

AVOCADO BROWNIES

Serving Size: 12 servings,

Ingredients:

- ¼ cup mashed avocado (1/2 avocado)
- ¼ cup olive oil
- 1 cup oat flour (about 1 1/4 cup of oats blended) (NUT FREE)
- ½ cup cocoa powder (NUT FREE)
- ½ cup honey
- 1 tsp baking soda
- ½ tsp salt
- ½ cup water
- 1/2 cup chocolate chips (NUT FREE)
- 12 foil muffin tins for baking

PREP BEFORE CLASS:

Preheat oven to 375F. Pass muffin tins to each student

Directions:

1. Demonstrate how to pit the avocado and remove ½ from skin. Have a student volunteer mash.
2. Have student helper measure and whisk together avocado and oil until the mixture is creamy and smooth.
3. Blend oats in the blender until it turns into oat flour.
4. Have students measure and add oat flour, cocoa powder, honey, baking soda, salt and water to mixing bowl. Stir until well combined. Fold in chocolate chips.
5. Add ¼ cup of the batter to each student's muffin tin. Collect and bake for 15 minutes. Watch the oven as time may vary.
6. Remove and let cool for 2-3 minutes. Enjoy!



TOFU CHOCOLATE MOUSSE

Makes 12 servings

Ingredients:

- 1 package of silken (firm or extra firm) tofu (NUT FREE)
- 1/4 cup cocoa powder (NUT FREE)
- 1/4 cup honey
- 1 tsp vanilla extract
- 2 tbs sunbutter (NUT FREE)
- 12 cups for serving
- Topping: Banana and chocolate chips (NUT FREE)

PREP BEFORE CLASS:

Open tofu, drain excess water from the box, and place on a paper towel.

Directions:

1. Add the tofu to the blender
2. Have students measure the cocoa powder, honey, vanilla, and sun butter and add to the blender
3. Blend until completely smooth. Don't forget to perform the blender dance!
4. Distribute in cups
5. Top with banana slices and chocolate chips and enjoy!

Tofu is a good source of iron and calcium! Both of these nutrients are important for growing big and strong!

LESSON 8:

ADVENTUROUS CHEFS: UNEXPECTED INGREDIENTS AND TEXTURES

OBJECTIVES

- ✓ Explain what it means to be an adventurous chef
- ✓ 1.State the legume from which tofu is made
- ✓ Name which ingredient we used contained probiotics

STAR INGREDIENT: TOFU

- Who knows what tofu is? Tofu is made from soy beans by coagulating and condensing soymilk into a white block; it is similar to how you'd make cheese from dairy milk.
- Has anyone tried tofu before? In what dish? Fried rice, stir fries, pad thai, ramen; Tofu is often used heavily in Asian cuisines.
- Tofu is very versatile, meaning it can be used in many different dishes, since it is flavorless on its own, it absorbs any flavor you mix it with. In our recipe, it tastes like chocolate!
- Tofu is very high in protein and calcium! Both of these are important to help us grow and have strong bones.

INTRODUCTION

🕒 3-5 min

- Ask the students to identify the ingredients from both recipes. Have them guess what we might be making today.
- Discuss what it means to be adventurous or to explore. Key Qs: What kind of adventures do you like to go on? What does it mean to be adventurous in the kitchen? Adventurous chefs take risks and try new foods and new cooking techniques.
- Have students think of a time they tried a new food or a new activity for the first time. Discuss thoughts in pairs. Allow 2-5 students share with the class.
- What does it mean to be adventurous in cooking and eating?
 - Follow flavors you like.
 - Travel through your taste buds and try dishes from other cultures.
 - Buy something new every time you shop
 - Think of your kitchen as a lab and experiment! Start simple by swapping the herbs and spices in your favorite recipes, then graduate to using ingredients you've never tried.
- Experiment every time and some ingredients and how dishes come out with those ingredients may surprise you. Discuss today's recipe and how we use avocado as a fat in brownies and tofu in our mousse. Have kids come up with hypothesis of how they think the dish will taste different than a normal recipe for brownie or mousse. At the end of the class, you can discuss if their hypothesis was correct or if they are surprised by the taste of our dishes.

DEVELOPMENT

🕒 2-3 min

- As you complete the recipes continue the discussion on how creativity and sense of adventure are some of the most important qualities a true chef can have.
- Being a chef is not only physically challenging, it requires the use of creative muscles on a constant basis. Head chefs are responsible for running their kitchens, but also for constantly thinking of new innovative dishes that will keep their guests engaged.
- That's why if you want to be a chef, you cannot be a picky eater.
- Make it your goal this week to try something new and report back to the class next week

LESSON 8:

ADVENTUROUS CHEFS: UNEXPECTED INGREDIENTS AND TEXTURES

DEVELOPMENT

- Here are some unexpected dishes people eat all over the world:
 - Horse meat (Central Asia), Raw Horse Meat (Japan), Beef Tongue, Alpaca (Peru, Chile, Bolivia), Alligator (US), Ants Egg Soup (Laos, Thailand), Blood Sausage (UK), Camel (North Africa), Chicken Feet (Asia), Escargot - snails (France), and many more

5 SENSES

- Sight
- Smell
- Touch
- Taste
- Hearing

5 TASTES

- Salt
- Sweet
- Bitter
- Sour
- Umami

THUMBS UP TEST 2 min

- Carry out the Thumb Test: Thumbs up/thumbs to the side/thumbs down.
- If time permits students can share comments.
- Key Qs: How might you change the recipes, why do/don't you like it, were there any strong flavors or textures?

TASTE TEST

 2-3 min

- As you are ready to taste food - complete The 30 Second Silent Taste Test: Students will engage in mindful eating by silently tasting the first recipe for 30 seconds.
- Remind the class while they are tasting to focus on their 5 senses (see sidebar on prior page for details)
- How would you describe the dish? Use 5 tastes to describe it and or adjectives (see Words to Describe Food Taste, Smell, or Texture page at the beginning of the instructor guide)
- Repeat this for the second recipe.

CLEAN UP & DIMISSAL

 5 min

- Clean up the classroom. Allocate roles such as putting scraps and left overs in the trash, creating a pile of all chopping boards and aprons, wiping down surfaces and checking the floor.
- Make sure you leave the classroom the same way you found it.
- Dismiss in an orderly line and collect signatures from parents.