

MooBell's

Cookbook for Kids!



A cookbook of
kid-friendly,
good-for-you
recipes you'll
love!

**Do your kids
enjoy cooking?**

Register for
our FREE Kids
Cook at Home
classes, led by
our Registered
Dietitians



MarketPlace^{FOODS}

Breakfast

Green Monster Smoothie

This sweet and nutrient-packed smoothie is great for breakfast or a snack! Let your kids decorate their own cup and they will love it! Don't forget to add a side of protein such as hard-boiled eggs or nut butter toast!

GREEN MONSTER SMOOTHIE

1/2 Cup	Water
1 Cup	Grapes
1/2 Cup	Pineapple Chunks
1/2	Ripe Banana, Peeled
2 Cups	Fresh Spinach, Packed
1/2 Cup	Ice Cubes
1 tsp.	Honey
2 Tbsp.	Ground Flaxseed

1. Place all ingredients into a blender and secure lid.
 2. Turn on blender, and slowly increase to high speed.
 3. Blend for 45 seconds or until desired consistency is reached. Serve immediately.
- Adding a face or googly eyes to the cups with a permanent marker brings your monsters to life!



Heart Beet Pancakes

Kids will love these pink pancakes! Not only do they look pretty, they taste good, too!

HEART BEET PANCAKES

Your favorite whole wheat pancake mix

2 Medium Beets, cooked

1. In a food process, puree beets until smooth. Set aside.
2. Prepare enough pancake batter to make approximately 8-10 4"-diameter pancakes. Add beet puree to batter and stir to incorporate.
3. Prepare pancakes on a skillet over medium heat. Serve with your favorite toppings!

Use silicone molds and cookie cutters to make pancakes fun shapes!



Why Does A Child Need Vegetables?

Vegetables contain countless important vitamins and minerals that your child needs to grow and develop in a healthy way. Infancy, childhood and adolescence are all crucial periods of development. Consistently offer a variety of fruits and vegetables to every meal and snack. Try cooking them different ways too!

Breakfast

Green Eggs and Ham Sandwich

A great way to fuel up for the day!

GREEN EGGS & HAM SANDWICH

- | | | |
|----------|---|--|
| 2 | Whole Wheat English Muffins, sliced in half | 1. Toast English Muffins; set aside |
| 2 | Large Eggs | 2. Place eggs, spinach and 1 Tbsp. water in blender and blend until smooth. |
| 1 Cup | Baby Spinach | 3. Heat skillet over medium heat; spray with non-stick spray. Add egg mixture. When partially set, use spatula to cut in half and flip. Remove from heat once egg is cooked through. |
| 1 Tbsp. | Water | 4. Place cheese, ham, and egg on one half of English muffins. Top with other half of English muffins. |
| 2 Slices | Low-fat Cheddar Cheese | |
| 2 Slices | Low-Sodium Ham | |

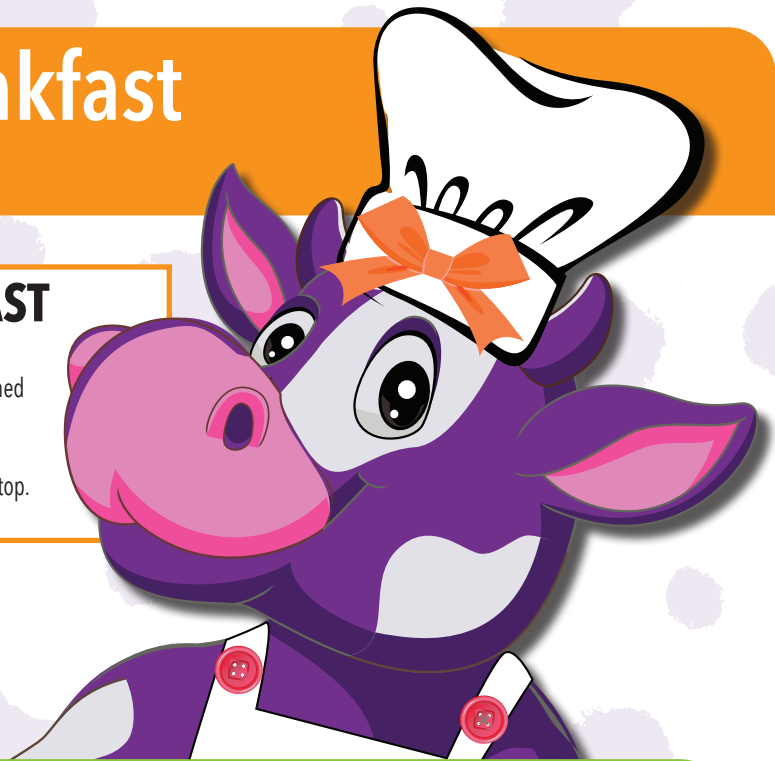


Tropical Special Breakfast

So easy for the kids to make!

TROPICAL SPECIAL BREAKFAST

- | | | |
|---------|-------------------|---|
| 1 Slice | Raisin Bread | 1. Toast Raisin Bread. |
| 1 Tbsp. | Creamy Nut Butter | 2. Stir together peanut butter, mashed banana and flaked coconut. |
| 1 | Mashed Banana | 3. Spread on toast. |
| 1 Tbsp. | Flaked Coconut | 4. Sprinkle more coconut flakes on top. |

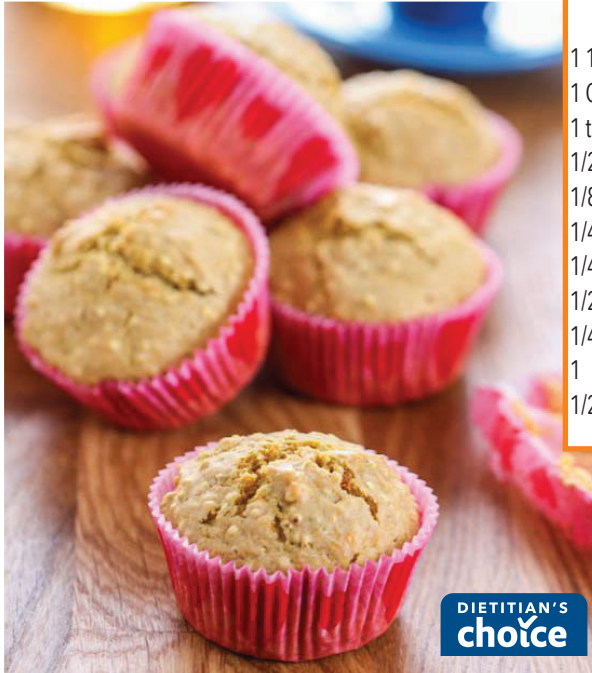


- **Fiber** in fruits & vegetables: aids in maintaining a healthy weight and normal digestion.
- **Vitamin A** in orange vegetables, like carrots and sweet potatoes: key for healthy vision (especially color and night vision) and preventing infection.
- **Vitamin C** in broccoli, bell peppers, and leafy greens: helps your child fight those relentless colds and infections, and heal more quickly from playtime scrapes.
- **Iron** in beans and dark green vegetables: necessary for healthy energy levels by transporting oxygen throughout the body.
- **Magnesium** in tofu and beans: necessary for energy, healthy organs, and strong teeth and bones.
- **Potassium** in potatoes, leafy greens, beans, and squash: supports a strong heart and active muscles.

Snacks

Sweet Potato Muffins

These muffins are flavorful and moist! The best part? They also contain sweet potatoes, sneaking a veggie into a favorite snack!



SWEET POTATO MUFFINS

1 1/2 Cup	Mashed Sweet Potatoes
1 Cup	Flour
1 tsp.	Cinnamon
1/2 tsp.	Baking Soda
1/8 tsp.	Baking Powder
1/4 Cup	Ground Flaxseed Meal
1/4 tsp.	Salt
1/2 Cup	Brown Sugar, packed
1/4 Cup	Canola Oil
1	Large Egg
1/2 tsp.	Vanilla

1. To prep sweet potatoes (this can be done a day or so ahead): Pierce the potatoes with a fork and place on a foil-lined baking sheet. Bake at 400°F for about 45 minutes or until tender when poked with a fork. Remove and let cool. When the potatoes are cool, peel off the skin and mash the sweet potato with a fork until smooth. Measure out 1 1/2 cups.
2. To make muffins: In a large bowl combine the flour, cinnamon, baking powder, ground flaxseed, and salt. In a separate bowl, combine the sugar, oil, eggs, and vanilla. Stir the wet ingredients into the dry ingredients, and then add in the sweet potato.
3. Pour into muffin tins/cups. Bake at 325°F for about 30 minutes.



Cucumber Roll-ups

This snack is fun for kiddos to make and eat!

CUCUMBER ROLL-UPS

1	Large Cucumber	1. Slice cucumbers using a mandolin or veggie peeler. Lay the cucumbers aside on a paper towel to allow excess moisture to drain.
6 Tbsp.	Roasted Garlic Hummus	2. Spread hummus across the cucumber slices and sprinkle with salt and pepper as desired.
	Salt & Pepper	3. Spread ham or turkey across cucumber slices.
3 Ounces	Sliced Ham or Turkey	4. Roll-up carefully, using a toothpick to close if needed.



Dunk It!

Popular dips among kids include ranch, hummus, creamy Italian dressing, bean dip, cream cheese, and other soft cheeses. Try a variety of raw vegetables with these dips such as, like cucumbers, zucchini, carrots, celery and bell pepper slices.

Snacks

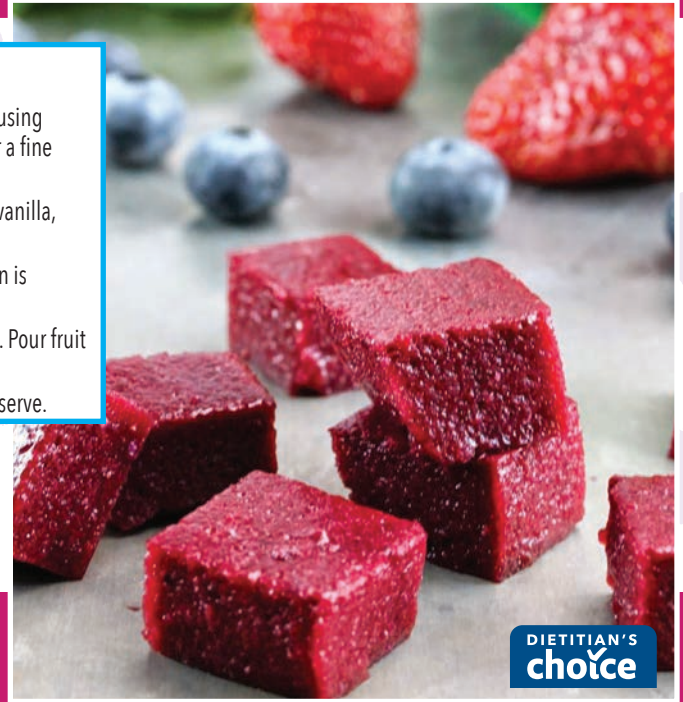
Fruit and Veggie Snacks

This recipe takes fruit snacks to a whole new level! These fruity, gummy treats taste delicious! But shhh...they have 4 cups of spinach!

FRUIT AND VEGGIE SNACKS

1/2 Cup 100% Orange Juice
4 Cups Fresh Spinach Leaves
3 Cups Berries
1/2 Cup Honey
1 tsp. Vanilla Extract
5 Packets Unflavored Gelatin

1. In a blender, add in berries, blend until smooth. If using strawberries, strain out seeds using cheese cloth or a fine strainer.
3. Pour berry mixture into a saucepan. Add in honey, vanilla, and gelatin packets.
4. Heat saucepan over medium-high heat until gelatin is completely dissolved (about 3-5 minutes).
5. Line a rimmed baking sheet with parchment paper. Pour fruit mixture into pan.
6. Let cool and refrigerate 2 hours until set. Cut and serve.



Veggie Dips

Tasty dips to dunk your favorite veggies!

TACO DIP

16 Ounces Plain 2% Greek Yougurt
2 1/2 Tbsp. Taco Seasoning Mix
Low Sodium

1. In a small bowl, mix all the ingredients.

RANCH BEAN DIP

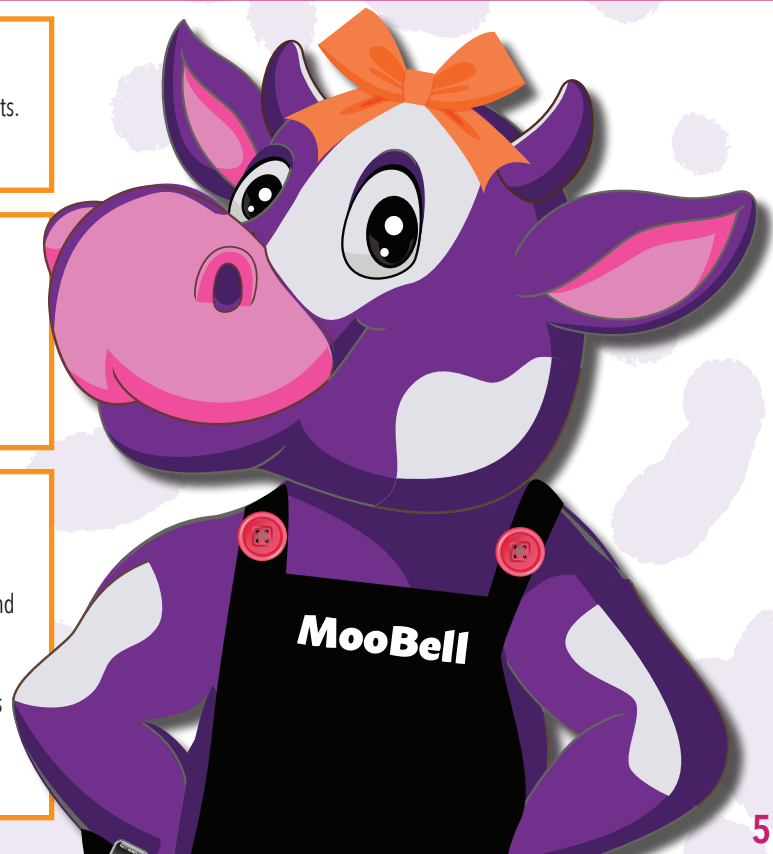
1 Cup Beans (Black, Pinto, or Kidney), drained and rinsed.
2 Tbsp. Sour Cream
2 tsp. Ranch Seasoning Mix

1. Place all ingredients in a food processor or blender and mix until smooth.

HUMMUS

1 15 Oz. Can Chickpeas (Garbanzo Beans), rinsed and drained
1/4 Cup Fresh Lemon Juice
1/4 Cup Tahini
1/2 Large Garlic Clove, minced
2 Tbsp. Olive Oil
1/2-1 tsp. Salt
1/2 tsp. Ground Cumin

1. Add tahini and lemon juice to a food processor and blend.
2. Add olive oil, minced garlic, cumin, and salt to the mixture and blend.
3. Add chickpeas to processor gradually and blend until desired consistency is reached. You may want to add 2-3 tablespoons of water if mixture is too thick.



Snacks

Fishy Snack Mix

A perfect snack for on-the-go!

FISHY SNACK MIX

2 Cups Fish Shaped Crackers
1 Cup Dried Cranberries
1 Cup Peanuts

1. In a medium bowl combine all ingredients. Store in an airtight container. Makes about multiple servings.



Ants On A Log

A nutritious and fun snack for kids!

ANTS ON A LOG

Celery Sticks
Peanut Butter
Raisins Or Chocolate Chips

1. Wash the celery and cut into pieces about 5 inches long.
2. Spread peanut butter in the U-shaped part of the celery, from one end to the other.
3. Press raisins into the peanut butter.



Apple Smiles

Kids will love these silly smiles!

APPLE SMILES

Apples, cut into wedges
Peanut Butter
Miniature Marshmallows

1. Spread peanut butter onto one side of each apple wedge.
2. Using miniature marshmallows, position the "teeth" in place onto one of the apple wedges.
3. Top with the other apple used with peanut butter.



Lunches

A Happy Face

Make food fun by making a happy, funny, and silly face with your meal!



BBQ Meatloaf Muffins

This recipe puts a spin on a home-style classic. Not only does baking meatloaf in a muffin tin save time, it also makes it more fun to eat. Top it off with mashed sweet potatoes and you have yourself a meal!

BBQ MEATLOAF MUFFINS

- 1 Lb. Ground Beef
- 1 tsp. Olive Oil
- 1 Small Onion, minced
- 2 Garlic Cloves, minced
- 1/4 Cup Barbeque Sauce
- 1/2 tsp. Sea Salt
- 1/2 tsp. Black Pepper
- 1/2 tsp. Dried Thyme

Topping

- 2 Medium Sweet Potatoes, peeled & cubed
- 1 Tbsp. Butter
- 1/4 tsp. Sea Salt

1. Preheat oven to 350°. Place ground beef in a medium bowl and set aside.
2. Heat olive oil in a small skillet over medium heat. Add onions and saute, stirring occasionally, until they start to soften.
3. Add garlic, cook for 30 seconds or until fragrant. Add onion-garlic mixture to ground beef and carefully combine with a rubber spatula.
4. To the ground beef mixture, add barbeque sauce, sea salt, pepper and dried thyme. Using your hands or spoon, mix well to combine.
5. Divide meat mixture evenly among 8 wells of a muffin pan.
6. Bake in preheated oven for 20 minutes or until meat reaches 160°F.
7. While meatloaves are baking, steam sweet potatoes until tender, about 10-12 minutes. Drain and puree sweet potatoes with butter and salt in a food processor or mash well with a fork.
8. Scoop topping on to meatloaves. Drizzle with additional barbeque sauce, if desired.



Whole Wheat Crackers & Toppings

Try sliced cheese, cream cheese, egg salad, tuna salad, peanut butter, peanut butter and jelly, or pepperoni with whole wheat crackers. Perfect for meals and snacks at home or on-the-go!

Santa Fe Veggie Quesadilla

Add a few more veggies to this family favorite and you have a healthy, protein-packed lunch for everyone!

SANTA FE VEGGIE QUESADILLA

- 1 Red Pepper, chopped
- 1 Sweet Onions, chopped
- 2 Tbsp. Olive Oil
- 1 Can Black Beans, rinsed & drained
- 1 Cup Canned Corn, rinsed & drained
- 3 Green Onions
- 1 tsp. Paprika
- Pinch Cumin
- 1 Cups Mozzarella Cheese, shredded

Ten 6-Inch Corn Tortillas

Sour Cream, Guacamole, or Salsa for dipping

1. Place peppers and onions on a sheet pan, drizzle with olive oil, and roast for 20-25 minutes at 425°F.
2. In a medium bowl, mix roasted peppers and onions with black beans, corn, green onion and spices. Combine well.
3. Heat in a skillet over medium heat. Place tortilla on heated skillet and top with 1 Tbsp. cheese, then 2 Tbsp. bean and corn mixture, and then another 1 Tbsp. of cheese. Top with another tortilla.
4. Cook 2 minutes per side, or until golden brown and lightly crisp. Repeat for additional ingredients.
5. Using a knife or pizza cutter, cut quesadilla into 4-6 slices.
6. Serve with your favorite toppings!



Chicken Parmesan Sliders

Kids will love making them and eating them!

CHICKEN PARMESAN SLIDERS

- 12-Pack Hawaiian Rolls
- 12 Large Chicken Nuggets
- 1 Cup Marinara or Pasta Sauce
- 6 Slices Mozzarella Cheese
- 2 Tbsp. Grated Parmesan
- 1/4 Cup Melted Butter
- 1 tsp. Garlic Powder
- 1 tsp. Italian Seasoning

1. Cook chicken according to the package directions.
2. Preheat oven to 350°F and grease bottom of 9"x13" pan.
3. Cut the hawaiian rolls horizontally in half without separating the rolls; place the bottoms in your pan and bake 3 minutes, just enough to slightly toast the bread so that it doesn't get soggy.
4. Place a precooked chicken nugget into each one of the bottom pieces and then top with marinara followed by the mozzarella cheese and top half of rolls.
5. Mix the melted butter with the garlic powder and Italian seasoning, and then brush it evenly over the top. Sprinkle with grated parmesan.
6. Cover your dish with foil and bake for 15 minutes. Uncover, and bake for 3-5 more minutes or until the buns are golden brown.



Mini Pepperoni Flatbread Pizza

Everyone loves pizza night!

MINI PEPPERONI FLATBREAD PIZZA

Small Flatbreads
Pizza Sauce
Pepperoni
Shredded Mozzarella Cheese
Non-Stick Spray

1. Preheat oven to 350° Spray baking sheet with your non-stick spray
2. Place flatbreads on cookie sheet, put in oven. Bake for 2-3 minutes. Take out of oven, flip, put back in oven and bake another minute.
3. Take out of oven and let cool for a few minutes.
4. Add a little pizza sauce and spread all over top of flatbread, sprinkle the mozzarella cheese on top then add the pepperoni.
5. Put back into the oven and bake 4-6 minutes. Let cool and enjoy.



10 Easy Ways To Get Kids Excited About Cooking

1. Appeal to their minds as much as their taste buds. ...
2. Tickle all their senses. ...
3. Work with their obsessions...
4. Make smart pairings ...
5. Let things get messy ...
6. Spice it up...
7. Give them control. ...
8. Turn over the tools...
9. Start them young...
10. Model good food behavior...

Trail Mix

Make your own by mixing together peanuts, raisins, chocolate chips, mini pretzels, granola, and other sweet and salty ingredients.

Granola & Yogurt

Granola makes a great snack on its own, but it's also very tasty when you top your favorite yogurt with it.

Butternut Squash Mac & Cheese

By replacing half the cheese with butternut squash, you add important nutrients! Kids won't even know that this cheesy classic has a half serving of vegetables and is 100% whole grain!

BUTTERNUT SQUASH MAC & CHEESE

2 Cups Butternut Squash, peeled & cubed
10 Oz. Whole Wheat Pasta, dry
2 Tbsp. Vegetable Broth
1 1/2 Tbsp. Butter
1 1/2 Tbsp. Flour
1/4 Cup Melted Butter
1 tsp. Garlic Powder
3/4 Cup Skim Milk
2 1/2 Cups Shredded Cheddar Cheese

1. Bring a large pot of water to boil and add butternut squash. Cook until squash is softened and drain. Alternatively, microwave squash until softened (about 4-5 minutes).
2. Prepare pasta according to box. Drain and set aside.
3. Place squash and vegetable broth in food processor or blender. Pulse until mixture is smooth. Add small amount of water if mixture is too thick.
4. Heat butter over medium-low heat until melted in a small saucepan. Whisk in flour and cook for 1-2 minutes.
5. Whisk in garlic powder, milk and squash. Continue to whisk for another 1-2 minutes until mixture thickens.
6. Once thickened, add cheese and whisk until melted (about 5 minutes). Stir mixture into pasta. Enjoy!



DIETITIAN'S
choice

Baked Sweet Potato Curly Fries

Putting a sweet spin on a fast-food favorite.

BAKED SWEET POTATO CURLY FRIES

2 Large Sweet Potatoes
1 Tbsp. Olive Oil
3/4 tsp. Salt
Optional: sprinkle with fresh herbs or spices, such as rosemary, parsley, or ground cinnamon

1. Preheat oven to 400°F.
2. Spiralize potatoes using a spiralizer.
3. Add spiralized potatoes into a large bowl and toss with olive oil and salt.
4. Spread potatoes over two parchment-lined baking sheets. You will need two baking sheets to avoid overcrowding potatoes.
5. Bake both baking sheets together for 15 minutes (you may need them on separate shelves-this is okay)
6. Remove from oven and flip fries. Add fresh herbs here if desired. Swap baking sheets before returning to oven.
7. Bake for another 10-15 minutes depending on how crispy you like them.
8. Remove from trays and serve warm.



DIETITIAN'S
choice

Broccoli Tots

Putting a green spin a childhood favorite!

BROCCOLI TOTS

2 Cups (12 Oz.) Uncooked or Frozen Broccoli
1 Large Egg
1/4 Cup Finely Diced Yellow Onion
1/3 Cup Finely Shredded Cheddar Cheese
2/3 Cup Panko Breadcrumbs
1 tsp. Italian Seasoning
1/2 tsp. Garlic Powder
1/4 tsp. Salt
1/4 tsp. Pepper

1. Preheat oven to 400°F. Grease a baking sheet with a thin layer of oil or line with parchment paper and set aside.
2. In a medium pot, bring water to a boil. Add broccoli to boiling water. After 1 minute, drain and immediately transfer broccoli into cold tap water. After 1 minute drain gain.
3. Transfer broccoli into a food processor bowl and process until fine. You can also, finely chop broccoli with a knife. Transfer to a medium bowl.
4. Add egg, onion, cheese, breadcrumbs, and seasonings to the broccoli and thoroughly mix all ingredients together.
5. Using your hands, scoop about 1.5 Tbsp. of mix and gently press into a firm ball, then roll into a tater-tot shape. Repeat this step until all batter is used. Place tots on the prepared baking sheet.
6. Bake for 10 minutes, then remove from oven and turn tots. Bake for another 8-14 minutes or until golden brown and crispy. Remove from the oven and enjoy with your favorite dipping sauce!



Creative Ways To Serve Foods!

Fresh Fruit

Different varieties of melon cut into chunks, whole strawberries and pineapple wedges are fun and colorful. Use rounded toothpicks to let kids make their own kabobs or mix several fruits together to make a quick fruit salad; add a dollop of fat free whipped topping.

Apple Slices & Dip

Use an apple slicer or cut into slices with a knife and sprinkle with a little lemon juice to keep them from turning brown. Serve with peanut butter, fat free whipped topping, yogurt, sugar free caramel dip, or other fruit dips.

Tortilla Roll Ups & Pinwheels

Spread with peanut butter or peanut butter and jelly, roll up then slice into 1" pieces to make pinwheels. Use a layer of cream cheese and a slice or two of turkey or ham, or layer with spreadable cheese and various vegetables, roll up and eat.



Deliciously Deceptive Meatballs

A simple meatball recipe that has a super-secret ingredient (Hint: it's green!)

DELICIOUSLY DECEPTIVE MEATBALLS

- | | | |
|----------|------------------------|---|
| 1 Lb. | 90% Lean Ground Beef | 1. Combine beef, egg, cheese, and nutmeg in large bowl. Set aside. |
| 1 | Egg | 2. In small bowl, combine breadcrumbs and milk. Let stand until milk is absorbed (about 1-3 minutes). Add this mixture to the beef. |
| 1/3 Cup | Parmesan Cheese Grated | 3. Add the spinach to the beef and mix gently. Shape into 15 meatballs. |
| 1/8 tsp. | Ground Nutmeg | 4. Over medium heat. Heat oil in a large saucepan. Brown the meatballs and cook thoroughly (about 11 minutes on each side) until internal temp reaches 160°F. |
| 1/3 Cup | Breadcrumbs | 5. Serve with favorite pasta and sauce. Enjoy! |
| 1/3 Cup | Skim Milk | |
| 6 Cups | Fresh Spinach, chopped | |
| 1 Tbsp. | Olive Oil | |



DIETITIAN'S
choice

Hidden Veggie Cheeseburger

The kids won't even know there are veggies hidden inside this tasty cheeseburger!

HIDDEN VEGGIE CHEESEBURGER

- | | | |
|----------|---|--|
| 4 Oz. | Mushrooms, washed | 1. Place mushrooms, peppers and onion in food processor and blend until fine, or finely chop by hand. |
| 1 | Bell Pepper, washed with stem and seeds removed | 2. Place beef in a large bowl. Add veggies, garlic and seasoned salt. Mix well and form into 8 patties. |
| 1/2 | Sweet Onion Small, peeled | 3. Grill over medium heat 5-6 minutes per side, or until cooked through. Top with cheese and transfer to buns. |
| 1 Lb. | Lean Ground Beef | Makes 8 burgers. |
| 2 | Cloves, minced | |
| | Salt & Pepper, to taste. | |
| 8 Slices | Low-Fat Cheddar Cheese | |
| 8 | Whole Wheat Hamburger Buns | |



DIETITIAN'S
choice

Dinners

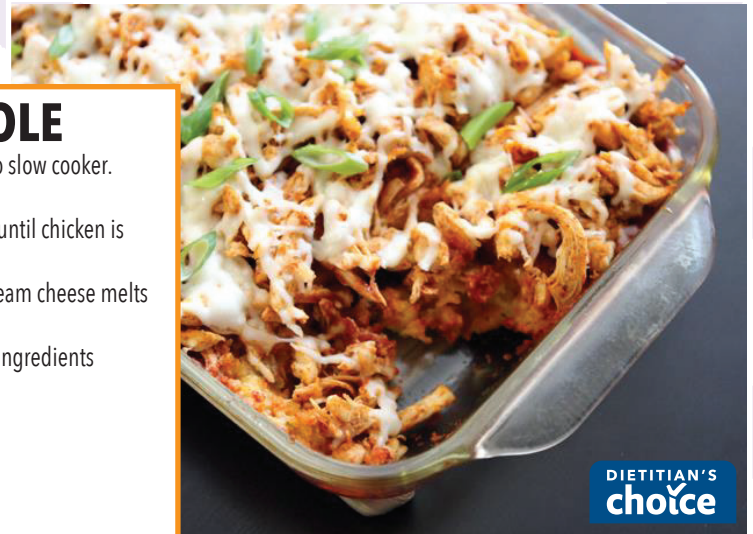
Mexican Chicken Casserole

Delicious and nutritious!

MEXICAN CHICKEN CASSEROLE

- 1 Lb. Chicken Breasts, boneless and skinless
- 1-16 Oz. Jar of Salsa
- 15 Oz. Can Reduced-Sodium Canned Black Beans
- 1 Cup Squash, Cooked & Pureed
- 1 Cup Frozen Corn Kernels
- 4 Oz. Low-Fat Cream Cheese
- 2 Cups Brown Rice, Cooked

1. Add chicken, salsa, beans, and squash to slow cooker. Stir until combined.
2. Cover and cook on low for 5-6 hours, or until chicken is tender and cooked thoroughly.
3. Add corn and cream cheese. Stir until cream cheese melts and corn is warm.
4. Serve over brown rice. Top with favorite ingredients (i.e. cheese, lettuce, sour cream, etc.).



Salad In A Jar

Food prep that's easy and fun for kids!



SALAD IN A JAR

- 1 Wide Mouth Jar with Lid
- 1-2 Tbsp. Salad Dressing
- 1/2 Cup Protein (Such as cooked chicken, deli meat, or beans)
- 2 Tbsp. Shredded Cheese
- 1/2 Cup Chopped Vegetables and fruit (Such as cucumbers, peppers, tomatoes, and cabbage OR blueberries, strawberries, kiwi, etc.)
- 2 Tbsp. Nuts or seeds (Such as sunflower seeds)
- 1 Cup Chopped Lettuce

1. Layer the ingredients in the wide-mouth jar in the order listed to the left. First add in the salad dressing to the bottom of the jar, then layer with your protein, shredded cheese, chopped vegetables and/or fruit, nuts and seeds, and finally, the lettuce.
2. Cover the jar with a lid and store in the fridge until ready to eat. When ready to enjoy, remove the lid and dump the "Salad in a Jar" on to your plate.

Makes 1 serving.

Enjoy personalizing with your kids favorite foods!



Dinners

Turkey Ranch Tortilla Pinwheels!

Kids will enjoy switching up their sandwich routine!

TURKEY RANCH TORTILLA ROLL UPS

4-12" Soft Flour Tortillas
1-8 Oz. Pkg Philadelphia Cream Cheese, softened
1 Tbsp. Hidden Valley Ranch seasoned packet
1/4 Cup Sharp Cheddar Cheese
1/4 Cup Finely Chopped Sweet Bell Pepper (Yellow, Orange, or Red)
2 Tbsp. Finely Chopped Red Onion
1/4 Lb. Thin Sliced Turkey Breast Deli Meat

1. First mix the softened cream cheese with the ranch packet, cheddar cheese, bell pepper and onion until well combined.
2. Once it is all mixed, spread about 2 tablespoons of this mixture evenly on each tortilla, then lay 3-4 slices of turkey breast flat on top of the cheese mixture.
3. Now roll the tortilla up gently, yet tightly to make sure it holds together and keeps its shape.
4. Use a serrated knife to gently slice the roll up into 5-6 slices.
5. You can eat these immediately or you can store them in the fridge to eat later.
6. With 4 tortillas, cut into 6 pieces each.
Makes 24 slices.



Pigs In A Pretzel Blanket

Kids will be asking for this recipe again and again!

PIGS IN A PRETZEL BLANKET

1 Pkg. Cocktail Franks (Mini Hot Dogs)
1 Lb. Pizza Dough
5 Cups Water
1/4 Cup Baking Soda
1 Egg, Beaten
Sea Salt, To Taste

1. Bring pizza dough to room temperature.
2. Cut the dough into strips and stretch/roll out.
3. Roll up mini hotdogs in pizza dough so the dough wraps around twice - leaving the ends sticking out and cutting off any excess.
4. Place on a lightly greased baking sheet until ready to boil.
5. Bring water to a light boil. Add in Baking Soda.
6. Once dissolved, boil wrapped hot dogs in water mixture for 20-30 seconds each (working in small batches).
7. Remove and place back on baking tray. Brush each lightly with beaten egg and sprinkle with sea salt.
8. Bake in a preheated oven at 425°F (220°C) for 15-20 minutes until the dough is nicely browned.
9. Enjoy!



Desserts

Fudgy Black Bean Brownies

No one will ever know that these chocolaty brownies pack a protein and fiber punch!

FUDGY BLACK BEAN BROWNIES

1-15 Oz. Can Black Beans, drained and rinsed
3 Large Eggs
3 Tbsp. Canola Oil
3/4 Cup Granulated Sugar
1/2 Cup Baking Cocoa Powder
1 tsp. Vanilla Extract
1/2 tsp. Peppermint Extract (Optional)
1/2 tsp. Baking Powder
Pinch of Salt
1/2 Cup Mini Semi-Sweet Chocolate Chips, Divided

1. Preheat the oven to 350°F. Lightly oil or coat an 8"x8" Baking dish with nonstick cooking spray and set aside.
2. Place the black beans in the bowl of a food processor and process until smooth and creamy. Add the eggs, oil, sugar, cocoa powder, vanilla extract, peppermint extract if desired, baking powder and salt. Process until smooth.
3. Add 1/4 cup of the chips and pulse a few times until the chips are incorporated.
4. Pour the batter into the prepared pan. Smooth the top with a rubber spatula with the remaining 1/4 cup chocolate chips.
5. Bake 30-35 minutes or until the edges start to pull away from the sides of the pan and a toothpick inserted in the center comes out clean. Cool in the pan before slicing into 2-inch squares.



No Bake Cookies

No oven needed for this safe and sweet cookie treat!

NO BAKE COOKIES

1 Cup Sugar
2 Tbsp. Cocoa
1/4 Cup Milk
1/4 Cup Butter
1/4 Cup Peanut Butter
1 1/2 Cup Quick Oats
1/2 tsp. Vanilla

1. Cream butter and sugar in a large saucepan.
2. Add milk and cocoa and mix well. Bring to a boil on medium heat. Boil for one minute. Remove from heat.
3. Add peanut butter, oatmeal and vanilla. Mix well.
4. Drop by spoonful onto wax paper. Allow to cool.



Fun Simple Snacks!

Cheese Sticks

String cheese is very popular with kids. You can also find colby sticks and cheddar sticks at the store. You can also cut your own from any of your favorite cheeses!

Pretzel Sticks & Cheese

Cut your child's favorite cheese(s) into cubes and give him pretzel sticks to pick them up with. Safer than toothpicks and edible too. You can also try dipping pretzels in cheese sauce or bean dip.

Popcorn

Make the light butter or unbuttered kind and sprinkle with Parmesan cheese while it's still hot. Try cinnamon sugar, and anything else you can think of to spice it up.

Desserts

Carrot Cake Cookies with Cream Cheese Frosting

Cookies that taste just like carrot cake, but are healthy? Yes! No one will ever know!

CARROT CAKE COOKIES WITH CREAM CHEESE FROSTING

- | | | |
|------------|---|---|
| 1/2 Cup | Brown Sugar, Packed | 1. Heat oven to 350°F, grease baking sheet. |
| 1/2 Cup | Sugar | 2. Mix sugars, applesauce, eggs, and vanilla in a large bowl. |
| 1 Cup | Applesauce Unsweetened | 3. In a separate bowl, stir dry ingredients together. |
| 2 | Eggs | 4. Blend dry ingredients into wet ingredients. Stir in carrots. |
| 1 tsp. | Vanilla | 5. Drop batter by teaspoons on greased baking sheet. Bake for 10-15 minutes until golden. |
| 1 Cup | Flour, All-Purpose | 6. While cookies are baking, mix light cream cheese, greek yogurt, vanilla, powdered sugar, and maple syrup together. |
| 1 tsp. | Baking Soda | 7. Let cookies cool 15 minutes before frosting them. |
| 1 tsp. | Baking Powder | |
| 1 tsp. | Salt | |
| 1 tsp. | Cinnamon | |
| 1/2 tsp. | Nutmeg | |
| 1/2 tsp. | Ground Ginger | |
| 2 Cups | Old-Fashioned Rolled Oats Raw | |
| 1 1/2 Cups | Finely Grated Carrots (about 3 Large Carrots) | |

FROSTING

- | | |
|-------------|------------------------------|
| 1/2 Cup | Light Cream Cheese |
| 1 Cup | Fat-Free Greek Yogurt, plain |
| 2 tsp. | Vanilla |
| 2 Tbsp. | Powdered Sugar |
| 1 1/2 Tbsp. | Maple Syrup |



Quality time with your kids in the kitchen, nurturing your body and creating great memories!

Desserts

Chocolate Hummus Cookie Sandwiches

Cookies with a chocolate hummus and veggies! Who could resist?

CHOCOLATE HUMMUS COOKIE SANDWICHES

- | | | |
|-----------|--|--|
| 15 Oz. | Low-sodium Chickpeas, drained | 1. Place all ingredients (except cookies) into a food processor or blender, Combine until smooth and creamy. |
| 1/4 Cup | Maple Syrup | 2. Spread 1 Tablespoon of chocolate hummus on top of one cookie thin and top with another cookie. |
| 2 Tbsp. | Creamy Peanut Butter | 3. Refrigerate leftover cookie sandwiches or hummus. |
| 2 Tbsp. | Skim Milk | |
| 4 Tbsp. | Cocoa Powder | |
| 2 tsp. | Vanilla Extract | |
| 1/2 Tbsp. | Granulated Sugar | |
| 40 | Chocolate Chip Cookie Thins or other Favorite Small Cookie | |



Dirt & Worm Cups

Let the creativity come out for kids with this sweet treat!

DIRT & WORM CUPS

- | | | |
|------------|-------------------------------|---|
| 3.4 Oz.Box | Instant Chocolate Pudding Mix | 1. In a medium bowl, add cold milk and sprinkle pudding over top and whisk until well combined. |
| 2 Cups | Milk | 2. Let sit 5 minutes to thicken. |
| 8 Oz. | Whipped Topping Thawed | 3. Gently fold in whipped topping until well combined. |
| 10-12 | Oreo Cookies Crushed | 4. Spoon into glasses or cups. |
| 32 | Gummy worms | 5. Sprinkle crushed Oreo cookies on top of pudding in cups. |
| | | 6. Add 4 gummy worms on top of each cup. |
| | | 7. Chill until ready to serve. |



No one is born a great cook. One learns by doing!

Non-Edible Recipes

Colorful Play Dough

Enjoy these DIY play recipes using simple ingredients!



COLORFUL PLAY DOUGH

- 2 Cups Water
- 2 Cups White Flour
- 1/2 Cup Salt
- 1 Tbsp. Cream Of Tatar
- 2 Packages Unsweetened Fruit Flavored Kool-Aid
- 3 Tbsp. Vegetable Oil

1. First bring the water to a boil in a sauce pan; remove from heat and set aside.
2. Whisk together the flour, salt, cream of tartar, add Kool-Aid in a large bowl; stir in vegetable oil into the flour mixture using a spoon, not a whisk. Pour the hot water into the bowl and continue stirring. While dough is cool enough to handle, turn it onto a lightly-floured surface and knead until smooth and elastic, about 8 minutes. Store unused portions in refrigerator.



Homemade Bubbles

4 ingredients, how easy this is!

HOMEMADE BUBBLES

- 2/3 Cup Dishwashing Soap
- 1 Gallon Water
- 2-3 Tbsp. Glycerin
(Available at Pharmacies)

1. First measure out the water, detergent, and glycerin into a container with a cover and gently stir

Note: the longer you let the mixture set, the larger the bubbles are and the longer they seem to last.

Blow bubbles with a wand or a coat hanger.



Moon Sand

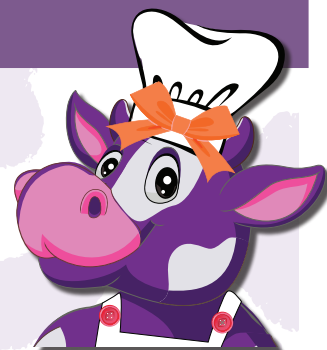
Kids will have a blast with this!



MOON SAND

- 8 Cups All Purpose Flour
- 1 Cup Baby Oil

1. Put all ingredients into a large mixing bowl.
2. Using a dough blender, combine the baby oil and flour well. Or by hand. 3. Put it in a large container outside, and let your children play freely with it.



Non-Edible Recipes

Goop, Slime & More

So many fun things for the Kiddos to make!

GOOP

1 1/2 tsp. Borax
8 Oz. Elmer's Glue
2 Cups Water
Tempera Paint For Color

1. In mixing bowl mix Borax and 1 cup of water. Set aside.
2. In a separate bowl mix glue and 1 cup of water. Combine both bowls.
3. Add paint for color.

Store in a ziplock bag in the fridge.



CRUNCHY FOAM SLIME

1/2 Cup Clear Glue
1/2 Cup Liquid Starch
Mini Foam Balls
1/2 Cup Warm Water

1. Pour the clear glue and warm water in a bowl and mix. Add in the liquid starch and stir. If it's still liquidy, add more starch until it stretches.
2. Slowly pour in the foam balls and mix. Squish and scrunch until you get a slime consistency.
3. Time to play!

If you want to make a rainbow, you will need to make 6 different color foam slimes.



LIQUID STARCH SLIME RECIPE

1/2 Cup Elmer's Washable School Glue
1/2 Cup Water
1/4 - 1/2 Cup Liquid Starch
Food Coloring
Glitter

Mix water, glitter, food coloring, liquid starch then add glue. Have FUN!!!!



DIY FOAM PAINT

1/2 Cup Shaving Cream
1/2 Cup School Glue
Food Coloring

1. Mix equal parts shaving cream and glue into a ziplock bag.
2. Add your desired food coloring and then, with the bag sealed, squish the bag together until all your ingredients are nicely mixed together.
3. When you're ready for the foam simply cut off a corner at the bottom of the bag and use like you're piping icing. Once the art has been completed, set aside so the foam can dry and solidify overnight.

How To Clean Up

Slime: To remove slime (homemade or store-bought), first remove as much as you can with your hands. Mix two parts white vinegar with one part water in a spray bottle. Spray the mixture on the slime and allow it to soak, then blot the area with paper towels or a clean white cloth. Keep spraying and blotting until the slime is gone.

Play-Dough: Do not use hot water or cleaning solutions of any kind. Allow Play-Doh to dry completely, loosen it with a stiff brush, then vacuum up the pieces. If necessary, dab the area with a gentle soap and cold water.

MooBell's

Favorite Recipe!



STRAWBERRY S-MOOO-THIE

8 Strawberries, hulled
1 1/2 Cups Skim Milk
1/2 Cup Vanilla Yogurt
2 tsp. Vanilla Extract
6 Crushed Ice Cubes

1. In a blender combine strawberries, milk, yogurt, and vanilla. Toss in the ice. Blend until smooth and creamy.
2. Pour into glasses and serve.
Serves 2

Find these recipes, fun kids activities and more on
MooBell's special website at



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