

BANANAS HANDOUT

Cooking for Fun and Learning

by Gay Austin

Cooking projects are best accomplished by working with a small group of children. The adult can demonstrate dangers such as "hot water" and "hot stove" (label HOT in large red letters). The following recipes can be converted into individualized recipe teaching aids for 4- and 5-year-olds by drawing pictures of parts of the recipes for children to follow on their own (see back page for example). Concepts and cooking techniques illustrated in these recipes are: Measuring with calibrated cups and spoons. Using knives (serrated) with care. Experiencing liquid gelatin becoming solid gelatin (also textures: "soft" to "hard"). Healthy food versus "junk" food.



Pumpkin Bread

- 1 1/2 cups flour
- 1/2 teaspoon salt
- 1 cup sugar
- 1 teaspoon baking soda
- 1 cup mashed pumpkin (fresh or canned)
- 1/2 cup vegetable oil
- 2 eggs, beaten
- 1/4 cup water
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cinnamon

Directions

- Preheat oven to 350°F.
- Sift dry ingredients together.
- Mix wet ingredients together, then combine with dry ingredients. (do not over-mix – some lumps are OK).
- Pour into a buttered loaf pan.
- Bake 50-60 minutes until toothpick poked in the center comes out clean.

Variations: Add 1/4 teaspoon ground allspice or cloves; 1 cup of chopped walnuts or pecans; 1 cup of raisins or cranberries (fresh or dried). Toast bread and top with butter or cream cheese.

Finger Jell-O

- 2 boxes (8 oz.) Jell-O gelatin
- 2 1/2 cups fruit juice or water – heated just to boiling

- Stir Jell-O into the hot juice or water until it completely dissolves.
- Pour into a 13x9-inch baking dish.
- Place in refrigerator to set.
- Cut shapes with cookie cutters or use a knife to cut 1-inch squares.
- Eat with your fingers!

If the Jell-O sticks to the pan, dip it in warm water for 15 seconds before cutting shapes.

Granola

- 4 cups rolled oats
- 1/2 cup sunflower or sesame seeds
- 3/4 teaspoon salt
- 1/2 cup honey or maple syrup
- 1/4 cup vegetable oil

- Preheat oven to 325°F.
- Mix dry ingredients in one bowl.
- Mix wet ingredients in another bowl. Combine wet and dry.
- Spread on 2 shallow baking pans.
- Bake for 20-30 minutes, stirring every 10 minutes until light brown.
- Store in covered container for 2 weeks (if it lasts that long!).

Variations: Add 1/2 cup coconut, chopped walnuts, slivered almonds, or wheat germ; 1/2 teas. cinnamon and/or vanilla extract. After baking, add 3/4 cup dried fruit: raisins, cranberries, banana chips, etc.

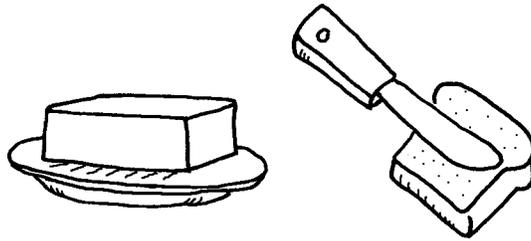
Apple Snow

- 3 large apples
- 2 tablespoons water
- 1 tablespoon sugar
- 1 egg
- half a lemon

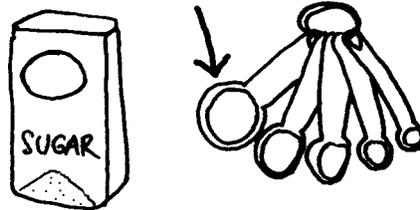
- Peel, core, and chop apples into small pieces.
- Combine apples and water and cook over low heat, 15-30 minutes, until frothy.
- Remove from heat and add sugar.
- Separate egg; whisk egg white until fluffy.
- Squeeze lemon.
- Stir apple mixture, lemon juice and egg white together.
- Serve in cups. Yum!

Variations: Add 1/2 teaspoon cinnamon and/or vanilla extract along with sugar.

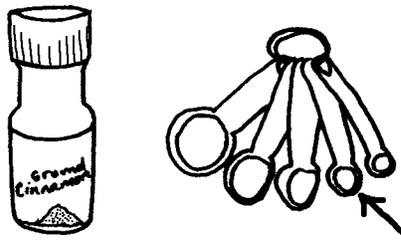
How to Make a Children's Recipe Cinnamon Toast



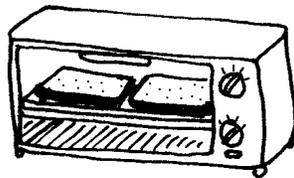
Butter one side of a piece of bread.



Mix together 2 tablespoons of sugar with...



...1/2 teaspoon of cinnamon. Sprinkle some on the buttered bread.



Toast in a toaster oven on low.