



Sprout Lake Babayit
Cooking/Baking Elective
June 29 - July 3, 2020

June 29 Chocolate Chip Zucchini Muffins

1 Cup all purpose flour
¾ Cup whole wheat flour
2 Tbsp. cocoa powder
1 tsp cinnamon
1 tsp baking powder
½ tsp baking soda
½ tsp salt
1 cup zucchini, grated and squeezed very dry
⅓ cup maple syrup
2 eggs, lightly whisked
⅔ cup applesauce
⅓ cup unsalted butter, melted**
1 tsp. Vanilla extract
1 cup blueberries, fresh or frozen
½ cup chocolate chips

Mixing bowls
Measuring spoons
Muffin tin
Baking spray to coat muffin tin or paper liners
Clean kitchen towel (to dry grated zucchini)

**to make these dairy free, use canola or melted coconut oil in place of butter

June 30 - Healthy Nut Free Granola Bars

2 Cups rolled oats
½ cup brown sugar, lightly packed
¼ cup whole flax seeds
½ cup dried unsweetened coconut
1 tsp cinnamon
1 cup whole wheat flour
¾ cup raisins or craisins or cranberries (your choice or whatever you have on hand)
2 Tbsp. sunflower seeds
2 Tbsp pumpkin seeds
¾ tsp salt
1 cup chocolate chips
½ cup honey**
1 egg beaten**
⅓ cup melted butter**
⅓ cup mashed ripe banana (approx. 2)
2 tsp vanilla extract

2 mixing bowls
Wooden spoon
Measuring spoons
Parchment paper
Baking sheet
Masher

**For Vegan/pareve option: use Agave instead of honey; use a 3rd mashed banana in lieu of the egg and earth balance for baking sticks instead of the melted butter

July 1 Applesauce Oat Muffins

1 and ¼ Cup Old Fashioned rolled oats
1 and ¼ Cup unsweetened applesauce
1/2 cup milk (oatmilk is a great vegan/pareve substitute)
1 large egg (mashed banana for vegan substitute)
1 tsp vanilla extract
4 Tbsp. melted butter (or coconut oil or Earth Balance)
⅓ Cup sugar
1 Cup whole wheat flour
1 tsp baking powder
¾ tsp baking soda
1 tsp ground cinnamon
¼ tsp salt
½ cup raisins, craisins or chocolate chips

Muffin tin
Paper liners or Baking Spray
Mixing Bowl
Wooden Spoon

Chocolate Balls (which we may do while the muffins are baking if time permits!)

2 Packages Kedem (or any brand) Tea Biscuits
1 Cup Dark Chocolate (shredded or finely chopped)
1 Tbsp. Cocoa Powder
¼ Cup butter (or earth balance)
1 Tbsp. sugar
9 Tbsp whole milk (or oat milk)
1 tsp vanilla extract
1 Cup of coconut flakes

Saucepan
Wooden spoon
Tray
Parchment paper

July 2 **The Best Healthy Granola**

4 Cups old fashioned oats
1 Cup slivered almonds (or your choice of nuts/seeds for nut free version)
¼ Cup chia seeds (optional)
2 tsps. Cinnamon
¾ tsp. Fine sea salt
½ cup melted coconut oil
⅓ cup maple syrup
2 tsps. Vanilla extract
⅔ cup unsweetened coconut flakes (or ½ cup shredded coconut)
½ cup chopped dried fruit (or chocolate chips or both!)

Oatmeal Peanut Butter Bites

1 Cup old fashioned rolled oats
1 Cup steel cut oats
½ Cup shredded sweetened coconut
1 Cup crispy rice cereal (like Rice Krispies or crushed rice chex)
1 Cup peanut butter (any any nut butter)
1 Cup ground flaxseed
1 Cup chocolate chips
¾ Cup honey
2 tsp vanilla extrac

July 3 **Fruit Pizza**

Crust

3 Cups all purpose flour
2 tsp baking powder
3 Cup brown sugar
2 sticks salted butter, cut into chunks
1 egg
¾ tsp. Vanilla extract
½ tsp. Almond extract (if you don't have, you can omit!)

Cream Cheese Frosting

1 brick of cream cheese (can be lowfat) mixed with sweetener of choice (sugar, honey, agave)
Til well blended

Cut up strawberries and blueberries.

Baking sheet or Pizza Round