

# MINI CANES



## Recreational Sports Camp

**Cookbook  
2003**



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## Biscuit Pizza

1 canned biscuit  
Spaghetti or pizza sauce  
Shredded mozzarella cheese  
Pepperoni

May also be added:

Olives, tomatoes, mushrooms, onions, green peppers, chicken, ham, ground beef

**Preheat** oven to 400 degrees.

Flour hands, Flatten biscuit using palm to mash. Place on aluminum foil. Spoon spaghetti sauce on biscuit, add the toppings you like, and sprinkle grated cheese on top of sauce.

**Bake** about 10 minutes or until biscuit is done.

## Potato Chip Cookies

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

**Preheat** oven to 350 degrees.

**Combine** margarine and sugar. Add flour and vanilla; fold in chips. Round into small balls and put on ungreased cookie sheet.

**Bake** 15 minutes until lightly browned. Sift confectioners sugar over top if desired. Makes 100 cookies.

## Gumdrop Cookies

1 cup brown sugar  
1 cup white sugar  
½ cup of Crisco (vegetable shortening)  
2 eggs beaten  
1 cup gumdrops  
1 teaspoon salt  
1 teaspoon baking soda  
1 teaspoon baking powder  
2 cups oatmeal  
2 cups flour  
1 teaspoon vanilla

**Preheat** oven to 350-375 degrees.

**Combine** sugars, shortening, and margarine. Add eggs and the rest of the ingredients. Drop by teaspoonfuls on greased cookie sheet.

**Bake** 7-10 minutes

## Circus Crunch

¼ cup margarine, melted  
1 tablespoon worcestershire sauce  
½ cup crispy corn Chex cereal  
½ cup unsalted roasted peanuts, chopped  
¼ cup raisins  
1/8 teaspoon garlic or onion powder

**Preheat** oven to 325 degrees.

**Combine** margarine with worcestershire sauce and set aside. In a large bowl, combine remaining ingredients. Drizzle margarine mixture over cereal and toss well. Spread on a large baking sheet and bake, stirring occasionally, until lightly toasted, about 25-30 minutes.

These may be refrigerated in an airtight container for up to 2 weeks or frozen for up to 3 months.

## Sweetheart Pancakes

- 1 3-ounce package any red flavor sugar-free Jell-O
- 1 ½ cups prepared pancake batter
- ½ cup mashed banana
- Vegetable oil spray

**Combine** gelatin and prepared pancake batter in a bowl. Mix together well. Stir in banana puree. Cook pancakes in a skillet lightly sprayed with vegetable oil spray over medium-high heat for a few minutes on each side, until lightly browned (but still pink). Serve to your loved ones on Valentine's Day, a special birthday, or any day.

## Moo, Oink, and Squeal Muffins

- |   |                             |
|---|-----------------------------|
| Vegetable oil spray or paper liners     | 1 cup applesauce            |
| 1 ½ cups oats                           | ½ cup skim milk             |
| 1 ¼ cups flour                          | 3 tablespoons vegetable oil |
| ¾ teaspoon ground cinnamon              | 1 egg white                 |
| 1 teaspoon baking powder                |                             |
| ¾ teaspoon baking soda                  |                             |
| 1/3 cup firmly packed light brown sugar |                             |

**Preheat** oven to 400 degrees.

Spray a 12-cup muffin tin with vegetable oil spray or line cups with paper liners.

**Combine** oats, flour, cinnamon, baking powder, and baking soda in a bowl and mix well. Add remaining ingredients and mix just until moistened. Fill cups almost full.

**Bake** for 20-25 minutes, until golden brown.

## Double-Chocolate Dream Cookies

|   |  |
|---|--|
| 2 ¼ cups all-purpose flour                        | 1 cup packed brown sugar   |
| ½ cup Nestle Toll House baking cocoa              | ¾ cup granulated sugar   |
| 1 tsp. baking soda                                | 1 tsp. vanilla extract   |
| ½ tsp. salt                                       | 2 large eggs   |
| 1 cup (2 sticks) butter or margarine,<br>softened | 2 cups (12 oz.) Nestle Toll<br>House Semi-Sweet<br>Chocolate Morsels |

**Preheat** oven to 375 degrees.

**Combine** flour, cocoa, baking soda and salt in small bowl. Beat butter, brown sugar, granulated sugar and vanilla extract in large mixer bowl until creamy. Beat in eggs for about 2 minutes or until light and fluffy. Gradually beat in flour mixture. Stir in morsels. Drop by rounded tablespoon onto ungreased baking sheets.

**Bake** for 8 to 10 minutes or until cookies are puffed. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely.

## Festive Drop Sugar Cookies

|                                   |                                 |
|-----------------------------------|---------------------------------|
| 2 ½ cups sifted all-purpose flour | 1 teaspoon vanilla extract      |
| ½ teaspoon baking soda            | ¼ teaspoon almond extract       |
| ¼ teaspoon salt                   | 2 tablespoons milk              |
| 1 cup (2 sticks) butter           | Red and/or green sugar crystals |
| 1 egg                             |                                 |

**Preheat** oven to 400 degrees.

Grease several baking sheets.

**Combine** sifted flour, baking soda and salt, set aside. Cream butter and sugar until light and fluffy. Beat in egg, vanilla and almond extracts. Add flour mixture and beat until smooth; blend in milk. Drop by teaspoonfuls about 3 inches apart onto baking sheets. Flatten with bottom of glass that has been dipped in colored sugar crystals.

**Bake** for 10 minutes or until edges are lightly browned.

## Vanilla Butter Cookies

1 cup softened butter  
1 cup granulated sugar  
1 egg  
1 tablespoon vanilla extract  
2 cups all purpose flour  
¼ teaspoon salt

**Preheat** oven to 350 degrees.

**Combine** softened butter and sugar until light and fluffy. Add egg; beat well. Blend in vanilla; add flour and salt to the creamed mixture. Drop by rounded teaspoonfuls onto ungreased cookie sheets.

**Bake** for 10-12 minutes or until golden brown.

## Cheesy Quesadillas

Pat of butter  
1 flour tortilla  
¼ cup grated cheese

In a frying pan, melt the butter over medium heat. Set the tortilla in the pan and sprinkle with the cheese. Fold the other half over the cheese to form a half circle. 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 brown.

# Play Dough Picture Recipe

1 cup flour  
½ cup salt  
1 cup water  
2 teaspoon cream of tartar  
1 tablespoon cooking oil

**Combine** all ingredients.

**Cook** over medium heat stirring constantly. When mixture forms a doughy lump, pour out onto the table and knead.

**Store** in an airtight container.



# Web Sites

**[www.miami.edu/wellness/camp](http://www.miami.edu/wellness/camp)**

[www.makingfriends.com](http://www.makingfriends.com)

[www.geocities.com/Heartland/Flats/1894/beadie.htm](http://www.geocities.com/Heartland/Flats/1894/beadie.htm)

[www.earlychildhood.com](http://www.earlychildhood.com)

[www.auntannie.com](http://www.auntannie.com) (rainy day projects)

[www.craftsforkids.com](http://www.craftsforkids.com)

[www.Yahooligans.com](http://www.Yahooligans.com)

[www.preschoolbystormie.com](http://www.preschoolbystormie.com)

[www.gustown.com](http://www.gustown.com)

[www.acmoore.com](http://www.acmoore.com)

[www.deltacrafts.com](http://www.deltacrafts.com)

[www.mccormick.com](http://www.mccormick.com)

[www.Kidsdomain.com/holiday/gifts/index.html](http://www.Kidsdomain.com/holiday/gifts/index.html)

[www.thepartyworks.com](http://www.thepartyworks.com)

[www.childfun.com](http://www.childfun.com)

[www.Jo-AnnFabrics.com](http://www.Jo-AnnFabrics.com)

[www.studyisland.com](http://www.studyisland.com)

[www.pinkmonkey.com](http://www.pinkmonkey.com)

[www.library.thinkquest.org/J002344](http://www.library.thinkquest.org/J002344)

[www.coolmath.com](http://www.coolmath.com)

[www.craftopia.com](http://www.craftopia.com) (craft supplies and projects)

[www.sculpey.com](http://www.sculpey.com) (clay projects and ideas)

[www.yasutomo.com](http://www.yasutomo.com)

[www.i-craft.com](http://www.i-craft.com)

[www.uchida.com](http://www.uchida.com)

[www.thermoweb.com/consumer.html](http://www.thermoweb.com/consumer.html)

[www.cheerios.com](http://www.cheerios.com)

[www.familyfun.go.com](http://www.familyfun.go.com)

[www.freepatterns.com](http://www.freepatterns.com)

[www.maryellenhopkins.com](http://www.maryellenhopkins.com)

[www.Anniesattic.com](http://www.Anniesattic.com)

[www.SSWW.com](http://www.SSWW.com)

[www.crayola.com](http://www.crayola.com)

[www.learningplanet.com/](http://www.learningplanet.com/)

## Web Sites

[www.urbanext.uiuc.edu/schools/](http://www.urbanext.uiuc.edu/schools/) (curriculum materials K-12)

[www.mrsabc.com](http://www.mrsabc.com) (spelling phonics and vocabulary)

[www.teachnet.com/](http://www.teachnet.com/) (lesson idea recipes, folding puzzles)

[www.Jell-O.com](http://www.Jell-O.com) (recipes)

[www.scholastic.com](http://www.scholastic.com)

[www.Janbrett.com](http://www.Janbrett.com)

[www.abcteach.com](http://www.abcteach.com) (supplement to classroom curriculum)

[www.oriental.com](http://www.oriental.com)

Oriental Trading Company 1-800-228-2269

[www.guidecraft.com](http://www.guidecraft.com)

Guild Craft, Inc. 1-800-345-5563

[www.snswwide.com](http://www.snswwide.com)

S & S Arts and Crafts Company 1-800-243-9232