

MINI CANES RECREATIONAL SPORTS CAMP



COOKBOOK 2013



Table of Contents

Personal Pizza.....	3
Sugar Dipped Butter Cookies.....	3
A Better Oatmeal Cookie.....	4
Pancakes.....	5
Cinnamon Apple Muffins	6
Original Toll House Cookies.....	7
Dutch Apple Loaf.....	8
Potato Chips.....	9
Websites.....	10

Personal Pizza

What you need:

- Sandwich thin roll (Makes 2)
- Pizza sauce or spaghetti sauce
- Grated mozzarella cheese
- Toppings of your choice

What you do:

1. Place half of roll on aluminum foil.
2. Spread sauce on roll.
3. Add toppings, and then sprinkle cheese on top.
4. Bake at 400 degrees Fahrenheit until cheese is melted.

Sugar Dipped Butter Cookies

What you need:

- 2 cups of granulated sugar
- $\frac{3}{4}$ cup unsalted butter, softened
- 1 egg
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- $\frac{1}{4}$ teaspoon salt
- Water

What you do:

1. Combine 1 cup sugar and $\frac{3}{4}$ cup butter in a large bowl. Mix until creamy.
2. Add egg and mix until blended.
3. Add flour, baking powder and salt. Beat until well mixed.
4. Place remaining 1 cup sugar in a small bowl. Shape dough into 1-inch balls. Dip top of each ball in water and then in sugar. Place 2 inches apart onto parchment paper lined cookie sheet.
5. Bake at 375 degrees Fahrenheit for 8-14 minutes or until browned.

A Better Oatmeal Cookie

What you need:

½ cup raisins
½ cup sifted flour
½ cup sugar
½ teaspoon salt
1 teaspoon baking powder
1 teaspoon cinnamon
¼ teaspoon nutmeg
1 egg
1 teaspoon vanilla extract
¼ cup butter, melted
3 cups quick oats

What you do:

1. In a large bowl, mix all the dry ingredients until evenly blended.
2. Place raisins in a small bowl, cover with water or apple juice and let them soak for 15 minutes
3. Set aside 3 tablespoons of the liquid from the bowl of raisins, then drain the raisins discarding the liquid
4. Beat the egg in a medium bowl. Stir in the vanilla, melted butter and reserved raisin liquid.
5. Mix egg in flour mixture. Mix well and add oats and raisins.
6. Use a tablespoon or cookie scoop to place dough on cookie sheet. Bake at 350° for 16 minutes.

Pancakes

What do you need:

Pancake mix

Any ingredients (the mix calls for fruit of your choice)

Syrup

Butter

What do you need:

1. Place mix in bowl. Add milk and beat until large lumps disappear scrape bowl. Allow batter to rest a few minutes before using.
2. Portion a scoop of batter on to a preheated, lightly greased griddle.
3. Cook about 1 ½ minutes for each side or until pancakes begin to rise and bubble.
4. Fruit may be added when batter is placed in griddle.

Cinnamon Apple Muffins

What you need:

- 1 cup Aunt Jemima Pancake Mix
- 1 cup all-purpose flour
- 1 1/3 brown sugar, packed
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1 medium apple, peeled, chopped
- 1 cup 2% milk
- 1/3 cup vegetable oil
- 1 egg, slightly beaten
- 1 1/2 teaspoons vanilla extract

Topping:

- 1 tablespoon + 1 teaspoon granulated sugar
- 1/2 teaspoon ground cinnamon

What you do:

1. Line 12 muffin cups with paper baking cups
2. For muffin, combine pancake mix, flour, brown sugar, baking powder and cinnamon in a medium bowl.
3. Mix in apples until well combined.
4. In a small bowl, combine milk, oil, egg and vanilla; add to flour mixture:
Mix just until dry ingredients are moistened.
5. Fill muffin cups 3/4 full.
6. For topping, combine sugar and cinnamon. Sprinkle heaping 1/4 teaspoon over each muffin.
7. Bake at 400° for 18-20 minutes.
8. Cool 2 minutes in a pan. Remove to cooling rack.

Original Toll House Cookies

What you need:

- 2 1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup (2 sticks) butter, soft
- 3/4 cup granulated sugar
- 3/4 cup light brown sugar, packed
- 1 teaspoon of vanilla extract
- 2 eggs
- 2 cups of chocolate chips

What do you do:

1. Combine flour, baking soda and salt in a small bowl.
2. Beat butter and sugar in a large bowl until creamy. Add vanilla
3. Add eggs, one at a time
4. Gradually beat in the flour mixture and add chocolate chips and mix well
5. Drop by rounded tablespoon onto parchment-lined cookie sheet
6. Bake at 375° for 8-11 minutes or until golden brown. Cool on baking sheet for 2 minutes.

Dutch Apple Loaf

Ingredients:

- ½ cup butter, softened
- 1 cup sugar
- 2 eggs
- ¼ cup buttermilk
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 1 ½ teaspoons baking powder
- ½ teaspoon salt
- ¼ teaspoon baking soda
- 2 cups diced peeled tart apples
- ½ cup raisins or chocolate chips
- **TOPPING:**
- ¼ cup sugar
- ¼ cup all-purpose flour
- 2 teaspoons ground cinnamon
- ¼ cup cold butter, cubed

Directions

- In a large bowl, cream butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in buttermilk and vanilla. Combine the flour, baking powder, salt and baking soda; gradually add to creamed mixture. Fold in apples and raisins or chocolate chips. Pour into a greased 9-in. loaf pan.
- For topping, combine the sugar, flour and cinnamon. Cut in butter until mixture resembles coarse crumbs. Sprinkle over batter.
- Bake at 350° for 55-60 minutes or until toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to wire rack.
- Yield: 1 loaf (16 slices).

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.

Website

www.miami.edu/wellness/camp

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Mini Canes Camp

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How To Teach Kids Basic Cooking Rules

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