



iCook After School

Sugar and Spice (and Everything Nice)

**Rialto USD
Family
Cookbook
2026-2027**

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.



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.



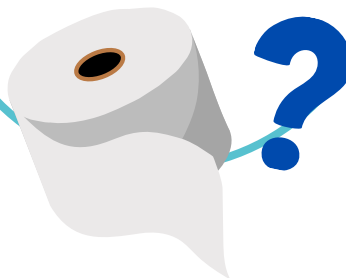
7

Raise your hand
if you want to speak
up/ask question.



8

Ask the teacher
if you may use the
restroom.



9

Have fun!



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.

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 $\frac{1}{2}$ 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 your 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.

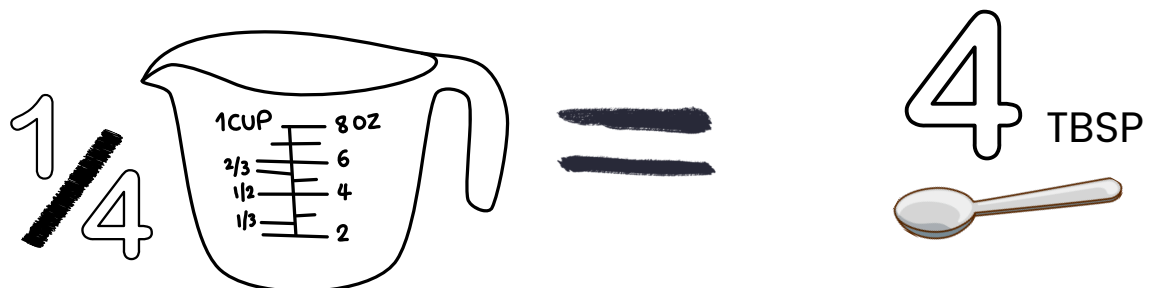
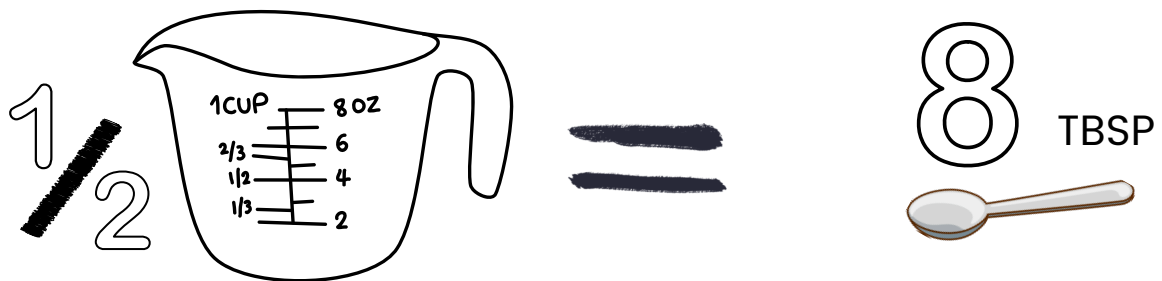
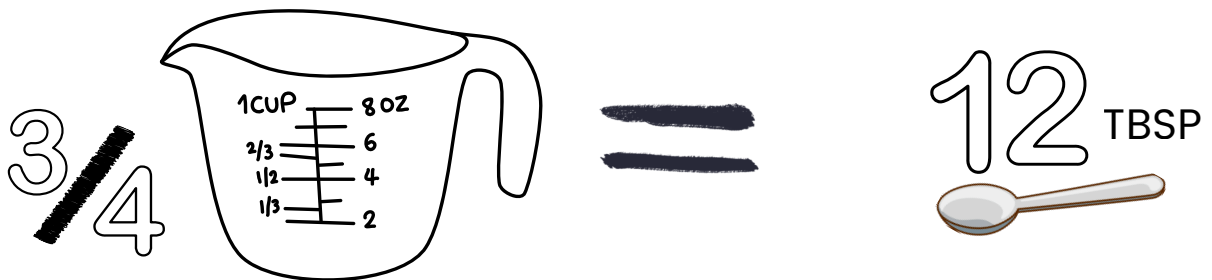
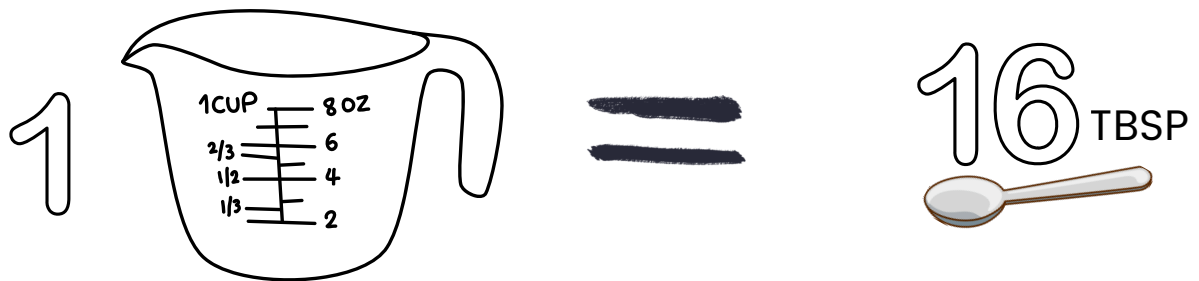
MEASURING SOUR CREAM, PEANUT BUTTER, YOGURT

- 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

UNIT CONVERSION



Star Ingredients Explored:

- Pumpkin
- Cinnamon
- Cocoa
- Orange Zest
- Banana
- Cilantro
- Parsley
- Garlic
- Ginger



Star Techniques Learned:

- Folding
- Brushing
- Zesting
- Measuring
- Seasoning
- Blooming Spices
- Knife Skills



Cooking Pro:

- Ingredients can come in a few different forms, such as fresh, processed, and canned. Each form has a purpose, where fresh is the most nutrient dense and healthiest, while processed and canned lasts the longest. The flavor also varies depending on the form, so it's important to read your recipe so you get the correct ingredient!
- Holiday gatherings tend to lead to lots of treats – this isn't a bad thing! The holidays are for fun celebrations and joyful gatherings, however it is important to remember "everything in moderation" and to still balance your meals with healthy, whole foods.
- There are many different ways to enhance the aromas withing your dish. You can infuse your oils, bloom your spices, and add extracts! This creates a complex flavor profile that can upgrade your dish to the next level.

PUMPKIN TIRAMISU & PUMPKIN PIE SMOOTHIE

PUMPKIN TIRAMISU CUPS

	Servings
Ingredient	5
Heavy whipping cream	1 ½ cup
Canned pumpkin puree	½ cup
Powdered sugar	4 tbsp
Cinnamon powder	¼ tsp
Vanilla Extract	1 tsp
Nutmeg Powder	¼ tsp
Ladyfinger Cookies	12-16
Milk	1 cup

Directions:

1. Add pumpkin puree and heavy cream or whipped topping to a large mixing bowl.
2. Add the powdered sugar, nutmeg, cinnamon, and vanilla extract to the bowl.
3. Fold ingredients until the pumpkin cream mixture is light and fluffy.
4. Dip ladyfinger cookies into the cooled milk. Do not soak the cookies for too long, or they may fall apart.
5. Using small cups or jars, place a layer of dipped ladyfingers into the bottom of the cup.
6. Spoon pumpkin cream mixture onto the cookies.
7. Repeat layers of cookies and pumpkin cream as space permits.
8. Dust cinnamon powder lightly over the top using a small sieve or spoon. Enjoy!



PUMPKIN PIE SMOOTHIE

	Servings
Ingredient	5
Banana	2
Vanilla Greek yogurt	1 cup
Pumpkin puree	1 cup
Milk	1 cup
Vanilla extract	2 tsp
Honey	1/4 cup
Ground cinnamon	1 tsp
Pumpkin pie spice	1 tsp

Directions:

1. Add all ingredients to a blender and blend until smooth. Enjoy!

DID YOU KNOW?

Morton, Illinois, produces roughly 75% of the entire country's canned pumpkin.

DID YOU KNOW?

Pumpkin pie wasn't always made with a crust—early American settlers sometimes baked spiced pumpkin right inside a hollowed-out pumpkin shell.



PUMPKIN TIRAMISU CUPS

INGREDIENTS

Heavy whipping cream
Pumpkin puree
Powdered sugar
Cinnamon powder
Vanilla extract
Nutmeg powder
Ladyfinger cookies
Milk
Cups

1



Have students measure the heavy cream and add it to the blender. Blend until stiff peaks form, being careful not to overwhip, or it may turn into butter.

2



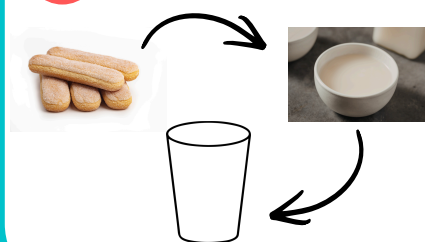
Mix together pumpkin puree, powdered sugar, cinnamon, nutmeg, and vanilla extract in a bowl.

3



Combine the whipped cream and the pumpkin mixture and fold until combined.

4



Dip a ladyfinger cookie in milk, place it in the cup, add one spoonful of the whipped pumpkin mixture, and repeat the layers.

PUMPKIN PIE SMOOTHIE

INGREDIENTS

Banana
Vanilla Greek yogurt
Pumpkin puree
Milk
Vanilla extract
Honey
Cinnamon
Pumpkin pie spice

1



Measure ingredients and add to the blender. Blend until smooth.



CINNAMON CHIPS

	Servings
Ingredient	5
Flour tortillas	5
Butter	2 tbsp
Sugar	2 tsp
Cinnamon	1 tsp

Directions:

1. Preheat oven to 350°F.
2. Cut tortillas into 6 triangles each.
3. Melt butter and drizzle it onto the tortillas.
4. Mix together cinnamon and sugar in a small bowl.
5. Sprinkle the cinnamon sugar mix all over the tortillas.
6. Bake cinnamon chips for 8-10 minutes or until crispy. Keep an eye on the oven—the sugar will burn quickly!
7. Remove from oven and allow to cool. Enjoy!



DESSERT SALSA

	Servings
Ingredient	5
Strawberries	10
Kiwi	1
Golden apple	1
Lemon	1
Honey	1 tsp

Directions:

1. Wash fruit and peel kiwi.
2. Finely dice each fruit. Make sure the fruit pieces are small enough to scoop!
3. Juice and zest the lemon. In a separate bowl, combine ½ tsp juice, ½ tsp zest, and the honey and whisk to make a dressing.
4. Drizzle the dressing over the fruit and toss to combine.
5. Enjoy with cinnamon chips!

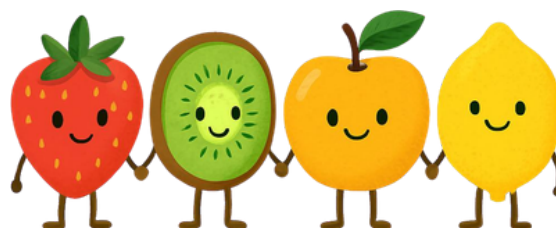
DID YOU KNOW?

Cinnamon comes from the bark of a tree!



DID YOU KNOW?

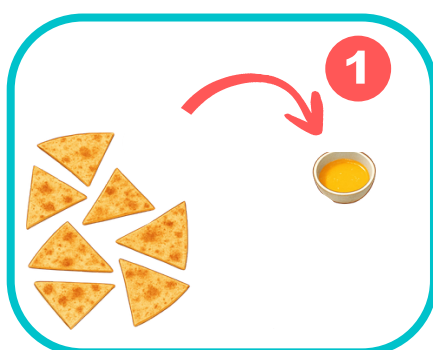
Kiwis are high in vitamin C, which helps fight germs!



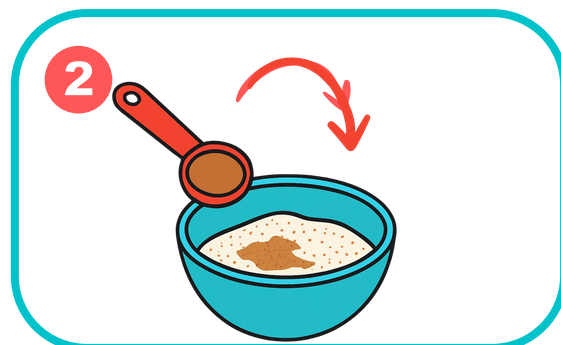
CINNAMON CHIPS

INGREDIENTS

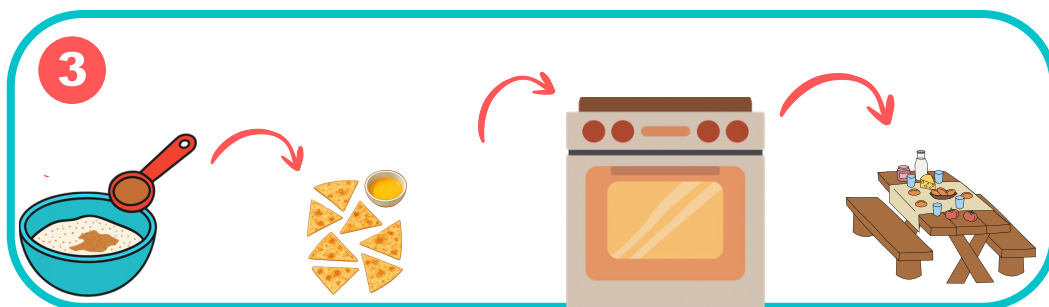
Flour
Tortillas
Butter
Sugar
Cinnamon



1
Cut tortillas into 6 triangles and drizzle with melted butter.



2
Add cinnamon and sugar into a small bowl

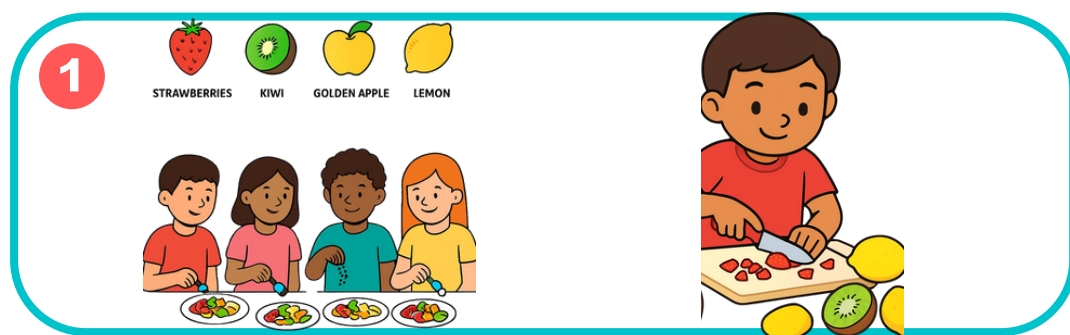


3
Sprinkle the cinnamon sugar mix all over the tortillas and bake the chips for 8-10 min in the oven

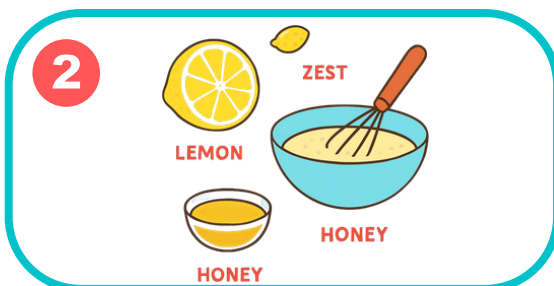
DESSERT SALSA

INGREDIENTS

Kiwi
Strawberries
Golden apple
Lemon



1
Dice the fruit into fine pieces



2
Juice and zest the lemon in a separate bowl, then combine $\frac{1}{2}$ tsp juice, $\frac{1}{2}$ tsp zest, and the honey, whisking it all together.



3
Drizzle the dressing over the fruit and toss to combine.

CINNAMON CHIPS, DESSERT SALSA, & HORCHATA

HORCHATA

	Servings
Ingredient	5
Uncooked white rice	1/2 cup
Cinnamon	1/2 tsp
Milk	1 cup
Evaporated milk	4 oz (1/3 can)
Sweetened condensed milk	4 oz (1/3 can)
Water	3 1/3 cup
Other: Cups for serving.	

Directions:

1. Soak the rice and cinnamon in 1 cup of water for 10 minutes in a blender.
2. After soaking, blend water, rice and cinnamon until mixture is smooth.
3. Allow to settle, and then slowly pour liquid into a bowl, so that the solids stay in the bottom of the blender.
4. Add the remaining water, milk, evaporated milk, and condensed milk to the bowl.
5. Stir mixture with a spoon and blend until smooth.
6. Pour into individual cups and sprinkle with cinnamon if desired. Enjoy!

DID YOU KNOW?

Horchata is often made with rice, but in some cultures it is made with ground melon seeds

HORCHATA

INGREDIENTS

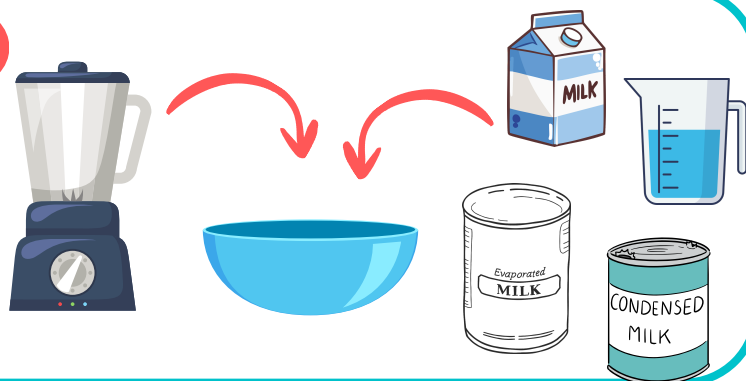
White rice
Cinnamon
Milk
Evaporated milk
Sweetened condensed milk
Water

1



Soak rice and cinnamon in blender with two cups of water for 10 minutes. After soaking, blend until smooth.

2



Allow mixture to settle, then slowly pour liquids into bowl so that the solids stay in the bottom of the blender. Add remaining water, milk, evaporated milk, and condensed milk to the bowl.

3



Blend the mixture until smooth (after removing solids from blender), pour, and enjoy!



CHOCOLATE ORANGE TART, WHIPPED CREAM, & BANANA KIWI SMOOTHIE

CHOCOLATE ORANGE TART

Ingredient	5 servings
Graham crackers (sleeve)	$\frac{2}{3}$
Filling	
Cream cheese	5 oz
Greek yogurt	3 oz
Vanilla extract	$\frac{2}{3}$ tsp
Sugar	$\frac{1}{3}$ cup
Orange zest	$\frac{2}{3}$ tsp
Topping	
Oranges	2
Chocolate chip	$\frac{1}{3}$ cup

Preparations

Pass foil muffin tins to each student. Cut oranges into quarters, leaving peel on.

Directions:

1. Crush graham crackers. Add 1 tbsp crumb into foil tin and use hands or the back of a spoon to pack crust into bottom of tins.
2. Make the filling by measuring and mixing sugar, cream cheese, greek yogurt, zest, and vanilla extract into the food processor. Mix until combined
3. Spoon the mixture onto the top of the crust in the foil muffin tins.
4. Peel and slice orange into small pieces. Then decorate the tart with orange slices or chocolate chips. Enjoy!



WHIPPED CREAM

Ingredient	5 servings
Heavy whipping cream	1 cup
Sugar or Honey	2 tbsp
Vanilla extract	1 tsp

Preparation

Prepare blender

Directions:

1. Measure and add heavy whipping cream, sugar, and vanilla to the blender. Whip until it has reached the consistency of whipped cream.
2. Add a spoonful of whipped cream to each student's chocolate orange tarts. Enjoy!



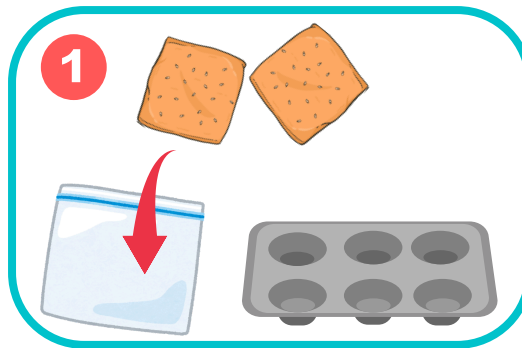
DID YOU KNOW?

The first chocolate bar was made in England in 1847.

CHOCOLATE ORANGE TART

INGREDIENTS

Graham crackers
 Cream cheese
 Greek yogurt
 Vanilla extract
 Sugar
 Orange zest
 Oranges
 Chocolate chips



1 Evenly distribute graham crackers in Ziploc bags and crush them. Pack at the bottom of the foil tins.



2 Measure sugar, cream cheese, Greek yogurt, and vanilla extract and mix in the food processor.



3 Zest an orange and add into the food processor. Mix until combined.



4 Spoon the mixture on top of the crust and decorate with small orange slices and chocolate chips!

WHIPPED CREAM

INGREDIENTS

Heavy whipping
 cream
 Sugar or honey
 Vanilla extract



1 Measure and add all of the ingredients to the blender, listening and watching to make sure it does not turn into butter.

CHOCOLATE ORANGE TART, WHIPPED CREAM, & BANANA KIWI SMOOTHIE

BANANA KIWI SMOOTHIE

	Servings
Ingredient	5
Bananas	2 ½ large
Kiwi	3 medium
Low-fat milk	2 cups
Plain yogurt	2 cups
Honey	1 1/2 tbsp

Directions:

1. Peel the bananas and kiwis and cut into chunks. Add to blender.
2. Add milk, yogurt, and honey to blender.
3. Combine until smooth.
4. Pour into individual cups and enjoy!



DID YOU KNOW?

India is the largest exporter of bananas in the world.

BANANA KIWI SMOOTHIE

INGREDIENTS

Bananas
Kiwi
Low-Fat Milk
Plain Yogurt
Honey



Pass out bananas and kiwis to students to cut into chunks. Add fruit, honey, milk, and yogurt to blender and blend until smooth. Serve into cups and enjoy!

LITTLE ORANGE CAKES, ORANGE GLAZE, & GREEN SMOOTHIE

LITTLE ORANGE CAKES

Ingredient	5 servings
All-purpose flour	$\frac{3}{4}$ cup
Baking powder	1 tsp
Salt	$\frac{1}{8}$ tsp
Applesauce	$\frac{1}{4}$ cup
Sugar	$\frac{1}{2}$ cup
Zest from orange	2
Butter	4 tbsp
Vanilla extract	$\frac{1}{2}$ tsp
Other: Foil muffin tins	

Preparation:

Preheat oven to 350°F. Wash orange and melt butter

Directions:

1. Measure the flour, baking powder, salt and orange zest in one bowl.
2. Add applesauce and sugar into a separate bowl, then whisk the mixture until well combined.
3. Measure and add vanilla and butter to the applesauce and sugar mixture.
4. Combine dry ingredients with wet ingredients, $\frac{1}{3}$ at a time, stirring until just combined.
5. Equally divide batter between muffin tins.
6. Place in the oven and cook for about 15 minutes. Keep an eye on the oven as cooking time may vary. Allow to cool for 2-3 minutes.



ORANGE GLAZE

Ingredient	5 servings
Butter, melted	2 tbsp
Powdered sugar	1 cup
Orange juice	2 tbsp
Orange zest	1 tsp
Other: Spoons for serving.	

Preparation:

Melt butter

Directions:

1. Blend sugar in food processor to make powdered sugar.
2. Measure all ingredients and add to a bowl, mix until well combined
3. Place spoonful of glaze on each muffin and spread the glaze evenly. Enjoy!



DID YOU KNOW?

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

DID YOU KNOW?

Oranges were first cultivated in Southeast Asia over 4,000 years ago!

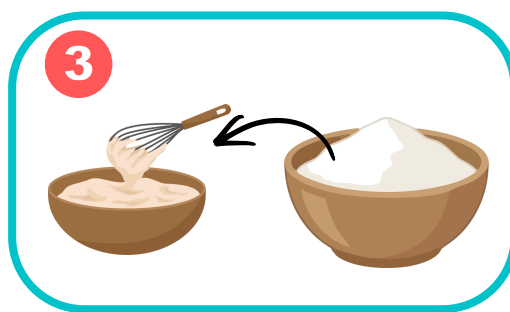
LITTLE ORANGE CAKES

INGREDIENTS

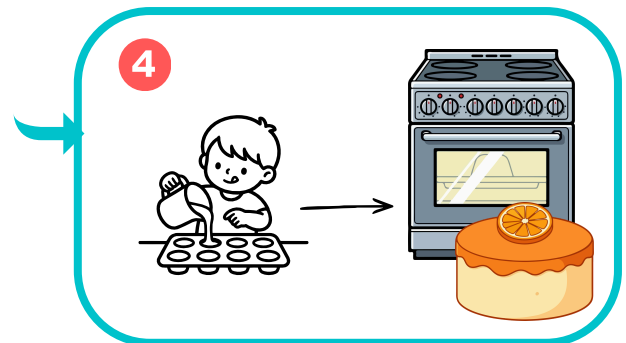
All-purpose flour
Baking powder
Salt
Applesauce
Sugar
Zest from an orange
Butter
Vanilla extract



Add the salt, flour, baking powder, and orange zest to a bowl and mix well. In a separate bowl, combine the sugar, applesauce, vanilla extract, and melted butter, then stir until smooth.



Add the dry ingredients to the wet ingredients and mix until just combined.

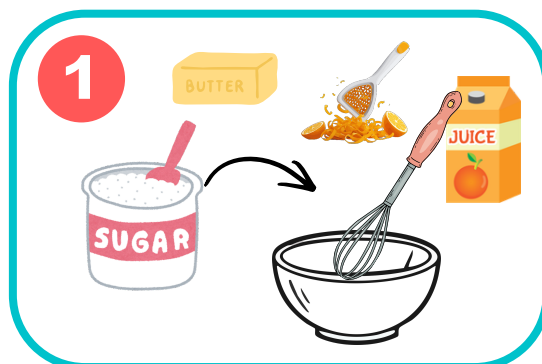


Pour the batter evenly into the muffin tin and bake at 350°F (175°C) for 15 minutes, or until a toothpick inserted into the center comes out clean.

ORANGE GLAZE

INGREDIENTS

Butter, melted
Powdered sugar
Orange juice
Orange zest



Add the powdered sugar, butter, orange zest, and orange juice to a bowl and mix until smooth and well combined.



Drizzle the orange glaze over the mini orange cakes

LITTLE ORANGE CAKES, ORANGE GLAZE, & GREEN SMOOTHIE

GREEN MACHINE SMOOTHIE

	Servings
Ingredient	5
Cold water	2 1/2 cup
Baby spinach	2 cup
Kiwi	1
Green apple	1
Bananas	2
Honey	3 tbsp
Other: Cups for serving.	

Preparation:

Cut apple into quarters and remove core. Peel kiwi and divide bananas equally. Prepare the blender.

Directions:

1. Cut kiwi, green apple, and spinach into small chunks.
2. Measure water and spinach into blender along with chopped fruit and honey.
3. Puree until smooth.
4. Pour and enjoy!



DID YOU KNOW?

Kiwifruit was named after the fuzzy brown kiwi bird that is native to New Zealand.

GREEN MACHINE SMOOTHIE

INGREDIENTS

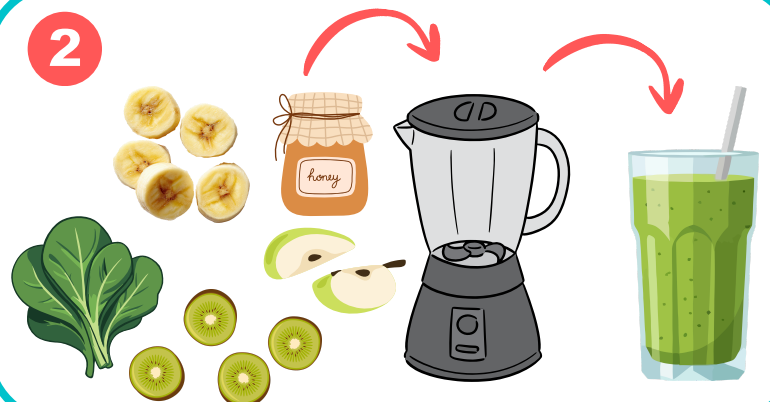
Cold water
Baby spinach
Kiwi
Green apple
Bananas
Honey

1



Have students chop fruit into small chunks

2



Add chopped fruit, spinach, water, and honey to blender. Puree until smooth and divide the smoothie evenly into plastic cups.

BANANA BREAD BAKED OATS, ELOTE, & BROWN SUGAR MILK TEA

BANANA BREAD BAKED OATMEAL

	Servings
Ingredient	5
Oats	2 cup
Sugar	1/3 cup
Baking powder	1 tsp
Cinnamon	2 tsp
Salt	1/2 tsp
Milk	2 cup
Banana, mashed	1 cup
Vanilla extract	1 tsp
Unsalted butter, melted	3 tbsp

Directions:

1. Preheat the oven to 350°F. Melt butter by placing inside the oven.
2. Add oats, sugar, baking powder, cinnamon, and salt into a bowl.
3. In another bowl, mash the banana. Then measure and whisk together milk, vanilla, and banana.
4. Slowly pour melted butter into milk, banana, and vanilla mixture, whisking constantly.
5. Add dry ingredients into the wet ingredients and stir to combine.
6. Add to muffin tins and bake for 10-12 minutes. Let cool and enjoy!

DID YOU KNOW?

Banana plants are not trees, they are a type of herb!

DID YOU KNOW?

Corn is grown on every continent except Antarctica!

BAKED ELOTE

	Servings
Ingredient	5
Canned corn	1 can
Olive oil	1 tbsp
Red bell pepper	½ cup
Red onion	½ cup
Cilantro	½ cup
Queso fresco	⅓ cup
Tortilla chips	1 bag
Dressing:	
Greek yogurt	½ cup
Lime	1 large
Cumin powder	½ tsp
Smoked paprika	½ tsp
Salt	1 tsp

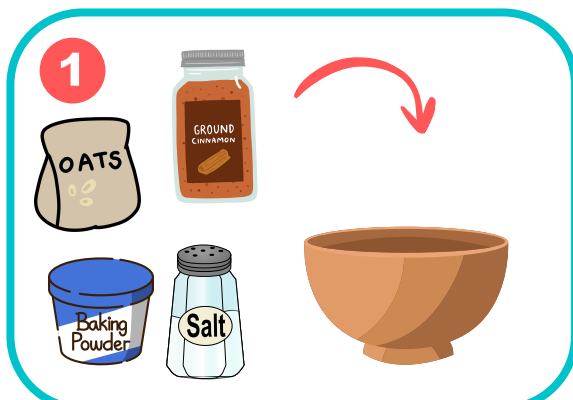
Directions:

1. Preheat oven to 425°F.
2. Spread corn onto a baking sheet, drizzle with olive oil, and roast for 15-20 minutes.
3. Dice the bell pepper and red onion into 1/4" pieces.
4. Add the peppers, onion, and cilantro to a large bowl.
5. Measure the Greek yogurt, lime juice, salt, chili powder, cumin, and paprika into a small bowl.
6. Whisk the dressing until smooth.
7. Add the cheese to the bowl and stir.
8. Add the cooled corn to the vegetable bowl.
9. Pour the dressing over the corn mixture.
10. Mix everything together and enjoy with tortilla chips!

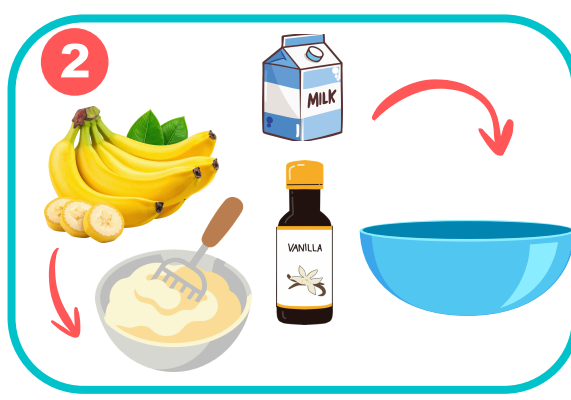
BAKED BANANA BREAD OATMEAL

INGREDIENTS

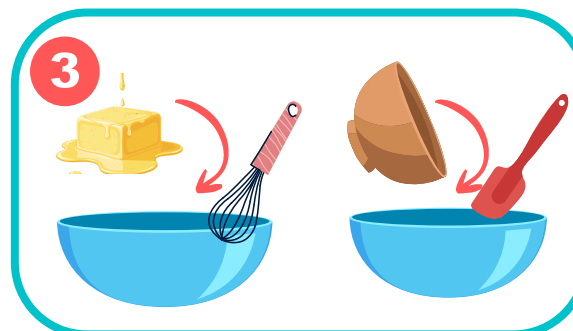
Oats
Brown sugar
Baking powder
Cinnamon
Salt
Milk
Banana, mashed
Vanilla extract
Unsalted butter, melted
Foil baking cups



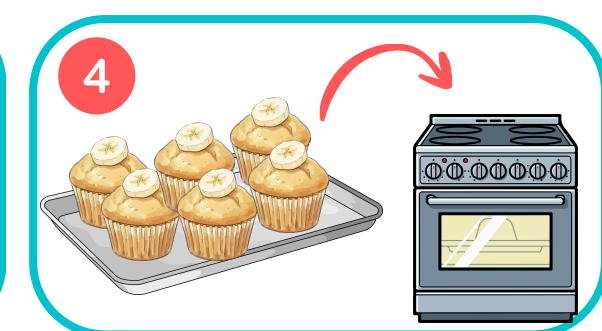
1 Add oats, sugar, baking powder, cinnamon, and salt into a bowl.



2 In a separate bowl, mash the banana. Then whisk together milk, vanilla, and banana.



3 Pour melted butter into the milk, banana, and vanilla mixture, whisking constantly. Mix the dry ingredients into the wet ingredients, then combine.

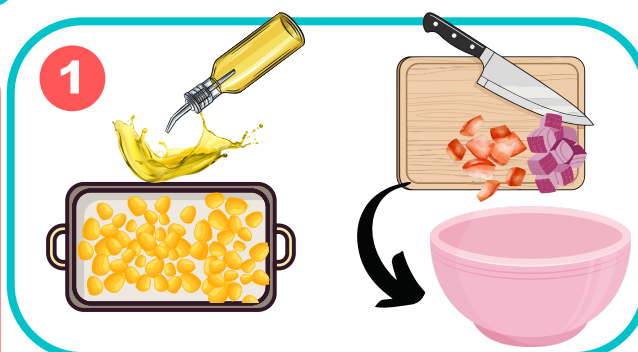


4 Add batter to muffin tins and bake for 10-12 minutes. Let it cool and enjoy!

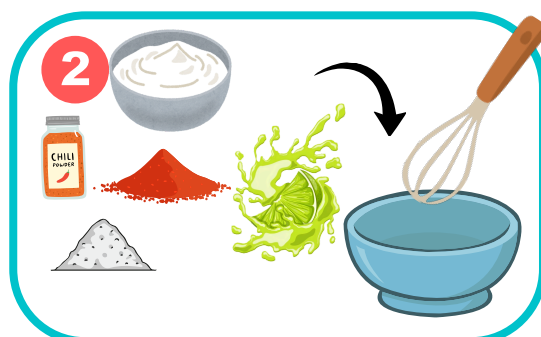
BAKED ELOTE

INGREDIENTS

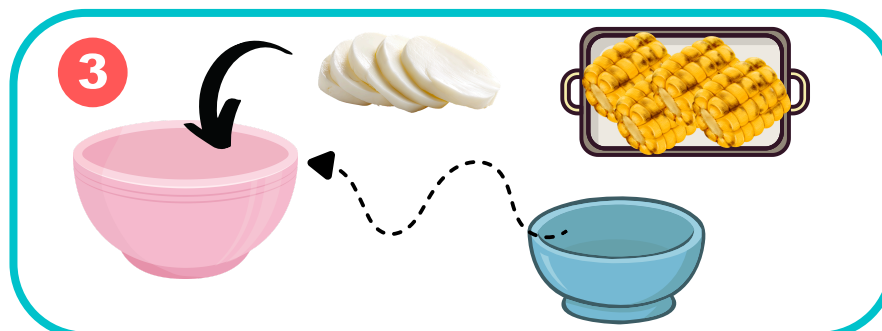
Corn, Canned
Olive Oil
Red Bell Pepper
Red Onion
Cilantro
Queso Fresco
Tortilla Chips
Dressing:
Greek Yogurt
Lime
Cumin
Smoked paprika



1 Spread corn on a baking sheet and drizzle with oil. Roast at 425°F for 15-20 minutes. Chop bell pepper and red onion and add to a large bowl



2 Whisk Greek yogurt, lime juice, salt, chili powder, cumin, and paprika in a small bowl.



3 Have a student add the cheese and stir. Add the cooled corn to the vegetable bowl. Pour the dressing over the corn mixture and enjoy!

BROWN SUGAR MILK TEA

	Servings
Ingredient	5
Decaffeinated black teabags	5
Milk	2 cups
Water	4 cups
For the syrup:	
Brown sugar	1/4 cup
Water	3 tbsp

Directions:

1. Add tea bags to water in a blender pitcher. Allow to steep for as long as possible, at least 15 minutes.
2. Whisk brown sugar with water to make a syrup.
3. Remove teabags from the pitcher. Add and mix milk and brown sugar
4. Pour and enjoy!



DID YOU KNOW?

Tea was originally only used only as a medicine. It took almost 3,000 years for it to become an everyday drink.

BROWN SUGAR MILK TEA

INGREDIENTS

Decaffeinated black
teabags
Milk
Brown sugar
Water

1



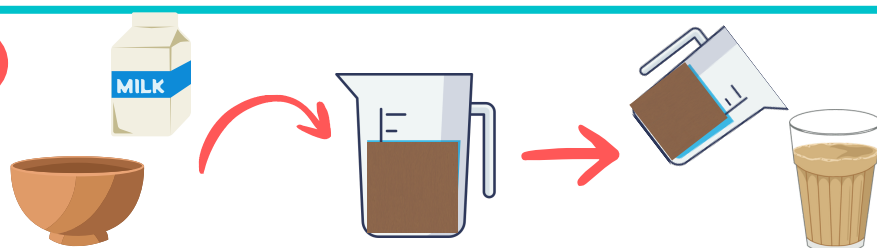
Steep teabags in 4 cups of water for as long as possible, at least 15 minutes

2



Whisk together brown sugar with 3 tbsp of water to make a syrup

3



Remove teabags, mix in brown sugar syrup and milk, pour, and enjoy!

ENCHILADA CASSEROLE, PICO DE GALLO, & BRAZILIAN LEMONADE

ENCHILADA CASSEROLE

	Servings
Ingredient	5
Enchilada sauce	1 can
Tortillas	10
Bell pepper	1
Corn, canned	1 can
Black beans	1 can
Mozzarella cheese	1 1/4 cup

Directions:

1. Preheat the oven to 425°F. Grease or line muffin tin.
2. Wash bell peppers and remove stems and seeds. Dice bell pepper.
3. Drain and rinse the beans.
4. Cut tortillas into quarters.
5. Add a spoonful of enchilada sauce to each muffin tin.
6. Place a tortilla quarter on top of the sauce, then add peppers, corn, beans, and cheese.
7. Scoop one spoon of sauce into tins.
8. Place a second tortilla quarter on top of the sauce and sprinkle cheese on top.
9. Bake for 12-15 mins. Watch the oven as cooking times may vary. Let cool and enjoy!

FRESH PICO DE GALLO

	Servings
Ingredient	5
Garlic cloves	2
Bunch cilantro	1/2 bunch
Large tomatoes	3
Green onions	3/4 bunch
Salt	3/4 tbsp
Corn tortillas	20
Olive oil	1 tbsp

Directions:

1. Preheat oven to 350°F. Foil and grease baking sheet.
2. Begin by making tortilla chips. Cut tortillas into quarters and spread over baking sheet.
3. Drizzle olive oil over chips, spread with back of spoon. Sprinkle salt over chips.
4. Bake chips for 15 minutes.
5. While chips are baking, dice onions, tomato, garlic, and cilantro into small pieces. Remember that nothing will be blended, so if a piece will fall off a chip, it is too big!
6. Take chips out of oven, allow to cool. Enjoy chips with pico de gallo!

DID YOU KNOW?

Enchilada sauce flavors the entire dish by adding spice and warmth. Alongside tomato paste, it usually contains chili powder, garlic and onion.



DID YOU KNOW?

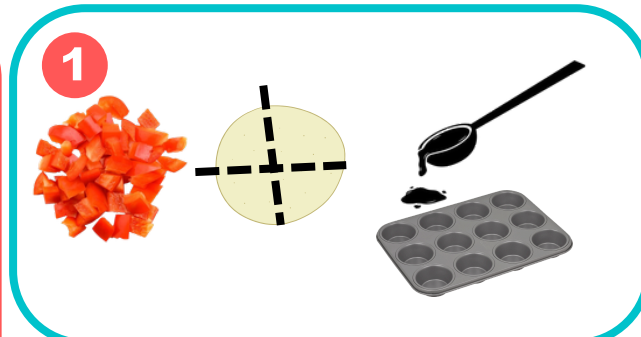
Pico de gallo means "beak of a rooster." The name comes from the way it was originally eaten with the hands, by pinching the thumb and forefinger.

ENCHILADA CASSEROLE

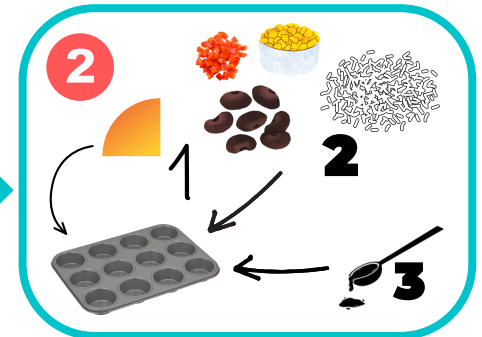
Preheat oven to 425, wash bell peppers, and drain the beans before starting!

INGREDIENTS

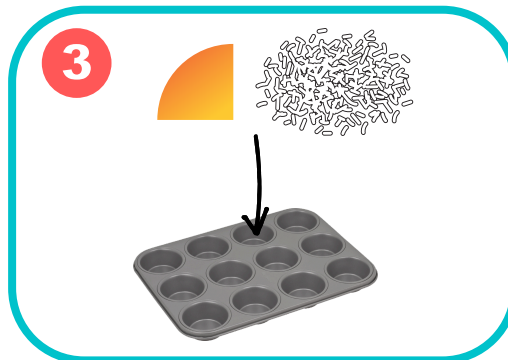
Enchilada Sauce
Tortillas
Bell Peppers
Canned Corn
Black Beans
Mozzarella cheese



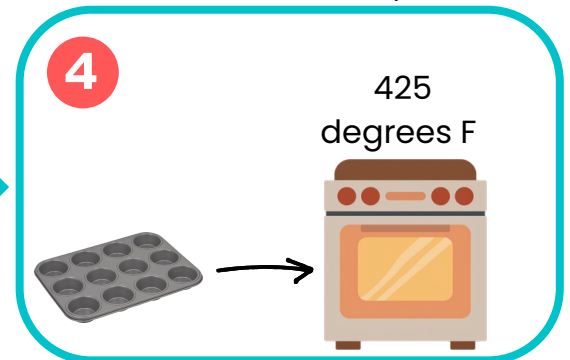
1 Dice bell peppers and cut tortillas into quarters. Grab a muffin tin and add a teaspoon of enchilada sauce into it.



2 Add a tortilla quarter on top of the sauce, then peppers, corn, beans, and cheese. Place another teaspoon of sauce on top.



3 Add another tortilla quarter on top and sprinkle on cheese again.



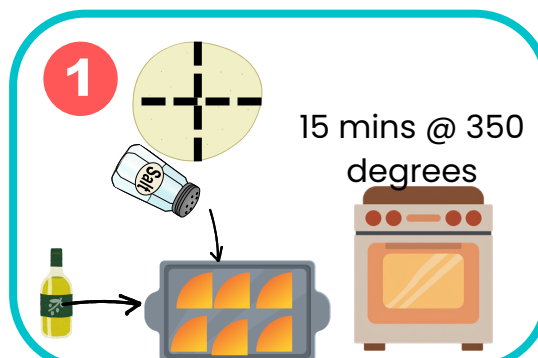
4 Put in the oven at 425 degrees for 12-15 minutes. Make sure to watch it because it could burn!

PICO DE GALLO

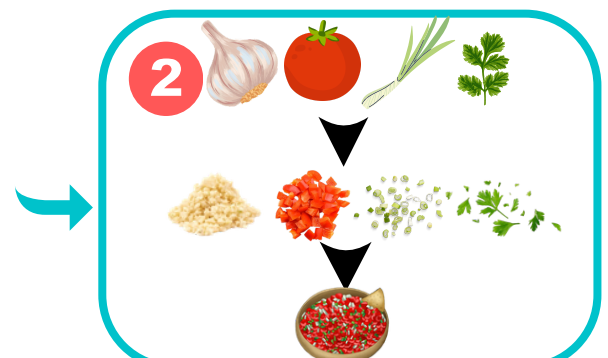
Preheat the oven to 350 degrees and foil and grease a baking sheet (only if you are making chips)

INGREDIENTS

Garlic
Cilantro
Tomatoes
Green Onions
Olive Oil
Tortillas (If making chips, but you can buy some too)



ONLY DO THIS STEP IF YOU ARE MAKING CHIPS! Cut tortillas into quarters and spread them on the baking sheet. Drizzle olive oil, sprinkle salt, and bake for 15 minutes.



2 Dice the veggies into small pieces, making sure they are small enough to fit on the chips! Take the chips out the oven if you made some and enjoy the pico with them!

BRAZILIAN LEMONADE

	Servings
Ingredient	5
Fresh limes	9
Sweetened condensed milk	1 cup
Sugar	1 cup
Cold water	12 cups
Ice, optional	1/4 cup

Directions:

1. Wash limes and cut them into quarters.
2. Collect all limes and add to a blender.
3. Measure out sugar and condensed milk and add a blender.
4. Add water and ice and blend.



DID YOU KNOW?

Limes sink
whereas lemons
float.

BRAZILIAN LEMONADE

INGREDIENTS

Limes
Sweetened condensed
milk
Sugar
Water
Ice (optional)



Quarter limes and add them
to blender with sugar and
condensed milk



Add water and ice (optional) and blend.
Pour and enjoy!

GARLIC HERB PULL APART BREAD, PESTO SAUCE, & CRANBERRY-ORANGE PUNCH

GARLIC HERB BREAD

	Servings
Ingredient	5
Pre-made biscuit dough	1 cans
Butter	1 cup
Shredded Mozzarella Cheese	1 cup
Garlic powder	1 tbsp
Parsley	~2 tsp
Cooking spray	1-2 sprays
Olive oil (if no cooking spray)	1 tbsp

Preparation:

Preheat oven to 350°F. Lightly grease baking sheet or line it with parchment paper.

Directions:

1. Finely chop garlic and set aside.
2. Separate pre-made biscuits and divide into smaller pieces.
3. Melt butter.
4. Mix together butter, parsley, and shredded cheese in a bowl.
5. Dip biscuits into the butter-herb mixture and place onto the baking sheet.
6. Place the biscuits on the sheet and pour the rest of the mixture over them.
7. Bake until browned (about 15-20 minutes). Let cool and enjoy!



PESTO SAUCE

	Servings
Ingredient	5
Tomatoes	4
Garlic powder	1 tbsp
Fresh basil	1 pack
Olive oil	½ cup
Other: Salt and pepper to taste	

Preparation:

Wash tomatoes and pick apart the fresh basil.

Directions:

1. Roughly chop tomatoes, making sure to remove the seeds.
2. Blend with basil, olive oil, and garlic powder until combined.
3. Season with salt and pepper to taste and serve with bread!



DID YOU KNOW?

The bread can be enjoyed with various toppings or dips, try experimenting in the future!

DID YOU KNOW?

Pesto literally means "to crush", as it is usually made with a mortar and pestle!

GARLIC HERB BREAD

INGREDIENTS

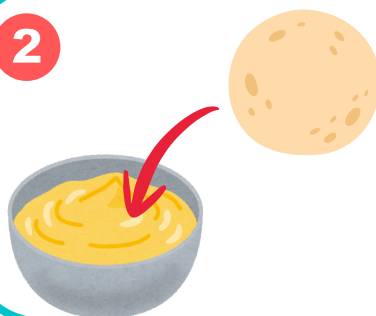
Canned biscuit dough
Butter
Garlic powder
Parsley
Shredded cheese
Cooking spray/olive oil
Baking sheet

1



Melt the butter in a bowl, then combine with garlic powder and parsley.

2



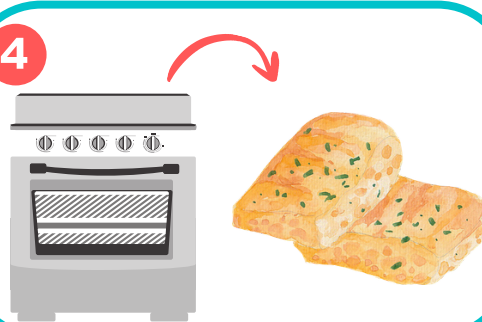
Open the can of biscuits and split each in half, then dip in the butter mixture.

3



Lay the biscuits on the baking sheet as close to each other as you can, then sprinkle with shredded cheese on top.

4



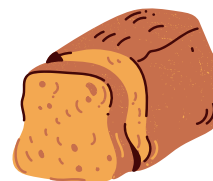
Bake at 350°F until browned (about 10-15 minutes), then let cool and serve!

PESTO SAUCE

INGREDIENTS

Tomatoes
Garlic powder
Fresh basil
Olive oil
Salt and pepper

1



Chop tomatoes and remove the seeds. Blend with basil, garlic powder, and olive oil until combined. Transfer to a large bowl and serve with bread!

CRANBERRY-ORANGE PUNCH

	Servings
Ingredient	5
Cranberry juice	1/2 cup
Club soda	2 cups
Orange juice	2 cups
Orange	1

Directions:

1. Combine cranberry juice, club soda, and orange juice in a large bowl.
2. Have slice oranges into rounds, and add them to the punch bowl. Mix.
3. Serve and enjoy!



DID YOU KNOW?

Cranberries have air chambers that allow them to float in water!

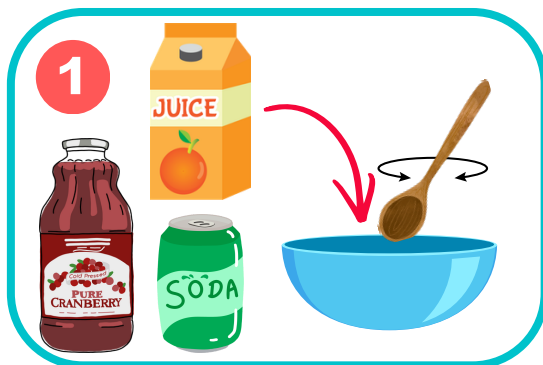
DID YOU KNOW?

There are over 600 different types of oranges!

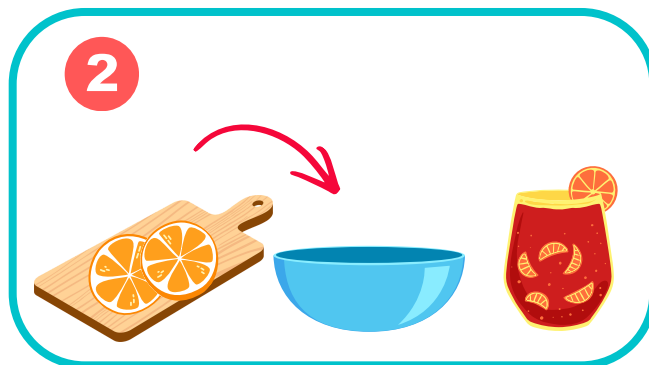
CRANBERRY-ORANGE PUNCH

INGREDIENTS

Cranberry juice
Club soda
Orange Juice
Orange



Combine cranberry juice, club soda, and orange juice in a large punch bowl



Slice oranges into rounds and add them to the punch. Serve and enjoy!

CARROT APPLE RAISIN MUFFINS

	Servings
Ingredient	5
All-purpose flour	1 1/2 cup
Brown sugar	1/2 cup
Baking powder	2 1/4 tsp
Baking soda	1 1/2 tsp
Ground cinnamon	1 1/2 tsp
Ground ginger	1/4 tsp
Salt	1/2 tsp
Applesauce	1/2 cup
Olive oil	6 tbsp
Apple	1
Vanilla extract	2 1/4 tsp
Shredded carrots	1 cup
Raisins	1/4 cup

Preparation:

Preheat to 400°F. Line foil baking cups with liners.

Directions:

1. Mix flours, sugar, baking powder, baking soda, cinnamon, ginger, and salt in a mixing bowl.
2. Cut the apples into smaller pieces to make food processing easier.
3. Place apples into food processor, pulse 6 times.
4. Add applesauce, oil, grated apple, and vanilla to the original bowl.
5. Pulse shredded carrots in food processor 4 times
6. Add two cups of carrots and raisins to the bowl and stir until combined.
7. Divide batter evenly among foil cups.
8. Bake for 10 minutes, then reduce heat to 350 and bake for another 10 minutes. Cool and enjoy!



RAINBOW VEGGIE PINWHEELS

	Servings
Ingredient	5
Bell peppers	2
Baby carrots	1 cup
Baby spinach	1 cup
Small head of purple cabbage	1/4
Cream cheese	8 oz
Small tortillas	10
Salt and Pepper	add to taste

Preparation:

Wash veggies and cut into smaller pieces for distribution

Directions:

1. Pulse carrots in the food processor until roughly shredded.
2. Slice bell peppers into long strips.
3. Spread cream cheese onto tortillas, almost out to the edges.
4. Arrange vegetables in rows across the cream cheese.
5. Fold in corners and roll up each tortilla. If the ends don't stay shut, you can add a bit more cream cheese.
6. Cut crosswise into pinwheels and enjoy!

CARROT APPLE RAISIN MUFFINS

INGREDIENTS

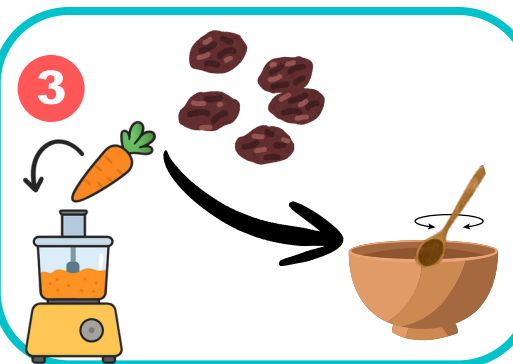
All-Purpose Flour
Brown Sugar
Baking Powder
Baking Soda
Ground Cinnamon
Ground Ginger
Salt
Applesauce
Olive Oil
Apples
Vanilla Extract
Shredded Carrots
Raisins
Foil Baking Cups



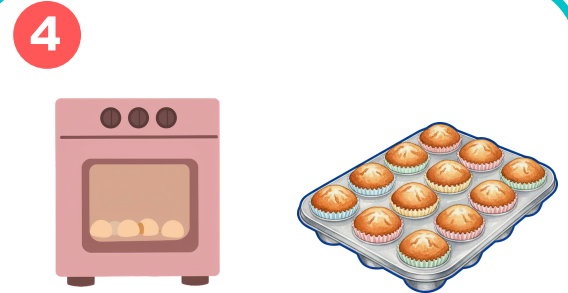
Mix flour, sugar, baking soda and powder, cinnamon, ginger, and salt into a mixing bowl.



Pulse apples in a food processor and add all of the wet ingredients (apples, applesauce, vanilla extract, and olive oil) to the original mix.



Place shredded carrots into processor and pulse, then add with raisins to the mixing bowl.



Evenly distribute batter to lined muffin tray. Bake for 10 minutes, reduce heat to 350°F, then bake for another 10 minutes.

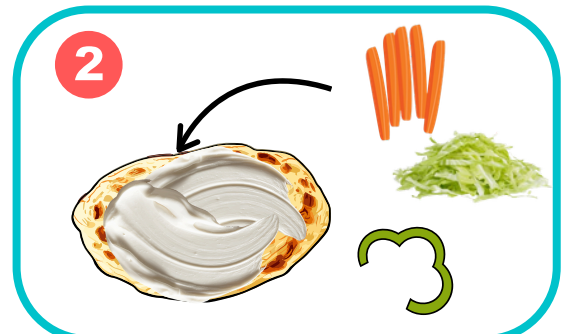
RAINBOW VEGGIE PINWHEELS

INGREDIENTS

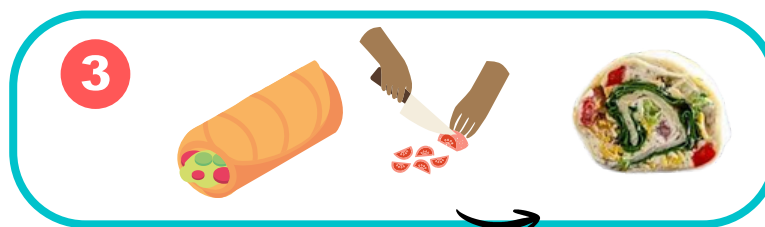
Bell Peppers
Baby Carrots
Baby Spinach
Purple Cabbage
Cream Cheese
Small Tortillas
Salt
Pepper



Pulse carrots in the food processor for 2-3 seconds at a time and slice peppers into small strips



Spread cream cheese onto tortilla and arrange the vegetables



After rolling, cut tortillas to make pinwheels.



DID YOU KNOW?

People have been eating oats for almost 9,000 years!

OAT MILK EGGNOG

INGREDIENTS

Oats
Sweetened condensed milk
Cold water
Cinnamon
Nutmeg
Vanilla extract

OAT MILK EGGNOG

	Servings
Ingredient	5
Oats	1 cup
Sweetened condensed milk	1/2 cup
Cold water	3 cup
Cinnamon	2 tsp
Nutmeg (optional)	1 tsp
Vanilla extract	2 tsp

Directions:

1. Measure oats, water, and cinnamon into a blender. Let soak and then blend until mixed.
2. Let mixture sit until large chunks have settled to the bottom. SLOWLY pour liquid into large bowl, allowing the solids to stay on the bottom.
3. Measure and add nutmeg, vanilla, and sweetened condensed milk to the bowl and whisk until well combined.
4. Pour, top with a sprinkle of cinnamon, and enjoy!

1



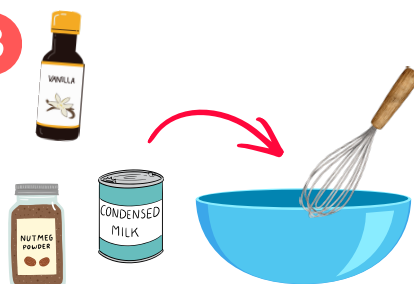
Add oats, water, and cinnamon to a blender. Let soak, then blend until combined.

2



Let mixture settle then slowly pour into large bowl, allowing solids to stay in the blender.

3



Add nutmeg, vanilla, and sweetened condensed milk to the bowl and whisk until well combined.

4



Pour into cups, top with a sprinkle of cinnamon, and enjoy!



*Thank you & Happy
Cooking!*

