

MINI CANES



Recreational Sports Camp

**Cookbook
2004**



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Aunt Carolyn's Sugar Cookies

1 cup butter
2 cups sugar
2 eggs
1 teaspoon baking soda
2 teaspoons cream of tartar
4 cups flour
1 teaspoon lemon flavoring

Cream butter and sugar. Add eggs. Sift all the dry ingredients. Add butter and egg mixture. Add flavoring, knead well. Roll dough thin and cut into shapes.

Bake in preheated oven for 8-10 minutes.

Cheese Drops

2 cups grated cheese
2 cups sifted flour
2 sticks margarine
2 cups rice krispies
Dash of salt

Cream cheese and margarine. Add flour and salt. Blend well. Add rice krispies. Make into small balls and put on cookie sheet. Flatten with fork #.

Preheat oven to 350 degrees.

Bake for 10-15 minutes or until edges are lightly browned.

Chocolate Malt Cookies

¾ cup sugar	2 tablespoons unsweetened cocoa
¾ cup butter, softened	1 teaspoon baking powder
½ teaspoon vanilla	¼ teaspoon salt
1 egg	2 tablespoon sugar
1 ½ cups all purpose flour	42 chocolate malted milk balls

Preheat oven to 400 degrees.

Combine ¾ cup sugar and butter in a large bowl, beat until light and fluffy. Add vanilla and egg; blend well. Add flour, cocoa, baking powder and salt; mix well. Shape dough into 1-inch balls; roll in 2 tablespoons sugar.

Bake for 7-10 minutes or until edges are set. Immediately press 1 malted milk ball into center of each cookie. Cool 2 minutes; remove from cookie sheet. Makes 3 ½ dozen cookies

Hamburger Bun Pizza

½ hamburger bun
Spaghetti or pizza sauce
Shredded mozzarella or cheddar cheese

Preheat oven to 400 degrees.

Spread hamburger bun with sauce. Top with cheese.

Bake until cheese is melted.

Monkey Bread

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.

No-Bake Cookies

2 cups sugar
½ cup milk
½ cup cocoa powder
1 stick of butter
½ cup peanut butter
1 teaspoon vanilla
4 cups oatmeal

Combine first four ingredients in a large pan and have an adult bring it to a boil, stirring frequently. Remove from heat and add peanut butter and vanilla. Stir until peanut butter is melted. Add oatmeal and stir until well coated.

Drop by spoonfuls onto a greased cookie sheet. Refrigerate until set.

Peanut Honey Balls

2 tablespoons peanut butter
1 teaspoon honey
1 tablespoon powdered milk
10 wheat chex squares

Mix in a small bowl peanut butter and honey. Add powdered milk. Mix well. Put wheat chex in zip lock bag. Crush with rolling pin. Roll the peanut butter and honey mixture into 2 balls. Roll balls in the crushed chex.

Pecan Chocolate Chip Cookies

¼ cup egg whites	½ cup butter or margarine (room temperature)
¼ cup egg whites	1 cup packed brown sugar
2 tablespoons water	1 teaspoon vanilla extract
½ teaspoon salt	2 cups all-purpose flour
¾ teaspoon baking soda	1 tablespoon instant nonfat dry milk
1/3 cup chopped pecans	½ cup semisweet chocolate chips

Cream margarine and brown sugar together at medium speed until light and fluffy. Add egg whites, vanilla, and water, and mix at medium speed for 1 minute, scraping down the bowl before and after adding. Stir flour, dry milk, salt, and baking soda together to blend well; add, along with chocolate chips and pecans, to creamed mixture. Mix at medium speed to blend. Drop dough by 1-1/2 tablespoonfuls onto cookie sheets that have been sprayed with cooking spray or lined with aluminum foil.

Bake at 375 degrees for 10 to 12 minutes, or until cookies are lightly browned. Leave them on the cookie sheets for 2 minutes; then remove to a wire rack and cool to room temperature.

Simple Cheese Pizzas

1 egg
½ teaspoon salt
¼ teaspoon dried oregano or basil
1 cup grated cheddar, monterey jack or mozzarella cheese

¼ cup all purpose flour
1/8 teaspoon pepper
1 cup low-fat milk

Preheat oven to 400 degrees.

Combine egg, flour, salt, pepper, oregano or basil and ½ cup of the milk in a food processor or blender. Blend thoroughly. Add remaining ½ cup milk and mix again. Reserving 1 tablespoon for later, add the cheese. Blend well. Pour the mixture into the pie pan.

Bake in preheated oven for 30 minutes or until the edges are brown. Remove the pizza from the oven and sprinkle the reserved cheese over it. Place under the broiler for 1 to 2 minutes or until the cheese melts. Watch carefully so that the cheese does not burn. Slice and enjoy.

Stoplight Bites

1 ½ cups all-purpose flour
¼ teaspoon baking soda
¼ teaspoon salt
1 cup sugar
1 ½ teaspoon vanilla

½ cup unsweetened cocoa powder
¼ teaspoon baking powder
½ cup butter, softened
1 egg

Red, yellow, and green candy-coated milk chocolate pieces

Preheat oven to 350 degrees.

Combine flour, cocoa powder, baking soda, baking powder, and salt. In a large bowl, beat butter on medium to high speed for 30 seconds. Beat in sugar. Add egg and vanilla; beat until combined. Beat in as much flour mixture as you can with the mixer. Stir in any remaining flour mixture with a wooden spoon. (If necessary, use your hands to work the flour mixture into the dough.)

For each cookie, shape 1 tablespoon of dough into a 2 ½ x 1 ¼-inch rectangle on an ungreased cookie sheet. Leave about 2 inches between cookies. Push a wooden stick halfway into a short side of each rectangle. Press red, yellow, and green candies into each rectangle for the lights on the stoplight.

Bake in the preheated oven for 8 to 10 minutes or until the cookie edges are firm. Let cookies cool on the cookie sheet for 1 minute. Remove and cool completely on wire racks. Makes 26 cookies.

Thumbprint Cookies

1 cup (2 sticks butter at room temperature)
½ cup sugar
2 cups all purpose flour
2 egg yolks
1 teaspoon almond or vanilla extract
Jelly or peanut butter

Preheat oven to 350 degrees. Grease a cookie sheet.

Combine all above ingredients except jelly or peanut butter. Roll out the dough to ½-inch thickness on a floured surface. Cut into 1-inch squares. Press your thumb in the middle of each cookie. Fill the thumbprint with jelly or peanut butter.

Bake on cookie sheet for 12 minutes or until cookies are lightly browned. Cool on wire rack.

Yogurt Pancakes

1 egg
1 cup plain yogurt, blended or beaten until completely smooth
2 tablespoons safflower oil
1 cup all-purpose flour
1 tablespoon sugar
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
Vegetable oil, for frying

Whisk egg, yogurt and safflower oil together. Add the flour, sugar, baking powder, baking soda and salt and mix well.

Lightly coat a skillet with oil. Make the pancake as follows: Drop a tablespoon of batter in the pan. When bubbles appear, turn the pancake over and continue to cook until the underside is browned. Cool, roll each up and fasten with a toothpick or refrigerate until needed.

Web Sites

www.miami.edu/wellness/camp

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