

NPD C 2012 COOKBOOK!

To my junior chefs, thanks for another fun summer of cooking! ☺

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*Just a note: To choose the best oil for you and your family, check out the following website!

http://www.pccnaturalmarkets.com/guides/tips_cooking_oils.html

-My Very Own Granola Bars!-

Ingredients:

(A)	Rollled Oats	2 cups
	Chopped Nuts	1 cup
(B)	*Oil	$\frac{1}{2}$ cup
	Brown Rice Syrup	$\frac{1}{4}$ cup
	Honey	$\frac{1}{4}$ cup
	Vanilla	1 teaspoon
	Cinnamon	1 teaspoon
	Salt	$\frac{1}{4}$ teaspoon

Makes 8 bars.

Steps: Preheat oven to 350°. Measure and stir A-ingredients in one bowl. Measure and stir B-ingredients in a different bowl. Pour bowl B into bowl A and stir again. Spread onto a baking sheet and bake for 15 minutes (less if you want chewy bars). Make extra delicious and nutritious by adding toppings like sunflower seeds, pumpkin seeds, sesame seeds, cranberries, raisins, dried pineapples, and dark chocolate chips ☺ Make sure to press toppings firmly into your bars!

- ✓ *Nut allergies: Replace nuts with oats or dry cereal like corn flakes and brown rice crisps!*
- ✓ *Gluten allergy: Replace oats with dry cereal like corn flakes and brown rice crisps!*

-Banana S'mores-

Ingredients:

(A)	Banana with peel	1
(B)	Miniature Marshmallows	2 Tablespoons
	Chocolate Chips	2 Tablespoons
	Graham Cracker Cereal	2 Tablespoons

One serving.

1. Steps: Preheat oven to 400° or prepare campfire (let flames die down). Keep peel on banana and slice lengthwise with knife. Squeeze open and add chocolate and marshmallows. Wrap banana with tin foil and cook for 5-6 minutes (oven) or 3-5 minutes (campfire). Unwrap banana and top with cereal. Make sure to wait for the yummy ooze to cool down!

✓ For a healthy alternative, replace marshmallows with a nut butter of your choice 😊

-Summer Sushi!

Sushi Rice Ingredients:

(A)	Short grain brown rice	2 cup
	Water	3 cup
	Salt	One pinch
	Rice Vinegar	$\frac{1}{4}$ cup

Extra Ingredients:

(B)	Toasted Seaweed Sheets	7 sheets
	Cucumber, strips	1
	Carrots, strips or shredded	2
	String beans	Handful

Makes 7 rolls.

Youtube has a lot of great video tutorials on how to roll sushi. You can get fancy and make inside-out rolls too!

Steps: Rinse the rice in a strainer until water runs clear. Combine with water and salt in a medium saucepan. Bring to a boil, then reduce the heat to low, and cover and cook for 30 minutes. Rice should be tender and water should be absorbed. In a small bowl stir the vinegar into the cooked rice and let cool.

Put the seaweed sheet on the rolling mat with the shiny part facing down. Dip your hands in water to prevent sticking. Take a handful of rice and spread on the sheet reserving 1cm on the top. Add the shredded veggies in a row at the bottom. Using the edge of the mat, roll you way up and squeeze. Dip your knife into water and cut sushi into six pieces.

-Pesto Pizza!

Dough Ingredients:

(A)	Whole Wheat Flour	1 $\frac{1}{2}$ cups
	Unbleached White Flour	1 $\frac{1}{2}$ cups
	Cornmeal	$\frac{1}{4}$ cup
	Baking Powder	2 teaspoons
(B)	Water	1 $\frac{1}{2}$ cups
	Salt	1 teaspoon

Makes two 6" pizzas.

Pesto Ingredients:

(A)	Basil	1 cup
	Parsley	$\frac{1}{2}$ cup
	Garlic	1 clove
	Lemon Juice	$\frac{3}{4}$ Tablespoon
	Salt	$\frac{1}{4}$ teaspoon

Steps: Preheat oven to 400°. Put ingredients for the pesto sauce into a blender. Blend to desired consistency and put aside. You're ready to make the dough! Measure and stir A-ingredients in one bowl. Measure and stir B-ingredients in a different bowl. Pour bowl B into bowl A and stir again. Dust your hands with flour for the next step so they don't get sticky. Using your hands, knead the dough using the punch-n-flip method. Divide the dough into small balls for personal pizzas or divide into two big balls for medium pizzas. Stretch the dough to make the crust and place onto a greased baking sheet. Spread pesto sauce and sprinkle cheese on top. Add fresh vegetables for yummy toppings! Bake for 15 minutes.

- ✓ Gluten-Free flour Pick! = King Arthur's GF Pizza Crust Mix ☺
- ✓ Dairy Free Cheese Pick! = Daiya Mozzarella Style Shreds ☺

-Silly Cinnabuns!-

Ingredients:

(A)	Flour	2 $\frac{3}{4}$ cups
	Salt	$\frac{1}{4}$ teaspoon
	Baking Powder	1 Tablespoon + $\frac{1}{2}$ teaspoon
	Baking Soda	$\frac{1}{2}$ teaspoon
(B)	Oil	$\frac{3}{4}$ cup
	Soymilk	1 $\frac{1}{4}$ cups
	Apple Cider Vinegar	1 Tablespoon
	Vanilla	2 teaspoons

Filling:

(A)	Sugar	1 cup
	Cinnamon	2 $\frac{1}{2}$ Tablespoons
	Oil	1/3 cup
	*Raisins & Bananas	

Icing:

(A)	Coconut Oil	$\frac{1}{2}$ cup
	Coconut Milk	$\frac{1}{2}$ cup
	Vanilla	1 teaspoon
	Sea Salt	One pinch
(B)	Powdered Sugar	4 cups

Steps:

Preheat oven to 350°. Prepare filling and icing and set aside. For the dough, measure and stir A-ingredients in one bowl. Measure and stir B-ingredients in a different bowl. Pour bowl B into bowl A and stir again. Roll out dough into large rectangle about $\frac{1}{2}$ inch thick. Spread filling across the entire surface with the back of a spoon. *Add raisins if you'd like. Roll into one big log! Start from the edge and slice into 1 inch pieces and lay onto a baking sheet. *Top with banana slices. Bake for 15 minutes. Drizzle with icing. If it's too sweet you can skip the icing, especially if you added the banana slices!

-Confetti Cupcakes!-

Batter Ingredients:

(A)	Unbleached White Flour	1 $\frac{1}{2}$ cups
	Sugar	1 cup
	Baking Soda	1 teaspoon
(B)	Water	1 cup
	Oil	$\frac{1}{2}$ cup
	Vanilla	2 teaspoons
	Apple Cider Vinegar	2 Tablespoons
	Salt	$\frac{1}{2}$ teaspoon
(C)	Rainbow Sprinkles	

Makes 24 mini cupcakes.

Icing Ingredients:

(A)	Powdered Sugar	4 cups
(B)	Coconut Oil	$\frac{1}{2}$ cup
	Coconut Milk	$\frac{1}{2}$ cup
	Vanilla	1 teaspoon
	Sea Salt	One pinch

Steps: Preheat oven to 350°. For the batter, measure and stir A-ingredients in one bowl. Measure and stir B-ingredients in a different bowl. Pour bowl B into bowl A and stir again. Scoop the batter into cupcake liners $\frac{3}{4}$ the way up. Take a small spoon and pour rainbow sprinkles into each cupcake. Swirl to make a happy design. Place into oven for 16-18 minutes. For the icing, Mix A-ingredients in a bowl and add powdered sugar. Drizzle over cupcakes.

-Wacky Watermelon Cooler!-

We had a lot of watermelon this summer and decided to make a cool drink to quench our thirst! Cut a watermelon in half and scoop out the meat and seeds. Mash up the watermelon meat and put half of it back into its shell. Add lemon sorbet and seltzer water to taste! Chill with ice. That easy! ☺

-Kale Chips! -

Ingredients:

(A)	Kale	One bunch
	Olive Oil	Drizzle
Indian!		
(B)	Curry Powder	$\frac{1}{2}$ teaspoon
	Cumin	$\frac{1}{4}$ teaspoon
	Coriander	$\frac{1}{4}$ teaspoon
	Turmeric	$\frac{1}{4}$ teaspoon
	Ginger	$\frac{1}{4}$ teaspoon
	Garlic	$\frac{1}{4}$ teaspoon
	Sugar	2 teaspoon
	Salt	$\frac{1}{4}$ teaspoon
Italian!		
(B)	Oregano	1 teaspoon
	Parsley	1 teaspoon
	Basil	$\frac{1}{2}$ teaspoon
	Garlic	$\frac{1}{2}$ teaspoon
	Sugar	2 teaspoons
	Salt	$\frac{1}{4}$ teaspoon
	Pepper	$\frac{1}{4}$ teaspoon
Japanese!		
(A)	Ginger	$\frac{1}{2}$ teaspoon
	Garlic	$\frac{1}{4}$ teaspoon
	Sesame Seeds	2 teaspoons
	Seaweed Flakes	2 teaspoons
	Sugar	2 teaspoons
	Salt	$\frac{1}{4}$ teaspoon

Makes 3 servings.

Steps: Preheat oven to 350°. Wash kale and let dry. For crunchy chips, there can be no water left on the leaves! Make the spice mixture of your choice and shake in plastic bag. Add kale and keep shaking! Add a drizzle of olive oil and keep shaking! Spread onto a baking sheet. Bake until the edges are brown but not burnt for 10-15 minutes.

-Frozen Hot Chocolate!-

Ingredients:

(A)	Soy milk	5 cups
	Coconut milk	3 $\frac{1}{2}$ cups
	Melted Chocolate Chips	2 cups
	Salt	1 teaspoon
	Ice	

Makes 3 servings.

Steps: Put all the ingredients except for the ice into a blender. Blend! Add the ice and blend until smooth.

-Lemony Lemonade!-

Ingredients:

(A)	Lemon Juice	1 cup
	Agave	2/3 up
	Water	6 cups
	Ice	

Makes 3 servings.

Steps: Combine the lemon juice, agave, and water in a pitcher. A closed container is great too for shaking! Stir and pour over ice to serve!

-Gingerbread Cookies!

Ingredients:

(A)	Unbleached White Flour	2 cups
	Sugar	$\frac{1}{2}$ cup
	Ginger Powder	$1 \frac{1}{2}$ Tablespoons
	Cinnamon	$\frac{1}{2}$ teaspoon
	Baking Soda	$\frac{1}{2}$ teaspoon
	Baking Powder	2 teaspoons
(B)	Grated Ginger	1 Tablespoon
	Water	$\frac{1}{4}$ cup
	Molasses	$\frac{1}{4}$ cup
	Oil	$\frac{1}{3}$ cup
	Salt	1 teaspoon
	Vanilla	1 teaspoon

Makes a batch.

Steps:

Preheat oven to 350°. Measure and stir A-ingredients in one bowl. Measure and stir B-ingredients in a different bowl. Pour bowl B into bowl A and stir again. Roll the dough into small balls and shape into fun designs and critters! Bake for 8-10 minutes. Less = chewy, more = crispy!

-Zucchini Noodles with Marinara Sauce!-

Ingredients:

(A)	Ripe Tomato	2
	Red Pepper, seeds removed	1
	Sundried Tomatoes in oil	1 cup
	Garlic	1 clove
	Dried Basil	2 teaspoon
	Dried Oregano	2 teaspoon
	Olive Oil	4 Tablespoons
	Salt	1/2 teaspoon
	Pepper	One pinch
(B)	Zucchini	10

Makes 3 servings.

Steps:

Place A-ingredients into blender and you've got yourself a sauce! Toss with shredded zucchini. If you have a machine that can slice zucchini into spiral noodles even better! Garnish with red pepper slices 😊