

LESSON 3: ROSEMARY OATMEAL CRACKERS & LEMON HUMMUS

ROSEMARY OATMEAL CRACKERS

Ingredient	Students Per Class		
	10	15	20
Oats 	1 cup	1 ½ cups	2 cups
All-purpose flour 	2 ½ tbsp	3 ½ tbsp	5 tbsp
Rosemary	1 tsp	1 ½ tsp	2 tsp
Baking powder	½ tsp	¾ tsp	1 tsp
Cold unsalted butter, cubed	2 ½ tbsp	3 ½ tbsp	5 tbsp
Milk	3 tbsp	4 ½ tbsp	6 tbsp
Salt	1 tsp	1 ½ tsp	2 tsp
Pepper	⅓ tsp	½ tsp	2/3 tsp

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

PREP BEFORE CLASS:

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

Directions:

1. Make oat flour by placing oats in blender and pulse until a fine powder forms.
2. Measure and add, salt, pepper, rosemary, baking powder, and butter to the blender and the oat flour. Blend for a few seconds.
3. Add milk slowly. Pulse until a dough forms.
4. Divide dough between students. Have them roll the dough into ½ inch balls and flatten the dough between their 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	Students Per Class		
	10	15	20
Chickpeas	2 cups	3 cups	4 cups
Lemon juice	3 tbsp	4 ½ tbsp	6 tbsp
Olive oil	3 tbsp	4 ½ tbsp	6 tbsp
Garlic clove	1	1 ½	2
Salt	1 tsp	1 ½ tsp	2 tsp
Water	1 tbsp	1 ½ tbsp	2 tbsp

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

PREP BEFORE CLASS:

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

Directions:

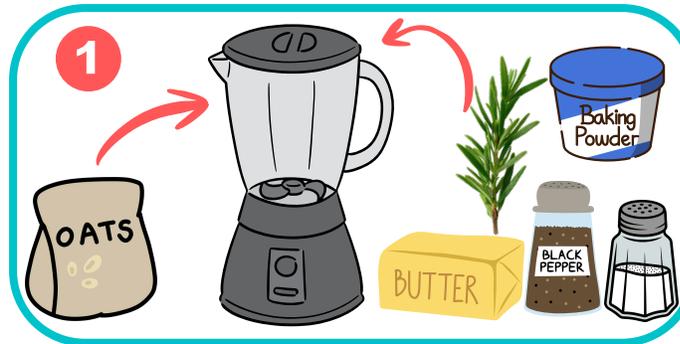
1. Have kids take turns measuring the ingredients and adding them to the food processor in this order: chickpeas, olive oil, lemon juice, water, and seasonings. Pulse, scraping sides down periodically, until the mixture is a puree. Slowly add more water if needed.
2. Scoop about ¼ cup of hummus on each student's plate.
3. Eat with rosemary oatmeal crackers.
4. Enjoy!

LESSON 3

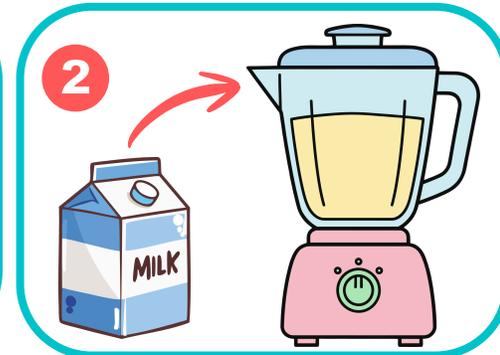
ROSEMARY OATMEAL CRACKERS

INGREDIENTS

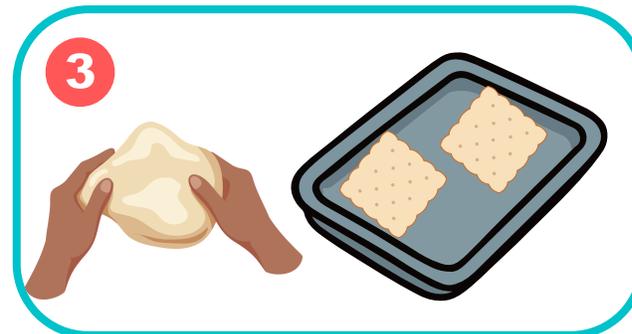
Oats
All Purpose Flour
Rosemary
Baking Power
Cubed Butter
Milk
Salt
Pepper



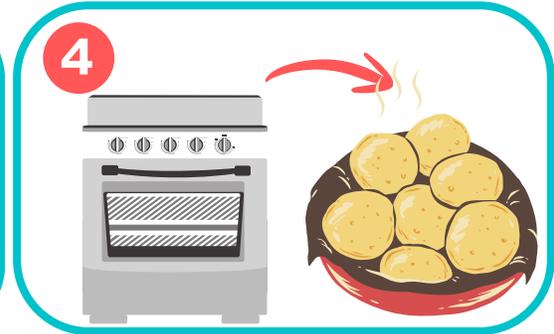
1 First, blend oats until they're powder. Then, add salt, pepper, rosemary, baking powder, and butter and blend



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!

LESSON 3: HEROIC HERBS

SHOPPING LIST

Ingredients to buy:

Fresh Produce:

- Lemon
- Garlic
- Fresh rosemary

Dairy:

- Unsalted butter
- Whole milk

Please see recipe for amounts, varies by class size

Pantry Staples:

- Chickpeas, 16 oz. cans
- Rolled Oats (NUT & SESAME FREE)
- All-purpose flour (NUT & SESAME FREE)
- Baking powder

Ingredients in the bin:

- Olive Oil
- Honey
- Salt
- Pepper

OBJECTIVES

- Learn what an infusion is in cooking
- Learn about where rosemary comes from
- Explain the purpose of setting in baking

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
- Ask the students to identify the ingredients from both recipes, guess what we are making and cuisine the recipes belong to.
- Today we are going to talk about using infusions to add flavor of different herbs and spices into food.
- What is an infusion? Infusion is the process of steeping (soaking) herbs in water until the water absorbs the oils and flavors, then drinking the liquid for the taste, medicinal use, or using in cooking.
- Sounds a bit complicated, but you've probably drank an infused drink and maybe didn't even know - tea! Tea is an infusion of leaves that steep in hot water until the water absorbs the flavor.
- Other types of infusions can use roots, shoots, leaves, and flowers of the plant.

STAR INGREDIENT: ROSEMARY

- Rosemary is an aromatic evergreen herb that belongs to the mint family.
- The name "rosemary" is derived from the Latin words "ros" meaning "dew" and "marinus" meaning "sea," due to its affinity for coastal areas.
- Rosemary has been traditionally associated with memory enhancement and mental clarity. Its aroma is believed to have cognitive benefits.
- Rosemary has a long history of use in traditional medicine for supporting respiratory health and soothing coughs.



ENGAGEMENT TIPS



Students typically love rolling dough, so give them a few minutes to stretch and pull the cracker dough into different shapes before rolling into a ball.



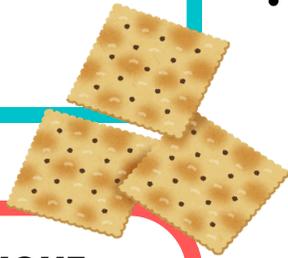
When introducing rosemary, ask students what the smell reminds them of, what herbs and/or spices they are familiar with



When preparing the oat flour, introduce the blender dance!

COOKING PRO

Chefs layer flavor by adding fresh herbs and warming spices at just the right moments. Try sprinkling a little extra herb on top—it makes your dish taste AND look like it came from a restaurant!



STAR TECHNIQUE: SETTING

- What is setting? Setting is the process where a mixture becomes firm, solid, or holds its shape. This usually happens through cooling, chilling, or letting the mixture rest.
- What are the benefits of setting? Setting helps foods thicken, stabilize, and develop the right texture. It allows dishes like yogurt parfaits, gelatin desserts, puddings, and no-bake bars to hold together properly.
- What tools help with setting? A refrigerator or freezer is most commonly used. Sometimes, simply letting a mixture sit at room temperature also allows it to set.

DEVELOPMENT

 5–7 min

- As the students prepare today's recipe, discuss the star technique: setting.
 - How do you think our recipe today will change after it sets?
 - Why do you think some recipes need time to set before we can eat them?
 - How does letting a food set make it taste or feel different?
- Discuss today's recipe:
 - Ask students: Why do you think our recipe needs time to set?
 - Have them make predictions about how the texture will change as the mixture cools or rests. Encourage them to imagine how the flavor might come together once everything has had time to settle.
- As students cook, talk about patience as part of cooking:
 - Some techniques happen fast—like chopping or whisking—but setting takes time. That time is what helps the ingredients become something new.
- Link it to creativity in the kitchen:
 - Just like chefs experiment with flavors, they also experiment with texture. Setting is one of the tools chefs use to turn simple ingredients into something exciting. A runny mixture can become a mousse, a sticky mixture can become a bar, a warm sauce can become a gel—all because of setting.
- Encourage a challenge for the week:
 - Try noticing when foods at home have “set” before eating—like Jell-O, yogurt parfaits, pasta salads, or anything chilled. Pay attention to how their texture makes the experience more enjoyable.
- By the end of class, students should understand that setting is more than waiting—it's an important technique that transforms ingredients and creates the final texture of a dish.

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