

MINI CANES



Recreational Sports Camp

**Cookbook
2003**



Table of Contents

B iscuit Pizza.....	1
P otato Chip Cookies.....	1
G umdrop Cookies.....	2
C ircus Crunch.....	2
S weetheart Pancakes.....	3
M oo, Oink, and Squeal Muffins.....	3
D ouble-Chocolate Dream Cookies.....	4
F estive Drop Sugar Cookies.....	4
V anilla Butter Cookies.....	5
C heesy Quesadillas.....	5
P lay Dough Picture Recipe.....	6
W ebsites.....	7-8

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 $\frac{1}{4}$ cup sugar
3 $\frac{1}{4}$ 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, softened	2 cups (12 oz.) Nestle Toll House Semi-Sweet 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

www.makingfriends.com

www.geocities.com/Heartland/Flats/1894/beadie.htm

www.earlychildhood.com

www.auntannie.com (rainy day projects)

www.craftsforkids.com

www.Yahooligans.com

www.preschoolbystormie.com

www.gustown.com

www.acmoore.com

www.deltacrafts.com

www.mccormick.com

www.Kidsdomain.com/holiday/gifts/index.html

www.thepartyworks.com

www.childfun.com

www.Jo-AnnFabrics.com

www.studyisland.com

www.pinkmonkey.com

www.library.thinkquest.org/J002344

www.coolmath.com

www.craftopia.com (craft supplies and projects)

www.sculpey.com (clay projects and ideas)

www.yasutomo.com

www.i-craft.com

www.uchida.com

www.thermoweb.com/consumer.html

www.cheerios.com

www.familyfun.go.com

www.freepatterns.com

www.maryellenhopkins.com

www.Anniesattic.com

www.SSWW.com

www.crayola.com

www.learningplanet.com/

Web Sites

www.urbanext.uiuc.edu/schools/ (curriculum materials K-12)

www.mrsabc.com (spelling phonics and vocabulary)

www.teachnet.com/ (lesson idea recipes, folding puzzles)

www.Jell-O.com (recipes)

www.scholastic.com

www.Janbrett.com

www.abcteach.com (supplement to classroom curriculum)

www.oriental.com

Oriental Trading Company 1-800-228-2269

www.guidecraft.com

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

www.snswwide.com

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