

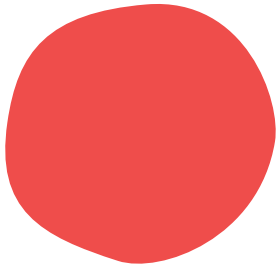
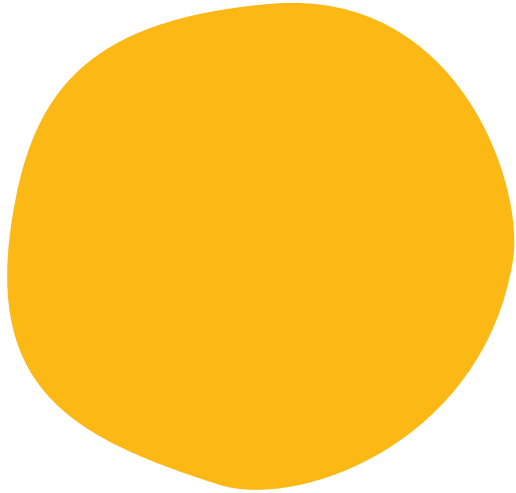


Recipe Book



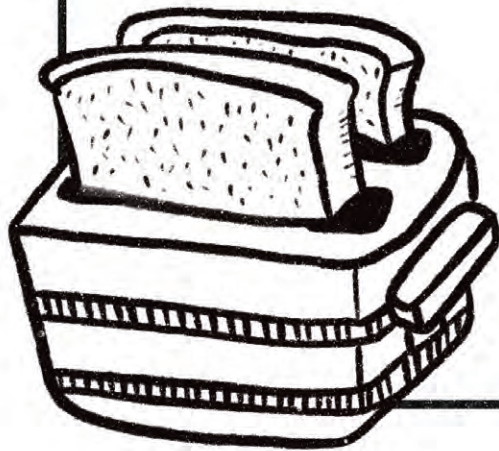
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Breakfast





What is your favourite thing to eat for breakfast?
You can draw it here!

Breaky Berry Parfait

What you need

- Frozen berries
- Plain yoghurt
- Muesli
- Honey
- Tumbler

What to do

Place a couple of handfuls of berries in the microwave and defrost for 30 seconds

Layer your berries, a dollop of yoghurt, a sprinkle of muesli and a drizzle of honey.

Add layers till your tumbler is full to the top and ready to enjoy!



Did you make this?

Will you make it again?

Who helped you? _____



French Toast

What you need

- 2 eggs
- 1/2 cup of milk
- 2 slices of bread
- Butter for frying
- Maple syrup
- Fresh fruit

What to do

Crack eggs carefully into a large bowl. Add milk and whisk together until well combined.

Gently heat a knob of butter in a fry pan over medium heat.

Dip each slice of bread in the egg and milk mixture, coating each side.

Cook bread until golden brown - about 2-3 minutes on each side.

Carefully lift bread onto a serving plate and top with maple syrup and fresh fruit.

Eat and enjoy!

Did you make this?

Will you make it again?

Who helped you?

Pancakes

What you need

- 125g flour
- 1 egg, lightly beaten
- 300ml milk
- Butter for frying
- An empty plastic bottle, such as a clean juice bottle, to shake the pancake mixture in

What to do

Sift the flour into a large bowl.

Make a well in the centre of the flour.

Add the egg, then gradually whisk in the milk until you have a smooth batter.

Pour your pancake batter into a large plastic bottle using a funnel. Screw the lid on tightly and shake well.

Heat a knob of butter in a non-stick frying pan.

Pour in some batter. Cook for 1-2 minutes, or until bubbles appear. Flip the pancake with a spatula and cook the other side for a further 1-2 minutes, or until golden.

You might like to serve your pancakes with fresh fruit and maple syrup.



Did you make this?

Will you make it again?

Who helped you? _____

Pikelets

What you need

- 1 cup self-raising flour
- 2 tablespoons of caster sugar
- 3/4 cup of milk
- 1 egg
- Butter

What to do

Mix dry ingredients in a large bowl and make a well in the centre.

Lightly beat egg and pour into the well.

Gradually add the milk to the egg in the well, slowly incorporating the flour and whisking until smooth.

Lightly grease a non-stick frying pan with butter.

Spoon tablespoons of the pikelet mixture into the pan. How large you make your pikelets is up to you!

When bubbles start to appear on the surface of the pikelets, flip them with a spatula. Cook until golden brown on both sides.

You might like to serve your pikelets with butter, jam, honey or maple syrup. Enjoy!

Did you make this?

Will you make it again?

Who helped you? _____



Strawberry Jam

What you need

- A punnet of strawberries
- Four tablespoons of caster sugar
- Juice of half a lemon

What to do

Hull the strawberries and chop into small pieces.

Mix the strawberries, caster sugar and lemon juice together in a large, microwave-safe bowl.

Cook in the microwave for five minutes. Check on your jam every minute or so to make sure the bowl doesn't overflow.

Allow jam to cool before eating.

You could also use this recipe to make blueberry jam, blackberry jam or raspberry jam. Simply swap strawberries for another kind of berry!



Did you make this?

Will you make it again?

Who helped you? _____

Mango Smoothie

What you need

- 1 mango, skin and stone removed, roughly chopped
- 1 teaspoon honey
- 1 cup milk
- 1/3 cup yoghurt
- 1 cup crushed ice

What to do

Combine all ingredients in a blender and mix until smooth.

Did you make this?

Will you make it again?

Who helped you? _____

Berrynanarama

What you need

- Frozen blueberries
- Banana
- Honey
- Milk
- Plain / vanilla yoghurt

What to do

Combine all ingredients in a blender and mix until smooth.

Did you make this?

Will you make it again?

Who helped you? _____



Redberry Rush

What you need

- Frozen raspberries
- Strawberry yoghurt
- Banana
- Milk

What to do

Combine all ingredients in a blender and mix until smooth.

Did you make this?

Will you make it again?

Who helped you? _____

Super Green Machine

What you need

- Handful of English spinach
- Banana
- Honey
- Milk
- Plain / vanilla yoghurt

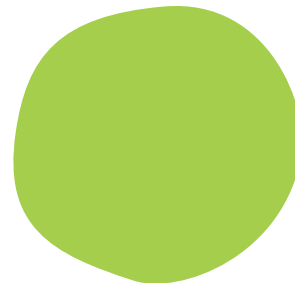
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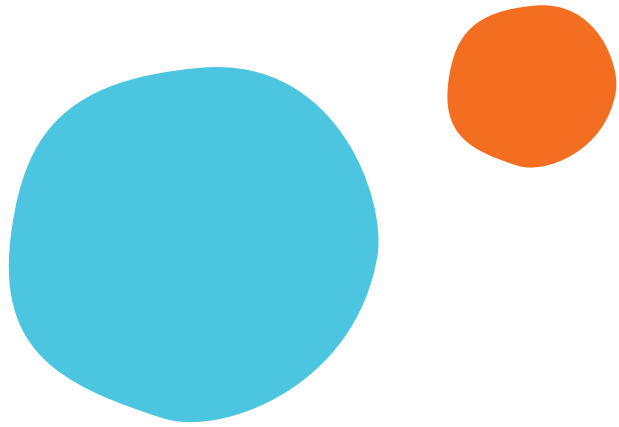
Combine all ingredients in a blender and mix until smooth.

Did you make this?

Will you make it again?

Who helped you? _____





Lunch and Dinner



What is your favourite thing to eat for lunch? _____

Who makes your lunch for you? _____

What is your favourite dinner? _____

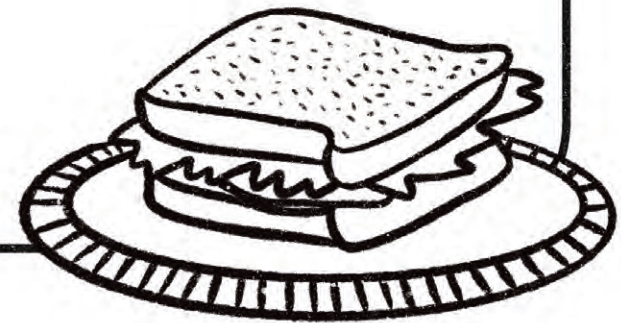
Who makes your dinner for you? _____

Where do you eat your dinner? _____

Who would you like to say thank you to for making your yummy food?

Thank you _____ for my lunches and dinners. They are _____ .

I really like when you make me _____ .



Fried Rice

What you need

- 1 cup cooked basmati rice
- 1 teaspoon vegetable oil
- 2 shallots, chopped
- 1/4 cup chopped red capsicum
- 1/4 cup chopped yellow capsicum
- 1/4 cup chopped celery
- 1 tablespoon soy sauce
- 1 egg
- 200g of roast pork (char siu), cut into bite-size pieces

What to do

Heat oil in a wok or pan over medium-high heat.

Add shallots and cook for 30 seconds, until softened.

Add red and yellow capsicum, celery and soy sauce and cook for a further 2 minutes.

Crack egg into a small bowl and whisk with a fork.

Move vegetables to one side of wok or pan and pour whisked egg into the other side.

Whilst egg is setting, pour cooked rice and char siu on top of vegetables and mix to combine.

Once egg is set, use a wooden spoon or a spatula to cut it into long, thin ribbons. Mix into fried rice.

Serve hot. Serves 3.

Did you make this?

Will you make it again?

Who helped you? _____



Sushi Rolls

What you need

- 4 nori (seaweed) sheets
- A sushi mat
- 1 1/2 cups sushi rice
- 1 1/2 cups water
- 1/4 cup wine vinegar
- 55g caster sugar
- Grated carrot
- Sliced avocado
- Sliced cucumber

What to do

Place sushi rice in a sieve and rinse until water runs clear.

Place drained sushi rice and water in a saucepan and bring to the boil. Reduce heat and simmer for 12 minutes, or until all the water has been absorbed. Remove from heat and allow to stand for 10 minutes with the lid on.

Combine vinegar and caster sugar in a small bowl.

Transfer rice to a large baking tray and use a fork

or spatula to break up any lumps. Slowly add vinegar mixture.

Place a nori sheet, shiny side down, on a sushi mat.

Place a couple of spoonfuls of sticky rice onto the nori sheet and flatten out using the back of your spoon.

Arrange some carrot, avocado and cucumber on top of the rice.

Hold your fillings in place and roll the sushi mat

over to make a seaweed cylinder. When you have almost finished rolling, dip your fingers in some water and dab along the end of the nori roll so the ends stick together.

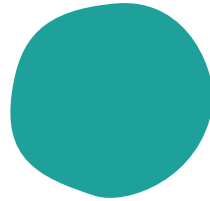
Make sushi rolls by cutting through the seaweed cylinder. Enjoy!

Did you make this?

Will you make it again?

Who helped you? _____





Pumpkin Soup

What you need

- 1kg butternut pumpkin, peeled and cut into chunks
- 1 litre vegetable stock
- Salt & pepper
- Yoghurt

What to do

Place pumpkin and vegetable stock in a large pot. Cover and simmer for 15 minutes, or until pumpkin is soft.

Allow pumpkin to cool slightly before puréeing in a blender, or using a hand-held blender.

Reheat soup and season with salt and pepper.

Serve with yoghurt. Serves four.

Did you make this?

Will you make it again?

Who helped you? _____

Ricotta Pie

What you need

- 500 grams of ricotta cheese
- 50 grams of grated parmesan cheese
- Chopped flat parsley
- Thyme leaves
- 2 eggs
- 20cm pie dish

What to do

Place the eggs, parmesan cheese, ricotta cheese and herbs in a food processor.

Mix the ingredients and pour into a greased 20cm pie dish.

Bake at 180 degrees Celsius for half an hour, until the top is brown and the pie has puffed up.

Serve with a garnish of small red tomatoes and sprigs of flat parsley.

Did you make this?

Will you make it again?

Who helped you?

Mini Left-over Frittata Fun!

What you need

- A muffin tin (greased)
- 8 eggs
- Half a cup of milk
- Half a cup grated cheese tasty or parmesan
- Yummy left-overs* such as baked vegies, bolognaise or roast chicken

*Remember when using left overs, only use from the night before and only reheat once.

What to do

Lightly beat eggs and milk

Pour mixture into greased muffin tin (only half fill as egg mixture puffs up)

Add some of your yummy left-overs of choice

Sprinkle with cheese

Bake at 200C till golden brown.

Turn out and serve with a crunchy green salad!

Serve with a garnish of small red tomatoes and sprigs of flat parsley.

Did you make this?

Will you make it again?

Who helped you?

Rice Paper Spring Rolls

What you need

- Rice papers
- Fresh mint torn into small pieces
- Carrot sticks
- Cucumber sticks
- Avocado
- Red capsicum
- Noodles
- Bowl of warm water

What to do

Put rice paper in the warm water for about 10 seconds or until just soft.

Place on a clean surface and add a little of each ingredient onto the middle of the paper.

Turn in the edges and roll.



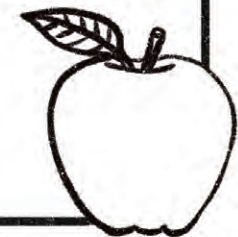
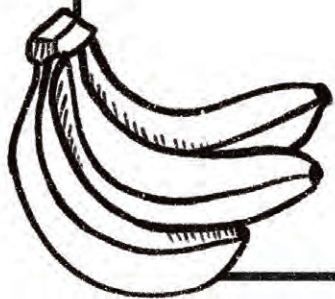
Did you make this?

Will you make it again?

Who helped you? _____



Snacks, Little Lunch, Morning Tea, Afternoon Tea Ideas!



What are your favourite healthy snacks?
You can draw them here!

Fruit Dip

What you need

- 2 kiwi fruits, halved with skins removed
- 1/2 cup raspberries
- 1/2 cup Greek yoghurt
- 1 tablespoon honey
- A blender
- A selection of fruits for dipping such as pear, banana and apple

What to do

Place kiwi fruit, raspberries, yoghurt and honey in the blender and blend until smooth.

Slice a selection of fruits.

Pour fruit dip into a bowl and arrange sliced fruit around it for dipping.

Did you make this?

Will you make it again?

Who helped you?

Veggie Face Guacamole

What you need

- 1 avocado
- 1 lemon
- Sour cream
- Carrot sticks
- Cherry tomatoes
- Celery sticks

What to do

Ask an adult to cut the avocado in half and remove the stone.

Scoop the avocado flesh into a bowl. Add a squeeze of lemon and mash with a fork until smooth.

Add a dollop of sour cream and mix well.

For veggie face: spoon guacamole onto a plate and flatten out using the back of the spoon to create a circle.

Use carrot sticks to make a nose and mouth, cherry tomatoes for eyes and celery for hair. Eat and enjoy!

Did you make this?

Will you make it again?

Who helped you?



Muesli Bars

What you need

- 170g light brown sugar
- 75g golden syrup
- 130g unsalted butter
- 75ml apple juice
- 190g rolled oats
- 95g sultanas
- 50g pumpkin seeds
- 50g sunflower seeds
- Chopped dried apricots

What to do

Preheat oven to 180 degrees Celsius.

Grease and line a baking tray.

Melt butter in a saucepan over medium heat.

Add apple juice, brown sugar and golden syrup, and stir with a wooden spoon until sugar has dissolved and all ingredients have melted together.

Mix remaining dry ingredients in a large bowl and mix to combine.

Carefully pour saucepan mixture over the top of the dry ingredients and mix to combine.

Pour mixture onto a greased and lined baking tray and spread flat with a wooden spoon.

Did you make this?

Will you make it again?

Who helped you? _____



Frozen Fruit Cups

What you need

- Strawberries halved or quartered
- Diced kiwi fruit
- Diced pineapple
- Or any fruit you prefer
- Orange juice
- A plastic cup
- A tea spoon

What to do

Place the chopped fruit around the spoon into the base of the plastic cup.

Add juice to cover the fruit.

Place fruit pop into the freezer.

After freezing a gentle tap of the cup should enable you to remove the frozen fruit pop.

Did you make this?

Will you make it again?

Who helped you? _____

Face Crackers

What you need

- Corn crackers
- Vegemite
- Cream cheese
- Peanut butter
- Sprouts
- Cucumber
- Strawberry
- Banana
- Celery, carrot, sultanas, piece of apple, dried apricot for decoration

What to do

To make a surprised face, spread Vegemite onto a cracker, use celery for eyebrows, cheese for eyes and cucumber for a round mouth.

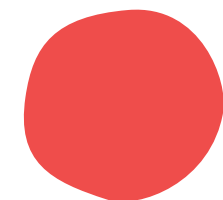
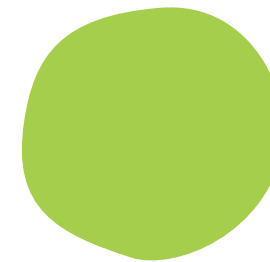
To make a sad face, spread cream cheese on a cracker and use sprouty hair, sultanas for eyes, and a dried apricot mouth.

To make a happy face, spread peanut butter on the last cracker, using banana eyes, strawberry nose, and an apple mouth.

Did you make this?

Will you make it again?

Who helped you? _____





Fruit ice cubes

What you need

- Any types of fruit
- Water

What to do

Slice some strawberries, kiwi fruit, grapes or any fruit that you like into small slices.

Place a piece of fruit into each section of an ice cube tray.

Pour water into the tray and then place it in the freezer.

When the fruit cubes are frozen enjoy them in a drink.

Did you make this?

Will you make it again?

Who helped you? _____

Apricot Balls

What you need

- 400g (approx. 1 can) condensed milk
- 300g dried apricots, chopped
- 250g (approx. 1 packet) plain, sweet biscuits, crushed
- 1 cup desiccated coconut

What to do

Use your hands to mix condensed milk, apricot and crushed biscuits together in a large bowl.

Roll apricot mixture into small balls.

Roll apricot balls in desiccated coconut.

Refrigerate for about 30-90 minutes until firm.

Did you make this?

Will you make it again?

Who helped you? _____

Cheese Melts

What you need

- 1/4 cup sesame seeds
- 1 cup grated cheese

What to do

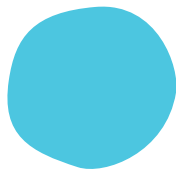
Into a glass bowl measure sesame seeds and finely grated cheese.

Mix these ingredients together.

Spoon some of the mixture into small piles onto a baking tray covered with non-stick baking paper.

Place tray into an oven at 110 degrees C for 5 minutes or until golden brown.

When the cheese melts have cooled place them on a serving plate or into an airtight container.



Did you make this?

Will you make it again?

Who helped you?

Fruit boats and sailors

What you need

- Quarter of water melon
- A banana
- An orange
- Blue berries
- Grapes
- Apples
- Strawberries
- Tooth picks

What to do

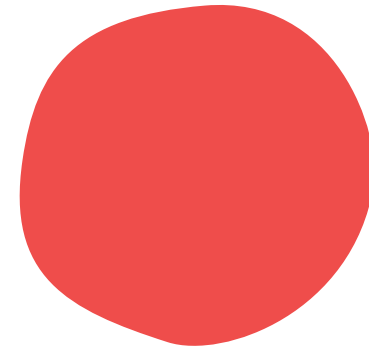
Cut the watermelon and orange into sections that give a curved base.

Add fruity sailors by using a toothpick through a blueberry, grape or strawberry.

Thin sections of apple can serve as sails.

Enjoy experimenting with other fruity possibilities.

You may like to float your boat on some blue jelly.

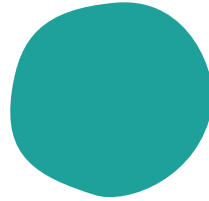


Did you make this?

Will you make it again?

Who helped you?





Muffins

What you need

- 1 tablespoon baking powder
- 2 cups of flour
- 1 cup of sultanas
- 1 egg
- 1 cup of milk
- 4 tablespoons melted butter

What to do

Mix milk, melted butter and beaten egg together.

Add 1 tablespoon of baking powder to 2 cups of flour.

Mix wet and dry ingredients together.

Add 1 cup of sultanas.

Mix together and then spoon ingredients into patty papers.

Place into oven and cook for about 10-15 minutes at approximately 176 degrees celsius.

Did you make this?

Will you make it again?

Who helped you? _____

Marble Cake

What you need

- 250g unsalted butter, softened
- 275g caster sugar
- 3 eggs
- 2 1/4 cups self-raising flour, sifted
- 3/4 cup milk
- 150g fresh or frozen raspberries
- 1 heaped tablespoon cocoa powder

What to do

Preheat oven to 180 degrees Celsius.

Grease and line a 23cm cake tin.

Cream butter and sugar in a large bowl until light and fluffy.

Beat in eggs, one at a time.

Fold in half the flour and half the milk until combined. Then fold in the rest of the flour and milk.

In a separate bowl, lightly crush raspberries with a fork.

Divide mixture into three small bowls.

Fold puréed raspberries into one third of the mixture, fold cocoa powder into another third

and leave the final third as is. You now have a red mixture, a brown mixture and a white mixture.

Add tablespoonfuls of each mixture to the greased and lined cake tin, alternating between colours. Swirl a chopstick or a kitchen skewer through the cake mixture to create a marbled effect.

Bake for about 1 hour, or until a kitchen skewer poked in the middle comes out clean.

Did you make this?

Will you make it again?

Who helped you? _____



Apple Pie

What you need

- 3 large green apples (Granny Smith are good)
- 1/4 cup caster sugar
- Pinch of cinnamon
- 60ml water
- 500g of frozen shortcrust pastry
- A greased, 22cm pie dish
- Milk
- Baking tray

What to do

Preheat oven to 180 degrees Celsius.

Peel, core and slice apples into thin, even wedges.

Place apples, caster sugar, cinnamon and water in a saucepan and cook over medium heat for 15 minutes, or until apples are soft. Set aside to cool.

Drain apples in a sieve.

Use one sheet of shortcrust pastry to line a greased pie dish.

Spoon the apple mixture and frozen berries into the pie dish.

Lay the second sheet of shortcrust pastry over the filled pie and trim the edges, removing any

excess pastry. Use a fork or your fingers to pinch the sides together.

Use the excess pastry to make two eyes, a nose and a smiling mouth. Arrange them on top of your pie.

Brush the top of the pie with milk.

Place the pie on a baking tray and bake for 30 minutes or until golden brown.

Did you make this?

Will you make it again?

Who helped you? _____





Damper

What you need

- 2 cups self-raising flour
- Pinch of salt
- 2 tablespoons oil
- 1/4 cup milk
- 1/4 cup water
- 1/2 cup sultanas

What to do

Preheat oven to 200 degrees Celsius.

Mix flour and salt together in a bowl. Make a well in the centre.

Add oil, milk and water and mix to form soft dough.

Add sultanas.

Knead damper on a floured surface until smooth.

Shape into a round loaf.

Place on a greased baking tray.

Cook in the oven for 30 minutes, or until golden brown.

Did you make this?

Will you make it again?

Who helped you? _____

Gingerbread Man

What you need

- 3 cups sifted all-purpose flour
- 1/2 cup brown sugar
- 2 teaspoons baking soda
- 1 teaspoon salt
- 2 teaspoons powdered ginger
- 2 teaspoons cinnamon
- 1/2 teaspoon powdered cloves
- 1/2 teaspoon nutmeg
- 225g butter, cut into small cubes
- 1/2 cup honey
- Gingerbread man cookie cutter

What to do

Preheat oven to 180 degrees Celsius.

Grease a baking tray and line with baking paper.

Mix the dry ingredients together in a large bowl.

Work the small cubes of butter into the dry ingredients with your fingertips. When thoroughly worked in, add the honey and stir until blended.

Refrigerate for an hour, or longer if possible.

Roll the dough out about 1/8 inch thick on a floured board or between sheets of waxed paper. Use a gingerbread man cookie cutter to cut shapes from the dough.

Place gingerbread men 2cm apart on a lined baking tray.

Bake for 12 to 15 minutes, until golden brown.

Remove from oven and cool on a wire rack.

When cool, decorate with icing and sprinkles!

Did you make this?

Will you make it again?

Who helped you? _____



Animal Biscuits

What you need

- 85g unsalted butter, softened
- 75g caster sugar
- 1 large egg
- 2 teaspoons vanilla extract
- 225g plain flour
- Plastic wrap
- 2 large baking trays
- Baking paper
- A rolling pin
- A pastry wheel
- A pencil
- Safety scissors
- Dried fruit, such as sultanas, glacé cherries and apricots (optional)
- Sprinkles (optional)
- (FOR ICING) 1 cup icing sugar
- 20g unsalted butter
- 1 tablespoon hot water
- Food colouring

What to do

Cream butter and sugar in a large bowl until light and fluffy.

Add egg and vanilla extract and beat until combined.

Stir in flour. Add more flour if the dough looks too sticky to roll.

Divide dough in half. Wrap each half in plastic wrap and refrigerate for at least an hour.

Preheat oven to 160 degrees Celsius.

Line two large baking trays with baking paper.

Remove dough from refrigerator (one half at a time, as needed). Roll on a floured work space to about 5mm thick.

Draw some animal shapes on a piece of baking paper. Cut out each shape with scissors. Place the animal shapes on top of the rolled biscuit dough and trace around them with a pastry wheel.

Decorate with dried fruit before baking (optional).

Bake for 8-10 minutes (depending on size). Remove from oven as soon as biscuits start to colour. Cool on a wire rack.

Ice biscuits once cool. To make icing, mix icing sugar, butter, hot water and a few drops of food colouring in a bowl until glossy.

Did you make this?

Will you make it again?

Who helped you? _____



Apple Turnovers

What you need

- 3 large cooking apples (such as granny smiths), peeled, cored and roughly chopped
- 75g caster sugar
- 1 tablespoon water
- Puff pastry
- A little milk

What to do

Preheat oven to 200 degrees Celsius.

Grease a large baking tray.

Melt butter in a large saucepan.

Add chopped apples and sugar and stir to combine.

Add water and cook on a gentle heat for five minutes, or until apple is tender.

Cut one sheet of puff pastry into four even squares. Place squares on greased baking tray.

Spoon a tablespoon of stewed apple mixture onto each square.

Dab some milk around the edges of each square.

Fold each pastry square over, making a triangle, and press down the edges with your fingers or a fork.

Bake for about 20 minutes, or until golden brown. Makes 4.

Did you make this?

Will you make it again?

Who helped you? _____



Fruity Funny Face Muffin

What you need

- Icing sugar
- Small pieces of fruit
- 1 tablespoon soft butter
- Squeeze of lemon juice
- Muffins
(use our muffin recipe on page 22)

What to do

Take a cup of icing sugar, a tablespoon of soft butter, a squeeze of lemon juice and mix well.

Spread a dollop of icing on each muffin and then add assorted fruit to create your own funny face muffins. We used grapes, strawberries, blueberries, raspberries and sultanas. A small cone was also added for a pointed hat

Did you make this?

Will you make it again?

Who helped you? _____

Number Buns

What you need

- 600g plain flour (wholemeal, white or a mixture of the two)
- 2 teaspoons sugar
- 2 teaspoons salt
- 4 teaspoons dried yeast
- 1 tablespoon olive oil
- 400ml lukewarm water
- 2 tablespoons milk
- Sprinkles

What to do

Preheat your oven to 200 degrees Celsius.

Combine the flour, yeast and salt in a large bowl.

Add water and olive oil and mix to combine. Start with a wooden spoon and then use your hands.

Cover the bowl with a damp tea-towel and leave in a warm place to rise for an hour.

Place dough on a floured bench and knead until smooth.

Divide the dough into five or six pieces.

Shape each piece into a number.

Place number shapes on a greased tray.

Brush each dough number with some milk and decorate with sprinkles.

Bake in the oven for approximately 45 minutes, or until golden brown.

Did you make this?

Will you make it again?

Who helped you? _____

Star Cookies

What you need

- 300 grams of icing sugar
- 2 egg whites
- 1/3 teaspoon of cream of tartar
- Red food colouring
- Pre-made star biscuits
- Baking paper
- Hundreds and thousands sprinkles

What to do

Mix the icing sugar, egg whites and cream of tartar together until the icing consistency is firm but malleable.

Mix a little food colouring into the icing to make it bright pink.

Fold a square of baking paper and roll it into a cone shape, leaving a small hole at the thin end.

Spoon pink icing into the paper cone and squeeze it over the cookies, creating different patterns and shapes.

Did you make this? Will you make it again?

Who helped you? _____

Cosmic Crunchies

What you need

- 1 1/2 (225g) self-raising flour
- 1 tsp baking powder
- 115g unsalted butter
- 2 eggs
- 75g caster sugar
- A handful of frozen berries
- 115g sultanas

What to do

Preheat oven to 200 degrees Celsius.

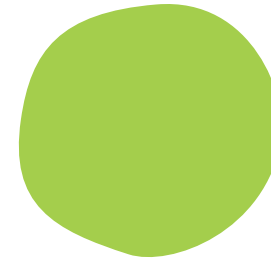
Sift flour and baking powder into a large bowl.

Use your fingers to rub the butter into the flour mixture until it resembles breadcrumbs.

Add the eggs and sugar, stirring together until you have a stiff dough.

Stir in berries and sultanas.

Use your hands to roll small balls of dough, about the same size as walnuts.



Place balls on a greased baking tray and bake for 15-20 minutes until golden brown. Makes approximately 15 cosmic crunchies.

Did you make this? Will you make it again?

Who helped you? _____