

Favorite Recipes!

Here are a few favorite recipes that our young readers shared with us
as part of our Summer Learning Program 2020.

Blueberry Pancakes

Elizabeth E. said “Mom's blueberry pancakes! Good without the blueberries, too.”

1 ¼ cups flour

½ tsp salt

1 TBSP baking powder

1 ¼ tsp white sugar

1 egg

1 cup milk plus 2 TBSP

½ TBSP butter, melted

Dash of vanilla extract

½ cup fresh or frozen (thawed) blueberries

Sift together flour, salt, baking powder, and sugar. In a small bowl, beat together egg and milk. Stir milk, vanilla, and egg into the flour mixture. Mix in the butter and fold in the blueberries. Pour or scoop the batter onto a lightly oiled/sprayed griddle, approx. ¼ cup per pancake. Brown on both sides.

Mum's Scone Recipe

Noah Sa. said “This is my Grandma's recipe for yummy scones. She lives in England.”

(1 oz = 28.35 g)

225g (~ 8 oz) self-rising flour

40g (~ 1 ½ oz) caster sugar

75g (~ 3 oz) softened butter

50g (~ 1 ¾ oz) mixed fruit

1 large egg beaten

3-4 TBSP milk

1. Preheat the oven to 425 F.
2. Mix the flour and sugar in a bowl.
3. Rub in the butter, then add the fruit, then the egg and milk.
4. Mix the dough with a knife.
5. Bring it all together with your hands.
6. Roll out to 3cm thick.
7. Dust with flour and bake for 12-15 minutes.

No-Bake Energy Bites

Kate L. said "We love these! Love making them with my mom."

½ cup creamy peanut butter

1/3 cup honey

1 tsp vanilla extract

1 cup old-fashioned oats (raw)

2/3 cup sweetened shredded coconut, toasted and cooled

6 TBSP chocolate chips

In a mixing bowl, stir together peanut butter, honey, and vanilla. Add the remaining ingredients and stir until evenly coated. Transfer mixture to refrigerator or freezer and chill until set. Remove from the fridge and shape into 1-inch balls. (Makes about 20.) Store in the fridge in an airtight container. You can also store them in the freezer ... they are very good partially frozen!

No-Boil Homemade Macaroni and Cheese

Miles M. said "Homemade macaroni and cheese! It's so, so easy, and tastes delicious!"

8oz Velveeta-type cheese sliced into ½" thickness

4 cups milk 2% or higher

1 tsp table salt

1 tsp dry mustard powder

2 cups macaroni uncooked

4 TBSP salted butter sliced into ½" thickness

2 cups shredded cheese

1. Preheat oven to 350 F.
2. Spray a 9 x 13 baking dish with nonstick cooking spray.
3. In the bottom of your baking dish, mix together milk with salt and dry mustard powder.
4. Pour in uncooked macaroni and spread it out.
5. Add the slices of cheese and 1 cup of the shredded cheese into the baking dish and spread it out.
6. Top with slices of butter, pushing them down a bit under the milk.
7. Cover with aluminum foil and bake for 50-60 minutes, until the macaroni is cooked and most of the liquid has been absorbed. (Check at 40 minutes, then at 50 minutes.)
8. Remove from oven, remove foil, and top with the remaining 1 cup of shredded cheese.
9. Put back in the oven uncovered for 10-15 minutes, until cheese is melted.

Peanut Butter Balls

Calvin K. shared this recipe ...

½ cup creamy peanut butter

½ cup honey

½ cup nonfat powdered milk

½ cup quick-cooking oats

Combine all ingredients into a bowl. Mix well. Using your hands, roll the dough into balls about the size of large gumballs. Place on a cookie sheet lined with wax paper, and refrigerate until set.

Pumpkin Coffee Cake (serves 1)

Brinley K. shared this recipe ...

Cake:

1/3 cup plus 2 TBSP all purpose flour

3 TBSP sugar
½ tsp baking powder
¼ tsp salt
¼ tsp ground cinnamon
1/8 tsp ground nutmeg
1 pinch of ground cloves
2 TBSP canned pumpkin (not pie filling)
1 ½ TBSP butter, melted
1 egg yolk
¼ cup milk
Streusel:
2 TBSP brown sugar
½ tsp sugar
¼ tsp ground cinnamon
2 TBSP all-purpose flour
1 TBSP butter, softened

1. Preheat oven to 375 F. Spray a ramekin or small baking dish with oil spray and set aside.
2. In a medium-sized bowl, whisk together the flour, sugar, baking powder, salt, cinnamon, nutmeg, and cloves.
3. In a smaller bowl, mix together the pumpkin, melted butter, egg yolk, and milk.
4. Pour the wet ingredients into the dry ingredients and stir until well-blended.
5. Transfer to the prepared baking dish and set aside.
6. In a small bowl, mix together streusel ingredients with a fork until crumbly.
7. Pour over pumpkin cake batter and spread evenly over the top.
8. Bake in the oven 35-40 minutes or until a toothpick inserted in the center comes out clean.
9. Remove from the oven and place on a baking rack to cool. Run a knife around the rim of the baking dish and remove coffee cake from the dish. Serve.

Vegan Cincinnati Chili

Noah Sh. said “Vegan Cincinnati Chili is my favorite meal.”

1 block (15oz) of extra-firm tofu, pressed or pre-crumbled

1 TBSP olive oil

½ of a sweet onion, chopped

1 TBSP apple cider vinegar

2 cups water

1 cup tomato sauce

1 TBSP chili powder

2 tsp cocoa powder

1 tsp garlic powder

½ tsp all spice

½ tsp cumin

½ tsp cayenne pepper

2 bay leaves

Salt and pepper to taste

16 oz of spaghetti (or this dish can be served over potatoes or rice instead)

Vegan cheddar cheese, shredded

1 can of kidney beans (optional)

1. Press the tofu (for at least a half-hour) to make sure that the moisture/liquid is out and it's firm.
2. Heat the olive oil on medium heat. Crumble the block of tofu into the pot. Break it up further with a spoon until the small crumbles resemble ground beef.
3. Season the tofu with salt and pepper. Then brown the tofu for 5-10 minutes, reducing the heat as needed. The tofu should be brown and very firm.
4. Add the chopped onion, stir, and saute for a minute.
5. Add the apple cider vinegar and stir.
6. Pour in the water and tomato sauce.
7. Stir everything together.

8. Add all of the spices, cocoa powder, bay leaves, and a pinch of salt and pepper. Stir to combine.
Reduce heat to low.
9. Cover and simmer on low, so it is slightly bubbling, for 1 hour and 15 minutes to 1 hour and 30 minutes. Stir every once in awhile until it is the desired thickness (note: generally, this is a thinner chili).
10. Taste, and adjust seasoning, if desired.
11. Optionally, add kidney beans and stir to combine.
12. Serve over spaghetti with vegan cheese and onions.