

Apfelpfannekuchen (Apple Pancakes)

German Children love to make big, thick pancakes filled with apples. Instead of topping them off with maple syrup, they use whipped cream or sweetened sour cream

Here's what you need:

- 1 cup all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- 1 egg
- 1 cup milk
- 2 tablespoons honey
- Butter or margarine
- 1 apple, peeled cored, and thinly sliced
- Whipped Cream or Sweet Cream

Here's what you do:

1. In a large mixing bowl, sift the flour, baking powder, baking soda, cinnamon and salt
2. In a medium-size bowl, beat the egg. Add the milk, oil, and honey and mix well
3. Pour the egg mixture over the flour mixture and stir until smooth. Toss the apple slices into the batter
4. In a large frying pan or skillet, melt a pat of butter or margarine over medium heat. Use a ladle or measuring cup to pour about ¼ cup of the batter into the pan or skillet.
5. When the pancake bubbles, lift it with a spatula and peek underneath. If it looks tan, flip it over. When the other side looks tan, remove the pancake from the skillet. Continue until all the batter is used up. Top with whipped cream and Sweet Cream Topping.

Makes 8 large German pancakes

Banana Nut Bread

- 1/3 cup shortening
- ¾ cup sugar
- 2 eggs
- 1 ¾ cup Publix All Purpose Flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- ½ teaspoon baking soda
- 1 cup mashed ripe bananas
- 1 cup chopped walnuts
- 3 tablespoons milk

Preheat oven to 350 F. In large bowl, cream together milk, shortening and sugar; add eggs and beat well. Sift together flour, baking powder, salt and baking soda and add to creamed mixture; stir until mixed. Stir in bananas and nuts, blending well. Pour into well-greased

9x5x3 inch loaf pan. Bake for about 50 minutes or until done. Remove from pan; cool on rack. Wrap and store overnight

Ironed Sandwiches

Steps:

1. Wash hands
2. Cut slice of bread in half
3. Spread butter on 1 side each slice
4. Get 1 slice of cheese
5. Put cheese between unbuttered sides (butter side out)
6. Fold foil over sandwich
7. Iron both sides until cheese melts and bread is brown

Corn Cakes

These pancakes, made with corn batter, taste great for a Saturday breakfast or lunch

Makes 12 pancakes

Tools:

- Large mixing bowl
- Small mixing bowl
- Measuring spoons
- Long-handled wooden spoon
- Measuring cups
- Egg beater
- Spatula
- Large nonstick frying pan

Ingredients:

- 2 egg whites
- 1 egg
- ¼ skim milk
- ½ cup all-purpose flour
- ½ teaspoon sugar
- 2 cups cooked corn
- ¼ cup plain nonfat or low-fat yogurt

- Spoon
- 2 tablespoons maple or maple-flavored syrup
- 1/8 teaspoon nutmeg

Directions:

1. In a large mixing bowl, beat the egg whites with an egg beater until they are foamy
2. Add to the same mixing bowl the egg, milk, flour baking powder, and sugar. Stir together with a wooden spoon until the dry ingredients are mixed evenly into the wet ingredients
3. Add the corn and stir until it is evenly combined with the batter
4. Place the bowl in the refrigerator for about 30 minutes. Prepare the topping by mixing together the yogurt, nutmeg, and syrup in a small mixing bowl
5. When 30 minutes is up, heat a frying pan to medium-high
6. Drop the batter into the frying pan by large spoonfuls, to form 2-inch to 3-inch circles. Cook until the tops are full of holes and the edges begin to turn golden brown. Flip with the spatula and cook on the other side for about 1 minute. You can keep the pancakes warm in an oven set to 250 degrees while cooking the rest
7. Serve with the yogurt topping

Orange Cooler

Sparkling orange juice

Serves 3

Tools:

- Large pitcher
- Long-handed wooden spoon
- Measuring cups
- Measuring spoon

Ingredients:

- 2 cups unsweetered orange juice
- 2 tablespoons lemon juice, bottled or fresh
- 1 cup seltzer water

Homemade Ice Cream

Ingredients:

- 1 cup whole milk
- 1/2 cup sugar
- Pinch of salt
- Crushed ice cubes
- 1 cup heavy whipping cream
- 1/2 tsp vanilla
- Rock salt
- Coffee cans: (1) Small 12 oz
And (1) Big 39 oz with tight lids

Optional additions to consider:

- 1/2 cup chopped fresh fruit or whole berries
- 1/4 cup chopped nuts
- Crushed candy bars

Directions:

- Pour whole milk and cream into large bowl. Stir
- Sprinkle sugar into mixture, add salt and vanilla. Stir
- Add fruit, nuts or crushed candy
- Pour batter into small coffee can. Leave approx. 2 inches or more between batter and top of can
- Snap lid on can or wrap tape around it for tight seal
- Place small can inside large can and sprinkle about 1 1/2 cups chopped ice around the small can

- Add a couple hands full of rock salt
- Fill, alternating more ice and rock salt
- Place lid on the large can and go outside and “Roll Away” – pushing the can to each other along a sidewalk or porch for about twenty minutes

Homemade ice cream is best when eaten immediately.

Peanut Butter Cookies

Ingredients:

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| - 1 cup all purpose flour | - ½ firmly packed light brown sugar |
| - ½ teaspoon baking soda | - 1 egg beaten |
| - ¼ teaspoon salt | - 1 tablespoon water |
| - ½ cup softened butter or margerine | - ½ teaspoon vanilla |
| - ½ cup granulated sugar | - ¾ cup creamy peanut butter |

Directions:

Heat oven to 325 degrees.

Sift together flour, baking soda and salt, work butter in bowl until creamy. Add sugar and beat until well blended. Add water and peanut butter. Gradually add dry ingredients and beat until smooth.

Drop slightly rounded teaspoonfuls of dough 2 inches apart on cookie sheets, flatten criss-cross style with a fork dipped in flour. Bake 12 to 15 minutes until lightly browned.

Makes 4 dozen cookies

Pita Pizzas

Ingredients:

- 2 loaves of pita bread (whole wheat if possible; or whole wheat english muffins)
- 1 small onion
- 2 fresh mushrooms
- 2 tablespoons canned tomato paste, no salt added
- 2 tablespoons water
- ½ teaspoon dried oregano
- black pepper (optional)
- shredded part skim milk or lite
- mozzarella cheese (or use 2 slices of cheese, shredded)

Directions:

Place the pita loaves (or muffins separated into halves) in a toaster or toaster oven. Toast until golden brown.

While the bread is toasting, cut the ends off of the onion and peel the outer skin. Chop the onion into little pieces (smaller than a raisin).

Wipe the mushrooms with a damp paper towel and slice off the very end part of each item. Slice the mushrooms into about 5 or 6 slices.

Make a tomato sauce by mixing the tomato paste, water, and oregano in a small bowl. Add a dash of black pepper for a spicier pizza.

Put your oven mitts on and place the toasted pita bread (or muffins) on the broiler pan.

Top each with 1 tablespoon of the tomato sauce. Sprinkle with onions, mushrooms, and shredded cheese (or place slice of cheese on top).

Put your oven mitts back on and place the pizzas under the broiler (or a stove or a toaster) about 4 inches away from the heat. Broil until cheese melts, about 4 to 5 minutes.

Dinosaur Bones

Ingredients:

- 1 cup peanut butter
- 1 cup dry milk
- 2 tablespoons honey
- Graham Crackers, finely crushed

Directions:

Combine peanut butter and dry milk

Add honey and mix well

Divide into equal size portions

After shaping “bones”, sprinkle them with graham cracker crumbs

Pretzels

Ingredients:

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| -1 tablespoon yeast | -1 teaspoon salt-baking sheet covered in non-stick spray |
| -1/2 cup warm water | -cutting board sprinkled with flour |
| -1 teaspoon honey | -oven preheated to 325 degrees F |
| -1 1/3 cups flour | |

Directions:

Put the yeast in a small bowl with the water and honey. Stir a little, then let the mixture sit for 5 minutes.

Mix the flour and salt in a medium-sized bowl

After the 5 minutes is up, check on the yeast mixture. It should be bigger than before, and a little bubbly. Add this mixture to the flour and salt mixture.

Stir everything together. Use a spoon to start. Finish by using hands! The dough is ready when it's still a little crumbly and flaky.

Put the dough on the cutting board and knead it like you are playing with clay. Knead it into one big ball.

Break off a piece of dough that's about the size of a big gumball or superball. Use your hands to roll it into a snake.

Twist the snake into a pretzel shape, and put it on the cookie sheet. Do this with all the dough. What kind of other shapes can you create?

Bake your pretzel for 10 minutes. Let them cool and enjoy a crunchy, satisfying snack.

Real Tortilla Chips

Ingredients:

- 4 corn tortillas
- 2 tablespoons (30 ml) vegetable oil salt
- Salt
- Salsa Fresca or Guacamole

Directions:

Preheat oven to 400 degree. Place the tortillas one at a time, on a cutting board. Cut them, pie-style, into 6 triangles.

Pour the oil onto a small plate. Lightly brush oil on both sides of the triangles with a pastry brush or a spoon. Arrange the triangles in a single layer on a baking sheet.

Bake the tortilla chips for 4 to 5 minutes or until golden brown and crispy. Watch closely, tortillas cook fast in hot ovens. Remove baking sheet from oven, and sprinkle the tortilla chips with salt. Cool and then serve with Salsa Fresca or Guacamole.

Roll-Ups

Ingredients:

- 8 slices whole-grain bread
- 1/2 cup fruit spread
- 2 tablespoons walnuts
- 1 teaspoon cinnamon

Directions:

Preheat the oven to 300 degrees.

With a large serrated knife, cut the crusts from the bread and lay the slices flat on your work area. Flatten the bread by rolling the rolling pin several times over each slice.

With a butter knife, spread 1 tablespoon of fruit spread on each of the bread slices.

Place the walnuts in a plastic bag. Place the bag on a cutting board. Roll the rolling pin over the bag until the walnuts are crushed.

Sprinkle the cinnamon and the crushed walnuts on top of the jam.

Roll-up the bread and place seam side down on a non-stick cookie sheet. (If using a regular cookie sheet, grease it lightly by spraying with vegetable oil spray).

Put on your oven mitts, open the oven door, and place the pan in the middle of the center rack. Set the timer for 20 minutes. Cool the roll-ups to room temperature before eating.

Sweet Potato Cookies

Ingredients:

-2 ½ cups all purpose flour	-1/4 cup sugar
-1 ½ teaspoons baking powder	-1 tablespoon grated lemon peel
-1/2 teaspoon baking soda	-1 teaspoon nutmeg
-1/4 teaspoon salt	-1/4 honey
-½ cup butter or margarine	-1 egg
-1 cup grated, raw sweet potato	

Directions:

Preheat oven to 350 degrees.

Sift the flour, baking powder, baking soda, and salt into a medium-size mixing bowl. Set aside

Cream the butter or margarine with the sugar in a large mixing bowl. Mix in the lemon peel, nutmeg, honey, and egg. Then stir in the grated sweet potato.

Blend the flour mixture into the sweet potato mixture.

Place rounded teaspoons of the cookie dough onto an ungreased cookie sheet. The cookies should be spaced at least $\frac{1}{2}$ inch apart.

Bake for 7 minutes. Remove cookies from the sheet and cool on a rack.