

ELA Cookbook



A collection of family-friendly recipes and activities submitted by ELA community members from across the country.



Early Learning
Academies

WE ARE EXCITED TO SHARE THE EARLY LEARNING ACADEMIES COOKBOOK WITH YOU!

This cookbook is a collection of our favorite go-to recipes that all can enjoy. We encourage you to get the entire family involved in the kitchen by helping with meal planning, prep, setting the table, serving themselves, and cleaning up. When children are engaged in age-appropriate mealtime activities, they will be more willing to try new foods, enjoy a positive mealtime experience, and eat a variety of foods!

Developing healthy eating habits takes many years of patience, encouragement, and support in helping your child explore their individual (and ever-changing) likes and dislikes. Don't get discouraged if your child isn't always open to trying new foods. Continue to provide a variety of healthy foods, model healthy eating behaviors, and discuss food and eating with a positive and neutral approach.



Appetizers





COWBOY CAVIAR

Submitted by Angela in North Carolina

Ingredients:

- 3 Roma tomatoes, diced
 - 1/2 small red onion, diced
 - 1 bell pepper, seeded and diced
 - 1 jalapeno, diced (optional)
 - 1/4 cup fresh cilantro, chopped
 - 1 can black eyed peas
 - 1 can of black beans or pinto beans
 - 1 can corn
 - Corn tortillas or tortilla chips
 - Optional: Garnish with salsa, sour cream and avocado
- Dressing:
- 1/3 cup olive oil
 - 2 tbsp fresh lime juice
 - 1 tbsp red wine vinegar
 - 1 tsp cumin
 - 1 tsp salt
 - 1/2 tsp black pepper
 - 1/2 tsp garlic powder

Directions:

1. Dice fresh vegetables and mix with canned beans and corn.
2. Mix dressing ingredients together and pour over bean mixture.
3. Serve immediately or chill in the refrigerator.
4. Serve along with tortilla or tortilla chips.

Notes:





SEVEN LAYER SALAD

Submitted by Debbie in Ohio

Ingredients:

- 1/2 head of iceberg lettuce
- 1 cup radishes, sliced
- 1 cup chopped celery
- 1/2 pkg. frozen peas (cooked & cooled)
- 1/4 cup shredded cheddar cheese
- 1/2 cup chopped onion
- 1 cup chopped green pepper
- 1/4 cup parmesan cheese
- 6 slices bacon, crumbled (or bacon bits)

Dressing:

- 1 1/2 cups Miracle Whip
- 1 tbsp lemon juice
- 1 tbsp sugar

Directions:

1. In a large bowl, place the lettuce on the bottom.
2. Add the radishes, covering the lettuce to create one layer.
3. Add each ingredient one layer at a time.
4. Spread the dressing mixture over the top as the next layer.
5. DO NOT MIX.
6. Cover with parmesan cheese and bacon crumbles.
7. Refrigerate overnight.
8. Only mix it together when you are ready to serve.
9. Enjoy!

Notes:

Use Miracle Whip, not Mayonnaise.





POTATOES AU GRATIN WITH HAM

Submitted by Brittany in Colorado

Ingredients:

- 1 tbsp butter
- 1 tbsp all-purpose flour
- Salt and pepper to taste
- 1 $\frac{3}{4}$ cups reduced-fat, 2% milk
- 10 oz. shredded cheddar cheese
- 8 potatoes, thinly sliced
- 10 oz. diced ham

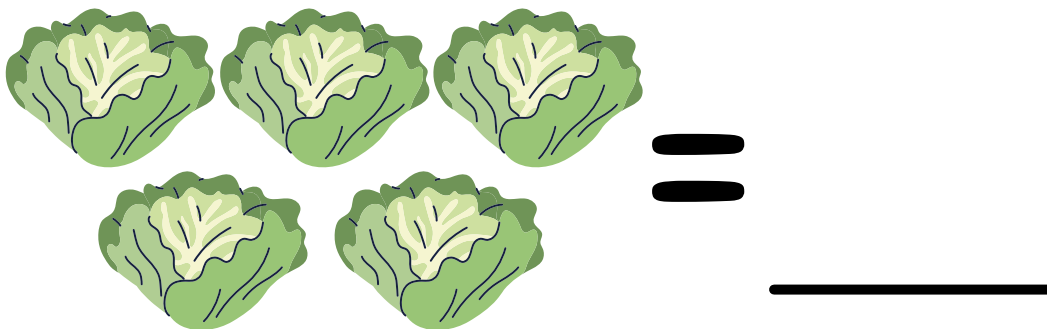
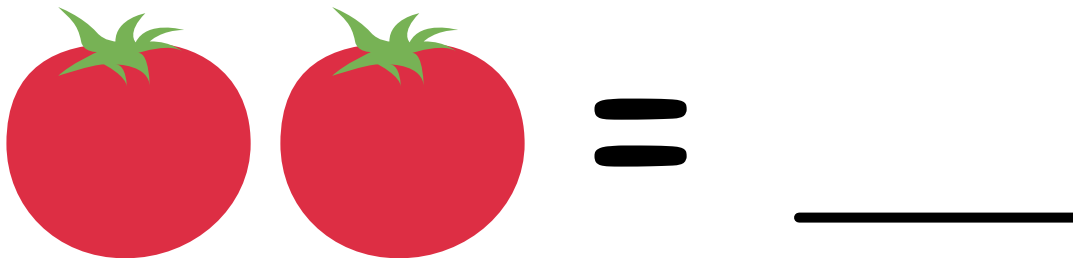
Directions:

1. Preheat oven to 350 degrees.
2. In a large saucepan, melt butter over low heat. Stir in flour, salt, and pepper until smooth.
3. Gradually add milk to the saucepan. Bring to a boil; cook and stir 2 minutes, until thickened.
4. Remove from heat; stir in cheese until melted. Add potatoes and ham.
5. Transfer to a large, greased baking dish. Cover and bake approx. 1 hour.
6. Uncover; bake additional 30-40 minutes, until potatoes are tender.

Notes:



VEGGIE COUNT





SLOW COOKER BUFFALO CHICKEN DIP

Submitted by Patti in New Jersey

Ingredients:

- 1 lb. cooked chicken (shredded)
- 8 oz. cream cheese cubed
- 1 cup ranch dressing
- 3/4 cup Frank's red hot wing sauce
- 2 cups shredded cheddar cheese

Directions:

1. Place all ingredients into slow cooker and heat on high for about an hour until everything is melted
2. Give it a stir a few times along the way.
3. Turn heat to low or warm while serving.

Notes:

Prep time 15 minutes. cook time 1 hr. Makes 12 servings.





TAILGATE CASSEROLE

Submitted by Donna in Ohio

Ingredients:

- 1 pound loose sausage
- 1 large onion (chopped)
- 2 cups Rice Krispies
- 2 cups sharp shredded cheese
- 1 (10 3/4 oz) can of Cream of Celery soup
- 6 eggs (beaten)

Directions:

MUST BE MADE THE NIGHT BEFORE AND IN THE REFRIGERATOR

1. In a large skillet, cook the sausage and onion until tender.
2. Drain
3. Mix all ingredients and place in a 9x13 inch greased casserole dish.
4. Place in the refrigerator overnight.
5. In the morning, bake at 350 for about 50 minutes.

Notes:

Fan Favorite at Sunday Tailgates. Go Browns!





SOURDOUGH BREAD

Submitted by Katie Worsley in North Carolina

Ingredients:

- 750 grams of bread flour
- 1 Cup of Potato Flake sourdough starter
- 1 Cup of warm filtered water
- 50 grams of sugar,
- 1 Tbs Salt
- 1/2 Cup sour cream
- 1/2 cup Cooked bacon pieces
- 3/4 Cup Chives
- 1 Cup Sharp Cheddar

Directions:

1. Mix all ingredients until a dough ball is formed and pulling away from the side of the mixing bowl
2. Grease a large bowl with oil and place the dough ball inside
 - Make sure the dough ball gets flipped around so that it's all evenly greased.
3. Seal with plastic wrap and leave for at least 12 hours.
4. Next, remove the plastic wrap and punch the gas out of the dough.
5. Shape the ball into a loaf pan and then allow 90 more mins for the 2nd rise.
6. Preheat the oven for 350 (convection 330).
7. Bake for about 50-60mins
8. Internal temp should be 160F when you pull it from the oven.

Notes:





CUCUMBER AND TOMATO SALAD

Submitted by Ambrosia in Colorado

Ingredients:

- 5 Mini cucumbers peeled and sliced
- Small pack of snacking tomatoes sliced (I only used about 7 tomatoes)
- 1/3 lemon
- Pinch of salt

Directions:

1. Peel and cut cucumbers.
2. Cut tomatoes.
3. Place into a small bowl.
4. Squeeze 1/3 of lemon juice over veggies and add a pinch of salt.
5. Mix and enjoy!

Notes:





SOFT PRETZELS

Submitted by Jane in Pennsylvania

Ingredients:

- 4 cups flour
- 3/4 tsp salt
- 1 1/2 tbsp sugar
- 1 package of yeast
- 1 1/2 cups lukewarm water
- 1 egg
- Coarse salt

Directions:

1. Preheat oven to 400 degrees.
2. Dissolve yeast in lukewarm water in a large bowl.
3. Add salt and sugar; stir until dissolved.
4. Add flour slowly, a little at a time.
5. Still until blended.
6. Knead dough for 5 minutes, until smooth and springy, on a lightly floured board.
7. With lightly floured hands, pull off small chunks of dough and roll between hands until pencil thin, then shape pretzels in traditional crisscross.
8. Slightly beat the egg, then brush it atop pretzels; sprinkle with coarse salt.
9. Place pretzels on an aluminum foil-covered tray.
10. Bake for 12-17 minutes.

Notes:



Main Courses





CHICKEN LO MEIN

Submitted by Brittany in Colorado

Ingredients:

- 1 lb. lo mein noodles
- 10 oz. frozen stir-fry vegetables
- 4 oz. soy sauce
- 6 oz. stir-fry sauce
- 1 lb. frozen chicken, diced

Directions:

1. Preheat oven to 350 degrees.
2. Cook noodles according to directions on the box.
3. Precook chicken until thoroughly heated.
4. Cook stir-fry veggies according to directions on the bag.
5. Drain noodles once cooked thoroughly.
6. In a large bowl, mix noodles, chicken, vegetables (while still hot).
7. Mix in soy sauce and stir-fry sauce to taste.

Notes:





PUMPKIN CHILI

Submitted by Angie in Colorado

Ingredients:

- 1 can pumpkin puree
- 1 lb. ground turkey
- 1 onion
- 1 large can of diced tomatoes
- 1 large can of black beans
- 1 cup vegetable broth
- 1 tablespoon chili powder
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp garlic powder

Directions:

1. Cook turkey and onion in a skillet on medium heat until fully cooked.
2. Add all the other ingredients into a crockpot.
3. Stir in turkey and onions.
4. Cook on low for 6 to 8 hours.
5. Serve with cheddar cheese.
6. ENJOY!

Notes:

Yields 8 to 10 servings.





BEEF STROGANOFF

Submitted by Brittany in Colorado

Ingredients:

- 1 lb. ground beef
- 1 lb. egg noodles
- 8 oz. sour cream
- 1 can beef gravy
- Salt and pepper to taste
- 4 oz. sliced mushrooms (optional)

Directions:

1. In a large skillet, brown ground beef over medium heat until cooked through.
2. Drain
3. Cook noodles according to directions on the box.
4. In a large mixing bowl, combine noodles, beef, gravy, sour cream, salt, and pepper (mushrooms added at this step, if desired).
5. Stir well.
6. Serve while hot

Notes:





TRADITIONAL LOUISIANA RED BEANS & RICE

Submitted by Laura in Ohio

Ingredients:

- 1 pound dry Louisiana Camellia kidney beans (this is important)
- ¼ cup olive oil
- 1 large onion, chopped
- 1 large purple onion, chopped
- 1 green bell pepper, chopped
- 2 cups chopped scallions
- 2 stalks celery, chopped
- 2 tablespoons minced garlic
- 8 cups water
- 3 bay leaves
- 1 tablespoon dried parsley
- 1 teaspoon dried thyme
- 1 teaspoon Tony Chachere seasoning
- ½ teaspoon cayenne pepper
- ¼ teaspoon dried sage
- 1 teaspoon dried oregano
- 1 pound andouille sausage, sliced
- 2 pounds fresh shrimp if desired-cleaned and deveined
- 4 cups water
- 4 cups long grain Louisiana jasmine white rice (on the side)

Directions:

1. Start by soaking your beans overnight and dicing any vegetables beforehand.
2. When you're ready to begin, transfer the soaked beans to a large pot with water. Then, saute onions, bell peppers, garlic, and celery in an oiled skillet until a bit of color appears. Add the cooked vegetables, bay leaves, Acadian seasoning, and other spices as desired to the beans.
3. Bring the bean mixture to a boil before reducing the heat and allowing the ingredients to simmer for two to two and a half hours. Do not rush the cooking of the beans, in some cases they can cook up to 5 hours.
4. Steam the rice during this time and set it aside. Add Andouille sausage and/or shrimp to the beans and cook for an additional half-hour. After cooking, pour the spicy sausage and beans over rice, and enjoy a piping hot bowl of tender, meaty, and flavorful perfection.

Notes:





PIZZA CHAFFLES

Submitted by Lara in Washington

Ingredients:

- For Chaffle:
 - 1 Egg
 - 1/4 cup Mozzarella Cheese
 - Salt and pepper
- For Pizza:
 - Marinara sauce
 - Cheese
 - Pizza topping

Directions:

To make the Chaffle, you will need a mini waffle maker.

1. Heat your mini waffle maker. While heating, mix one egg and a bit of cheese. Season to taste.
2. Once the waffle maker is hot, place a bit of your mozzarella cheese on the waffle iron. As it melts, place half of the egg mixture onto your waffle iron. Close the iron. Once it stops steaming, it is ready (take a peek and see if it is brown enough for your liking).
3. Repeat with the remaining egg and cheese mixture (this makes 2).
4. To make your pizza, heat the oven to 375 or broil.
5. Place your chaffle onto your pizza pan (or foil), add sauce, cheese, and other toppings.
6. Place in the oven and cook until warm and melted.

Notes:



COLOR THAT SHAPE

Let's decorate this pizza! Follow the color guide and color the shapes. When done, count how many of each shape are in the pizza and write them in the boxes below.





HOMEMADE MAC AND CHEESE

Submitted by Tricia in California

Ingredients:

- 8 oz. elbow macaroni
- 1/4 cup butter
- 2 1/2 tbsp flour
- 3 cups milk
- 2 cups shredded sharp cheddar cheese
- 1/2 cup parmesan cheese
- 2 tbsp butter
- 1/2 cup bread crumbs
- 1 pinch paprika

Directions:

1. Preheat oven to 350 degrees
2. Cook macaroni and drain.
3. Melt butter in skillet on low heat. Gradually add flour, whisking until well combined.
4. Slowly pour in milk, whisking until smooth. Stir in cheeses and cook over low heat until melted and the sauce thickens.
5. Put macaroni in a large casserole dish and pour sauce over macaroni. Stir well.
6. Melt butter in a skillet over medium heat. Add breadcrumbs and brown.
7. Spread over the macaroni and cheese to cover. Sprinkle with paprika.
8. Bake in preheated oven for 30 minutes.
9. Serve and enjoy!

Notes:

Yields 8 to 10 servings.





INSTANT POT CAJUN CHICKEN ALFREDO PASTA

Submitted by Ambrosia in Colorado

Ingredients:

- 2 Chicken breasts
- 14 oz Turkey sausage, smoked
- Flat leaf parsley
- 4 cloves Garlic
- 1 qt Chicken broth, low sodium
- 1 lb Penne pasta
- 1 1/2 tbsp Gourmet cajun seasoning
- 1 Kosher salt and freshly ground black pepper
- 2 tbsp Olive oil
- 2 cups Heavy whipping cream
- 8 oz real parmesan cheese

Directions:

1. Season chicken breasts with salt and pepper.
2. Set 6 Qt Instant Pot to Saute function and hit Adjust button until More is lit. This heats Instant Pot to highest heat for searing.
3. Heat olive oil until hot, then sear chicken breast in Instant Pot for several minutes on both sides until evenly browned.
4. Remove chicken from pot and set aside to be added back in with the rest of the ingredients.
5. Add sausage and garlic to pot and cook for about one minute.
6. Add chicken broth and use wooden spoon to scrape up browned bits from the bottom of the pot.
7. Add uncooked pasta and cajun seasoning.
8. Return chicken breasts to Instant Pot and stir all ingredients together.
9. Hit off button to end Saute function, then lock lid in place with Pressure valve set to sealing.
10. Cook on Manual, High Pressure for 6 minutes. Instant Pot will take 10-15 minutes to come to pressure and then count down from 6 minutes.
11. Once cooking is complete, use Quick Pressure Release.
12. Since we are cooking a pound of pasta, there may be some starches and liquids that start to splatter. If that happens, use wooden spoon or an oven mitt to quickly close pressure valve. Wait one minute and try again.
13. Once pressure pin drops, unlock lid and remove chicken breasts. Use a meat thermometer to ensure they have reached 165 F degrees. Set aside to rest.
14. Stir pasta mixture together and add warm cream. Slowly add in freshly grated parmesan cheese and stir until melted.
15. Slice chicken breast and combine with pasta.
16. Serve with additional shredded parmesan and chopped flat leaf parsley.

Notes:





COWBOY PASTA

Submitted by Brittany in Colorado

Ingredients:

- 1 lb. mini pasta shells
- 12 oz. hickory smoked bacon, diced
- 1 lb. ground beef or turkey
- $\frac{3}{4}$ tsp cumin
- Salt and pepper (to taste)
- $\frac{3}{4}$ cups mayonnaise
- 3 tbsp barbecue sauce
- 1 tbsp Worcestershire sauce
- 15 oz. can whole kernel sweet corn, drained
- 1 to 1 $\frac{1}{2}$ cups cherry tomatoes, cut in halves
- 12 oz. shredded sharp cheddar cheese

Directions:

1. Cook pasta according to directions on the box. Drain, and rinse with cold water. Drizzle with a bit of olive oil to keep from sticking.
2. While pasta cooks, sauté bacon in a large skillet over medium heat until crispy. Use a slotted spoon to transfer to a paper towel-lined plate, leaving a little bacon grease.
3. Brown beef or turkey in bacon grease. Season with cumin, salt, and pepper. Drain, and set aside to cool completely
4. In an extra-large bowl, whisk together mayonnaise, barbecue sauce, and Worcestershire sauce until combined and smooth. Add in cooked pasta, bacon, meat, corn, tomatoes, and cheese. Toss to combine and coat
5. Serve right away, or refrigerate before serving.

Notes:





SAUSAGE AND RICE

Submitted by Angela in North Carolina

Ingredients:

- 1 pound of fresh sausage
- 1 cup of diced onion
- 3 tbsp finely chopped garlic
- 1 1/2 cups medium or long grain rice
- 3 ounces sun-dried tomatoes (not packed in oil), diced
- 1 tsp smoked paprika
- 2 tsp dried oregano
- 4 cups low-sodium chicken broth

Directions:

1. Preheat deep skillet over medium-high.
2. Squeeze sausage from the casing into the pan, crumbling it into small pieces.
3. Add onion and cook until sausage is browned around edges and onions are translucent, about 5 minutes.
4. Stir in garlic, rice, sun-dried tomatoes, smoked paprika, and oregano.
5. Cook, stirring constantly until rice is toasted and aromatic, 1 to 2 minutes.
6. Stir in broth and cover pan.
7. Reduce heat to low and cook for 20 minutes until rice is just tender.
8. Remove from heat and let sit for 5 to 10 minutes, still covered, to allow the rice to fully absorb liquid.
9. Remove cover and serve immediately.

Notes:





CHICKEN ENCHILADA CASSEROLE

Submitted by Brittany in Colorado

Ingredients:

- 1 lb. boneless, skinless chicken breasts (boiled)
- 12 corn tortillas
- 1 large 28 oz can green enchilada sauce
- 16 oz. sour cream
- 1 cup shredded cheddar and jack cheese
- 4 oz. can diced green chilis
- Optional garnish with sour cream and tomatoes

Directions:

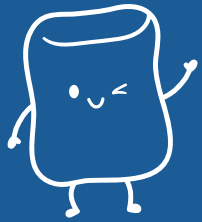
1. Preheat oven to 350 degrees.
2. Spray large casserole dish with cooking spray.
3. Shred already boiled chicken.
4. In a large bowl, combine sour cream and enchilada sauce. Mix well.
5. Add chilies to the mixture.
6. Line the bottom of the casserole dish with tortillas.
7. Layer tortillas with sauce mixture, top with chicken. Repeat layer a 2nd time.
8. Top with 3rd layer of tortillas, top tortillas with a light layer of sauce mixture.
9. Top with cheese.
10. Bake for 25-30 minutes, or until tortillas are tender enough to cut through.

Notes:



Desserts





TOASTED S'MORES BARS

Submitted by Lisa in Ohio

Ingredients:

- One pouch of Betty Crocker sugar cookie mix
- 1 cup of graham cracker crumbs
- 1 cup of butter or margarine (melted)
- 3 cups of milk chocolate chips
- 4 1/2 cups of miniature marshmallows

Directions:

1. Heat oven to 375.
2. In a large bowl, stir together cookie mix and graham cracker crumbs.
3. Stir in melted butter until a soft dough forms.
4. Press into an ungreased 13 x 9 pan or foil cupcake liners.
5. Bake 18 to 20 minutes or until set.
6. Immediately sprinkle chocolate chips over the crust.
7. Let stand 3 to 5 minutes or until chocolate begins to melt.
8. Spread chocolate evenly over crust.
9. Set oven to broil and sprinkle marshmallows over the melted chocolate.
10. Broil for 20 to 30 seconds or until the marshmallows are toasted.
11. Watch closely as the marshmallows will brown quickly.
12. Cool for 10 minutes.

Notes:

Prep time 20 minutes serves 24.





ICE CREAM IN A BAG

Submitted by Christina in Virginia

Ingredients:

- 1 cup half and half
- 2 tbsp granulated sugar
- 1/2 tsp pure vanilla extract
- 3 cup ice
- 1/3 cup kosher salt
- Toppings of your choice
- Resealable plastic bags (large and small)

Directions:

1. In a small resealable plastic bag, combine half and half, sugar, and vanilla.
2. Push out excess air and seal.
3. Combine ice and salt into a large resealable plastic bag. Place the small bag inside the large bag and shake vigorously for 7 to 10 minutes until the ice cream has hardened.
4. Remove from bag and enjoy with your favorite ice cream toppings.

Notes:

Yields 1 serving.





ULTIMATE ZUCCHINI BREAD

Submitted by Karen in Colorado

Ingredients:

- 2 cups packed zucchini - grated on the large holes of a box grater
- 2 eggs
- 2/3 cup safflower oil (or any neutral oil)
- 1/2 cup brown sugar packed
- 1/2 cup granulated sugar
- 1 tsp vanilla
- 1 1/4 tsp cinnamon
- 1 tsp salt
- 1/8 tsp nutmeg
- 3/4 tsp baking soda
- 1/2 tsp baking powder
- 2 cups flour
- 2 tbsp raw or turbinado sugar

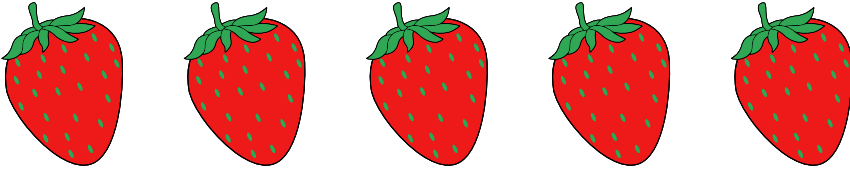
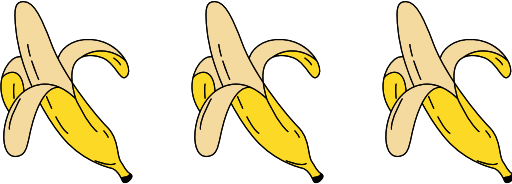
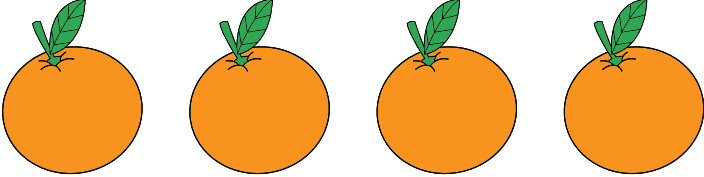
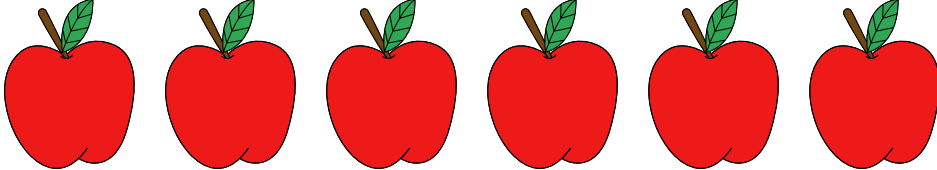
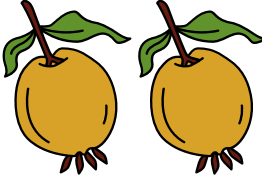
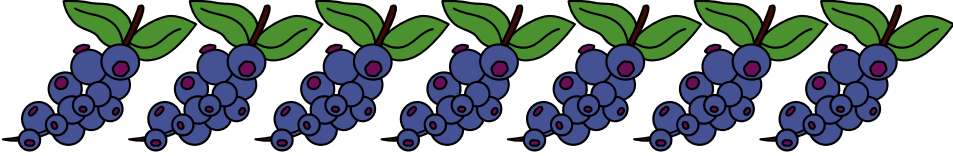

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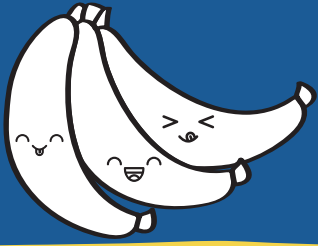
1. Heat oven to 350.
2. Spray loaf pan with cooking spray.
3. Mix grated zucchini with oil, eggs, sugars, vanilla, and salt.
4. Add cinnamon, nutmeg, baking soda, baking powder, and mix to combine.
5. Make sure it's well mixed, and all ingredients are incorporated.
6. Add flour and mix to combine.
7. Pour into a loaf pan and smooth the top.
8. Sprinkle the top of the mixture with the raw/turbinado sugar. This is yummy and makes a nice crust on the top, so don't skimp.
9. Bake for 55 - 60 minutes until a toothpick comes out clean.
10. Let cool completely in pan.

Notes:



Count the fruits



BANANA PUDDING

Submitted by Christina in Virginia

Ingredients:

- 2 cups milk
- 1/4 cup granulated sugar
- 2 egg yolks
- 3 tbsp corn starch
- 1 tsp vanilla
- 1/4 tsp salt
- 2 large bananas for slicing

Directions:

1. Whisk together sugar, cornstarch, salt, milk, vanilla, and egg yolks in a medium saucepan.
2. Cook over medium heat, whisking frequently.
3. Cook until bubbly and mixture thickens, about 6-8 minutes.
4. Remove from heat.
5. Transfer the pudding into a serving bowl or individual cups.
6. Chill to the desired temperature, then place sliced bananas on top and serve immediately.

Notes:

This pudding is a great way to add an extra serving of fruit for the day.





PEANUT BLOSSOMS

Submitted by Parma Montessori in Ohio

Ingredients:

- 1 3/4 cup flour
- 1 tsp baking soda
- 1/2 tsp of salt
- 1/2 cup of sugar
- 1/2 cup of brown sugar
- 1/2 cup shortening
- 1/2 cup peanut butter
- 1 egg
- 2 tbsp of milk
- 1 tsp of vanilla
- Hershey kisses

Directions:

1. Combine flour, baking soda, and salt.
2. Combine shortening, sugars.
3. Add peanut butter, milk, and egg.
4. Stir in flour mixture.
5. Shape dough into balls.
6. Roll ball in sugar.
7. Place on ungreased cookie sheet.
8. Bake 375 for 10 to 12 minutes.
9. Top immediately with a candy kiss and press firmly so the cookie surrounds the edge of the Hershey's kiss.

Notes:

Yields 4 dozen.





CARAMEL MARSHMALLOW RICE KRISPY BALLS

Submitted by Debbie in Ohio

Ingredients:

- 1 bag of large marshmallows
- 1 small can (14 oz.) sweetened condensed milk
- 1/2 cup butter
- 1 bag (14 oz.) caramels
- 7 cups of Rice Krispies cereal (in December, use the festive Holiday Rice Krispies)

Directions:

1. Pour the Rice Krispies into a 9x13 baking pan.
2. In a medium saucepan, melt the caramels, milk, and butter over medium heat.
3. Stir constantly until smooth and creamy.
4. Using a fork or skewer, dip each marshmallow into the caramel mixture. Tap off the excess.
5. Drop it into the Rice Krispies and roll until fully covered. Then roll in your hands to form a smoothly packed ball. Be careful, the caramel is still hot!
6. Place on a cookie sheet lined with parchment paper.
7. After cooled, place in a sealed container to keep fresh.

Notes:

You may have to rinse your hands often as it is a sticky mess. It's easier with two people.





CHOCOLATE CHIP BANANA BREAD

Submitted by Jessica in Pennsylvania

Ingredients:

- 3 ripe bananas
- 1/2 cup butter
- 1/2 cup sugar
- 1 egg
- 1 tsp vanilla extract
- 1 tsp baking soda
- dash of salt
- 1 1/2 cup flour
- 1/2 cup mini chocolate chips

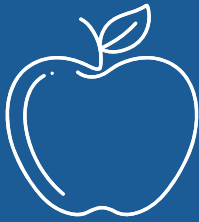
Directions:

1. Preheat oven to 350.
2. Mix together sugar, egg, vanilla, baking soda, and flour until smooth.
3. Add chocolate chips.
4. Pour into a greased pan.
5. Bake for about 50 minutes.

Notes:

This is an easy recipe to make with your children and a favorite with picky eaters who do not like bananas.





FRESH APPLE CAKE

Submitted by Jane in Pennsylvania

Ingredients:

Cake:

- 2 cups of sugar
- 2 eggs
- 2 tsp baking soda
- 2 tsp cinnamon
- 2 cups flour
- 1 tsp vanilla
- 4 cups sliced apples
- 1/2 cup oil (for apples)
- 1 cup chopped nuts (opt.)

Frosting:

- 1 1/2 cups powdered sugar
- 6 oz. cream cheese
- 3 tsp margarine
- 1 tsp vanilla

Directions:

1. Preheat oven to 350.
2. Mix cake ingredients together (be sure to add oil to the apples)
3. Place in 9x13-inch pan
4. Bake for 45-55 minutes
5. Cream frosting ingredients together.
6. Once cake has cooled, frost the cake!

Notes:





SHERBET

Submitted by Christina in Virginia

Ingredients:

- 1 tsp citric acid
- 2 tbsp icing sugar
- 3 tbsp jelly crystals (any flavor you like)
- 1 tsp baking soda

Directions:

1. Gather your ingredients.
2. Measure ingredients into a small bowl.
3. Mix them well.
4. Enjoy!

Notes:

Prep and cook time: 10 mins with the children.





NOTES

A large rectangular area with a blue border, containing horizontal blue lines for writing. A vertical red line is positioned on the left side of the page, creating a margin.

