

COOKING SCHOOL #3

CREAMY MUESLI



Ingredient	Amount
Oats	2 1/2 Cups
Fruit juice	3 Cups
Salt	1/2 Teaspoon
Bananas, ripe	2 medium
Vanilla	1 Teaspoon
Maple flavoring	1/4 Teaspoon
Raisins	1/2 Cup
Chopped nuts	as desired
Cut fruit	as desired

Recipe serves 4

Instructions

- Dextrinize oats (toast in 300 degree oven for 10-15 min on cookie sheet).
- Blend your choice of pineapple, apple or orange juice with salt, bananas and flavorings.
- Put oats in a large bowl and add blender mixture. Add raisins. Stir well.
- Refrigerate overnight.
- Serve with cut fruit and chopped nuts, or mix fruit and nuts in before serving.

BREAKFAST WRAPS



Ingredient	Amount
Oat flour	1 1/2 Cups
Whole wheat flour	1/2 Cup
White flour	1/2 Cup
Salt	1/2 Teaspoon
Vanilla	1 Teaspoon
Cashew nuts	1/4 Cup
Banana, ripe	1 medium
Water	3 Cups

Recipe makes 10

Instructions

- Mix first 4 ingredients in a medium bowl.
- In blender, combine cashews, banana, vanilla, and 1 cup water. Blend till smooth.
- Add remaining 2 cups of water and blend well.
- Add blender mixture to dry ingredients and stir. Batter should be thin. Add more water if needed.
- Pour 1/3-1/2 cup of batter onto hot non-stick skillet. Spread thin with back of spoon.
- Cook until top is dry and flip to brown other side. Repeat with remaining batter.

BAKED APPLE WRAPS



Ingredient	Amount
Apples	8 medium
Water	1/3 Cup
Raisins	1/4 Cup
Vanilla	1 Teaspoon
Apple juice	2 Cups
Pineapple juice	2 Cups
Cornstarch	3 Tablespoons
Breakfast wraps	6 wraps

Recipe serves 6

Instructions

- Cut apples into chunks and cook with water, raisins and vanilla until apples are soft.
- In separate pan, bring juices to a boil. Add cornstarch mixed with 1/4 c cold water or juice and stir until thickened to make a sauce.
- Pour enough sauce in bottom of baking dish just to cover.
- Fill each breakfast wrap with cooked apple mixture, roll up and place in baking dish. Pour remaining sauce over the top.
- Bake at 350 degrees for 30 minutes. Good warm or cold. Delicious with Rice cream (or other cream) drizzled on top! May also replace apples with other fruit of choice.

RICE CREAM OR MILK



Ingredient	Amount
Rice, well cooked	1 Cup
Cashew nuts	1/4 Cup
Coconut milk	1/4 Cup
Dates, pitted	8 dates
Vanilla	1 Teaspoon
Salt	1/4 Teaspoon
Water	3/4 Cup

Recipe serves 12

Instructions

- Blend all ingredients until smooth and creamy.
- Increase dates if sweeter cream is desired. For a lighter colored cream use honey as a sweetener.
- Adjust water as needed for blending and until desired consistency is reached.
- Chill and serve.
To make rice milk, simply add water to make a total of 8 cups of milk. Shake or stir well before serving. May strain through a cheesecloth if a smoother texture is desired.

HEALTH TIPS

Breakfast is the most important meal of the day! If you are going to skip a meal, skip supper, not breakfast. Breakfast helps to set your metabolism for the day. If you eat a good, hearty breakfast, your metabolism kicks into high gear to start taking care of the meal you ate. But if you skip breakfast, your body says, "Uh oh, no food this morning, I better conserve energy!" And the metabolism drops in anticipation of needing to preserve energy since there is no food with which to make more. So don't plan on skipping breakfast in order to help you lose those extra pounds! Skipping breakfast will hurt your weight loss not help it. Breakfast should consist of whole grains, fresh fruit, some nuts or seeds, and if possible a serving of legumes. Choose 2 or 3 fresh fruits (banana, mango, apple), 1 or 2 whole grains (oatmeal, whole wheat toast), top it off with a few nuts and seeds, some raisins, soy milk, and peanut butter with fruit spread, and you have a breakfast that will keep you going all morning long, and even into the afternoon!

Eating a bowl of frosted flakes with milk, and having a donut with a cup of coffee, is not the kind of breakfast you want to have. Refined sugars give a high energy boost right away, but then drop off fairly quickly, leaving you wanting to come back for more later on (morning snack anyone?). Average daily sugar consumption per person in the US has risen from 3 teaspoons in 1822 to 53 teaspoons in 1997! One 12 oz soft drink may contain 12 teaspoons of sugar! That is 2 tablespoons of sugar in just 6 oz of soft drink! Sugar is not your friend. One study showed that 5 year old boys who had low sugar diets had superior attention spans and more accurate responses in school. When tested, they performed the equivalent of one whole letter grade better in school than their 5 year old peers who ate a typical high sugar diet. Children as well as adults need plenty of unrefined, nutritious food to get them started out on the right foot at the beginning of the day. Don't let them rush off without a good breakfast!

COOKING SCHOOL #3

PERISHABLE ITEMS LIST AND BUDGET

Shopping List

Ingredient	Have it	Quantity	Cost Estimate	Store
Oats	<input type="checkbox"/>			
Salt	<input type="checkbox"/>			
Bananas, ripe	<input type="checkbox"/>			
Vanilla	<input type="checkbox"/>			
Maple flavoring	<input type="checkbox"/>			
Raisins	<input type="checkbox"/>			
Cut fruit	<input type="checkbox"/>			
Whole wheat flour	<input type="checkbox"/>			
White flour	<input type="checkbox"/>			
Cashew nuts	<input type="checkbox"/>			
Water	<input type="checkbox"/>			
Apples	<input type="checkbox"/>			
Apple juice	<input type="checkbox"/>			
Pineapple juice	<input type="checkbox"/>			
Cornstarch	<input type="checkbox"/>			
Rice, well cooked	<input type="checkbox"/>			
Coconut milk	<input type="checkbox"/>			
Dates, pitted	<input type="checkbox"/>			
Total			\$0.00	

Budget

Item	Have it	Store	Estimate
Food	<input type="checkbox"/>		\$0.00
Napkins	<input type="checkbox"/>		
Handouts	<input type="checkbox"/>		
Take out Plates	<input type="checkbox"/>		
Plasticware	<input type="checkbox"/>		
Total Cost			\$0.00

COOKING SCHOOL #3

NON-PERISHABLE ITEMS CHECK LIST

Item to bring	Quantity	Size	Have it
Blender	1		<input type="checkbox"/>
Hot plate	1		<input type="checkbox"/>
Cooking Spray	1		<input type="checkbox"/>
Casserole dish	1	small	<input type="checkbox"/>
Pancake turner	1		<input type="checkbox"/>
Plate	1	large	<input type="checkbox"/>
Hot pad	2		<input type="checkbox"/>
Mixing bowl	2	medium	<input type="checkbox"/>
Measuring spoons	4	1T, 1t, 1/2t, 1/4t	<input type="checkbox"/>
Mixing/serving spoons	5	large	<input type="checkbox"/>
Spatula	1		<input type="checkbox"/>
Skillet	1	large	<input type="checkbox"/>
Measuring cups	3	2c, 1c, 1/2c, 1/4c	<input type="checkbox"/>
Table cloth	3	large	<input type="checkbox"/>
Pitcher for water	1		<input type="checkbox"/>
Dishcloth	1		<input type="checkbox"/>
Extension cord	1	large	<input type="checkbox"/>
Dish towel	1		<input type="checkbox"/>