

Mini Canes Recreational Sports Camp Cookbook 2014



UNIVERSITY OF MIAMI

PATTI & ALLAN HERBERT
WELLNESS CENTER



Table of Contents

Sandwich- Thins Pizza	3
Bisquick Biscuits.....	4
Cake Batter Pancakes	5
Fudge Crinkles	6
Famous Chocolate Chip Cookies	7
Snickerdoodle Cookie.....	8
Holiday Treats.....	9
Potato Chips Cookie	10
Websites	11

SANDWICH THINS PIZZA

What you need:

1 sandwich thins bun (makes 2)

Spaghetti or pizza sauce

Shredded mozzarella cheese

May also be added: pepperoni, olives, peppers, etc.

What you do:

1. Preheat oven to 400°.
2. Open bun, using half for each pizza.
3. Spoon spaghetti sauce on bun.
4. Add toppings you like.
5. Sprinkle cheese on top.
6. Bake about 5-8 minutes until cheese is melted.

BISQUICK BISCUITS

What you need:

2 ¼ cups bisquick mix
3 tablespoon sugar
2/3 cup milk
butter and syrup or jelly

What you do:

1. Heat oven to 450°F
2. Stir ingredients until soft dough forms.
3. Drop dough by spoonfuls onto ungreased cookie sheet.
4. Bake 8 to 10 minutes or until golden brown.
5. Cut biscuit in half. Add butter and syrup.

Cool for 5 minutes.

CAKE BATTER PANCAKES

What you need:

- 1 cup original bisquick mix
- 1 cup Betty Crocker yellow cake mix
- 3 tablespoons candy sprinkles
- 1 cup milk
- 1 teaspoon vanilla
- 2 eggs
- syrup

What you do:

1. Mix pancakes ingredients
2. Pour $\frac{1}{4}$ cupfuls onto heated skillet.

Cook until golden brown

FUDGE CRINKLES

(MAKES 2 DOZEN)

What you need:

- 1 18 ¼ box Devil's Food cake mix (Betty Crocker Super Moist is best)
- ½ cup vegetable oil
- 2 large eggs
- Granulated sugar for rolling

What you do:

- 1 Preheat oven to 350°F.
- 2 Using a spoon, stir dry cake mix, oil, and eggs in a large bowl until dough forms.
- 3 With a little sugar on your hands, shape dough into 1' balls.
- 4 Roll balls in more sugar, and place 2" apart on ungreased cookie sheets.
- 5 Bake for 8 to 10 minutes, or until center is just set.
- 6 Remove from pan after a minute or so and cool on wire racks.

FAMOUS CHOCOLATE CHIP COOKIES

What you need:

2 cups (4 sticks) margarine, warmed to room temperature
2 cups brown sugar
1 ½ cups granulated sugar
2 tablespoons of real vanilla
3 eggs
½ teaspoon salt
½ teaspoon baking soda
6 cups all purpose flour
2 cups real chocolate chips

What you do:

1. Preheat oven to 350°F.
2. In a large mixing bowl, beat brown sugar, margarine and granulated sugar.
3. Add 2 tablespoons vanilla and eggs.
4. In a medium bowl mix the dry ingredients.
5. Combine the dry ingredients and the wet ingredients and mix well.
6. Add chocolate chips.
7. Form rounded teaspoons of dough into balls and place on a cookie sheet, flattening slightly.
8. Bake for 9-10 minutes. Let cool for 5 minutes.

SNICKERDOODLE COOKIE

What you need:

- 3 tbsp. sugar
- 1 tsp. ground cinnamon
- 1 package Classic Yellow Cake Mix
- 2 large eggs
- ¼ cup vegetable oil
- 1 teaspoon vanilla

What you do:

1. Preheat oven to 375 °F. Grease cookie sheets.
2. Combine sugar and cinnamon in small bowl.
3. Combine cake mix, eggs and oil in large bowl. Stir until well blended. Shape dough into 1" balls. Roll in cinnamon-sugar mixture. Place balls 2" apart on cookie sheets. Flatten balls with bottom of glass.
4. Bake at 375 °F for 8 to 9 minutes or until set. Cool one minute on cookie sheets. Remove to cooling rack to cool completely.

HOLIDAY TREATS

What you need:

1 cup all-purpose flour
1/2 cup old-fashioned rolled oats
1/2 teaspoon baking soda
1/4 teaspoon baking powder
1/2 teaspoon salt
4 1/2 ounces (1 stick plus 1 tablespoon) unsalted butter, at room temperature
1 large egg
1/2 teaspoon vanilla extract
1/2 cup chocolate chips
1/2 cup unsweetened shredded coconut
1/4 cup dried tart cherries
Ice cream, for serving (optional)

What you do:

1. Preheat oven to 350 degrees F.
2. In a large bowl, blend together the flour, oats, baking soda, baking powder, and salt. In another large bowl, beat together 4 ounces of the butter and the sugar until fluffy. Beat in the egg, then add the vanilla. Add the flour mixture, incorporating it completely. Stir in the chocolate chips, coconut, and cherries.
3. Grease 2 baking sheets lightly with the remaining 1 tablespoon butter. Take 1 tablespoon portions of batter and drop them onto the cookie sheets 2 to 2 1/2 inches apart. Bake the cookies until

perfectly golden brown, 12 to 15 minutes. Cool the cookies on racks, or serve warm with ice cream.

Potato Chips Cookies

(MAKES 100 COOKIES)

What you need:

4 sticks margarine
2 teaspoons vanilla
1 cup crushed potato chips
1 ¼ cups granulated sugar
3 ¼ cups flour
1 cup chopped pecans (optional)
Confectioner's sugar

What you do:

1. Preheat oven to 350°
2. Combine the margarine and sugar
3. Add the vanilla and then the flour. Mix well
4. Add the potato chips and mix well
5. Using a teaspoon, measure the dough into small balls and place on an ungreased cookie sheet. Bake for 15 minutes.
6. Roll in confectioner's sugar.

Web Sites

www.miami.edu/wellness/camp

(305) 284-8510

Mini Canes Camp

www.discountschoolsupply.com

1-(800) 627-2829

Discount School Supply

www.oriental.com

1-(800) 228-2269

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<http://kidscooking.about.com/od/howtocook/ht/rulesforkidcook.htm>

How To Teach Kids Basic Cooking Rules

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