



Cookbook

1999



PATTI AND ALLAN HERBERT
wellness center
UNIVERSITY OF MIAMI

Peanut Butter Logs

1 cup peanut butter
2 tablespoons margarine
1 ¼ cups confectioner's sugar
3 cups crispy rice cereal
Crushed graham crackers

What to do:

Blend peanut butter, margarine and sugar. Add cereal, crushing slightly; Shape into three logs. Roll into crumbs. Wrap in foil or plastic wrap. Chill.

Delicious Damper

2 cups all-purpose flour
4 teaspoons baking powder
½ teaspoon salt
¾ to 1 cup milk
¼ cup sugar

What to do:

1. Preheat oven to 375. Grease a cookie sheet.
2. Sift flour, baking powder, and salt into large mixing bowl. Add sugar.
3. Add the milk and stir until you get a soft dough.
4. Form the dough into a big ball with your hands. Place it on the cookie sheet.
5. Bake for 30 to 35 minutes or until the bread sounds hollow when tapped on the bottom.

Parmesan Vinaigrette Salad Dressing

Recipe of Haley Korn Field- Fusion

1 ¼ cup extra virgin olive oil
2 tablespoons red wine vinegar
2 tablespoons freshly squeezed lemon juice
2 tablespoons freshly grated parmesan cheese
1 teaspoon dijon mustard
½ teaspoon minced garlic
¼ teaspoon ground black pepper
1 dash of salt

What to do:

In small bowl whisk together, taste, and adjust seasonings.

Ice Cream in a Bag

½ cup milk
½ tablespoon sugar
¾ tablespoon vanilla
Ice
6 tablespoons rock salt
1 large freezer bag
1 small freezer bag

What to do:

1. Put first 3 ingredients into a small bag and close (milk, sugar, and vanilla).
2. Put ice into large bag until the bag is half full.
3. Add salt to the ice
4. Put the small bag into the large bag and seal the large bag.
5. Shake the bags for five minutes
6. Put in freezer for a few minutes until thick like ice cream.

Elephant Ears

¼ cup of margarine
1 cup all purpose flour
2 tablespoons of sugar
½ teaspoon of baking powder
½ teaspoon salt
1/3 cup milk
3 tablespoons of sugar
1 teaspoon cinnamon sugar

What to do:

1. Heat oven to 425.
2. Grease cookie sheet.
3. Melt margarine. Set aside.
4. Mix flour, 2 tablespoons sugar, baking powder, and salt.
5. Stir in milk and melted margarine until dough forms.
6. Put dough on floured surface. Knead 10 times.
7. Roll or pat dough into a rectangle 9 x 5 inches. Brush with melted margarine, sprinkle with 3 tablespoons of sugar and cinnamon.
8. Roll dough tightly beginning at narrow end.
Pinch edge of dough into roll to seal.
10. Cut into 6 equal pieces. Place cut piece up on cookie sheet. Pat each into a 5 inch circle.
Sprinkle with sugar.
11. Bake until golden brown. 8 to 10 minutes. Remove immediately from cookie sheet. Cool on wire rack.

Treasure Hunt Pudding

2 cups cold milk
1 pkg. (4 serving size) instant pudding any flavor
Items for buried treasure: Miniature marshmallows, Chocolate chips, Gummy bears, Cereal,
Broken Cookies

What to do:

1. Choose treasures to bury. A teaspoon of each.
2. Put the treasure in the bottom of a paper cup.
3. Pour two cups of milk into the shaker. Add the pudding mix.
4. Put the lid on tightly
5. Shake very hard for a few minutes
6. Spoon the pudding over the treasures
7. The pudding will be ready in 5 minutes

Cowpoke Cakes

Frozen pancake mix or homemade mix
4 tablespoons vegetable oil
Butter, warm syrup or jam
Strawberry and parsley sprig, optional

Electric skillet, griddle or large trying pan
Clean squeeze bottle
Large spoon
¼ measuring cup
Spatula

What to do:

1. Thaw the frozen pancake batter (according to directions).
 2. Pour the oil into the electric skillet.
 3. Turn the electric skillet on medium heat.
 4. Spoon the pancake batter into the squeeze bottle. (This can be a very messy job.)
 5. Squeeze the batter in the shape of a letter into the skillet.
 6. When the letter has lightly browned on the bottom side, pour about ¼ cup of batter over the top of it. Cook the design cake until bubbles show edges are dry.
 7. Turn the cowpoke cake over to cook the other side.
 8. Carefully remove the cowpoke cake from the skilled with the spatula.
 9. Place the cowpoke cake on the serving plate with the design side showing. If desired. Decorate the top of the cake with strawberry and parsley. Serve with butter, warm syrup or jam.
- * Spell a word, name or message with pancakes. Create one letter for each pancake and then spread the cakes out on a place or platter to be read and enjoy.

Graham Cracker Aquarium

1 graham cracker per child
Peanut butter
Cheerios
Pepperidge Farm goldfish crackers

What to do:

1. Spread the peanut butter over one side of the cracker
2. Crumble a few cheerios and press into the bottom of the cracker. This is the sand.
3. Stick the goldfish on their side with peanut butter, on the cracker.
4. Take a few cheerios and stick with peanut butter above the goldfish to make air bubbles.

Cheesy Quesadillas

Pat of butter
1 flour tortilla
¼ cup grated cheese
Salsa

What to do:

1. In a frying pan, melt the butter over medium heat.
 2. Set the tortilla in the pan and sprinkle with the cheese. Fold the other half over the cheese to form a half circle.
 3. Cook for about 2 minutes or until the tortilla browns. Use a spatula to flip the tortilla over. Cook for another 2 minutes or until it browns. If you want, serve with salsa.
- * Makes 1 Mexican grilled cheese sandwich.

Personal Pizza

Canned biscuits (1 per child)
Spaghetti or pizza sauce
Mozzarella cheese, grated
Pepperoni or ground beef
Cut vegetables, such as
 Mushrooms
 Onions
 Olives
 Green peppers
 Tomatoes
Anchovies may also be added

What to do:

1. Flatten hands.
2. Flatten the canned biscuit very thin. Use your palm to mash.
3. Place on foil baking sheet.
4. Spread the pizza sauce on the biscuit
5. Put on toppings you like
6. Sprinkle the grated cheese on top.
7. Bake at 400 degrees until biscuit is done, about 10 minutes.

Peanut Butter Cups

- 2 sticks margarine, melted
- 1 ½ cups graham cracker crumbs (about 10 toll crackers)
- 1 cup peanut butter
- 2 cups confectioners' sugar
- 1 large bag chocolate chips (11 ounces)

What to do:

1. Mix the melted margarine, graham crackers, peanut butter and confectioners' sugar together.
2. Pat into a 9 x 13 inch pan.
3. Melt the chocolate in the microwave or in the top of a double boiler. Spread melted chocolate over crumb mixture.
4. Refrigerate and cut into squares.

Option:

You can make these in small muffin cups instead, placing the crumb mixture on the bottom of each cup and toppings with the chocolate.

Cart Wheels

- 1 ½ cups all purpose flour
- ½ cup margarine, softened
- ¼ cups powdered sugar
- ½ teaspoon baking powder
- 2 tablespoons milk
- About 1 cup jam (any flavor)

What to do:

1. Heat oven to 375.
2. Mix flour, margarine, powdered sugar and enough milk until dough forms. (If dough seems dry, mix in more milk, 1 teaspoon at a time.)
3. Divide the dough into 6 equal parts. Shape each part into a ball. Place on an ungreased cookie sheet, flatten slightly. Make an indentation in the center of each flattened ball. Fill each indentation with about 2 tablespoons of jam.
5. Bake until the edges begin to brown, 20 to 25 minutes.

Carrot Cookies

½ cup shortening	¼ teaspoon baking soda
1 cup grated raw carrots	¼ teaspoon salt
1 cup honey	½ teaspoon nutmeg
2 teaspoons vanilla	2 cups oatmeal
2 eggs, well beaten	1 cup raisins
2 cups flour	1 cup chopped nuts
2 teaspoons baking powder	

What to do:

1. In a large bowl. Cream shortening; stir in carrots, then honey and eggs; gradually stir in flour, baking powder, soda, salt cinnamon, nutmeg, oatmeal, raisins, and nuts.
2. Drop from teaspoon onto baking sheet. Flatten slightly and bake at 350 for 10 minutes or until browned. Make about 6 dozen small cookies.

Peace Cookies

1 ½ cups margarine
2 ½ cups brown sugar
2 eggs
2 cups flour
2/3 cup milk
3 teaspoons vanilla
1 teaspoon baking soda
½ teaspoon salt
6 cups oatmeal

What to do:

1. Cream together margarine and sugar.
2. Beat in eggs, milk and vanilla. The batter will look curdled.
3. In another bowl, stir together the baking soda, salt, oatmeal and flour.
4. Gradually add to the egg mixture.
5. Chill several hours.
6. Drop by teaspoonfuls onto a cookie sheet. Flatten each cookie with the bottom of a glass dipped in sugar.
7. Decorate the cookies for someone else to eat. Use raisins, chocolate chips, m and m's, and nuts to make each cookie special. Make 2 cookies one to each, one to share.
8. Bake at 350 for about 12-15 minutes. Makes about 5 dozen cookies.

Honey Bee Cookies

½ cup margarine, softened
½ cup packed brown sugar
½ cup honey
1 egg
1 ½ cups all purpose flour
½ teaspoon each: baking soda, salt and cinnamon

What to do:

1. Heat the oven to 375.
2. Beat margarine, brown sugar, honey, and egg in a medium bowl on medium speed, scraping bowl constantly, until smooth. Stir in remaining ingredients.
3. Drop the dough by teaspoonfuls onto sheet.
4. Bake until set and light brown around the edges (surface of cookies will appear shiny), 7-9 minutes. Let stand 3-5 minutes before removing from cookie sheet onto a wire rack.

Berry Bonanza Smoothy

1 container “fruit on bottom yogurt”
1 sliced banana
8-10 frozen berries (use a variety: strawberries, raspberries, blueberries, etc.)
Enough orange juice to cover ingredients

What to do:

Blend until smooth and creamy.

Peanut Butter Banana Blast Smoothy

2 cups milk
2 frozen, sliced bananas
2 tablespoons peanut butter
1 big squeeze of chocolate sauce (optional)

What to do:

Blend until smooth and creamy.