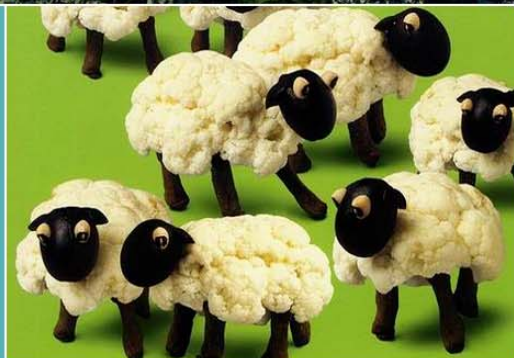


# Mini Canes Recreational Sports Camp

# 2011 COOKBOOK



*Have fun with food!*

**Mini Canes Recreational Sports Camp**

# 2010 COOKBOOK



**15 Years of Fun In The Kitchen!**

# Table of Contents

<b>Table of Contents</b> .....	<b>1</b>
<b>Personal Pizza</b> .....	<b>2</b>
<b>Fabulous French Toast</b> .....	<b>3</b>
<b>Chocolate Chips Cookies</b> .....	<b>4</b>
<b>Blueberry Oatmeal Squares</b> .....	<b>5</b>
<b>S</b> .....	<b>6</b>
<b>Oatmeal Cookies and dried Cranberries</b> .....	<b>7</b>
<b>Monkey Bread</b> .....	<b>8</b>
<b>Websites</b> .....	<b>9</b>

## Personal Pizza

### **What you need:**

- 1 Sandwich thins roll
- spaghetti or pizza sauce shredded mozzarella cheese pepperoni.

May also be added:

Olives  
Tomatoes.  
Mushrooms  
Onions  
Green Peppers  
Chicken  
Ham

### **What you need:**

1. Preheat oven to 400°
2. Aluminum foil.
3. Spoon sauce on sandwich thin.
4. Add Toppings.
5. Sprinkle shredded cheese on top
6. Place on cookie sheet and put in oven.
7. Cook until cheese melts

# Fabulous French Toast

**Prep Times: about 15 minutes:**

**Ingredients:**

- 1 egg
- ¼ c. milk
- Dash of vanilla extract
- 1 tbsp. margarine
- 2 pieces of bread

**Utensils:**

- medium-size bowl
- mixing spoon
- frying spoon
- frying pan
- stove (you'll need help from your adult assistant)
- spatula
- serving plate
- measuring cups and spoons

**Directions:**

1. Crack the egg into a medium-size bowl and beat well. Then mix in the milk and vanilla extract.
2. Put the margarine in a frying pan. Heat the pan on the stovetop on medium heat. It's hot enough when the margarine starts to bubble.
3. Dunk each piece of bread in the egg mixture. Make sure the bread is totally covered.
4. Cook the bread in the frying pan on low heat until the underside is light brown (about 5 minutes).
5. Use a spatula to flip the bread over, and cook again for another 5 minutes.
6. Use the spatula to transfer the French toast to a plate.

# Chocolate Chip Cookies

## Ingredients:

- $\frac{3}{4}$  cup rolled oats
- 1 cup whole-wheat flour
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  cup butter, softened
- $\frac{1}{4}$  cup canola oil
- $\frac{1}{3}$  cup granulated sugar
- $\frac{1}{3}$  cup brown sugar
- 1 large egg
- 1 teaspoon vanilla extract

## Preparation:

1. Preheat oven to 350° F. Coat 2 baking sheets with cooking spray.
2. Grind Oats in blender or food processor. Transfer to a medium bowl and stir in flour, baking soda and salt. Beat butter in a large bowl with an electric mixer until fluffy. Add oil, granulated sugar, brown sugar, egg and vanilla, beat until smooth and creamy. With the mixer running, add the dry ingredients, beating on low speed until just combined. Stir in chocolate chips.
3. Drop the dough by heaping teaspoonfuls, at least 1 inch apart, onto the prepared baking sheets. Bake cookies, 1 sheet at a time, until firm around the edges and golden on top, about 15 minutes. Cool the cookies for 2 minutes on the baking sheets, then transfer to wire racks to cool completely.

# Blueberry Oatmeal Squares

**Prep and cook time:** 25 minutes

## **What you need:**

- 1 ½ cups

1 ½ cups quick oats  
1 ½ cup whole- wheat flour  
½ teaspoon baking soda  
½ teaspoon salt  
2 teaspoons cinnamon  
½ cup fresh or frozen blueberries  
1 egg  
1 cup skim milk  
3 tablespoons apple sauce  
¼ cup brown sugar  
2 teaspoons vanilla extract

## **Equipment and Supplies:**

- Large mix bowl
- 9 x 13- inch baking pan
- Measuring cups and spoons
- 

## **What to do:**

1. **Preheat** oven to 350° F.
2. Coat baking pan with cooking spray.
3. Place all of the ingredients into a large bowl and mix until just combined.
4. Pour into prepared pan and bake for 20/25 minutes or until a toothpick inserted into the center comes out clean.
5. Allow to cool for 5 minutes and cut into squares.

## M

1 refrigerator biscuit  
1 tablespoon granulated sugar  
1 teaspoon ground cinnamon  
1 teaspoon margarine/butter  
Nuts, if desired

**Preheat** oven to 400 degrees

Cut refrigerator biscuit into 6 pieces. Roll each piece into a ball. Roll balls in cinnamon/sugar mixture. Place in muffin cup. Add nuts if you like. Sprinkle sugar mixture on top. Put margarine on top.

**Bake** for 15 minutes



## *Web Sites*

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

(305) 284-8510

Mini Canes Camp

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

1-(800) 627-2829

Discount School Supply

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

1-(800) 228-2269

Oriental Trading Company

<http://lboondogleman.com>

Lanyards

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

How To Teach Kids Basic Cooking Rules

2009 About.com,Inc., a part of The New York Times Company. All rights reserved.