

LOCAL CHEFS



*Cooking Workshops for
Eating Local at Camp*



**ages
7-8**

What is the Local Chefs activity?

It's a tool consisting of three cooking workshops that teach your campers about foods grown locally. This activity will help them acquire cooking skills and learn more about eating healthy and local.

HAVE YOU EVER
TRIED ASPARAGUS?

DO YOU KNOW HOW
ASPARAGUS IS HARVESTED?

DO YOU KNOW THE TECHNIQUE
FOR CRACKING AN EGG?

DO YOU KNOW WHAT A
GROUND CHERRY IS?

DO YOU KNOW WHERE
TO PICK APPLES?

DO YOU KNOW WHAT
A QUICHE IS?

Once they've taken the workshops, your campers will be able to answer "yes" to all these questions and many others!

Psssst!

You can also view Local Chefs activities for other age groups. You'll find recipes and learn different cooking techniques. You decide which activity is best suited to your campers.



STEP 1

DO YOU HAVE A GOOD KNOWLEDGE OF WHAT EATING LOCAL IS?

What does it mean to eat local?

It means consuming foods that were grown close to where you live.

WHAT ARE THE BENEFITS OF EATING LOCAL FOODS?

- **For health :** Local foods are fresher and generally of better quality. But there are still processed foods produced here that are not as healthy.
- **For the local economy :** Eating local means supporting local producers and processors, and by extension our economy!
- **For society:** Buying local encourages know-how among local processors.
- **For the environment:** Ensures that foods travel a shorter distance and limits the production of greenhouse gases. Less pollution! Cool, eh?



DID YOU KNOW?
FOODS TRAVEL AN AVERAGE OF
2,500 KM BEFORE THEY REACH YOUR
PLATE. THAT'S THE DISTANCE BETWEEN
HERE AND FLORIDA!

GREENHOUSE GAS EFFECT:
GAS THAT TRAPS HEAT WHEN RELEASED
INTO THE ATMOSPHERE AND CONTRIBUTES
TO GLOBAL WARMING.



FIVE TRICKS FOR EATING LOCAL

- 1 Look at where your foods come from when you buy ingredients for your cooking workshops at the grocery store.
- 2 Start a garden and grow your own vegetables, fruits and herbs!
- 3 Visit farms and producers in your region to purchase local foods.
- 4 Present a pick-your-own activity with your campers.
- 5 Buy the ingredients for your next cooking workshop or tasting activity from local producers at a public market.

CHECK OUT THE "GARDENER'S TOOLBOX" AVAILABLE ON THE POWER UP PORTAL BEFORE HEADING TO THE GARDEN WITH YOUR CAMPERS THIS SUMMER.

HAVE YOU HEARD OF THE "MARKET AT CAMP" ACTIVITY? GO TO THE POWER UP PORTAL TO DISCOVER IT WITH YOUR CAMPERS!

Did you know?

FOODS TRAVEL AN AVERAGE OF 2,500 KM BEFORE THEY REACH YOUR PLATE. THAT'S THE DISTANCE BETWEEN HERE AND FLORIDA

WHY ARE COOKING WORKSHOPS IMPORTANT AT CAMP?

– *Because they allow campers to discover, learn about and appreciate a variety of nutritious foods.*

– *Because they allow campers to associate healthy eating with self-realization.*

– *Because they allow campers to acquire cooking skills.*

Tips for quickly identifying foods produced in Quebec at the grocery store



Look for one of the following logos on foods or their packaging.



Psst!

Psst! You might find the logo on the price tag

Visit the Aliments du Québec website at www.alimentsduquebec.com. You'll find an online directory that tells you which grocery stores carry the foods you want.



STEP 2

MAKE YOUR CHOICE!

Discover three super fun recipes!

CRANBERRY ENERGY BALLS



APPLE CHEDDAR CHEESE ROLL



MINI ASPARAGUS QUICHE



SOS allergies!

Read suggestions for replacing allergenic foods on each recipe card.



Must be refrigerated



Can be cooked in the microwave oven



No refrigeration necessary



No cooking required



STEP 3

BECOME AN ORGANIZATION CHAMPION!

The following checklist will help guide you.

What to do before your workshop:

☐ A. EQUIPMENT AND EQUIPMENT

Do you have everything you need? Check the complete recipe card to make sure.

☐ B. STORAGE

Are non-refrigerated and/or refrigerated spaces available to store the ingredients and prepared recipes?

☐ C. GROCERIES

☐ Are the foods you need on your grocery list?

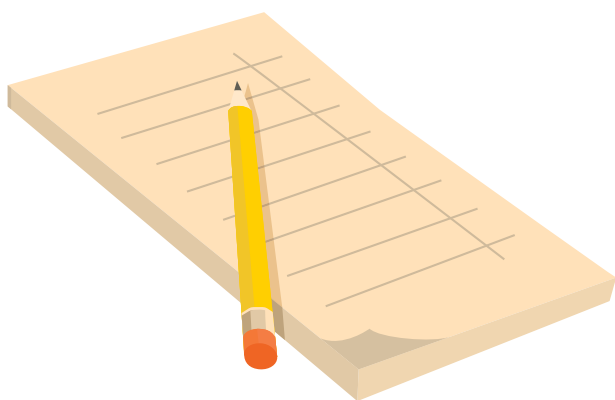
Psst! If your coordinator is doing the grocery shopping, give them the list!

☐ D. RECIPE

If possible, print copies of the recipe to post or distribute to each camper on the day of your workshop. You'll find the print version at the end of this document.

☐ E. NOTE TO PARENTS

Have you sent a reminder to parents about this activity? Send them the recipe so that they can inform you if their child has an allergy.



SOS allergies!

Carefully read the list of ingredients for each product you use in your recipe to make sure it doesn't contain allergens. The priority allergens are named under the list of ingredients, with the mentions "Contains" or "May contain."



2. What to do on the day of your workshop:

☐ A. SPACE

Organize the space where you intend to present your workshop. It could even be outdoors! Set up the tables and chairs beforehand to save time!

**DO SOMETHING DIFFERENT!
IF THE WEATHER PERMITS, SET UP
OUTDOORS ON PICNIC TABLES TO PRESENT
YOUR WORKSHOP.**

☐ B. WASTE MANAGEMENT

Make sure there are garbage cans, recycling bins and a compost bin (if available) at your disposal. Remind your campers where the different types of waste go at the start of the activity!

☐ C. CLEAN SURFACES

Thoroughly clean work surfaces using a cleaning product.

☐ D. EQUIPMENT

Distribute the cooking equipment. Each camper must have their own equipment in order to avoid contamination.

**HAVE YOU CONSIDERED
COLLECTING INDIVIDUAL BINS WITH
YOUR CAMPERS TO STORE THEIR
COOKING EQUIPMENT?**

☐ E. INGREDIENTS

Distribute the ingredients to each camper so that they don't all handle the same container. And remember to take out the refrigerated ingredients right before you use them.

☐ F. CLEANING AND STORING

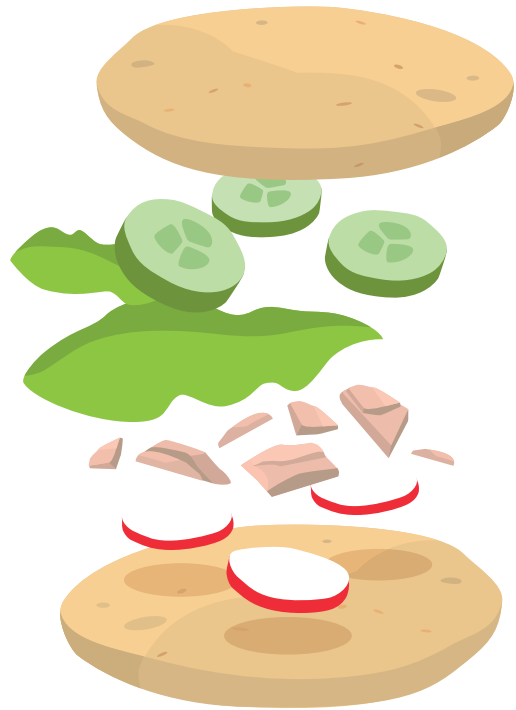
Set up a one-way course with separate places for the garbage can, recycling bin and compost bin, as well as a place where your campers can wash, dry and store their dishes individually.



STEP 4

TO MAKE EVERYTHING RUNS SMOOTHLY!

Follow this guide to ensure that your workshop runs like clockwork!



I. WELCOME YOUR GROUP

→ To create some atmosphere in your room, do as though you were visiting the local market and ask your campers to draw the different foods in your recipe and stick them to the wall! Be original!

→ Take attendance and make sure that no one is wearing jewelry or a watch, that the campers roll up their sleeves, and that those with long hair tie it up.

→ Get to know your campers. **What do they like to eat at home? Do they help their parents prepare meals? What are their favourite recipes?** These questions will allow you to adapt your workshop accordingly.

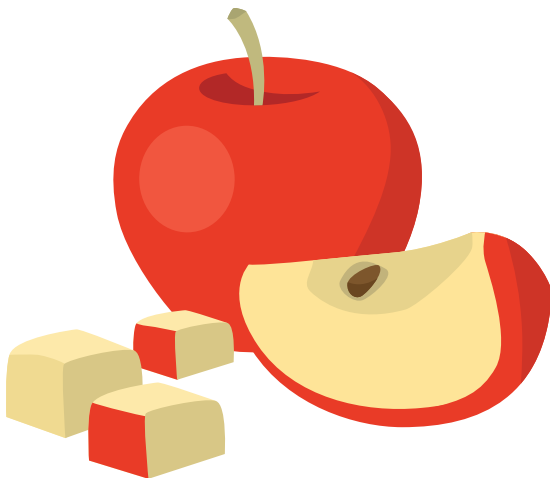


2. THE ABCS OF HYGIENE, CLEANLINESS AND SAFETY

→ Have you seen the Power Up poster on hygiene, cleanliness and safety in your local workshop? Show it to all your campers at the start of the activity. The poster is available on the Power Up portal at <https://portail.tremplinsante.ca/>



3. PRESENT YOUR RECIPE AND THE STAR INGREDIENT



- ✓ Show a colour photo of the recipe to your campers to get them excited about it.
- ✓ Be sure to show the steps in the recipe.
- ✓ Present the star ingredient in your recipe using the introductory questions.
- ✓ Present the other ingredients and ask your campers about them.

USE THE "DISCOVERING LOCAL FRUITS AND VEGETABLES" KIT TO LEARN MORE ABOUT THE STAR INGREDIENT IN THE RECIPE. THE KIT IS AVAILABLE ON THE POWER UP PORTAL.



4. WHAT'S IT FOR?

PRESENT THE COOKING EQUIPMENT

- ✓ Review the list of equipment with your campers.
- ✓ Ask your campers if they know what each utensil or tool is used for.

WHY NOT INVENT GUESSING GAMES OR PLAY CHARADES TO HELP THEM FIND THE ANSWERS?

5. DEMONSTRATE THE COOKING TECHNIQUES

→ All the cooking techniques you show your campers are featured in a pictogram on your recipe card. Find the pictograms on the appendix page entitled “Glossary of Cooking Techniques” at the end of the document.

6. READY, SET, COOK!

- ✓ Carefully read each step in the recipe with your group.
- ✓ Ask your campers pay attention as you prepare the recipe step by step.
- ✓ Walk among your campers and help those who have more difficulty. Let them experiment, but don't complete the steps for them.

Psssst!

The important thing is that everyone tastes the food at the same time. The faster or more skilled campers can help the others.



7. BOY THAT'S DELICIOUS!

- ✓ Taste your recipe together.
- ✓ Ask your campers about the recipe and the activity just completed.

- Did you enjoy this activity?
- Would you like to make this recipe at home?
- What step was the easiest? The most difficult?
- Does it taste good? What would you change in this recipe?
- Did you enjoy discovering the star ingredient? Did it taste sweet? Acidic? Bitter? Salty?
- What did you learn today?

SEE THE "TASTING EXPERT"
TOOL FOR A SUCCESSFUL TASTING
WITH YOUR CAMPERS.

8. OPERATION CLEAN-UP

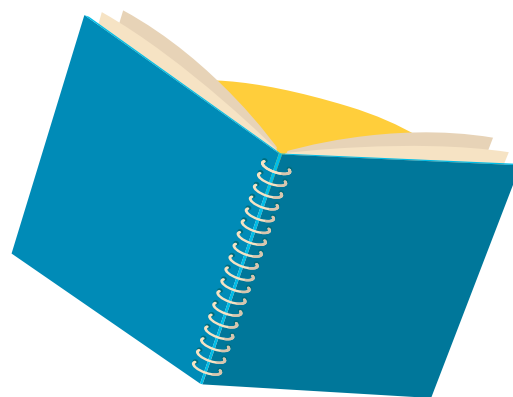
- ✓ Take the opportunity to help your campers learn the difference between garbage can, a recycling bin and a compost bin so that they sort their waste properly. You can also complete this step before you start your workshop.
- ✓ Make a sink and two bins available to your campers so that they can wash the dishes in warm soapy water.
- ✓ Guide your campers so that they can store their equipment in the proper place.



STEP 5

PRACTICAL GUIDE FOR A SUCCESSFUL ACTIVITY

*The following ideas
are meant to motivate
your campers.*



A. INTRODUCE YOUR THEME IN A DYNAMIC WAY

→ Ask your campers what they know. The following examples will give you an idea of the types of questions you can ask to open the discussion:

- 1 Can anyone explain what eating local means?
(It means eating foods that were grown, raised or processed close to where you live.)
- 2 What are the benefits of eating local? (On health, the economy, society and the environment.)
- 3 Have you ever eaten local foods?
If so, which foods did you eat?
- 4 Have you ever visited a farm? A public market?
- 5 Have you ever grown a garden?
If so, what did you grow?

→ Use the questionnaire game to introduce the recipe you've chosen.



Suggestion

Start your day with the “Market at Camp” activity available on the Power Up portal.



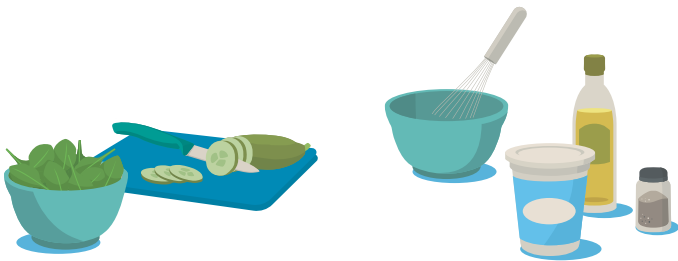
B. COIN A RALLYING CRY

With your campers, create a rallying cry for the star ingredient in your recipe. If you get the impression you're losing their attention, use the rallying cry to bring them back to the activity.



C. LET THERE BE MUSIC!

Is your group lacking in enthusiasm? Play some catchy music during the activity: A quick and easy trick for livening up the room! Keep the volume at a reasonable level: This is a cooking workshop, not a dance activity.



D. CHALLENGE YOUR CAMPERS

During the activity, announce a challenge to stimulate your campers. The recipe card will give you a few ideas. Have fun while staying safe.



E. RESPOND APPROPRIATELY WHEN A CAMPER COMMENTS ON THE WORKSHOP

when a camper comments on the workshop

It's possible that a camper will make a comment to the effect that "I don't eat sugar" or "My mother is vegan, I can't eat this."

How should you respond? Unfortunately, there's no perfect answer. Explain that there are many different ways of cooking and eating, and that today, you're introducing the campers to a food item that you like. Remind the camper who made the comment that they are not obliged to sample the recipe if it makes them uncomfortable.



Don't forget



- If you don't have time to review all the content, it's no big deal!
- Be spontaneous! Ask a question and see where it leads!
- Don't put too much pressure on yourself during the activity. Your campers will enjoy themselves, regardless of the formula.
- Return the recipe to each camper at the end of the activity so they can make it at home. They'll be proud to show off their skills to their families!

F. ADAPT YOUR WORKSHOP TO YOUR CAMPERS

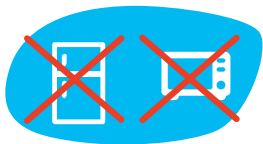
If you see that your campers are more advanced in their cooking techniques, try the recipes for the 9-12 or 13 and older age groups. You can also go to the Power Up website and make this delicious brownie:

<https://tremplinsante.ca/en/recipes/brownies/>

*Did you put too much cheese in your quiche?
Your energy balls aren't round?*

No worries! The important thing is that everyone has fun!
At the conclusion of the activity, congratulate everyone. A round of applause!





CRANBERRY ENERGY BALLS



Introduce the theme

- ✓ **Did you know** that cranberries were used in both sweet and savoury recipes?
- ✓ **How are cranberries harvested?**
The cranberry fields are flooded so that all the berries float to the top. Interesting, right?
- ✓ **What's your favourite way to eat cranberries?**

UH OH! ONE OF YOUR
CAMPER'S IS ALLERGIC TO COCO-
NUT? WHY NOT REPLACE IT WITH AN
EQUAL AMOUNT OF OATMEAL?

STAR INGREDIENT:
CRANBERRIES!

THE EQUIPMENT
AND INGREDIENTS
LISTED BELOW ARE FOR
ONE PERSON.

PREPARATION

20 MINUTES

PORTIONS

1 (3 BALLS)

POSSIBLE ALLERGENS

OATS, COCONUTS

INGREDIENTS :

- 3 tablespoons instant oatmeal
- 1 tablespoon dried cranberries
- 1 tablespoon grated unsweetened coconut
- 1 tablespoon unsweetened apple sauce
- ½ tablespoon honey

PREPARATION :

1. Put all the ingredients in the bowl and mix them together with your hands.
2. Use your hands to make three balls. Make sure you press hard!
The ingredients will stick together due to warmth of your hands.
3. Taste!

EQUIPMENT

- 1 bowl
- 1 tablespoon

Science experiment !

Put some fresh cranberries in a glass or bowl of water and watch them float to the surface. Cool, eh?

Challenge !

Try to give one of your energy balls a unique shape!



Zero waste tip

If you have any cranberries left over, reuse them in the cabbage, apple, and cranberry salad. Zero waste!



GROCERY LIST

Circle the number of participants in your workshop

Don't panic!

If your honey has crystalized, boil some water in a pot, remove it from the heat, and let your container of honey rest in the water for a few hours. It will reliquefy and retain its liquid consistency for many months to come!

Circle the number of participants in your workshop

<i>Ingredients /quantity</i>	8	10	12	15
<i>Oatmeal</i>	<i>1 bag 1 kg</i>	<i>1 bag 1 kg</i>	<i>1 bag 1 kg</i>	<i>1 bag 1 kg</i>
<i>Dried cranberries</i>	<i>1 bag 150 g</i>	<i>1 bag 150 g</i>	<i>1 bag 150 g</i>	<i>1 bag 170 g</i>
<i>Grated unsweetened coconut</i>	<i>1 bag 175 g</i>	<i>1 bag 175 g</i>	<i>1 bag 175 g</i>	<i>1 bag 175 g</i>
<i>Unsweetened apple sauce</i>	<i>1 container 620 ml</i>	<i>1 container 620 ml</i>	<i>1 container 620 ml</i>	<i>1 container 620 ml</i>
<i>Honey</i>	<i>1 pot 250 g</i>	<i>1 pot 250 g</i>	<i>1 pot 250 g</i>	<i>1 pot 250 g</i>



Equipment

Circle the number of participants in your workshop

Ingredients /quantity	8	12	15	20
Bowls	8	12	15	20
Tablespoons				

Tasting Section



Mixing



Measuring

Tasting Section!

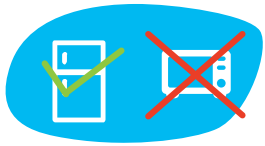
Ask your campers the following questions after their first bite:

HOW DID YOU FIND THE COMBINATION OF FOODS?

WHAT IS YOUR FAVOURITE FOOD?

IF YOU HAD TO DO IT AGAIN, WHAT FRUIT WOULD YOU REPLACE CRANBERRIES WITH?





APPLE AND CHEDDAR CHEESE ROLL



Introduce the theme

- ✓ **Name all the apple products you can find at the grocery store.**
Fresh apples, apple sauce, apple juice, apple butter, apple jelly, apple cider vinegar, apple pie, apple crisp, apple cake, apple muffins, etc.
- ✓ **Did you know you can eat local apples year-round?**
They are very easy to preserve. Pretty cool!
- ✓ **Name the different apple varieties grown near you.**
McIntosh, Lobo, Paula Red, Empire, Cortland, Spartan, Gala, Honeycrisp, Ginger Gold, Sunrise.

**STAR INGREDIENT:
APPLES!**

**THE EQUIPMENT AND
INGREDIENTS LISTED BELOW
ARE FOR ONE PERSON**

One of your campers has a wheat allergy or is gluten intolerant? Opt for gluten-free corn tortillas instead. If one of your campers is lactose intolerant, pick up a lactose-free cheese at the grocery store!

PREPARATION

10 MINUTES

PORTION

1 PORTION

POSSIBLE ALLERGENS

WHEAT, MILK

INGREDIENTS :

- 1 wheat tortilla
- ½ an apple
- ¼ cup grated cheddar cheese

PREPARATION :

1. Wash the apple.
2. Cut the apple into thin slices.
3. Grate the cheese.
4. Put the apple slices and the cheese on the tortilla.
5. Roll the tortilla.
6. Taste.

EQUIPMENT

- 1 cutting board
- 1 paring knife
- 1 measuring cup

Challenge!

Try to roll the tortilla in such a way that the filling won't fall out of the bottom when you eat it!

Let's sing about apples!

Find a song with the word "apple" in it.



GROCERY LIST

All you need to make... Apple and cheddar cheese rolls

*What colour is
your favourite apple?*

Red like a McIntosh?
Yellow like a Ginger Gold?
Green like a Granny Smith?

Circle the number of portions you'll need :

<i>Ingredients/ quantity</i>	8	12	15	20
<i>Whole wheat tortilla</i>	<i>8 units</i>	<i>12 units</i>	<i>15 units</i>	<i>20 units</i>
<i>Apple</i>	<i>4 units</i>	<i>6 units</i>	<i>8 units</i>	<i>10 units</i>
<i>Cheddar cheese</i>	<i>1 bag 320 g</i>	<i>1 bag 320 g</i>	<i>2 X 1 bag 320 g</i>	<i>2 X 1 bag 320 g</i>

Equipment

Circle the number of participants in your workshop

<i>Equipment /quantity</i>	8	12	15	20
<i>Cutting boards</i>				
<i>Paring knives</i>	<i>8</i>	<i>12</i>	<i>15</i>	<i>20</i>
<i>Measuring cups</i>				



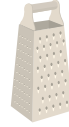
Culinary techniques developed



Chopping



Measuring



Grating cheese

Tasting Section

Ask your campers the following questions after their first bite:

**DID YOU LIKE THE
APPLE-CHEESE MIXTURE?**

**DID YOU FIND IT HARD
TO ROLL THE TORTILLA?**

**IF YOU HAD TO DO IT AGAIN,
WOULD YOU TRY USING ANOTHER
TYPE OF APPLE OR CHEESE?**





MINI ASPAGARUS QUICHE



**STAR INGREDIENT:
ASPARAGUS!**

**THE EQUIPMENT AND
INGREDIENTS LISTED BELOW
ARE FOR ONE PERSON**

One of your campers has a wheat allergy or is gluten intolerant? Opt for gluten-free corn tortillas instead. If one of your campers is lactose intolerant, pick up a lactose-free cheese at the grocery store!

Introduce the theme

- ✓ 1. **Did you know that...** Asparagus doesn't need to be replanted every year? It grows back all by itself each spring and easily makes it through the winter. Asparagus stalks must also be harvested one at a time when they're ready. Impressive, right?
- ✓ 2. **TRUE or FALSE?** When asparagus isn't harvested in time, it produces pretty flowers. True!
- ✓ 3. **Had you ever tried asparagus?** If so, how did you eat it?

PREPARATION :

15 MINUTES

PORTION

1 PORTION

POSSIBLE ALLERGENS:

EGG, MILK, WHEAT

INGREDIENTS :

- 1 whole wheat tortilla
- 1 egg
- ¼ cup grated cheddar cheese
- 2 fresh asparagus
- 2 chive scapes

EQUIPMENT

- 1 coffee cup
- 1 fork
- 1 measuring cup
- 1 cutting board
- 1 paring knife
- 1 pair of scissors

PREPARATION :

1. Wash the asparagus and chives.
2. Chop the asparagus into small pieces.
3. Grate the cheese.
4. Finely chop the chives with the scissors.
5. Put the tortilla in the coffee cup and mold it around the inside of the cup.
6. In the cup, add the egg, the asparagus pieces, and the chives.
7. Mix well with a fork. Make sure you don't make a hole in the tortilla!
8. Cover the mixture with grated cheese.
9. Cook it in the microwave for four minutes or until the egg is done.
10. Let it cool off a bit and then taste!



Name a vegetable beginning with each of the letters in the word "asparagus"!

A: asparagus, artichoke, arugula...

S: salad, soy...

P: pepper, potato...

A: asparagus, artichoke, arugula...

R: radish, rapini...

A: asparagus, artichoke, arugula...

G: ginger, garlic

U: ulluco, urad beans...

S: salad, soy...



GROCERY LIST

All you need to make... Apple and cheddar cheese rolls

Circle the number of portions you'll need

<i>Ingredients/ quantity</i>	8	12	15	20
<i>Whole wheat tortilla</i>	<i>8 units</i>	<i>12 units</i>	<i>15 units</i>	<i>20 units</i>
<i>Egg</i>	<i>8 units</i>	<i>12 units</i>	<i>15 units</i>	<i>20 units</i>
<i>Cheddar cheese</i>	<i>1 bag 320 g</i>	<i>1 bag 320 g</i>	<i>2 x 320 g bags</i>	<i>2 x 320 g bags</i>
<i>Asparagus</i>	<i>1 pack 240 g</i>	<i>1 pack 450 g</i>	<i>2 x 450 g packs</i>	<i>2 x 450 g packs</i>
<i>Chives</i>	<i>1 container</i>	<i>1 container</i>	<i>1 container</i>	<i>1 container</i>

Circle the number of participants in your workshop

<i>Equipment /quantity</i>	8	12	15	20
<i>Cups</i>				
<i>Forks</i>				
<i>Measuring cups</i>	<i>8</i>	<i>12</i>	<i>15</i>	<i>20</i>
<i>Cutting boards</i>				
<i>Paring knives</i>				
<i>Scissors</i>	<i>4</i>	<i>6</i>	<i>8</i>	<i>10</i>



Culinary techniques developed



Cracking an egg



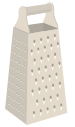
Cutting herbs



Chopping



Measuring



Grating cheese

Tasting Section!

Ask your campers the following questions
after their first bite:

DO YOU LIKE
COOKING IN A CUP?

HOW WOULD YOU DESCRIBE
THE TEXTURE OF ASPARAGUS?

IF YOU HAD TO DO IT
AGAIN, WOULD YOU CHANGE
ANY INGREDIENTS?



GLOSSARY OF COOKING TECHNIQUES



Cracking an egg



Cutting herbs



Chopping



Mixing



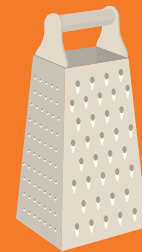
Measuring



wash

*Not sure you have a good knowledge
of cooking techniques?*

Visit the video section of the Power Up portal to view the capsules and learn more. You can also use the visual tool entitled My cooking techniques, which you can print and place on the tables to remind you what to do and how to show the campers during the workshop.



Grating cheese



FROM CAMP TO HOME



Distribute these three simplified cards to your campers during the workshop so that they can make the recipe at home.

On the reverse side of the recipe, campers and their families can view the seek & find activity that they can play at the grocery store!

Mini asparagus quiche

Preparation: 15 minutes

Portions: 4

Possible allergens: egg, milk, wheat

Ingredients:

- 4 wheat tortillas
- 4 eggs
- 1 cup grated cheddar cheese
- 8 fresh asparagus
- 8 chive scapes

Equipment:

- 4 coffee cups
- 1 fork
- 1 measuring cup
- 1 cutting board
- 1 paring knife
- Scissors

Preparation:

1. Wash the asparagus.
2. Chop the asparagus into small pieces.
3. Finely chop the chives with the scissors
4. Put a tortilla inside one of the cups and mold it around the inside of the cup.
5. Add an egg, two chopped asparagus, and two chopped chive scapes.
6. Mix well with a fork.
7. Cover the mixture with grated cheese.
8. Repeat steps 4 to 7 for each cup.
9. Cook for four minutes in the microwave at high setting.
10. Let cool, then taste.



Apple cheddar cheese roll

Preparation: 15 minutes

Portions: 4

Possible allergens: milk, wheat

Ingredients:

- 4 wheat tortillas
- 2 apples
- 1 cup grated cheddar cheese

Equipment:

- 1 cutting board
- 1 paring knife
- 1 measuring cup

Preparation:

1. Wash the apples.
2. Cut the apples into thin slices. Put some apple slices and the cheese on each tortilla.
3. Roll the tortillas.
4. Taste!



Cranberry energy balls

Preparation: 15 minutes

Portions: 4

Possible allergens: oats, coconut

Ingredients :

- $\frac{3}{4}$ cup oatmeal
- $\frac{1}{4}$ cup dried cranberries
- $\frac{1}{4}$ cup grated unsweetened coconut
- $\frac{1}{4}$ cup unsweetened apple sauce
- 2 tablespoons honey

Equipment:

- 1 bowl
- 1 tablespoon
- 1 measuring cup

Preparation:

1. Put all the ingredients in the bowl and mix them together with your hands.
2. Use your hands to make 12 balls. Make sure you press hard! The ingredients will stick together due to warmth of your hands!



SEEK & FIND



Solve the puzzles! The answers will tell you which ingredients to look for at the grocery store.

Find your recipe's star ingredient by
unscrambling these letters
agpsraasu



Find your recipe's star ingredient by
unscrambling these letters
palpe



Find your recipe's star ingredient by
unscrambling these letters
Cbrnareyr

