, or preferences. For example, if you like spicy food, you can add extra seasoning. If you don't like a certain ingredient, you can leave it out!



COOKING PRO: DON'T MAKE WHIPPED CREAM INTO BUTTER!

Whipping up some whipped cream is super fun and creamy unless it goes too far! If you over- whip your whipped cream, the cream will turn grainy, and will eventually separate into butter and buttermilk. So stop mixing when you see soft or stiff peaks... unless you meant to make butter!

DEVELOPMENT

🕒 5-7 min

- In this class, we're whipping up fun recipes that give us monster-worthy energy! With a dash of imagination and a sprinkle of silliness, we're turning everyday foods into fun, tasty snacks that fuel our brains and bodies. Cooking can be a creative adventure, and today's recipes show us how to build snacks that are both delicious and powerful. The stronger, the better!
 - Green Monster Dip – This oozy, gooey green dip looks like it came straight from a swampy monster's lair, but don't worry, it tastes way better than it looks! Made with creamy avocado and cottage cheese, it's smooth, zesty, and perfect for dipping veggie "fingers," cracker "tombstones," or even just a spooky spoon. It's like snack time with a twist of monster mayhem!
 - Mummy Apple Hand Pies – These mini mummies are wrapped up tight in flaky pie crust bandages, with sweet and spicy apples hiding inside. They're just the right mix of spooky and cozy. Like a little fall treat dressed up in costume! And the best part? You get to make them look as silly, scary, or surprising as you want.
- In this haunted kitchen, we've discovered that food can be more than something that gives us energy, it can be something we can create, decorate, and play with.
- Part of the fun is customizing your spooky treat!
 - One of the best things about spooky snacks is that there's no "right" way to make them. You get to customize everything to your spooky dreams!
 - Everyone's treat looks different because everyone brings their own twist! Whether you're a fan of the silly, the spooky, the gross, or the just plain goofy, your snack can match your mood.
- What do you love about the treats we made today?
- Spooky food is a celebration of imagination.
- So remember: in the world of spooky snacks, anything goes. The weirder, the wackier, the spookier, the better!

END OF CLASS CHECKLIST

🕒 10 min

- Follow End of Class Checklist (see beginning of the curriculum) and complete Taste Test, Thumbs Up Test, Clean Up & Dismissal