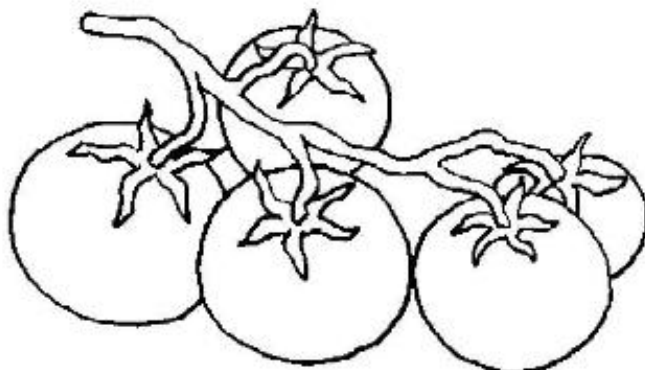


FUN WITH FOOD CAMP



RECIPES & NOTES

THIS BOOK BELONGS TO:

FUN WITH FOOD

NO BAKE ENERGY BITES

INGREDIENTS

1 CUP OLD-FASHIONED OATS
2/3 CUP COCONUT FLAKES
1/2 CUP SUNFLOWER BUTTER
1/2 CUP GROUND FLAX SEED
1/2 CUP SEMISWEET CHOCOLATE CHIPS
(OR VEGAN CHOCOLATE CHIPS)
1/3 CUP HONEY
1 TABLESPOON CHIA SEEDS
1 TEASPOON VANILLA EXTRACT

METHOD

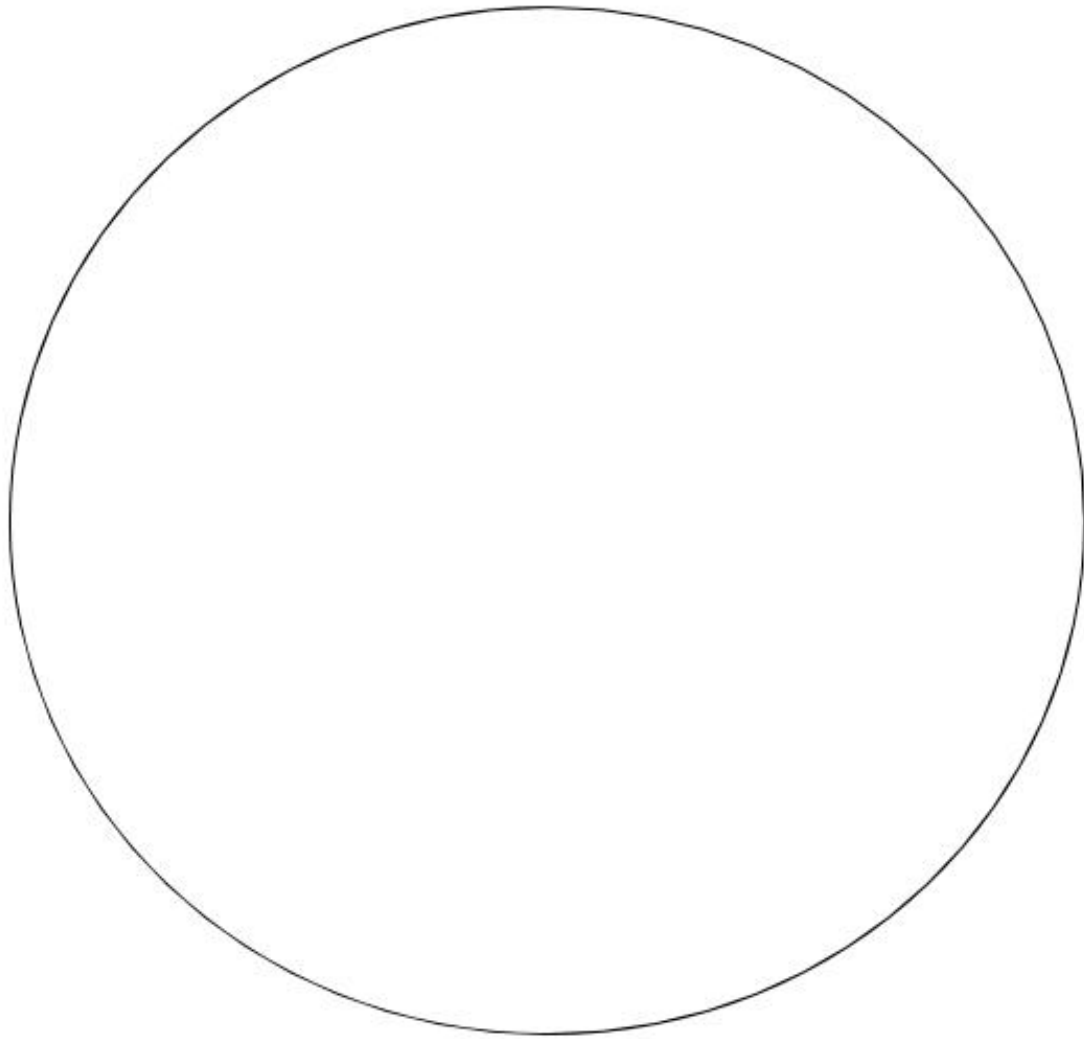
STIR ALL INGREDIENTS TOGETHER IN A MEDIUM BOWL UNTIL THOROUGHLY MIXED. COVER AND LET CHILL IN THE REFRIGERATOR FOR HALF AN HOUR.* ONCE CHILLED, ROLL INTO BALLS OF WHATEVER SIZE YOU WOULD LIKE. (MINE WERE ABOUT 1" IN DIAMETER.) STORE IN AN AIRTIGHT CONTAINER AND KEEP REFRIGERATED FOR UP TO 1 WEEK. MAKES ABOUT 20 BALLS.

FLAVOR &
COOKING
NOTES

NUTRITION

HIGH FIBER
AND OMEGA
3 FATTY
ACIDS

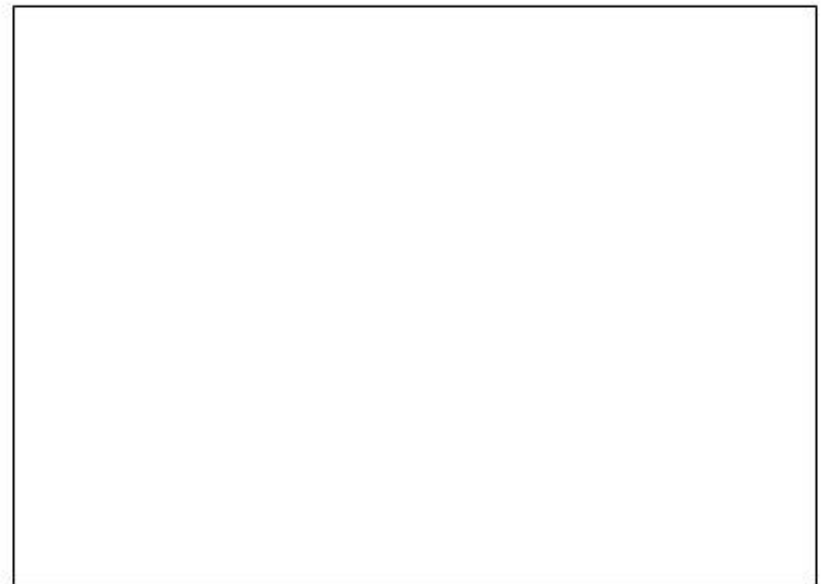
FUN WITH FOOD CAMP



PICTURE YOUR DISH



NUTRITION & GARDEN TIPS



FUN WITH FOOD

veggie omelet

INGREDIENTS

- 2 TABLESPOONS BUTTER
- 1 SMALL ONION, CHOPPED
- 1 GREEN BELL PEPPER, CHOPPED
- 4 EGGS
- 2 TABLESPOONS MILK
- 3/4 TEASPOON SALT
- 1/8 TEASPOON FRESHLY GROUND BLACK PEPPER
- 2 OUNCES SHREDDED SWISS CHEESE

METHOD

MELT ONE TABLESPOON BUTTER IN A MEDIUM SKILLET OVER MEDIUM HEAT. PLACE ONION AND BELL PEPPER INSIDE OF THE SKILLET. COOK FOR 4 TO 5 MINUTES STIRRING OCCASIONALLY UNTIL VEGETABLES ARE JUST TENDER.

WHILE THE VEGETABLES ARE COOKING BEAT THE EGGS WITH THE MILK, 1/2 TEASPOON SALT AND PEPPER.

SHRED THE CHEESE INTO A SMALL BOWL AND SET IT ASIDE. REMOVE THE VEGETABLES FROM HEAT, TRANSFER THEM TO ANOTHER BOWL AND SPRINKLE THE REMAINING 1/4 TEASPOON SALT OVER THEM.

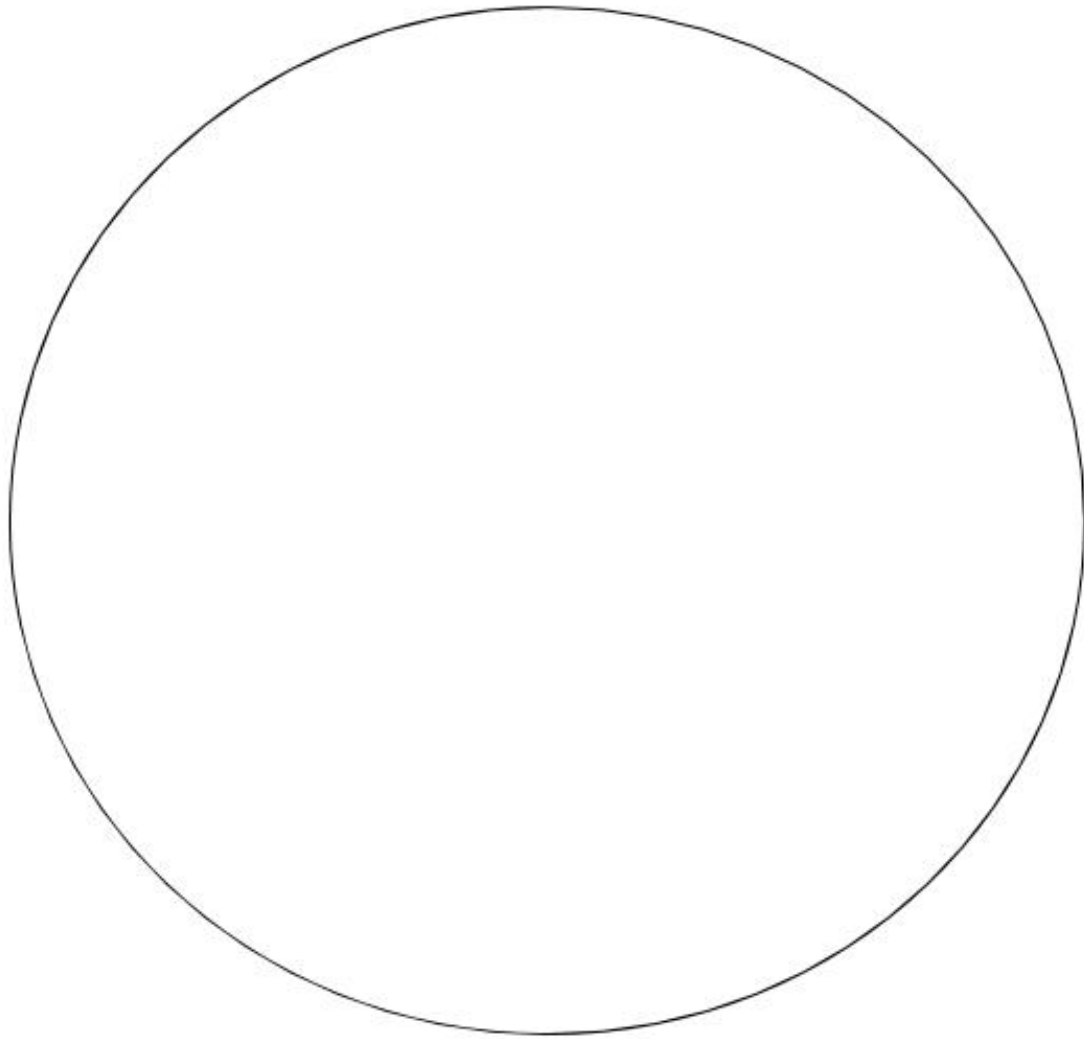
MELT THE REMAINING 1 TABLESPOON BUTTER (IN THE SKILLET JUST USED TO COOK THE VEGETABLES) OVER MEDIUM HEAT. COAT THE SKILLET WITH THE BUTTER. WHEN THE BUTTER IS BUBBLY ADD THE EGG MIXTURE AND COOK THE EGG FOR 2 MINUTES OR UNTIL THE EGGS BEGIN TO SET ON THE BOTTOM OF THE PAN. GENTLY LIFT THE EDGES OF THE OMELET WITH A SPATULA TO LET THE UNCOOKED PART OF THE EGGS FLOW TOWARD THE EDGES AND COOK. CONTINUE COOKING FOR 2 TO 3 MINUTES OR UNTIL THE CENTER OF THE OMELET STARTS TO LOOK DRY.

SPRINKLE THE CHEESE OVER THE OMELET AND SPOON THE VEGETABLE MIXTURE INTO THE CENTER OF THE OMELET. USING A SPATULA GENTLY FOLD ONE EDGE OF THE OMELET OVER THE VEGETABLES. LET THE OMELET COOK FOR ANOTHER TWO MINUTES OR UNTIL THE CHEESE MELTS TO YOUR DESIRED CONSISTENCY. SLIDE THE OMELET OUT OF THE SKILLET AND ONTO A PLATE. CUT IN HALF AND SERVE.

FLAVOR &
COOKING
NOTES

NUTRITION
Protein and
vitamin C

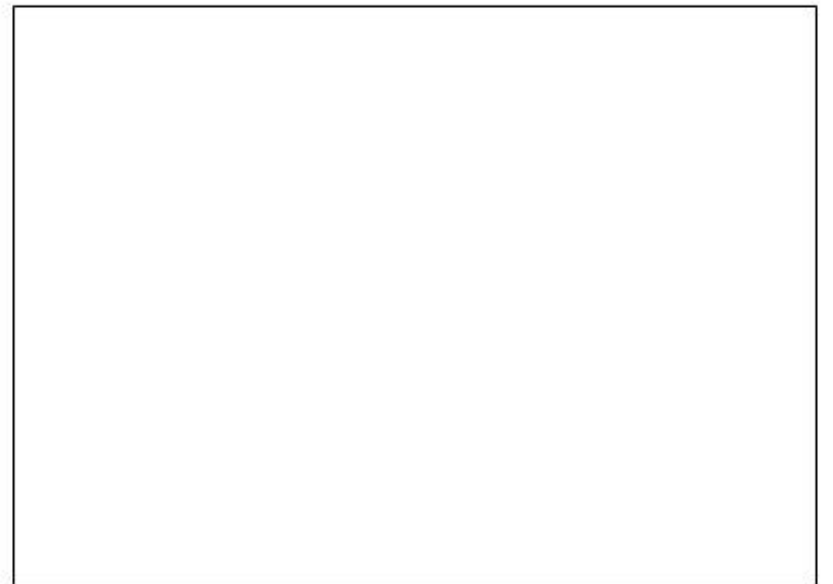
FUN WITH FOOD CAMP



PICTURE YOUR DISH



NUTRITION & GARDEN TIPS



FUN WITH FOOD

watermelon PIZZA

INGREDIENTS

1 WHOLE watermelon
variety OF SLICED FRUIT
5 TBSP Greek YOGURT
3 TBSP Granola
DRIZZLE AGAVE OR HONEY

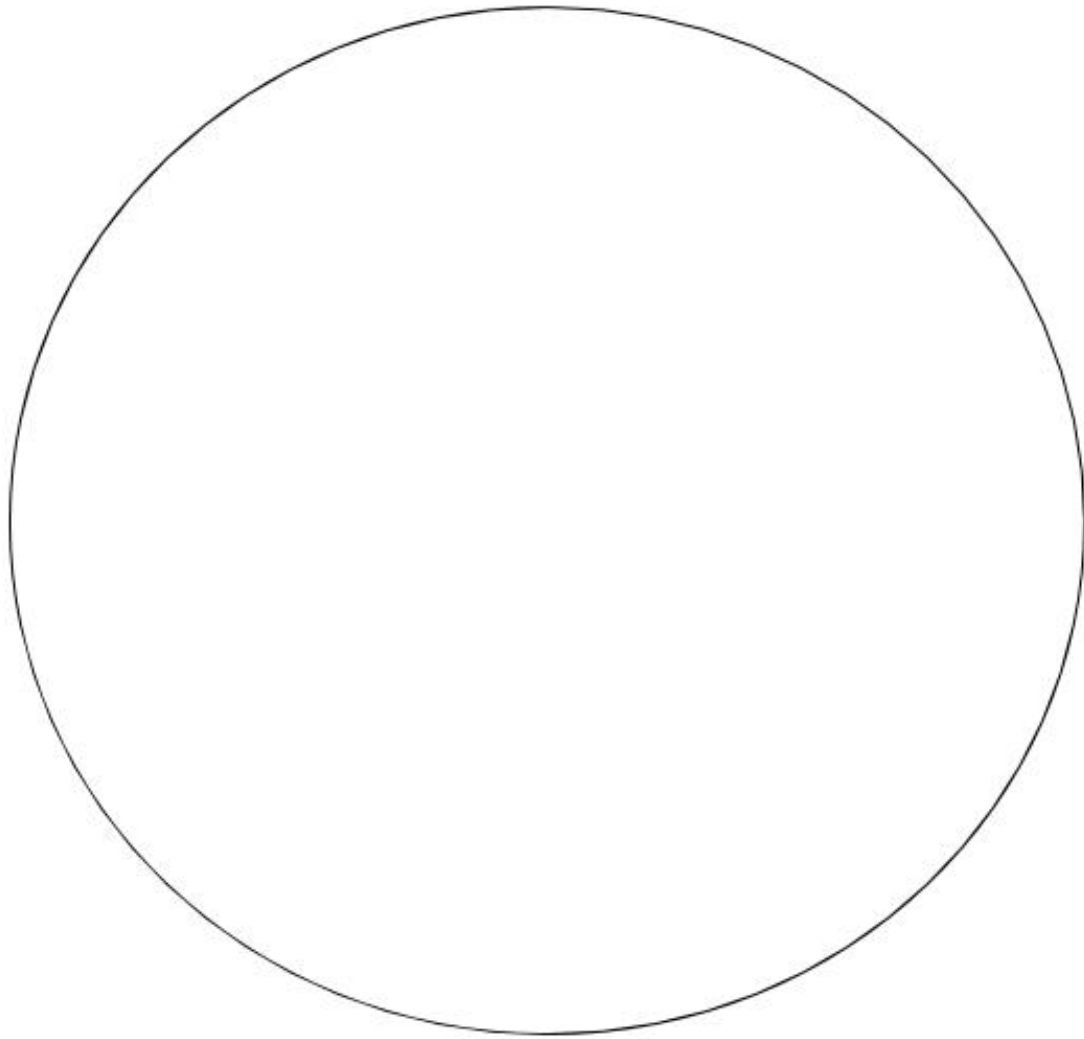
METHOD

1. CUT THE melon ROUGHLY AN INCH THICK THROUGH THE center TO KEEP THE ROUND SHAPE.
2. CUT INTO PIECES, LIKE IT'S A PIZZA.
3. SPOON YOGURT OVER THE PIECES FROM THE center OUTWARDS TOWARD THE RIND.
4. PLACE YOUR SELECTION OF FRUIT ON TOP.
5. LIGHTLY SPRINKLE ON THE GRANOLA AND DRIZZLE AGAVE ON TOP.

FLAVOR
and
COOKING
NOTES

NUTRITION
LYCOPENE &
ANTIOXIDANTS

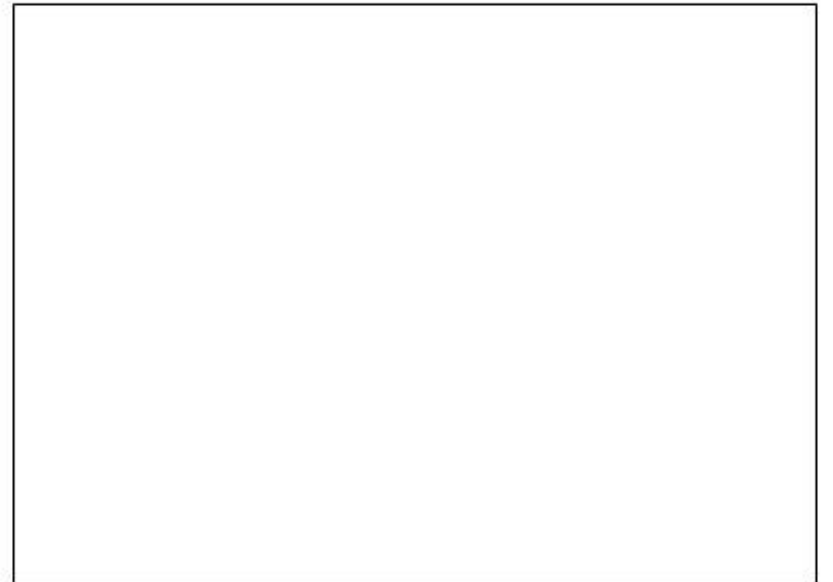
FUN WITH FOOD CAMP



PICTURE YOUR DISH



NUTRITION & GARDEN TIPS



FUN WITH FOOD

summer Berry Parfait WITH Greek YOGURT and Granola

INGREDIENTS

3/4 CUP SLICED STRAWBERRIES
3/4 CUP BLUEBERRIES
1 (6 OUNCE) CONTAINER VANILLA
GREEK YOGURT
1 TABLESPOON WHEAT GERM
1/2 BANANA, SLICED
1/3 CUP GRANOLA

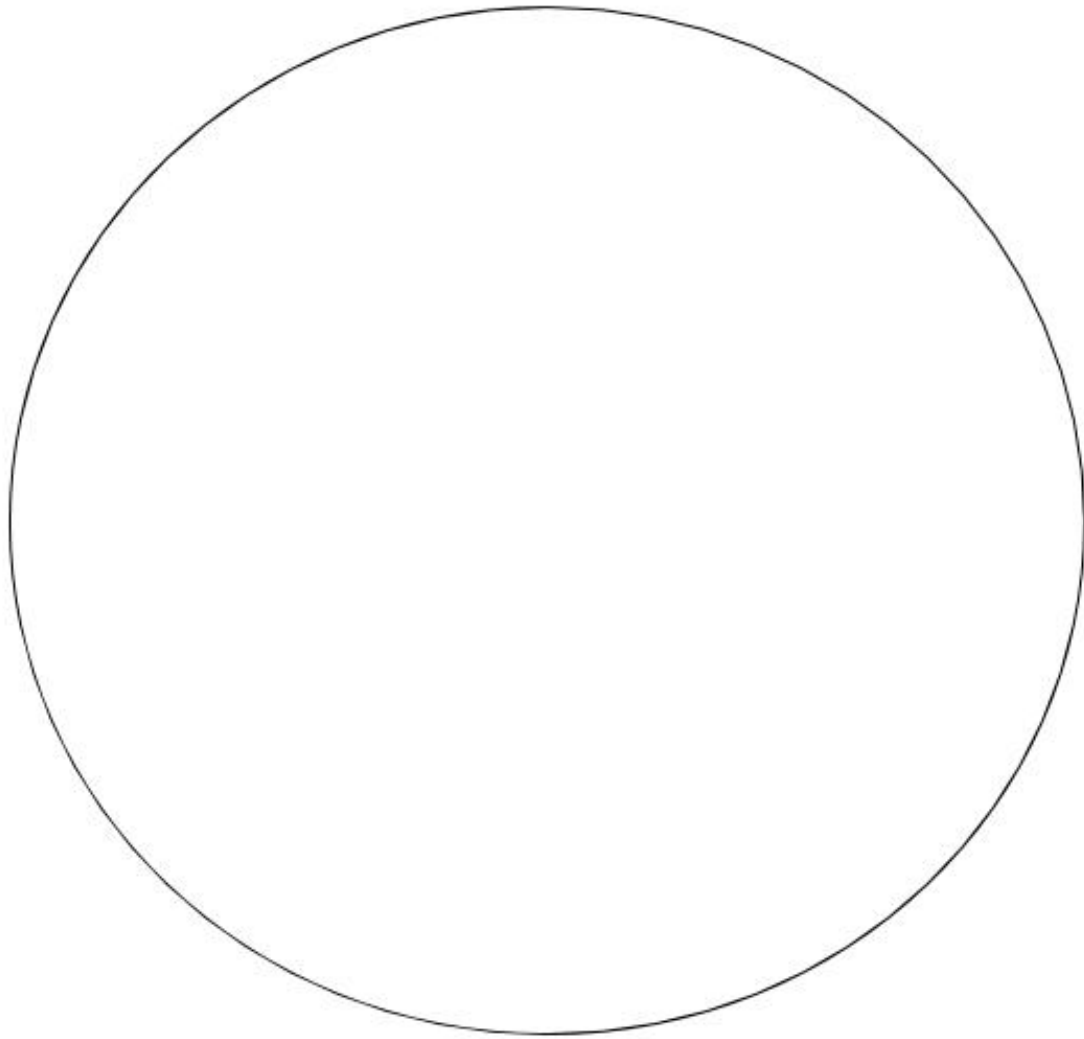
METHOD

LAYER 1/4 CUP STRAWBERRIES, 1/4 CUP
BLUEBERRIES, 1/3 CONTAINER YOGURT, 1/3
TABLESPOON WHEAT GERM, 1/3 OF THE
SLICED BANANA, AND ABOUT 2
TABLESPOONS OF GRANOLA IN A LARGE
BOWL. CONTINUE TO BUILD THE PARFAIT,
REPEATING THE LAYERS UNTIL ALL OF
THE INGREDIENTS ARE USED
COMPLETELY.

FLAVOR &
COOKING
NOTES

NUTRITION
ANTIOXIDANTS,
FIBER & PROTEIN

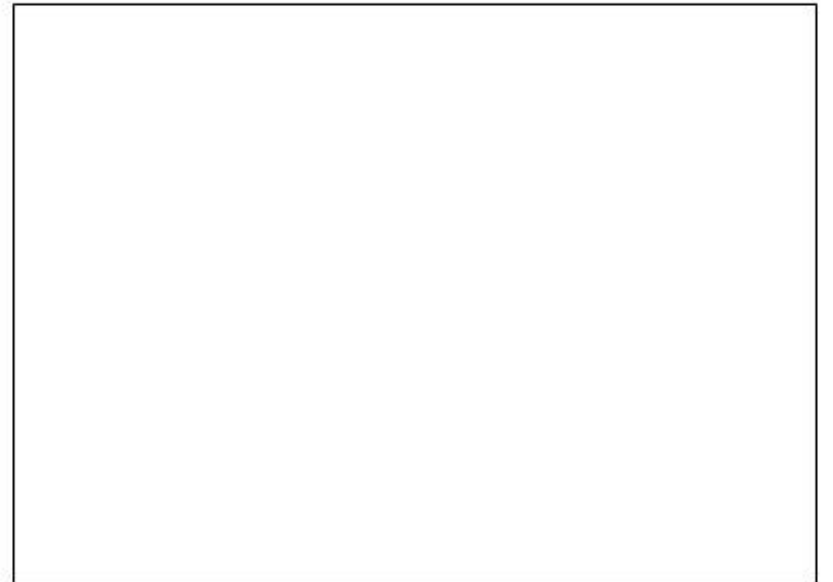
FUN WITH FOOD CAMP



PICTURE YOUR DISH



NUTRITION & GARDEN TIPS



FUN WITH FOOD

COSTA RICAN GALLO PINTO (Beans and rice)

INGREDIENTS

2 CUPS COOKED BLACK BEANS
½ CUP CHICKEN STOCK
3 CUPS COOKED RICE
½ ONION, CHOPPED
1 BELL PEPPER, CHOPPED
2 GARLIC CLOVES, CHOPPED
2 TABLESPOONS FRESH CILANTRO, CHOPPED
2 TABLESPOONS VEGETABLE OIL

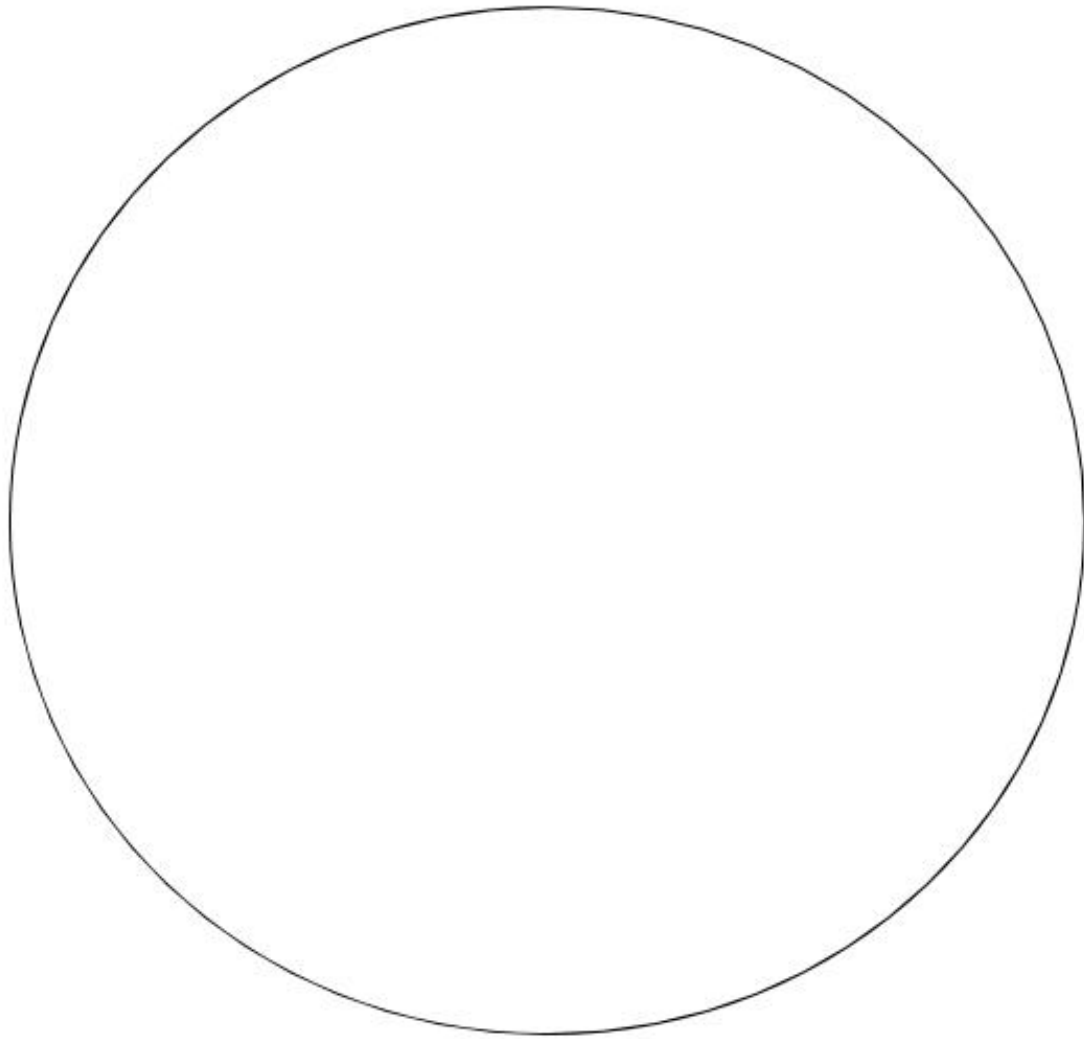
METHOD

SAUTE ONION AND BELL PEPPER IN VEGETABLE OIL, ABOUT 3 MINUTES.
ADD THE GARLIC AND SAUTÉ A BIT MORE.
POUR IN THE BEANS AND THE STOCK, BRING TO A SIMMER.
AVOID THE MIXTURE DRYING UP.
ADD IN THE RICE AND STIR THOROUGHLY, GENTLY.
DON'T MASH THE BEANS!
SEASON TO TASTE WITH SALT AND PEPPER.
RIGHT BEFORE SERVING STIR IN THE FRESH CILANTRO.

FLAVOR &
COOKING
NOTES

NUTRITION
FIBER, PROTEIN &
CARBOHYDRATE

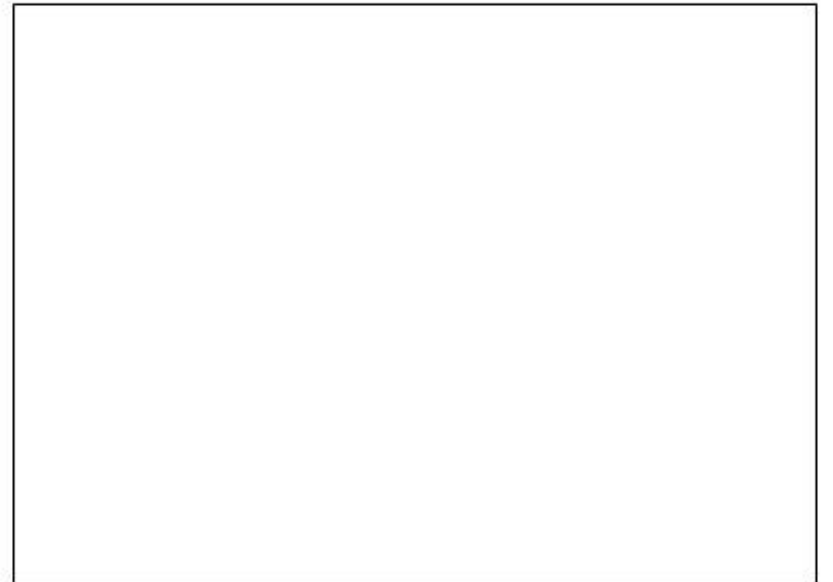
FUN WITH FOOD CAMP



PICTURE YOUR DISH



NUTRITION & GARDEN TIPS



FUN WITH FOOD

Strawberry Banana Smoothie

INGREDIENTS

1/2 Banana
1/2 CUP Plain Greek YOGURT
1 CUP FROZEN STRAWBERRIES
1/4 CUP Orange Juice
DRIZZLE OF Honey

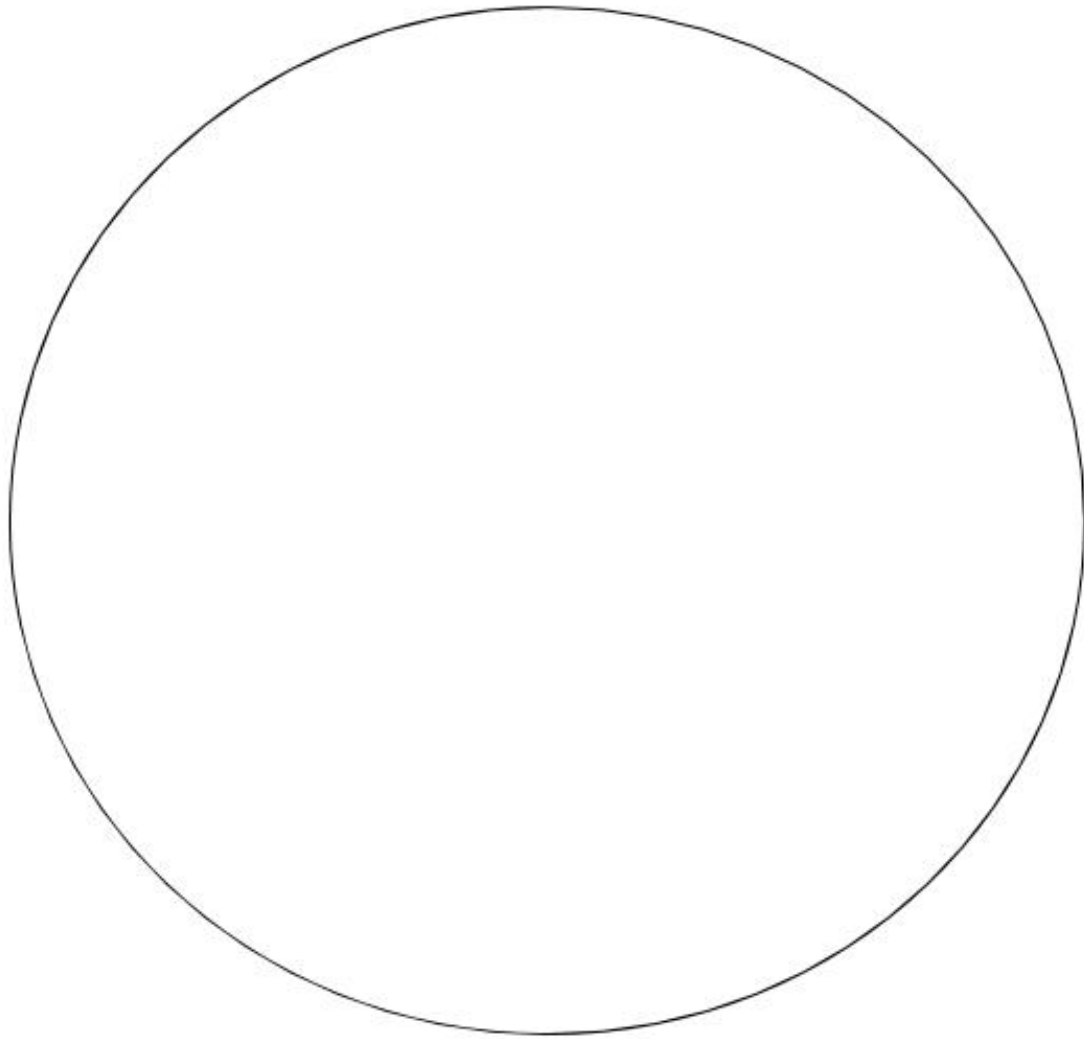
METHOD

COMBINE ALL INGREDIENTS IN A BLENDER AND BLEND UNTIL COMBINED AND FROTHY. SERVE IMMEDIATELY.

FLAVOR &
COOKING
NOTES

NUTRITION
FIBER &
ANTIOXIDANTS

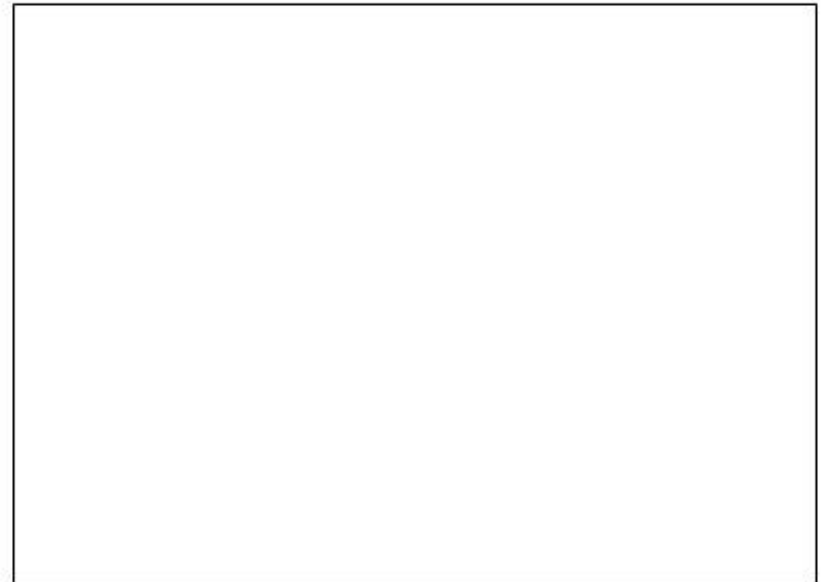
FUN WITH FOOD CAMP



PICTURE YOUR DISH



NUTRITION & GARDEN TIPS



FUN WITH FOOD

CHOCOLATE CHIP BISCOTTI

INGREDIENTS

1 3/4 CUPS ALL-PURPOSE FLOUR
1 CUP SUGAR
1/2 TEASPOON BAKING POWDER
1 CUP CHOCOLATE CHIPS
4 TABLESPOONS COLD BUTTER
1/4 TEASPOON SALT
1 TEASPOON VANILLA EXTRACT
2 EGGS, LIGHTLY BEATEN

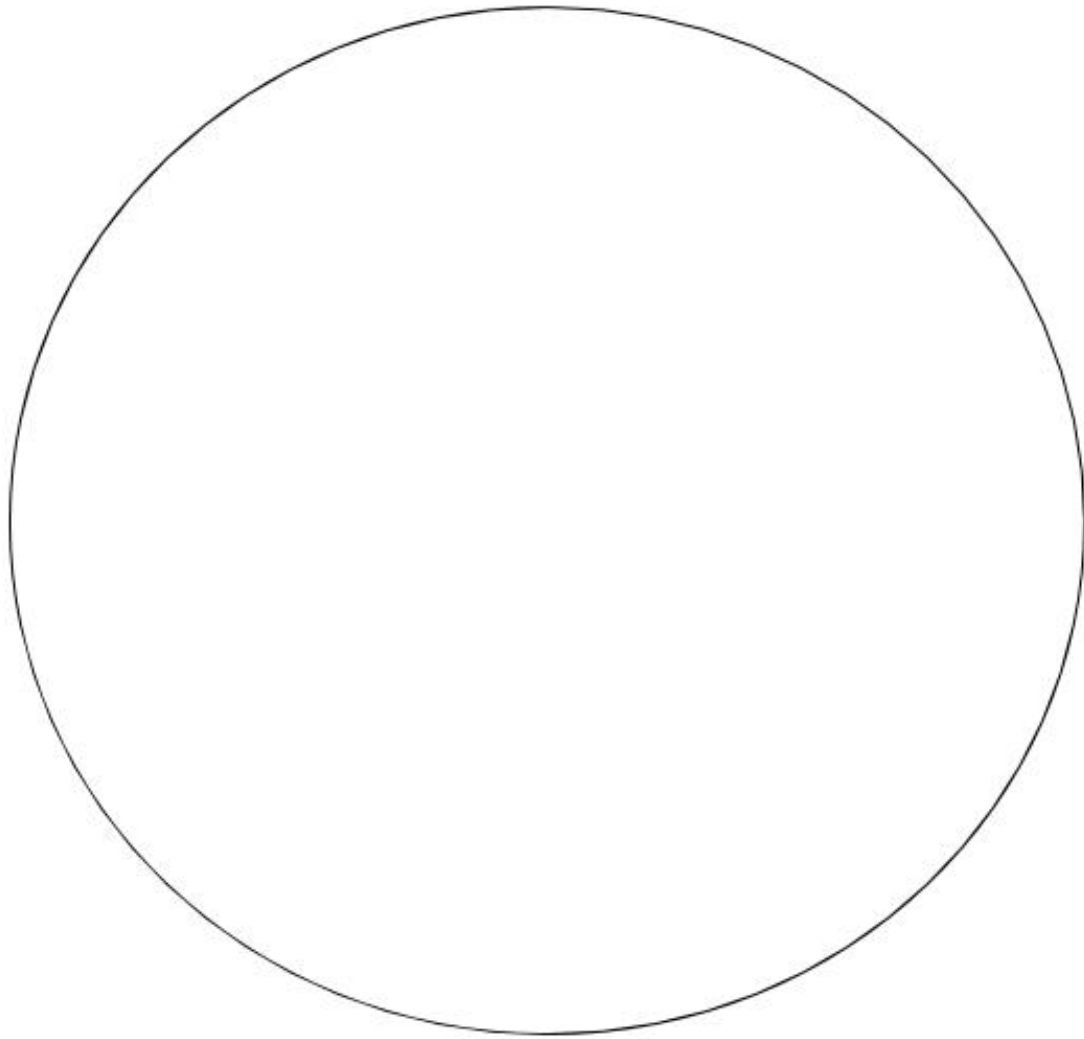
METHOD

PREHEAT OVEN TO 350°F.
IN A FOOD PROCESSOR, COMBINE SUGAR, FLOUR, BAKING POWDER AND SALT, PROCESS FOR A FEW SECONDS.
ADD BUTTER AND VANILLA, PROCESS UNTIL MIXTURE RESEMBLES COARSE CORNMEAL.
ADD CHOCOLATE CHIPS AND EGGS AND PULSE UNTIL DOUGH IS EVENLY MOISTENED.
DIVIDE DOUGH INTO 4 EQUAL PIECES, PRESS ONTO PANS AS LOGS.
BAKE FOR 25 MINUTES, THEN REMOVE FROM OVEN AND CUT INTO DIAGONAL 1" SLICES.
TURN SLICES ON SIDES AND RETURN TO OVEN FOR 5-10 MINUTES. LET COOL.

FLAVOR &
COOKING
NOTES

NUTRITION
CARBOHYDRATE

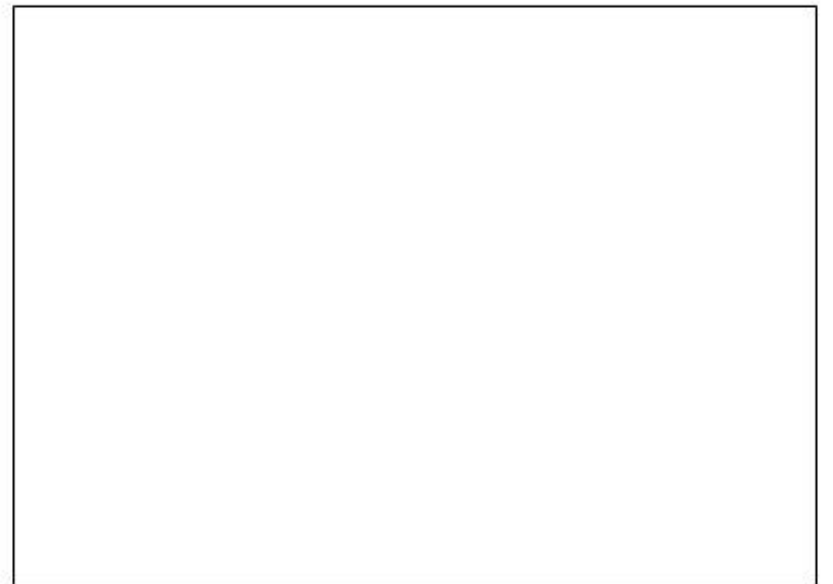
FUN WITH FOOD CAMP



PICTURE YOUR DISH



NUTRITION & GARDEN TIPS



FUN WITH FOOD

VEGGIE GRILLED PIZZA WITH WHOLE GRAIN CRUST

INGREDIENTS

2 CUPS warm water
1 1/2 TABLESPOONS yeast
2 TABLESPOONS OLIVE OIL
2 TEASPOONS honey
2 TEASPOONS sea salt
5 - 5 1/2 CUPS WHOLE WHEAT FLOUR
1/4 CUP cornmeal, DIVIDED
ASSORTED VEGGIES FOR TOPPINGS

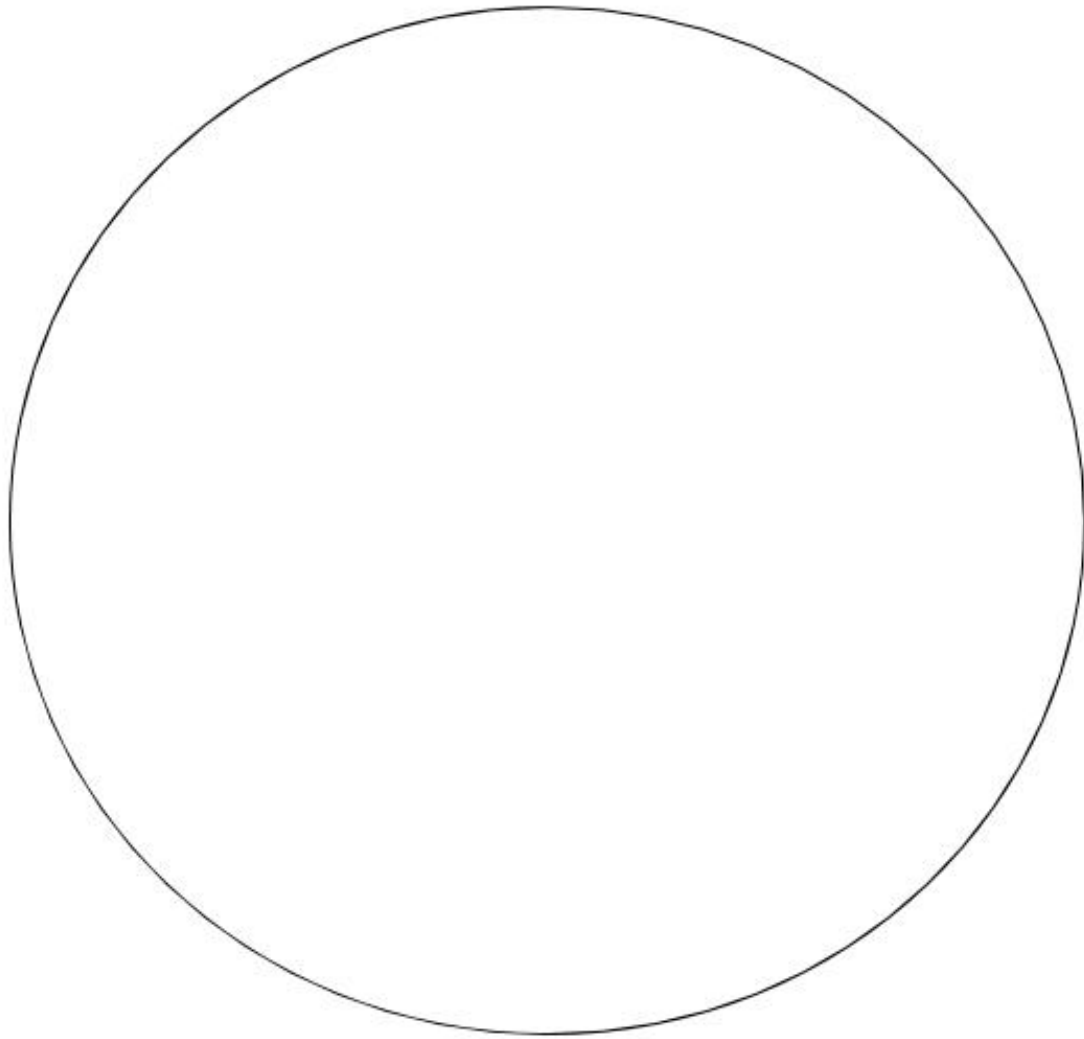
METHOD

IN A LARGE BOWL COMBINE water, yeast, olive oil, honey, sea salt, and 5 CUPS OF FLOUR. MIX TOGETHER WITH A WOODEN SPOON UNTIL A ROUGH DOUGH FORMS. NEXT, USE YOUR HANDS TO KNEAD THE DOUGH. IF THE DOUGH FEELS REALLY STICKY, ADD A BIT OF FLOUR AS YOU KNEAD. YOU KNOW THE DOUGH IS READY WHEN IT FEELS TACKY ON YOUR HANDS BUT DOESN'T BREAK OFF INTO LITTLE BITS ON YOUR HANDS. COVER THE BOWL WITH PLASTIC WRAP (OR MOIST TOWEL). AFTER 45 MINUTES - 1 HOUR YOUR DOUGH WILL BE LIGHT AND READY FOR TOPPINGS. TURN ON YOUR GRILL TO MEDIUM-HIGH HEAT. (IT SHOULD BE ABOUT 500 DEGREES WHEN YOU PUT IN YOUR PIZZA.) WHILE YOU'RE WAITING FOR YOUR GRILL TO HEAT UP GET YOUR DOUGH AND TOPPINGS READY. PREPARE A CUTTING BOARD BY DUSTING IT GENEROUSLY WITH CORNMEAL (ABOUT 1/2 TABLESPOON.) NEXT, TAKE A FIST-SIZED PIECE OF DOUGH AND START TO STRETCH IT OUT. THE DOUGH NEEDS TO BE 1/8" THICK. YOU CAN USE A ROLLING PIN TO THIN OUT THE DOUGH. YOUR DOUGH WILL BE ABOUT 8 - 10 INCHES ACROSS. TEST THE DOUGH RIGHT NOW AND SEE IF IT CAN SLIDE AROUND ON TOP OF THE CORNMEAL. PUT ON 2 TABLESPOONS OF OLIVE OIL, PESTO, OR MARINARA. TOP WITH 1/3 CUP OF MOZZARELLA CHEESE, SHREDDED SPINACH, AND JULIENNED RED BELL PEPPERS. OPEN YOUR GRILL AND GENTLY COAX YOUR PIZZA OFF THE CUTTING BOARD INTO THE CENTER OF THE GRILL. CLOSE THE GRILL. CHECK ON THE PIZZA IN ABOUT 5 MINUTES.

FLAVOR &
COOKING
NOTES

NUTRITION
FIBER &
CARBOHYDRATES

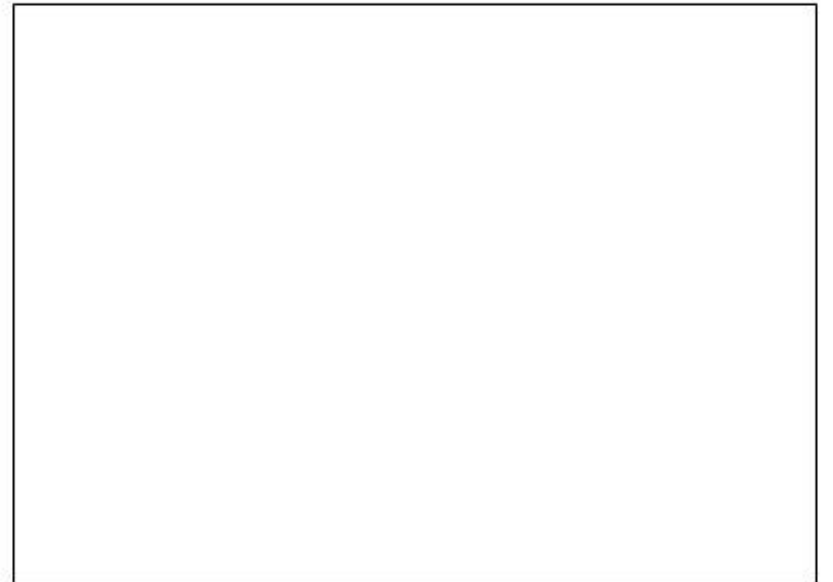
FUN WITH FOOD CAMP



PICTURE YOUR DISH



NUTRITION & GARDEN TIPS



FUN WITH FOOD

Homemade Ice cream in a Bag

INGREDIENTS

1/2 CUP HALF AND HALF
1 TABLESPOON GRANULATED SUGAR
1/2 TEASPOON VANILLA EXTRACT
1/3 CUP ICE CREAM SALT
3 CUPS CRUSHED ICE

METHOD

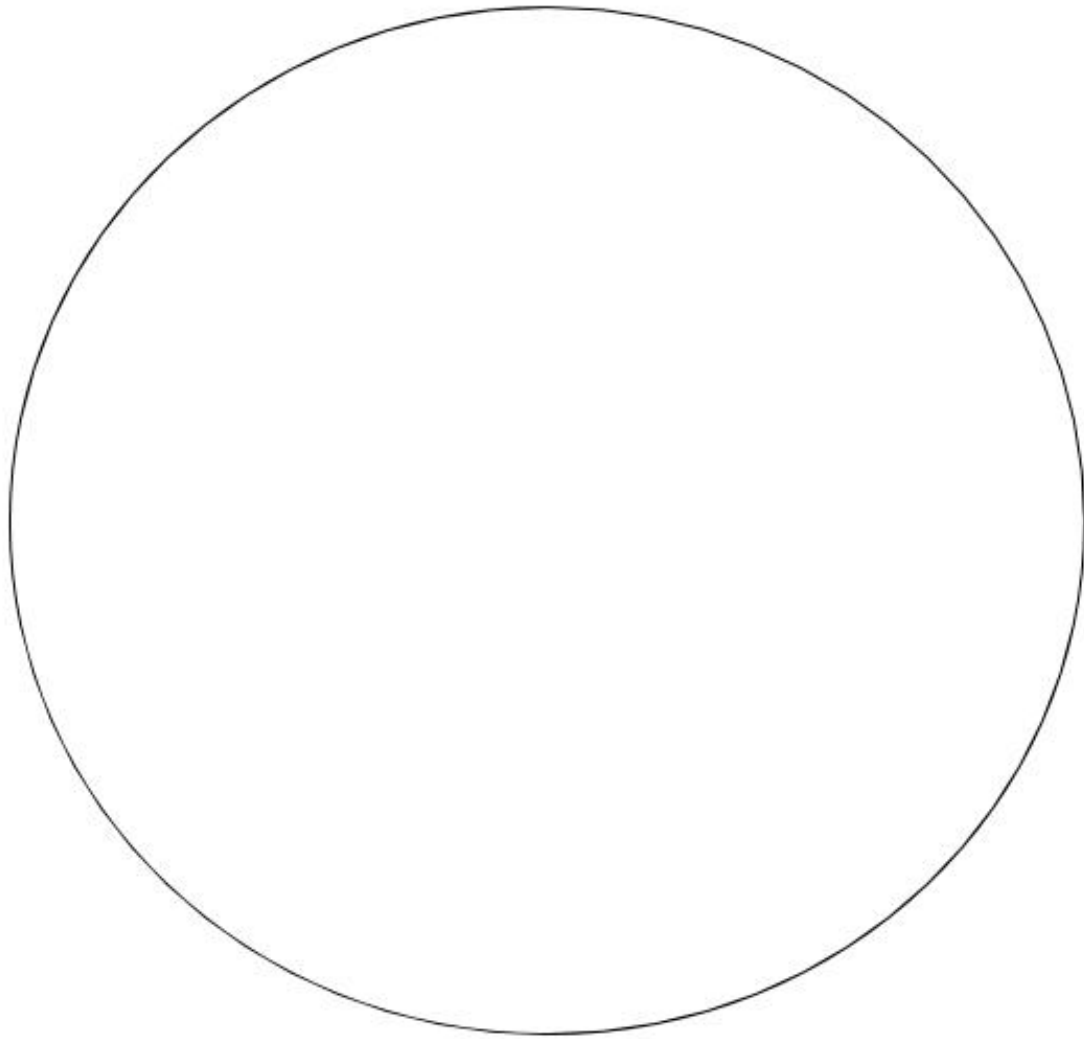
POUR HALF & HALF, SUGAR AND VANILLA INTO A ZIPLOC SANDWICH BAG; ZIP THE BAG CLOSED; SET ASIDE.
TO THE ZIPLOC GALLON BAG, ADD CRUSHED ICE AND ROCK/ICE CREAM SALT.
PUT THE SEALED SANDWICH BAG INSIDE THE GALLON BAG; ZIP THE GALLON BAG CLOSED.
SHAKE THE BAGS FOR AT LEAST 5 MINUTES; WHEN THE ICE CREAM FEELS SLIGHTLY FIRM, IT'S DONE.
IF DESIRED, ADD OTHER INGREDIENTS LIKE CHOPPED STRAWBERRIES, CHOCOLATE CHIPS, CRUSHED COOKIES OR CANDY BAR, TO THE SMALL BAG AND SHAKE FOR ANOTHER MINUTE OR TWO.

FLAVOR &
COOKING
NOTES

NUTRITION

sugar

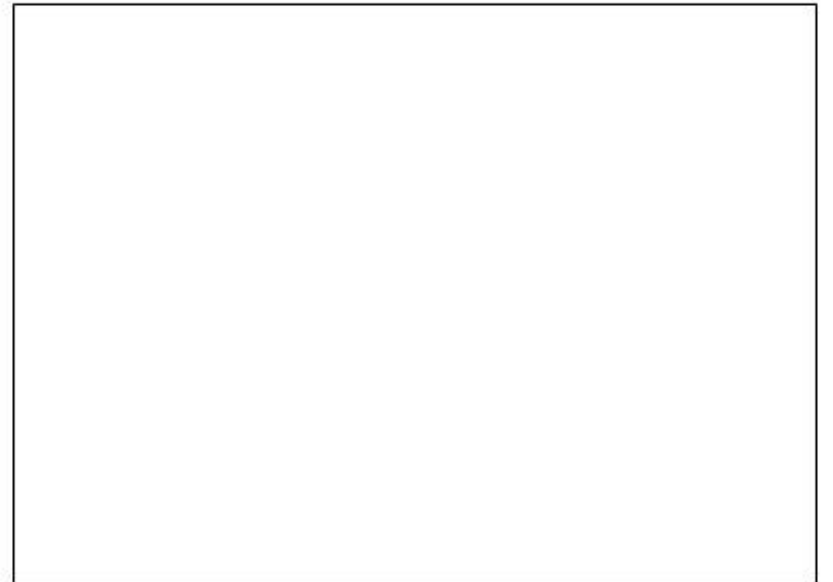
FUN WITH FOOD CAMP



PICTURE YOUR DISH



NUTRITION & GARDEN TIPS



FUN WITH FOOD

SPAGHETTI

INGREDIENTS

OLIVE OIL, ROUGHLY 1/4 CUP
FRESH TOMATOES, ROUGHLY 2 CUPS, CHOPPED
FRESH BASIL, ROUGHLY 1/2 CUP, CHOPPED
FRESH GARLIC, ROUGHLY 2 TABLESPOONS,
CHOPPED
SALT AND PEPPER
CHEESE (PARMESAN OR FRESH MOZZARELLA)
PASTA (WHATEVER KIND YOU LIKE)

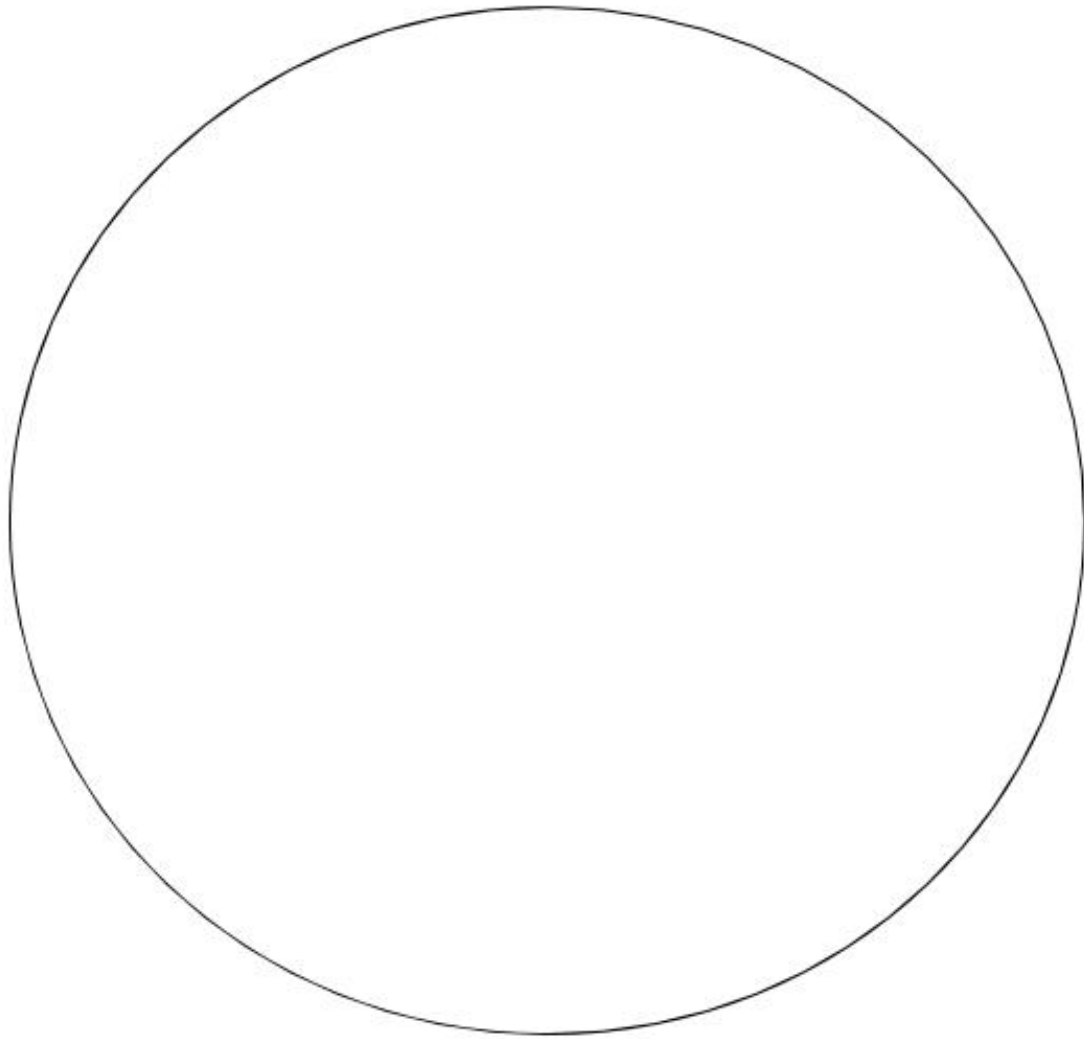
METHOD

1. COOK YOUR CHOICE OF PASTA ACCORDING TO THE DIRECTIONS ON THE PACKAGE AND SET ASIDE.
2. HEAT OLIVE OIL (ROUGHLY 1/4 A CUP) IN A LARGE PAN OVER MEDIUM HEAT.
3. ADD THE CHOPPED TOMATOES, SIMMER FOR A FEW MINUTES, THEN ADD THE GARLIC, SALT AND PEPPER.
4. LET THE SAUCE SIMMER UNTIL TASTY (TRY IT). THEN ADD THE FRESH BASIL, PASTA AND TOP WITH YOUR CHOICE OF CHEESE.

FLAVOR &
COOKING
NOTES

NUTRITION
LYCOPENE &
CARBOHYDRATE

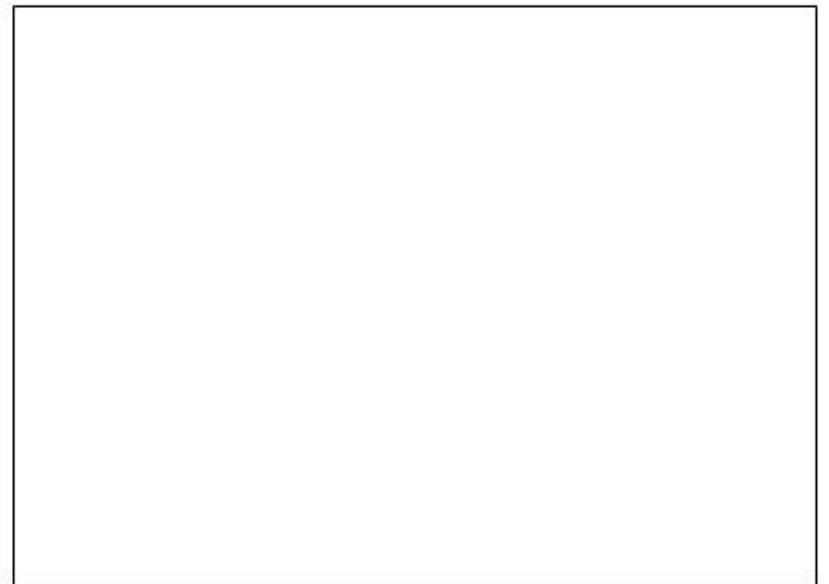
FUN WITH FOOD CAMP



PICTURE YOUR DISH



NUTRITION & GARDEN TIPS



FUN WITH FOOD

classic vinaigrette

INGREDIENTS

1 1/2 TABLESPOONS APPLE CIDER OR RED
WINE VINEGAR
1 TABLESPOON CHOPPED SHALLOTS OR
ONE CLOVE OF GARLIC
1/4 TEASPOON SALT
1 TABLESPOON DIJON MUSTARD
1/8 TEASPOON PEPPER
3 TABLESPOONS EXTRA-VIRGIN OLIVE
OIL

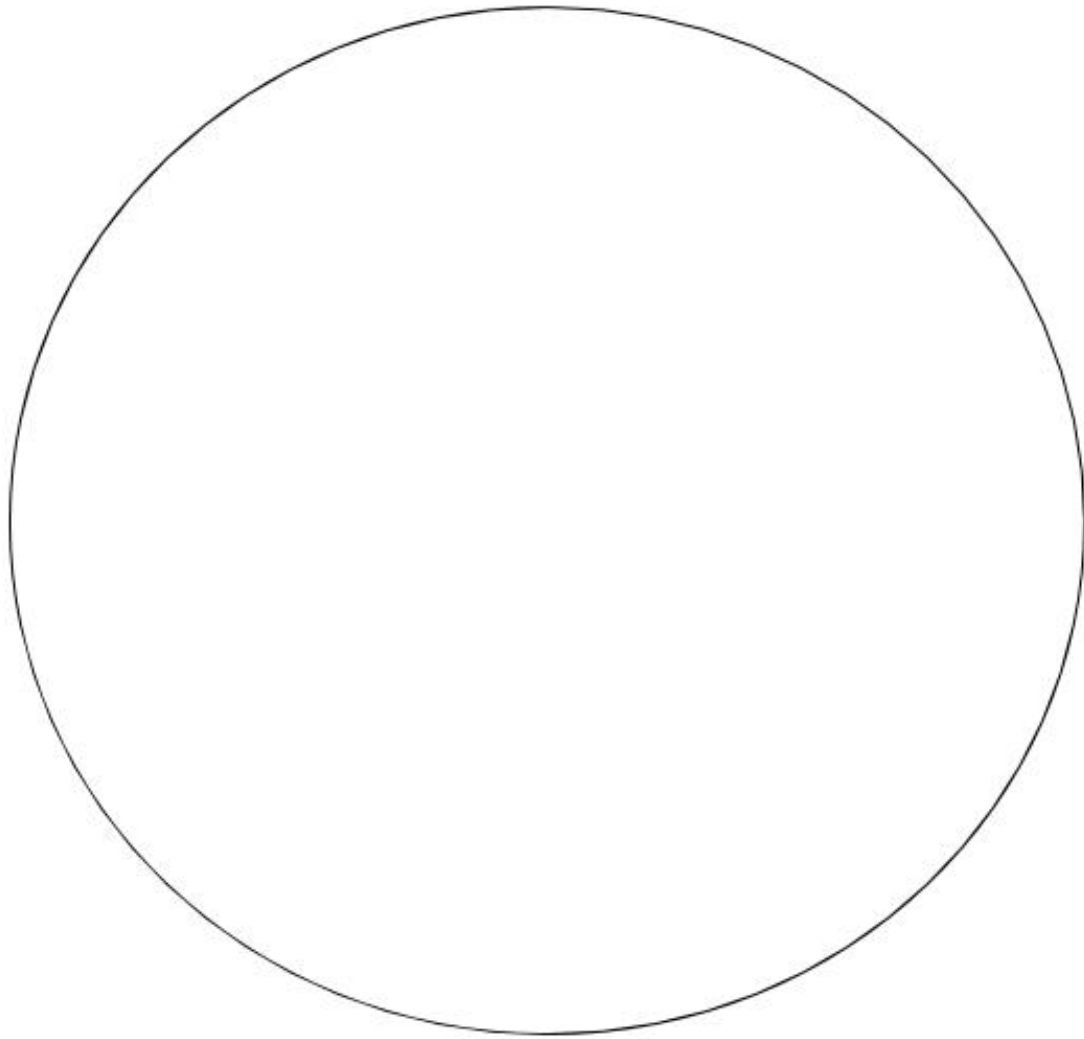
METHOD

COMBINE VINEGAR, SHALLOTS, SALT, DIJON
MUSTARD, AND PEPPER. GRADUALLY ADD
OLIVE OIL, STIRRING UNTIL INCORPORATED.

FLAVOR &
COOKING
NOTES

NUTRITION
VITAMIN E,
VITAMIN K &
MUFA

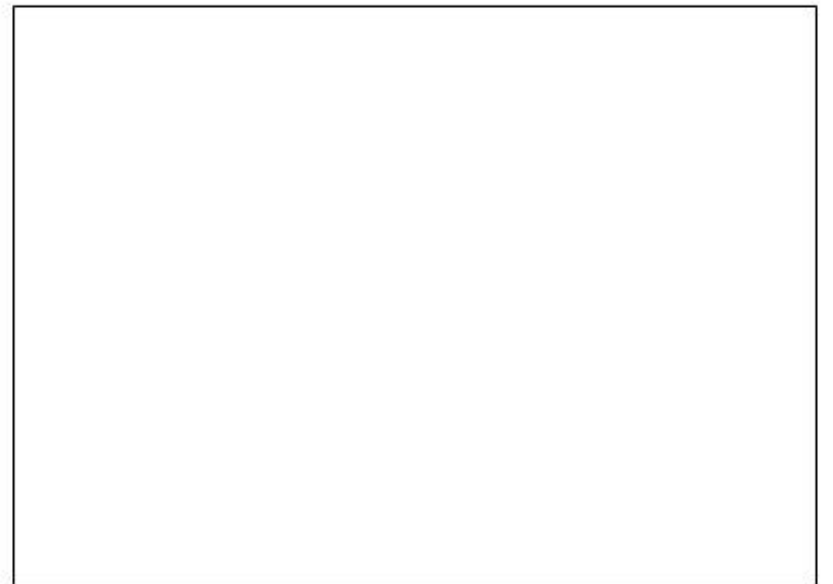
FUN WITH FOOD CAMP



PICTURE YOUR DISH



NUTRITION & GARDEN TIPS



FUN WITH FOOD

FRUIT KABOBS

INGREDIENTS

skewers
strawberries
orange chunks
pineapple chunks
kiwi chunks
grapes

*Please feel free to swap fruits in and out as you see fit. I've made these with blueberries, raspberries, green grapes, and bananas

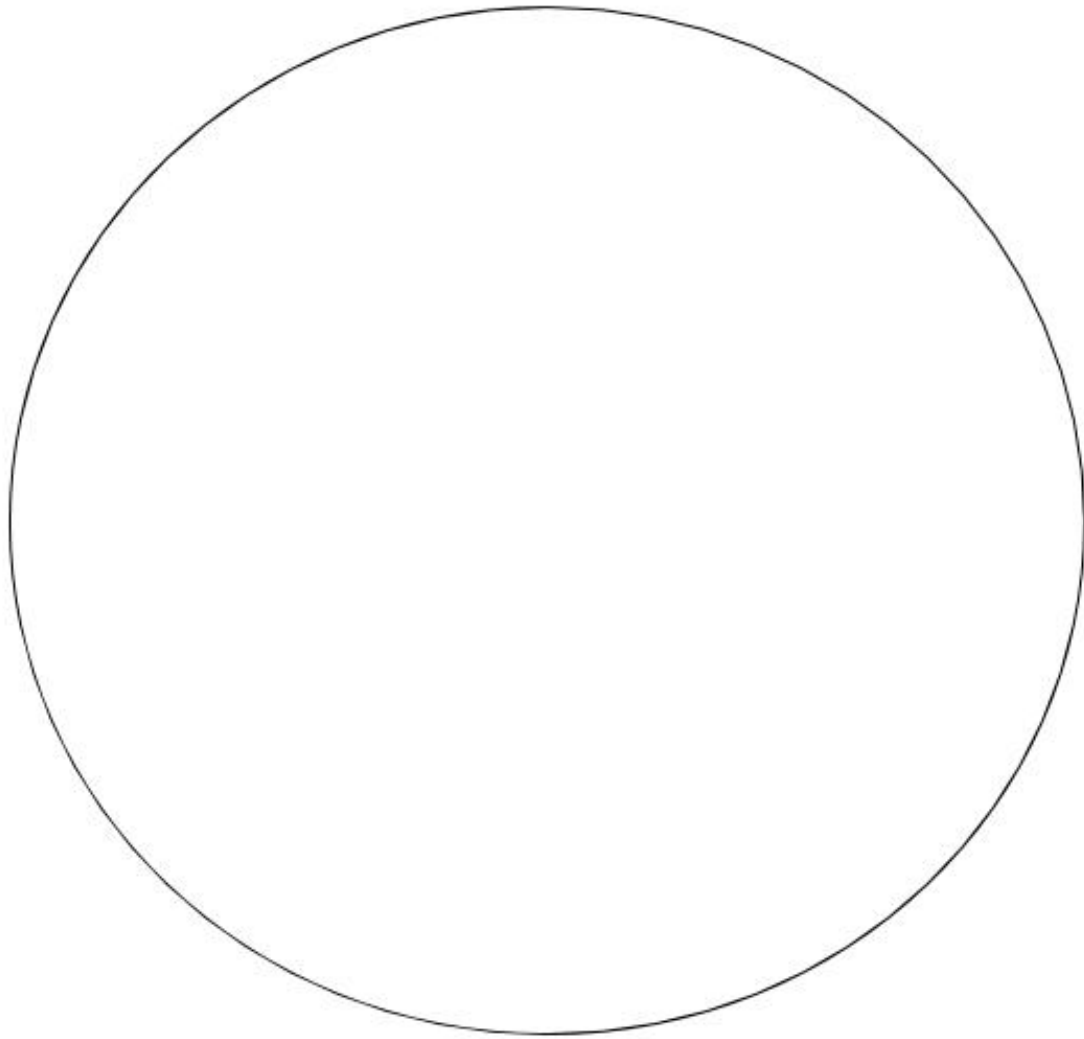
METHOD

Wash and prepare all of your fruit by cutting the oranges, pineapple, and kiwi into chunks. Take a skewer and begin adding one piece of fruit at a time. Start with a strawberry, then add an orange, pineapple, kiwi, and finally grapes. Make extra to keep in the freezer!

FLAVOR &
COOKING
NOTES

NUTRITION
FIBER &
ANTIOXIDANTS

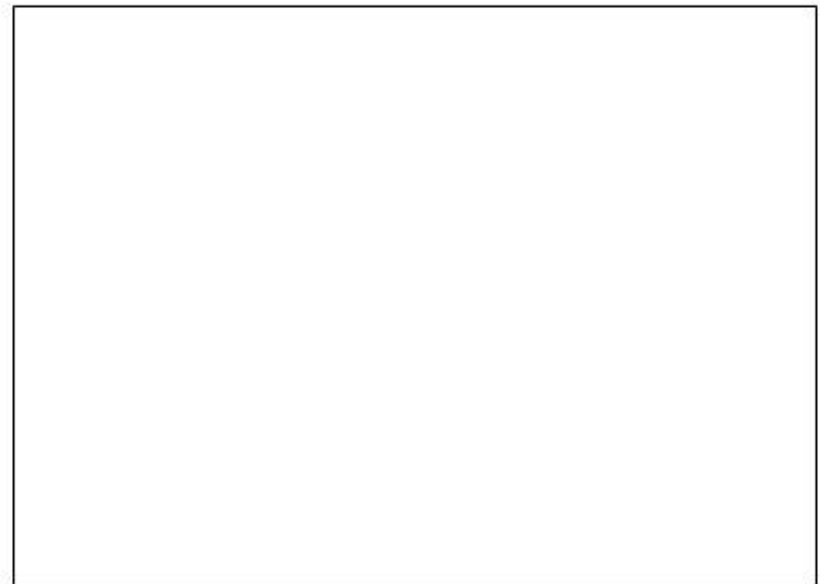
FUN WITH FOOD CAMP



PICTURE YOUR DISH



NUTRITION & GARDEN TIPS



FUN WITH FOOD

SUSHI

INGREDIENTS

1 CUP SUSHI RICE
1 CUCUMBER OR OTHER VEGETABLES
THINLY SLICED
1 CUP CRAB MEAT (WITH A DAB OF
MAYONNAISE SO IT BINDS BETTER), TOFU,
CHICKEN OR BEEF
1 AVOCADO, THINLY SLICED
LEMON JUICE
2 SHEETS NORI (JAPANESE SEAWEED
WRAPPERS)
SESAME SEEDS

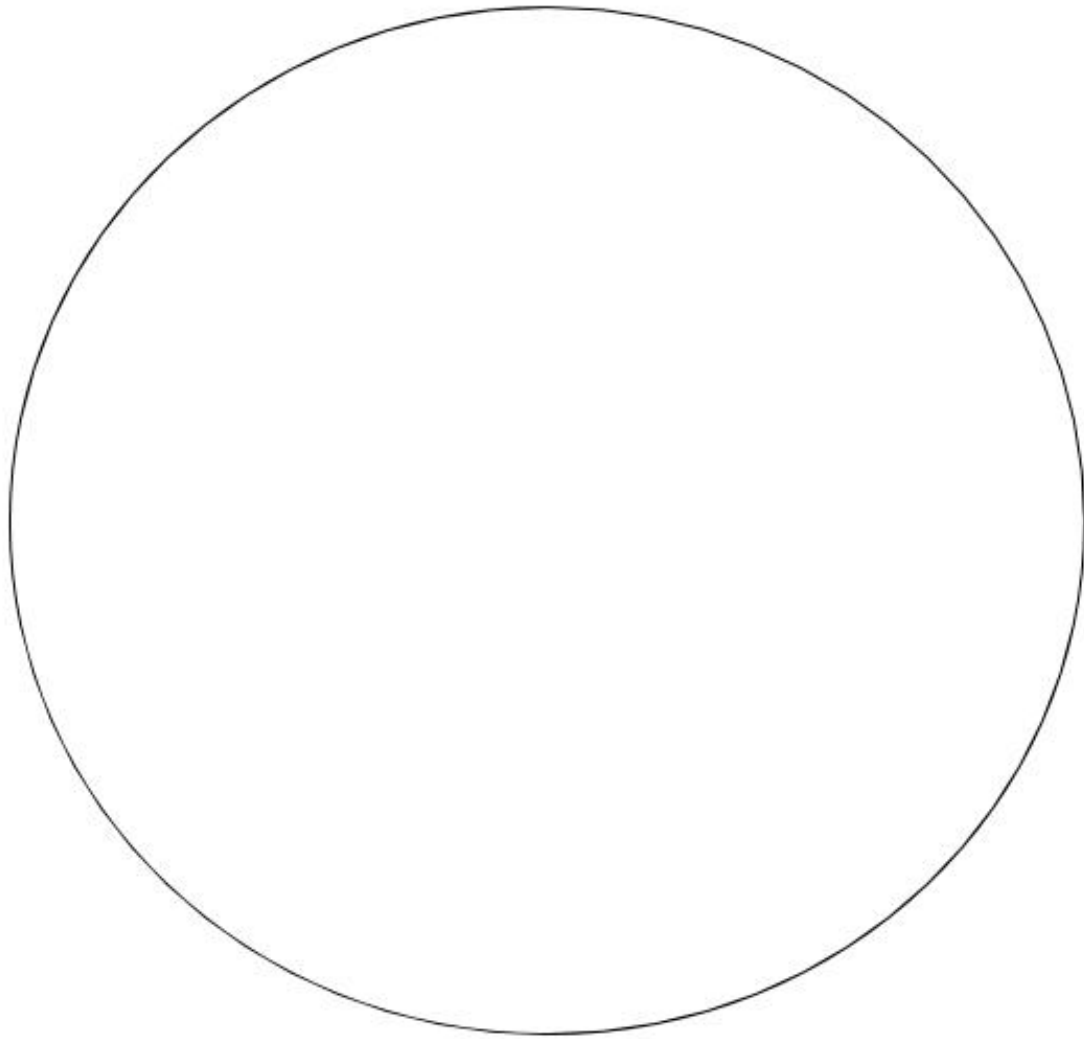
METHOD

HAVE A SMALL BOWL OF WATER READY IN YOUR PREPARATION AREA FOR MOISTENING YOUR FINGERS SO THE RICE DOES NOT STICK TO THEM. CUT NORI SHEET IN HALF AND PLACE IT ON BAMBOO MAT, SHINY SIDE DOWN. DAMPEN YOUR FINGERS IN WATER. SPREAD A THIN LAYER OF RICE (ABOUT 1/4 INCH THICK) ON THE SHEET OF NORI, LEAVING ABOUT AN INCH OF SPACE AROUND THE SIDES. DO NOT PACK THE RICE - AND DON'T USE TOO MUCH RICE. LAY CRABMEAT, AVOCADO AND CUCUMBER LENGTHWISE. SPRINKLE WITH SESAME SEEDS.
TO ROLL: SLOWLY FOLD THE END OF THE MAT CLOSEST TO YOU OVER THE FILLING AND TUCK IT IN. TRY NOT TO SQUEEZE TOO HARD, OR ALL THE CONTENTS WILL FALL OUT. USE MEDIUM PRESSURE TO CREATE A COMPACT TUBE. REMOVE THE MAT FROM AROUND THE ROLL, PRESS IN THE LOOSE ENDS AND PLACE IT ON A CUTTING BOARD, SEAM-SIDE DOWN. USING A WET, SHARP KNIFE, SLICE THE ROLL IN HALF THEN INTO SIX EQUAL PIECES. SERVE WITH SOY SAUCE, WASABI, AND PICKLED GINGER.

FLAVOR &
COOKING
NOTES

NUTRITION
PROTEIN,
CARBOHYDRATE, &
MICRONUTRIENTS

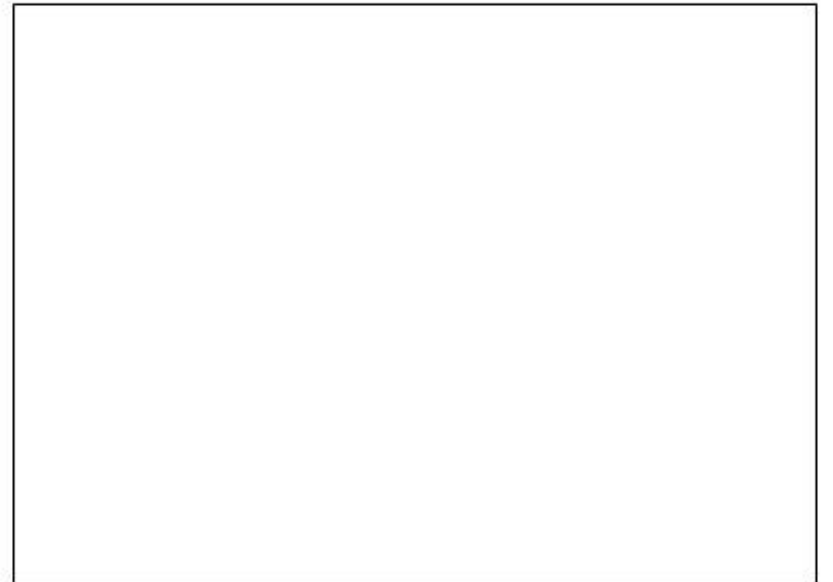
FUN WITH FOOD CAMP



PICTURE YOUR DISH



NUTRITION & GARDEN TIPS



FUN WITH FOOD

VEGETABLE STIR-FRY

INGREDIENTS

2 TABLESPOONS canola oil
1 red BELL PEPPER, CORED, SEEDED, and JULIENNED
1 yellow BELL PEPPER, CORED, SEEDED, and JULIENNED
1/2 CUP THINLY SLICED red onion
1 CUP HALF-MOON SLICED yellow SQUASH
1 CUP SMALL BROCCOLI FLORETS
1 BABY eggPLANT, CUT INTO CHUNKS
8 ounces FIRM TOFU, CUT INTO LARGE CHUNKS
1 CLOVE GARLIC, MINCED
1/2 CUP teriyaki sauce
2 CUPS SLICED BOK CHOY
1 CUP FRESH BEAN SPROUTS
1/4 TEASPOON FRESHLY GROUND BLACK PEPPER
1/4 TEASPOON KOSHER SALT
1/2 CUP SNOW PEAS
2 TABLESPOONS sesame oil

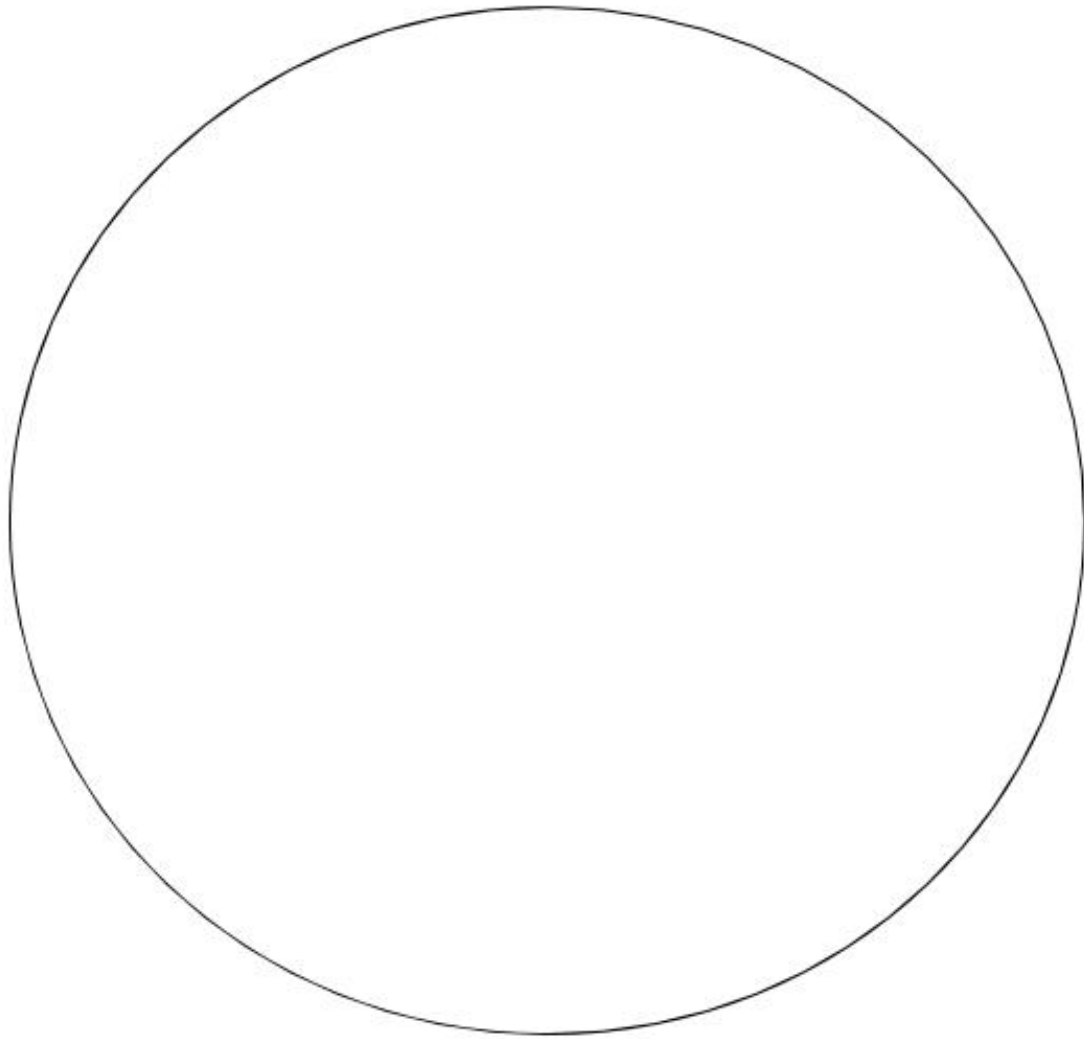
METHOD

START BY PREPARING AND CUTTING ALL THE VEGETABLES AND MEASURING YOUR INGREDIENTS SO THAT THEY ARE READY TO GO. ONCE YOU BEGIN STIR-FRYING, IT GOES VERY QUICKLY.
IN A WOK OR LARGE SKILLET, HEAT CANOLA OIL OVER HIGH HEAT UNTIL ALMOST SMOKING. ADD THE PEPPERS AND ONION WHILE STIRRING CONSTANTLY. WHILE CONTINUING TO STIR, ADD SUCCESSIVELY THE SQUASH, BROCCOLI, EGGPLANT, TOFU, GARLIC, AND TERIYAKI SAUCE. COOK, STIRRING, CONSTANTLY FOR 2 MINUTES. ADD THE BOK CHOY, SPROUTS, PEPPER, AND SALT AND COOK, STIRRING, UNTIL CRISP-TENDER, ABOUT 2 MINUTES MORE.
STIR IN SNOW PEAS AND SESAME OIL AND REMOVE FROM HEAT. SERVE IMMEDIATELY.

FLAVOR &
COOKING
NOTES

NUTRITION
FIBER &
CARBOHYDRATE

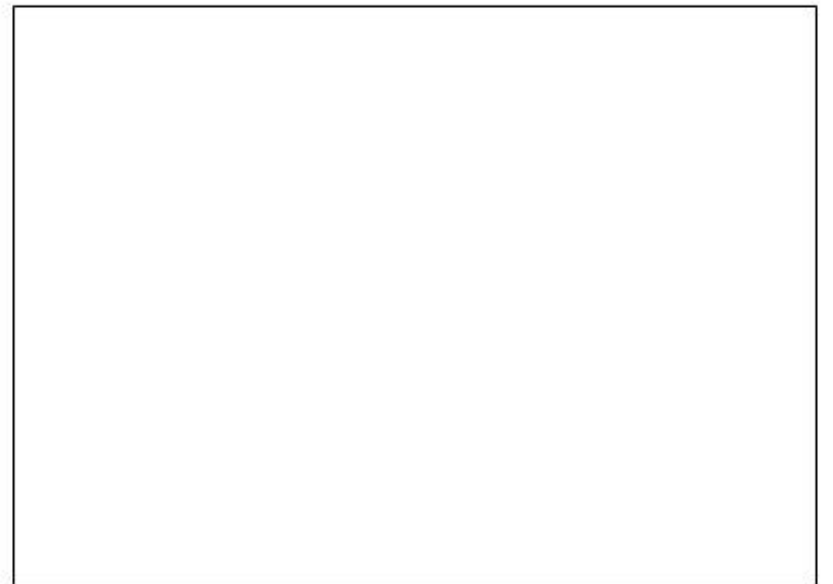
FUN WITH FOOD CAMP



PICTURE YOUR DISH



NUTRITION & GARDEN TIPS



FUN WITH FOOD

Hummmus

INGREDIENTS

3 CUPS canned CHICKPEAS (drained and rinsed)
2 Large CLOVES OF GARLIC Peeled and CRUSHED
1/2 TEASPOON SALT
1/4 TEASPOON PEPPER
2 TEASPOONS Ground cumin
1/4 CUP Lemon Juice
1/4 CUP extra-VIRGIN OLIVE OIL
1/2 CUP Water
1 TEASPOON PAPRIKA

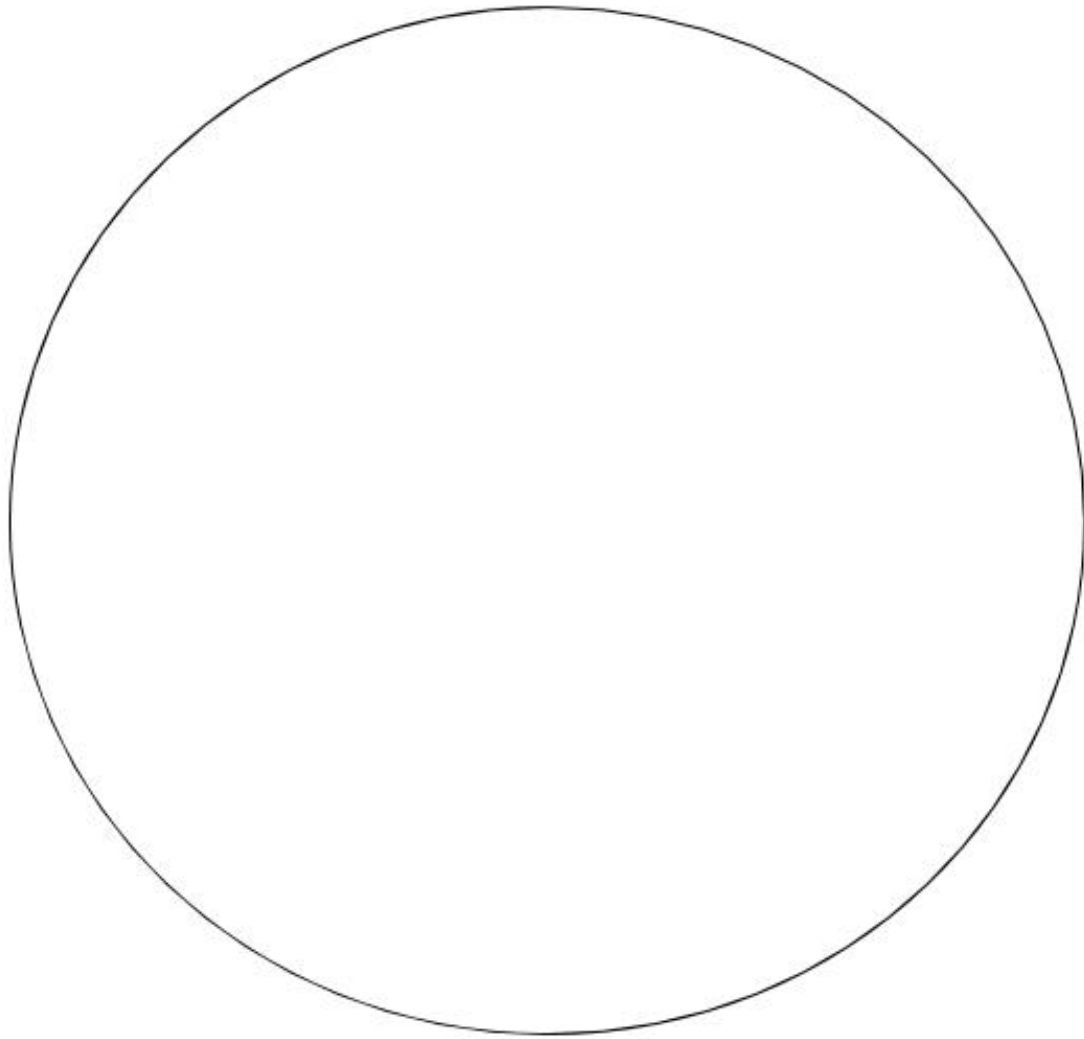
METHOD

PUT ALL THE ingredients in a BLENDER (except the water and PAPRIKA.)
USE THE PUREE SETTING ON THE BLENDER TO MIX EVERYTHING UNTIL IT IS SMOOTH and creamy. IF IT'S TOO THICK, TURN OFF THE BLENDER, and DRIZZLE in a LITTLE water (UP TO 1/2 CUP) and PUREE again UNTIL IT'S THE RIGHT texture FOR DIPPING.
TURN OFF THE BLENDER and wait UNTIL it has COMPLETELY STOPPED. USE a SPATULA TO SCRAPE ALL THE HUMMMUS INTO a SHALLOW BOWL.
DRIZZLE a LITTLE BIT OF OLIVE OIL OVER THE TOP, and SPRINKLE IT WITH PAPRIKA.

FLAVOR &
COOKING
NOTES

NUTRITION
FIBER & PROTEIN

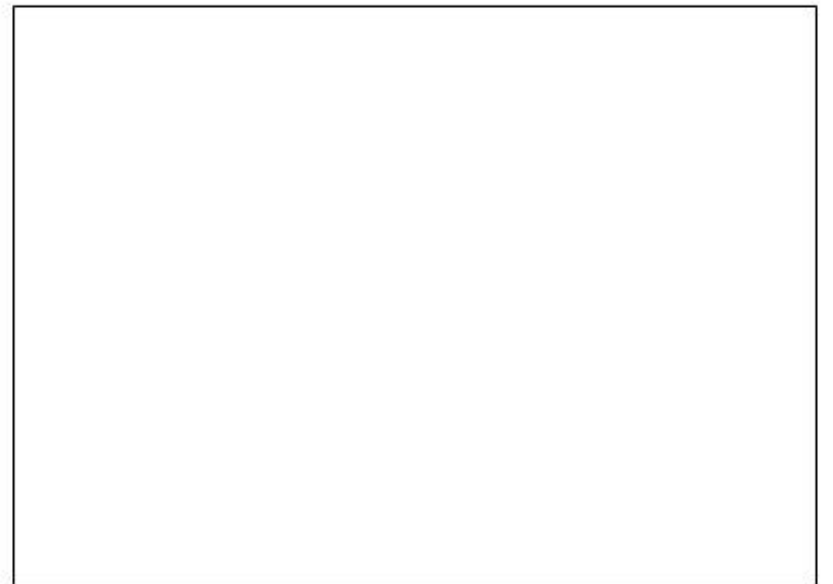
FUN WITH FOOD CAMP



PICTURE YOUR DISH



NUTRITION & GARDEN TIPS



FUN WITH FOOD

POPCORN in a BAG

INGREDIENTS

1/2 CUP UNPOPPED POPCORN

1 TEASPOON OIL (COCONUT,
VEGETABLE, OLIVE)

DASH OF SALT (OPTIONAL)

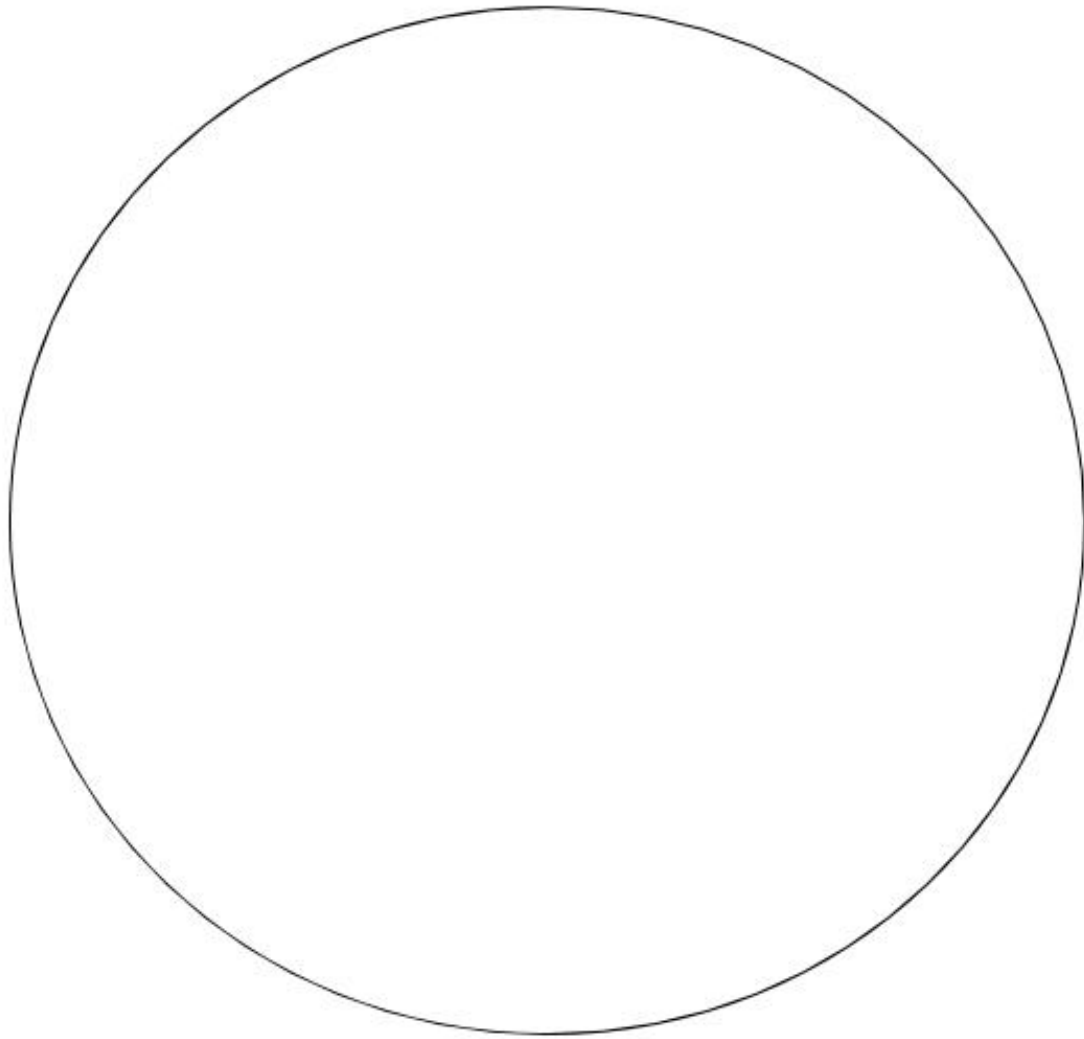
METHOD

IN A CUP OR SMALL BOWL, MIX TOGETHER THE UNPOPPED POPCORN AND OIL. POUR THE COATED CORN INTO A BROWN PAPER LUNCH SACK, AND SPRINKLE IN THE SALT. FOLD THE TOP OF THE BAG OVER TWICE TO SEAL IN THE INGREDIENTS. COOK IN THE MICROWAVE AT FULL POWER FOR 2 1/2 TO 3 MINUTES, OR UNTIL YOU HEAR PAUSES OF ABOUT 2 SECONDS BETWEEN POPS. CAREFULLY OPEN THE BAG TO AVOID STEAM, AND POUR INTO A SERVING BOWL.

FLAVOR &
COOKING
NOTES

NUTRITION
FIBER & WHOLE
GRAINS

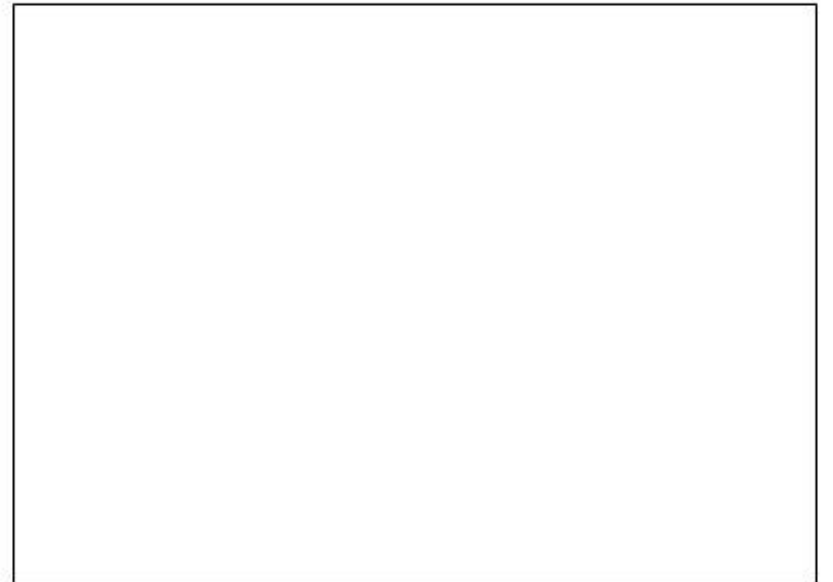
FUN WITH FOOD CAMP



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NUTRITION & GARDEN TIPS



FUN WITH FOOD

s'mores PIZZA

INGREDIENTS

1 refrigerated PIZZA DOUGH
1/2 CUP RICOTTA
1/2 CUP mascarpone cheese
1/4 CUP POWDERED SUGAR
1 TEASPOON vanilla extract
1/2 TEASPOON SALT
1 CUP NUTELLA
2 CUPS mini marshmallows
1/4 CUP graham cracker crumbs

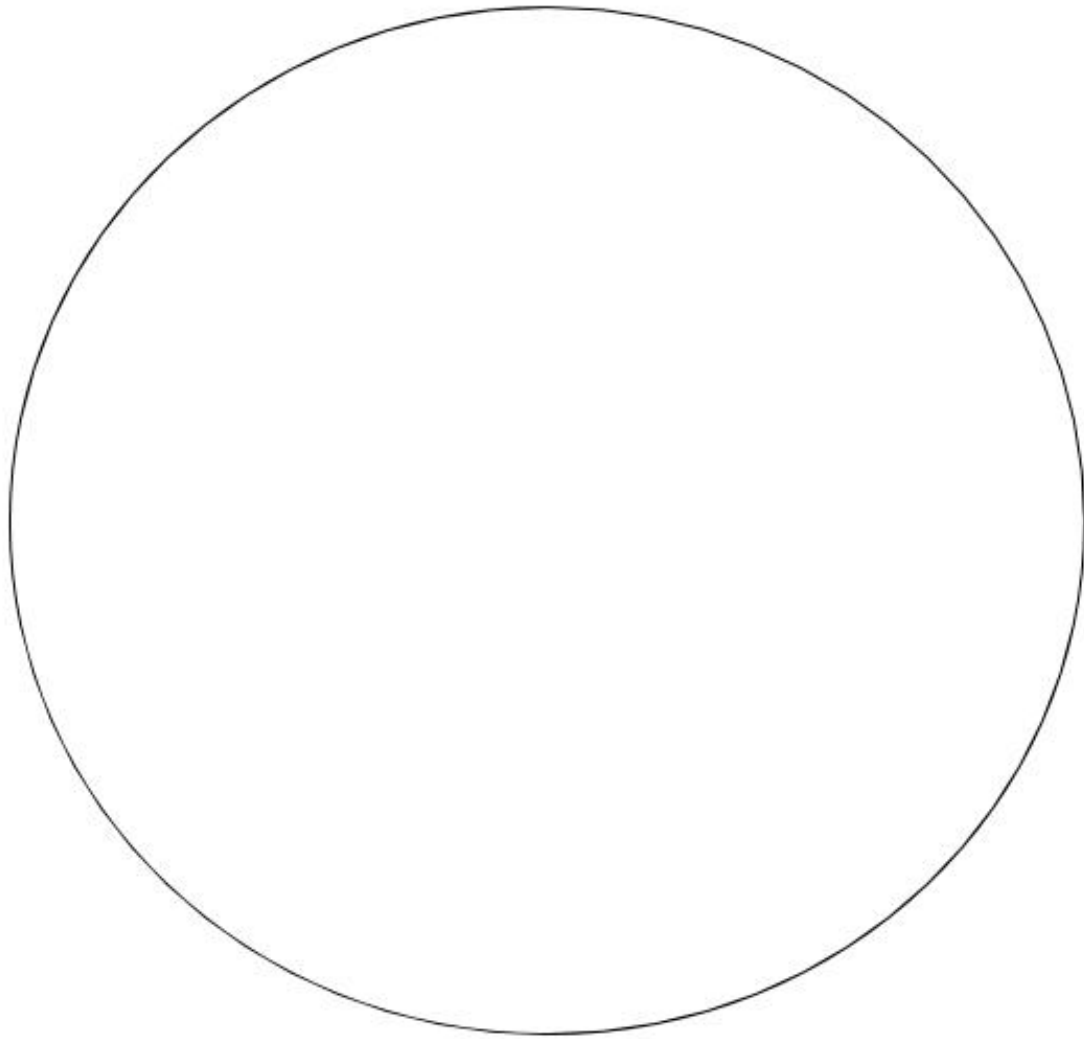
METHOD

Preheat oven to 350 degrees F. Roll out the pizza dough onto a large pizza pan. Bake until just beginning to brown on around the edges (slightly under than normal) about 15 minutes. Remove from oven and allow to cool down. In a large bowl, whisk together the ricotta, mascarpone, sugar, vanilla and salt until smooth. Spread this mixture onto the cooled pizza crust. Drizzle the top with nutella and then top with marshmallows. Return to oven under the broiler and cook until the marshmallows are toasted. You can also use a kitchen torch for this. Remove from oven and sprinkle with graham cracker crumbs. Cut and serve!

FLAVOR &
COOKING
NOTES

NUTRITION
SUGAR

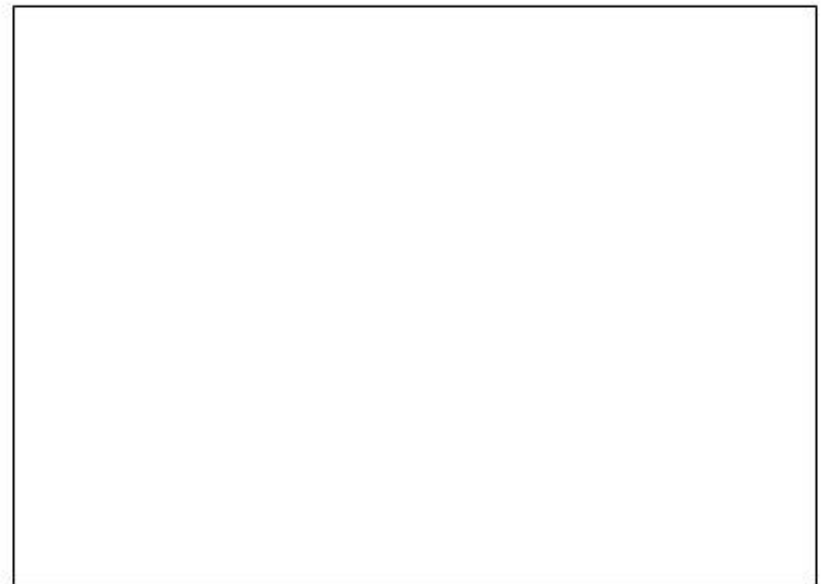
FUN WITH FOOD CAMP



PICTURE YOUR DISH



NUTRITION & GARDEN TIPS



FUN WITH FOOD

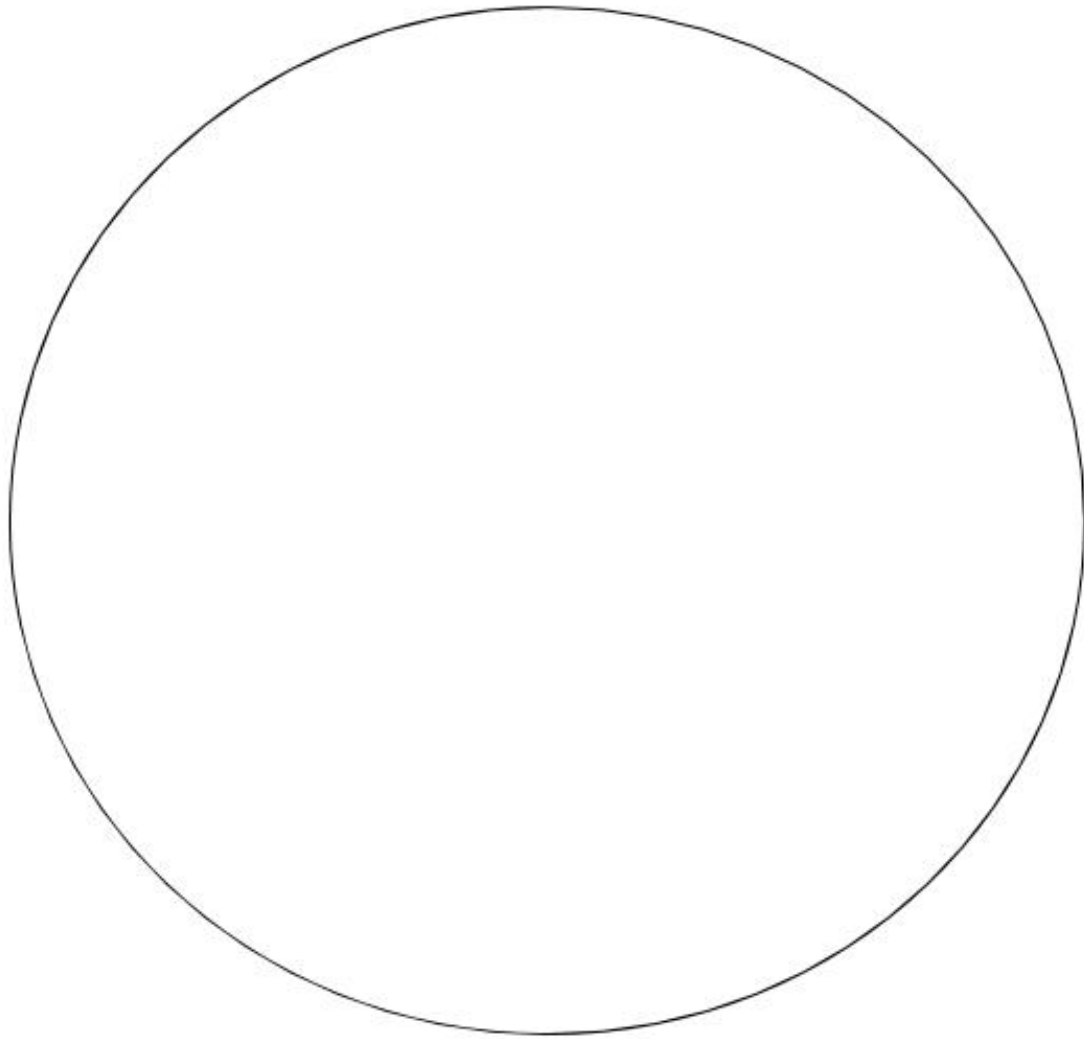
INGREDIENTS

METHOD

FLAVOR
and
COOKING
NOTES

NUTRITION

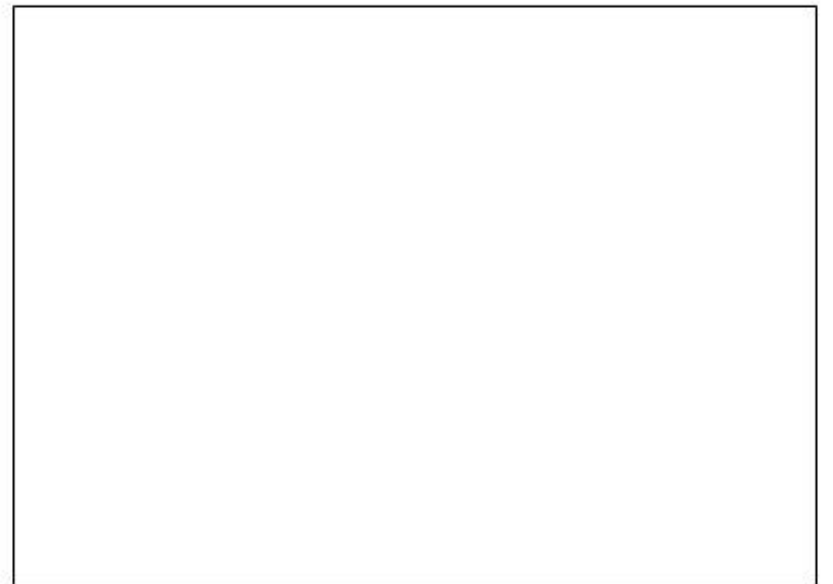
FUN WITH FOOD CAMP



PICTURE YOUR DISH



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SUSTAINABILITY

EDUCATION