



# UNLOCK THE POTENTIAL OF FOOD HOME COOKING RECIPE CONTEST COOKBOOK



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# RECIPE

From the kitchen of:

Levi Bohonis (age 4)

## Peanut Butter Oatmeal Bars

**Number of servings:** 24

**Preparation time:** half an hour

**Ingredients:**

- 1 cup oatmeal
- 1 cup peanut butter
- $\frac{3}{4}$  cup honey (or maple syrup)

**Directions:**

1. Mix all ingredients together.
2. Put into 8 x 8 inch pan.
3. Put in fridge to solid up a little (20-30 minutes).
4. Can melt chocolate on top if desired.



# RECIPE

From the kitchen of:  
**Georgia Penney** (age 9)

## Raspberry Walnut Salad

**Number of servings:** 6

**Preparation time:** 10 minutes

**Ingredients:**

- ¼ cup feta cheese
- 300g mixed salad greens
- 2 cups fresh raspberries
- ¼ cup walnuts
- ½ cup balsamic vinaigrette

**Directions:**

1. In a large bowl, toss the salad greens with the berries, walnuts and balsamic vinaigrette.
2. Top with feta cheese to serve.



# RECIPE

From the kitchen of:  
**Hannah MacRae** (age 9)

## Strawberry Banana Smoothie

**Number of servings:** 3

**Preparation time:** 8 minutes

**Ingredients:**

- 1 ½ cups activia yogurt (your favourite flavour)
- 8 large strawberries
- 2 bananas
- ½ cup of milk (or almond milk)

**Directions:**

1. Put yogurt into a mixing bowl or hand mixer cup.
2. Cut greens off strawberries (have an adult supervise) and add to bowl.
3. Peel bananas and put in the bowl.
4. Mix with hand mixer for 30 seconds (do not touch the under side of mixer – there is a dangerous sharp blade).
5. Add milk or almond milk and blend for 30 more seconds.



# RECIPE

From the kitchen of:

Emily Gagnon (age 11)

## Veggie Quiche with Cauliflower Crust

**Number of servings:** 6

**Preparation time:** 1 hour including cooking

Ingredients:

### *Crust*

- 1 small head of cauliflower or half a large one
- 1 egg
- ½ tsp salt

### *Filling*

- ½ onion, diced
- ½ red bell pepper, diced
- ½ cup broccoli, cut in small pieces
- ¼ cup shredded carrot
- 5 eggs
- ½ cup shredded cheddar cheese
- 1/8 tsp crushed rosemary
- 1/8 tsp thyme
- ½ tsp salt
- 1 tbsp oil

*(continued on next page)*



# RECIPE

From the kitchen of:

Emily Gagnon (age 11)

## Continued: Veggie Quiche with Cauliflower Crust

### Directions:

#### *Crust*

1. Cut cauliflower into small pieces and put into a food processor.
2. Chop it in the processor until it looks like medium size crumbs.
3. Put the cauliflower into a pot of water and boil for 4 minutes.
4. Strain it into a mesh strainer and press out as much water as you can.
5. Put the cauliflower into a bowl, add egg and salt, mix well.
6. Press the mixture into a 9 inch lightly buttered deep dish pie pan.
7. Bake at 375°F for 20 minutes.

#### *Filling*

1. Put the oil and all vegetables, rosemary, salt and thyme into a frying pan and cook on medium heat until the vegetables are soft. Cool the vegetables.
2. In a bowl, beat the 5 eggs then add the vegetables.
3. Pour into crust and cook for 15 minutes or until the eggs are firm.
4. Top with the cheese and cook for another 5 minutes.
5. Cool for 5 minutes before cutting.
6. Serve with a side salad.





# RECIPE

From the kitchen of:

**Niila Mantis** (age 6)

## Niila's Summer Fruit Sunshine Smoothie

**Number of servings:** 4

**Preparation time:** 10 minutes

**Ingredients:**

- 1 cup fresh strawberries, tops removed and halved
- 2 cup fresh blueberries (wild are best)
- 2 ripe bananas, peeled
- 2 large oranges, juiced
- 1 cup natural plain yogurt
- 3 tbsp maple syrup
- 4 large strawberries, keep the tops on, for garnish

**Directions:**

1. Wash all fruit as needed.
2. Make a small cut half way up the garnish strawberries so they will fit on the rim of a glass (this makes the smoothies pretty). Set aside.
3. Combine all remaining ingredients in a blender and blend until smooth.
4. Pour smoothie into glasses and garnish with the strawberries.
5. Enjoy the sunshine!!



# RECIPE

From the kitchen of:  
**Jordin Shumka** (age 9)

## Green Frog Muffins

**Number of servings:** 18

**Preparation time:** 28 minutes

### Ingredients:

#### *Dry ingredients:*

- 2 cups whole wheat flour
- 1 ½ tsp cinnamon
- 2 tsp baking powder
- ½ tsp baking soda

#### *Wet ingredients:*

- ¾ cup milk
- ½ cup honey
- 1 large banana
- 6 oz spinach
- ½ cup butter, unsalted
- 1 large egg
- 1 tsp vanilla extract

*(continued on next page)*



# RECIPE

From the kitchen of:  
**Jordin Shumka** (age 9)

## Continued: Green Frog Muffins

### Directions:

1. Preheat oven to 350°F.
2. Put muffin papers in muffin pan.
3. Mix all dry ingredients in a large mixing bowl.
4. Melt butter and blend the wet ingredients in a blender or food processor until no lumps.
5. Pour the wet ingredients into the dry ingredients bowl and mix.
6. Spoon the batter into the muffin pan and bake for 18-22 minutes, or until the muffins are done.
7. Once cooled, you can freeze them to make them last longer. Pull out of freezer one at a time before school and will defrost in lunch bag ready for lunch.



# RECIPE

From the kitchen of:  
**Joel White** (age 5)

## Peanut Butter Banana Muffins

**Number of servings:** 12

**Preparation time:** 15 minutes

### Ingredients:

- 1 cup peanut butter or wow butter
- 4 bananas
- 1 tsp baking powder
- 1 ½ cups flour
- 1/3 cup melted butter
- ¾ cup sugar

### Directions:

1. Mix everything together and put in muffin tray.
2. Cook at 375°F for 22 minutes.



# RECIPE

From the kitchen of:

Petra (age 2)

## Cranberry Energy Balls

**Number of servings:** 12

**Preparation time:** 20 minutes

### Ingredients:

- 1 cup raw cashews, divided
- 3 tbsp pure maple syrup
- 1 tsp vanilla extract
- ½ tsp sea salt
- 1 ¼ cup old-fashioned oats, divided
- ½ cup dried cranberries

### Directions:

1. Place ¾ cup of the cashews in a food processor and process until nut butter forms, about 7 minutes.
2. Scrape down the sides of the food processor bowl and add the maple syrup, vanilla and sea salt. Process until incorporated, scraping down the sides and bottom of the food processor bowl with a rubber spatula as needed.
3. Add one cup of the oats, the remaining ¼ cup cashews and the dried cranberries. Pulse in 12 short pulses to chop and combine.
4. Transfer mixture to a bowl and use your hands or a spoon to mix in the remaining ¼ cup oats.
5. With wet hands, shape 1 tbsp portions of dough into balls. Store in the refrigerator for up to 1 week. We like to freeze them in ziplock bags.



# RECIPE

From the kitchen of:  
**Amy Luchies** (age 7)

## School Safe Granola Bars

**Number of servings:** 10

**Preparation time:** 10 minutes

### Ingredients:

- 2 cups quick oats
- 1 cup crispy rice cereal
- ¼ tsp salt
- ¼ cup butter
- ¼ cup brown sugar
- ¼ cup honey
- ¼ cup sunflower butter
- 1 tsp vanilla extract
- 1/3 cup raisins
- 1/3 cup dried cranberries
- ¼ cup sunflower seeds
- ¼ cup pumpkin seeds
- ¼ cup chocolate chips

### Directions:

1. Cut out an 8 x 8 inch square of parchment paper. Place the parchment paper in the bottom of an 8 x 8 inch baking pan.
2. In a medium bowl, combine the oats, cereal and salt. Stir and set aside.
3. In a large sauce pan, add butter, brown sugar, honey and sunflower butter. Heat over medium-low heat, stirring occasionally until the mixture starts to bubble. Once bubbling, cook for 2 minutes while stirring. Remove from heat and stir in the vanilla extract.
4. Stir in the oat and cereal mixture. Stir until well coated. Add raisins, cranberries and seeds. Mix well.
5. Pour into the prepared pan and press the mixture evenly into the pan.
6. Place the bars in the refrigerator and let cool for at least 30 minutes before cutting.
7. Cut into bars and serve.



# RECIPE

From the kitchen of:  
**Nikkila Woodbeck** (age 10)

## Bread

**Number of servings:** 12

**Preparation time:** 3 hours 45 minutes

### Ingredients:

- 1 1/3 cups lukewarm water
- 2 tbsp powdered milk
- 1 1/2 tsp salt
- 1 tbsp sugar
- 2 tbsp butter or margarine
- 3 3/4 cups flour
- 1 tsp yeast

### Directions:

1. Measure all ingredients and place in bread pan in order.
2. Put bread pan in bread maker.
3. Select bread type and crust, and start bread maker.
4. When finished you'll have delicious homemade bread.



# RECIPE

From the kitchen of:  
**Caleb Woodbeck** (age 12)

## Whole Wheat Banana Pancakes

**Number of servings:** 10

**Preparation time:** 20 minutes

### Ingredients:

- 1 cup whole wheat flour
- 1 tbsp brown sugar
- 2 tsp baking powder
- ¼ tsp salt
- 1 beaten egg
- 1 cup milk
- 2 tbsp butter
- 1 ripe or over ripe banana

### Directions:

1. Mix together wet ingredients in a large mixing bowl.
2. Whisk eggs, milk and banana together in separate bowl, then add to dry ingredients.
3. Melt butter in skillet, then pour into batter.
4. Stir together.
5. Cook over medium high heat until golden brown on each side.





# RECIPE

From the kitchen of:  
**Nicholas Beaman** (age 10)

## Rainbow Pancakes

**Number of servings:** 10

**Preparation time:** 10-15 minutes

### Ingredients:

- 2 cups whole wheat flour
- 4 tsp baking powder
- ½ tsp salt
- 2 tbsp honey
- ¼ cup oil
- 2 cups buttermilk
- 4 large eggs
- Food colouring

### Directions:

1. Stir liquid ingredients together and beat well.
2. Mix dry ingredients into the liquids until flour is moistened. Do not overmix.
3. Divide the batter into separate bowls and add a few drops of food colouring in each bowl, and mix thoroughly (for darker colours add more food colouring).
4. Lightly oil or butter a non-stick frying pan and set to medium heat.
5. Scoop or pour in the batter, and cook both sides.



# RECIPE

From the kitchen of:  
**Nicholas Beaman** (age 10)

## Breakfast Burrito

**Number of servings:** 12

**Preparation time:** 20 minutes

### Ingredients:

- 6 eggs, beaten
- 6 sausages, cooked or 6 strips of bacon, cooked, or 2 slices of ham
- 1 cup cheddar cheese, shredded
- 12 whole wheat tortillas

### Optional ingredients:

- Green pepper, finely diced
- Potatoes, shredded and fried until cooked through
- ½ onion, finely diced

### Directions:

1. Scramble eggs in large skillet until done.
2. Warm tortillas in microwave 20-30 seconds or until warm and flexible.
3. Place ½ cup egg mixture into tortilla
4. Cut sausage link in half and put on either side of the scrambled egg. Add cheese.
5. Roll burrito-style and serve.

### To Freeze:

1. Put burritos in ziploc bags individually, label and freeze.
2. To serve: take burrito out of ziploc, place in microwave with ¼ cup water beside it (prevents burrito from drying out). Cook for 2 minutes. Serve and enjoy!



# RECIPE

From the kitchen of:  
**Sam Mcfarlane** (age 3)

## Garlic Shrimp

**Number of servings:** 4

**Preparation time:** 15 minutes

**Ingredients:**

- Frozen shrimp
- 4 cloves garlic
- ½ cup butter

**Directions:**

1. Thaw shrimp.
2. Melt butter in a frying pan and then add chopped garlic.
3. Once garlic is sautéed, add shrimp and cook until pink (about 3-4 minutes).
4. Enjoy.



# RECIPE

From the kitchen of:  
**Nicholas Beaman** (age 10)

## Lasagna

**Number of servings:** 6

**Preparation time:** 1 hour 20 minutes

### Ingredients:

- 1 lb (450g) lean ground beef
- 2 ½ cups mozzarella cheese, divided
- 2 cups light ricotta cheese
- ½ cup grated parmesan cheese, divided
- ¼ cup chopped parsley
- 1 egg, beaten
- 1 jar (650ml) pasta sauce
- 12 lasagna noodles, uncooked

### Directions:

1. Heat oven to 350°F.
2. Brown meat in large skillet on medium-high heat.
3. Mix 1 ¼ cup mozzarella, ricotta, ¼ cup parmesan, parsley and egg until blended.
4. Drain meat; return to skillet. Stir in pasta sauce, stir until blended.
5. Spread 1 cup meat sauce onto bottom of 13 x 9 inch baking dish; top with layers of 3 lasagna noodles, 1/3 of the ricotta mixture and 1 cup meat sauce. Repeat layers twice.
6. Top with remaining noodles and meat sauce. Sprinkle with remaining mozzarella and parmesan. Cover with foil sprayed with cooking spray.
7. Bake 1 hour or until heated through, uncovering after 45 minutes. Let stand 15 minutes before cutting to serve.



# RECIPE

From the kitchen of:  
**Nolan Supinski** (age 4)

## Raspberry Coconut Ice Cream

**Number of servings:** 4

**Preparation time:** 5 minutes

**Ingredients:**

- 1 ½ cups frozen raspberries
- 1 can full fat coconut milk (refrigerated overnight)
- 4 tsp maple syrup (optional)

**Directions:**

1. Scoop out coconut cream from coconut milk can (save the liquid).
2. Place coconut cream, frozen raspberries and maple syrup into a high powered blender.
3. Blend ingredients, adding coconut liquid as needed (do not add more than 1/3 cup of the liquid).
4. Serve immediately or store in freezer for up to 2 weeks.



# RECIPE

From the kitchen of:  
**Owen Supinski** (age 2)

## Cocoa Dates

**Number of servings:** 12

**Preparation time:** 8 minutes

**Ingredients:**

- 1 cup pitted medjool dates
- 1 cup quick oats
- ¼-1/2 tsp extract of choice
- 2 tbsp unsweetened cocoa powder

**Directions:**

1. Blend all ingredients in a food processor.
2. Roll into balls.
3. Store in refrigerator.



# RECIPE

From the kitchen of:  
**Bentley Mcfarlane** (age 6)

## Macaroni Bake

**Number of servings:** 6

**Preparation time:** 20 minutes

### Ingredients:

- Meatballs (homemade or bought)
- Spaghetti sauce (homemade or bought)
- Green pepper, chopped
- Mushrooms, sliced
- Mozzarella cheese, shredded
- Rigatoni noodles, cooked

### Directions:

1. Cook noodles.
2. Sauté mushrooms and peppers in 2 tbsp oil.
3. Add spaghetti sauce and meatballs and simmer.
4. Add rigatoni noodles and coat with sauce. Dump in baking dish and sprinkle with cheese. Bake at 350°F for 15 minutes.



# RECIPE

From the kitchen of:  
**Leah Fortier** (age 8)

## Taco Stuffed Peppers

**Number of servings:** 4

**Preparation time:** 40 minutes

### Ingredients:

- 4 peppers – green, yellow or red, cut in half
- 1 lb ground beef or chicken seasoned with taco mix
- 2 cups rice
- 12 oz black beans, rinsed and drained
- 1 cup frozen corn
- ½ jar of salsa
- 1 cup shredded cheese
- Tomatoes
- Sour cream

### Directions:

1. Preheat oven to 350°F.
2. Cook the rice and brown the meat.
3. Place the peppers on a baking sheet and mix together the browned ground beef, cooked rice, black beans, 1 cup of frozen corn, salsa and 1 cup of cheese.
4. Once mixed, divide the mixture into the peppers and bake for 30 minutes.
5. Add cheese to the top and bake for 5 more minutes.
6. Once out, add sour cream and diced tomatoes to the top and enjoy.





# RECIPE

From the kitchen of:

**Kristoph Harris** (age 7)

## Peanut Butter Fruitine

**Number of servings:** 1

**Preparation time:** 5 minutes

**Ingredients:**

- 1 apple
- 1 pear
- A pinch of cinnamon
- 1/3 cup peanut, soy or nut butter
- 1 tbsp liquid honey
- 2 tbsp flaked coconut or crushed peanuts

**Directions:**

1. Cut the apple and pear into strips to resemble fries and place on a plate.
2. Sprinkle with cinnamon.
3. In a small microwavable bowl, heat peanut butter and honey for 30 seconds or until melted.
4. Stir until smooth and drizzle over "fries".
5. Sprinkle with coconut and serve.



# RECIPE

From the kitchen of:

**Aiden Harris** (age 12)

## Hearty Lentil Stew

**Number of servings:** 8

**Preparation time:** 6-8 hours on low or 5-6 hours on high

### Ingredients:

- 1 onion, diced
- 2 ribs celery, diced
- 1 red bell pepper, diced
- 2 cups peeled and diced potatoes
- 1 cup red lentils
- ½ cup washed quinoa
- 3 cloves garlic
- 1 tbsp cumin
- 1 tbsp salt
- 1 tbsp pepper
- 1 tbsp oregano
- 5 cups stock

### Directions:

1. Put everything in the slow cooker and cook 6-8 hours on low or 5-6 hours on high. Enjoy.



# RECIPE

From the kitchen of:  
**Keegan O'Connor** (age 3)

## Enchiladas

**Number of servings:** 4

**Preparation time:** 1 hour

### Ingredients:

- 2 boneless chicken breast, diced
- 1 package of enchilada sauce (or homemade)
- Diced green and red pepper
- 4 oz cream cheese
- Diced green onion
- ½ cup jalapeno peppers (optional)
- 8 whole wheat flour tortillas
- 2 tbsp olive oil

### Directions:

1. Cook chicken in pan on stove with 1 tbsp olive oil.
2. Remove chicken with slotted spoon once cooked. Set aside.
3. Add veggies and additional oil. Sauté. Remove and set aside.
4. On each flour tortilla, add some cream cheese, chicken, and veggies mix.
5. Roll up and place in greased 9 x 13 inch pan. Cover with enchilada sauce.
6. Bake covered at 425°F for 20 minutes. Remove cover.
7. Top with cheddar cheese and bake until cheese is melted.
8. Let cool slightly before serving. Enjoy.



# RECIPE

From the kitchen of:

**Alissa** (age 4)

## Healthy Happy Muffins

**Number of servings:** 12

**Preparation time:** 10 minutes

### Ingredients:

- 3 mashed bananas
- 1 egg
- 1 apple sauce (we use peach/apple/carrot) but any will work
- $\frac{1}{4}$  cup plain natural yogurt (any kind will work)
- $\frac{1}{4}$  cup white sugar
- $\frac{1}{2}$  cup quick oats
- 1 cup flour, white or whole wheat
- 1 tsp baking soda
- 1 tsp baking soda
- $\frac{1}{2}$  cup chocolate chips or nuts (optional)

### Directions:

1. Mix first 5 ingredients together.
2. Add oatmeal and mix, then add flour, baking soda and powder. Mix until combined.
3. Add chocolate chips/nuts if preferred.
4. Preheat oven to 350°F.
5. Scoop muffin mix into 12 lined baking cups (or buttered tin). Cook for 14-18 minutes.



# RECIPE

From the kitchen of:

**Isabelle** (age 7)

## Kindergarten Mother's Day Banana Muffins

**Number of servings:** 12

**Preparation time:** 15-20 minutes

### Ingredients:

- ½ cup oil
- 1 cup sugar
- 1 egg
- 1 cup mashed banana
- 1 tsp baking soda
- 1 tbsp boiling water
- 1 ½ cups flour
- 1 tsp nutmeg
- 1 tsp vanilla

### Directions:

1. Cream together oil and sugar.
2. Add egg and banana.
3. Add baking soda dissolved in boiling water.
4. In another bowl, mix dry ingredients of flour and nutmeg.
5. Combine dry and wet ingredients. Mix well.
6. In greased muffin tins, bake at 350°F for 15-20 minutes.
7. Enjoy when cooled.



# RECIPE

From the kitchen of:  
**Hudson Fortier** (age 6)

## Breakfast Taco

**Number of servings:** 4

**Preparation time:** 30 minutes

### Ingredients:

- 6-8 eggs
- Sausage
- Peppers
- Celery
- Tomatoes
- Mushrooms
- Cheese
- Tortilla wraps

### Directions:

1. Cook sausage and then set aside.
2. Cut up all veggies and fry in pan.
3. Once the veggies are cooked then add in 6-8 eggs and scramble.
4. Cut up sausage and mix with the veggie and egg mixture.
5. Once everything is mixed, you can fill the tortilla shells with the mixture.
6. Add some cheese, fold the tortilla and enjoy.



# RECIPE

From the kitchen of:  
**Emily Bortolussi** (age 11)

## Mashed Potatoes Salad

**Number of servings:** 6

**Preparation time:** 10-20 minutes

### Ingredients:

- 2-3 cups mashed potatoes (leftover)
- 4 hard boiled eggs
- 1 tbsp paprika
- $\frac{3}{4}$  cup mayo (or 2 avocados)
- $\frac{1}{2}$  tsp Himalayan salt (or any salt)
- $\frac{1}{2}$  tsp pepper
- Veggies! Cucumber chopped, green onion (optional), cooked spinach, red peppers (optional). You can choose one of the veggies or all of the veggies.

### Directions:

1. It saves a lot of time if you have leftover mashed potatoes!
2. First add the hard boiled eggs, mayo or avocados, paprika, salt and pepper. Mix together.
3. Add it to mashed potatoes, then stir in the spinach, cucumber and onion if you wish.



# RECIPE

From the kitchen of:  
**Royal Shonias** (age 10)

## Native Canadian Bannock

**Number of servings:** 8

**Preparation time:** 5-10 minutes

### Ingredients:

- 4 cups flour
- 4 tbsp baking powder
- 2 ½ cups water
- Pinch of salt
- Oil or grease for frying in pan

### Directions:

1. Mix ingredients together.
2. Gradually add water to mixture. Do not over mix as dough will get dry and hard.
3. Once it's done, take off a piece, not too big.
4. Heat oil/grease in frying pan on medium heat.
5. Place dough on hot grease for two minutes or until golden bannock tint. Flip over, repeat on opposite side.
6. Remove from pan, enjoy!





# RECIPE

From the kitchen of:  
**Chase Martin** (age 10)

## Chocolate Zucchini Muffins

**Number of servings:** 24

**Preparation time:** 40 minutes

### Ingredients:

- 3 cups whole wheat flour
- ½ tsp salt
- ½ cup brown sugar
- ½ cup unsweetened cocoa powder
- 1 tsp baking powder
- 4 eggs
- 1 cup oil
- 3 cups shredded zucchini
- 1 cup semi-sweet chocolate chips

### Directions:

1. Preheat oven to 350°F.
2. Grease 24 muffin tins.
3. Mix together flour, sugar, cocoa, baking powder, salt.
4. Add shredded zucchini, eggs, and oil until well combined.
5. Fold in chocolate chips.
6. Scoop into 24 prepared muffin tins.
7. Bake for 20-25 minutes, until toothpick inserted in the centre comes out clean.



# RECIPE

From the kitchen of:

**Chase Martin** (age 10)

## Homemade Pizza

**Number of servings:** 6

**Preparation time:** 3 ½ hours

### Ingredients:

- 3 cups bread flour
- ¾ tsp salt
- 2 tsp yeast
- 1 tbsp cornmeal
- 1 cup water
- 2 tbsp olive or vegetable oil

### Directions:

1. Add bread flour, water, oil, salt and yeast to bread machine pan.
2. Select dough style. When cycle is complete, remove dough from machine to a lightly floured surface. Knead in enough flour to make dough easy to handle.
3. Roll dough and place on pan.
4. Top each pizza with ½ to ¾ cup sauce, toppings of your choice and 1 to 1 ½ cups shredded cheese.
5. Bake at 425°F or 15 to 25 minutes or until done – pizza is done when edges of crust are golden and cheese is bubbly.
6. Makes two pizzas.



# RECIPE

From the kitchen of:  
**Jenessa Lalonde** (age 11)

## Pomegranate Orange Loaf Supreme

**Number of servings:** 12

**Preparation time:** 1 hour

### Ingredients:

- 2 cups of flour
- $\frac{3}{4}$  cup of granulated sugar
- 1  $\frac{1}{2}$  tsp baking powder
- $\frac{1}{2}$  baking soda
- $\frac{1}{2}$  tsp salt
- 6 oz Greek yogurt
- 2 tsp grated orange peel
- $\frac{1}{2}$  cup fresh orange juice
- $\frac{1}{4}$  cup melted butter
- 2 eggs
- 1 cup pomegranate seeds
- $\frac{1}{2}$  cup powdered sugar
- 1 tbsp orange juice



# RECIPE

From the kitchen of:  
**Jenessa Lalonde (age 11)**

## **Continued: Pomegranate Orange Loaf Supreme**

### **Directions:**

1. Heat oven to 350°F. Grease bottom and sides of an 8 ½ x 4 ½ inch pan with shortening or cooking spray.
2. In a bowl, stir together flour, granulated sugar, baking soda, baking powder and salt.
3. In another bowl, beat together yogurt, orange peel, ½ cup orange juice, melted butter and eggs. Whisk.
4. Add to dry ingredients, stir ingredients until just combined. Fold in pomegranate seeds.
5. Pour into pan. Bake for 55 to 65 minutes or until toothpick inserted in centre comes out clean.
6. Cool in pan for 15 minutes. Remove from pan onto cooling rack.
7. Mix powdered sugar with orange juice. Whisk and drizzle over bread before serving and enjoy.



# RECIPE

From the kitchen of:

**Johnny Hedican** (age 3)

## Pancakes

**Number of servings:** 4

**Preparation time:** 5 minutes

### Ingredients:

- 1 cup flour
- 1 tbsp baking powder
- 1 tbsp sugar
- 1 egg
- 1 cup milk
- 1 tbsp oil

### Directions:

1. Mix all dry ingredients, then add the rest.
2. Heat pan with 1 tbsp of oil.
3. Add some batter to the pan. Let cook till bubbles start to appear, then flip.
4. Cook till brown and enjoy with any topping. Fruit is the best.



# RECIPE

From the kitchen of:

**Garrett Horvath** (age 10)

## Easy Chickpea Salad

**Number of servings:** 4

**Preparation time:** 10 minutes

### Ingredients:

- Green onions
- Can of drained and rinsed chickpeas
- $\frac{1}{4}$  cup lemon juice
- Salt and pepper to taste
- One clove of chopped garlic
- 1 tbsp chopped parsley
- $\frac{1}{2}$  cup olive oil

### Directions:

1. Chop green onions, parsley and garlic. Set aside.
2. Mix olive oil and lemon juice. Add salt and pepper.
3. Add green onions, parsley and garlic to oil and lemon juice mix.
4. Rinse and drain chickpeas, then add to dressing and toss together.
5. Refrigerate and then enjoy!



# RECIPE

From the kitchen of:

Emma (age 4)

## Spaghetti and Meat Sauce

**Number of servings:** 8

**Preparation time:** 2 hours

**Ingredients:**

- 1 small onion
- 2 cloves garlic
- Olive oil
- 2 cans diced tomatoes
- 1 jar strained tomatoes
- 1 tbsp tomato paste
- Italian seasoning
- 2 bay leaves
- 1 tsp sugar
- 1 lb extra lean ground beef
- Whole wheat spaghetti

**Directions:**

1. Turn Dutch oven to medium heat.
2. Pour in a splash of olive oil.
3. When hot, add in onions and garlic. Let sauté until soft.
4. Add in ground beef, cook until brown and scoop out the fat.
5. Add in the tomatoes and seasonings. Simmer for 2 or more hours on low heat.
6. When ready to eat, cook whole wheat spaghetti according to package directions.
7. Top with sauce and a sprinkle of fresh parmesan.



# RECIPE

From the kitchen of:

**Mackenzie Smart** (age 5)

## Energy Balls

**Number of servings:** 24

**Preparation time:** 10 minutes

### Ingredients:

- 1 cup (dry) oatmeal (I use old-fashioned oats)
- 2/3 cup toasted coconut flakes
- ½ cup peanut butter or Wow butter for school friendly
- ½ cup ground flax seeds
- ½ cup semisweet chocolate chips (or vegan chocolate chips) or raisins
- 1/3 cup honey or agave nectar
- 1 tbsp chia seeds (optional)
- 1 tsp vanilla extract

### Directions:

1. Stir all ingredients together in a medium bowl until thoroughly mixed.
2. Cover and let chill in the refrigerator for ½ an hour.
3. Once chilled, roll into balls of whatever size you would like (mine were about 1 inch in diameter).
4. Store in an airtight container and keep refrigerated for up to 1 week.





# RECIPE

From the kitchen of:  
**Alyssa Wiegand** (age 4)

## Sweet Potato Crescent Rolls

**Number of servings:** 20

**Preparation time:** 2 hours

**Ingredients:**

- 3 ½ cups whole wheat flour
- ¼ cup sugar
- 1 tbsp active dry yeast
- 1 tsp salt
- 1 tsp cinnamon
- ½ tsp nutmeg
- ¼ tsp ginger, ground
- ¼ tsp allspice
- 1 cup sweet potato, cooked and mashed
- 1 cup milk
- ¼ cup butter, unsalted
- 1 large egg
- 2 tbsp butter, salted



# RECIPE

From the kitchen of:  
**Alyssa Wiegand** (age 4)

## Continued: Sweet Potato Crescent Rolls

### Directions:

1. Combine 1 ½ cups whole wheat flour, sugar, yeast, salt, cinnamon, nutmeg, ginger and allspice.
2. In a large saucepan, combine sweet potatoes (cooked and well mashed), milk and butter until smooth. You want this mixture to only be warm, not hot. Too hot and it will kill the yeast.
3. Add sweet potato mixture to flour mixture and beat with bread hook for 2 minutes, scraping down the sides of the bowl as needed.
4. Beat egg in a small bowl and add to dough. Mix for 3 minutes.
5. Slowly add remaining flour (this can be a combination of whole wheat and all purpose flour) until the dough is easy to handle (not too sticky).
6. Knead dough by hand or using your bread hook for 7 minutes. Place in a greased bowl, cover with a cloth and let rise until doubled in size.
7. Punch down dough, separate into two large dough balls and roll into a thin (about ¼ in thickness) circle. Brush with 1 tbsp soft or melted butter and use a pizza cutter to cut pizza slices of dough. I cut mine into 8 slices but my rolls ended up being quite large, I recommend cutting 10 slices.
8. Roll each slice starting at the largest end and rolling toward the point to make your crescent rolls. Place on a greased cookie sheet or casserole dish.
9. Let rise again until doubled in size.
10. Preheat oven to 350°F.
11. Bake for 12-15 minutes or until golden brown.



# RECIPE

From the kitchen of:

## Skillet Lasagna

Emerson Smart (age 2)

**Number of servings:** 5

**Time it takes to prepare:** 30 minutes

### Ingredients:

- 1 lb ground turkey (chicken or lean ground beef)
- 1 large carrot, shredded
- 1 small zucchini, shredded
- 1 bell pepper, chopped
- 1 tsp salt
- 1 pinch pepper
- 1 tsp garlic, minced
- 1 tsp Italian seasoning
- ½ tsp dried basil
- ½ tsp dried oregano
- 14 oz can crushed tomatoes or plain tomato sauce
- 3 cups water or chicken broth
- 9 dried lasagna noodles, broken (regular noodles – not oven ready)
- 1 cup shredded cheese

### Directions:

1. In a large skillet, cook ground turkey over medium heat for 2-3 minutes or until starting to brown.
2. Add carrot, zucchini and pepper and cook for about 5 minutes, stirring occasionally, until turkey is browned and veggies are tender-crisp.
3. Add salt, pepper, garlic, Italian seasoning, basil and oregano. Stir and cook for 1 minute.
4. Add tomatoes, water and broken lasagna noodles and stir well. Bring to a simmer over medium-high heat.
5. Reduce to medium heat and cook, uncovered, stirring often, until lasagna noodles are just tender (or to desired tenderness) – about 12-15 minutes.
6. Sprinkle with cheese, cover and let sit for 2min until cheese is melted.
7. Serve and enjoy.



# RECIPE

From the kitchen of:

Henry Myslicki (age 8)

## Bran Muffins

**Number of servings:** 12

**Preparation time:** 10 minutes

### Ingredients:

- 1 ½ cups flour
- ½ tsp baking powder
- 1 ½ wheat bran
- 4 tbsp brown sugar
- 1 tsp cinnamon
- 1 egg lightly beaten
- 4 tbsp vegetable oil
- 1 ½ cups milk
- 1 cup grated apple

### *Topping*

- 1/3 cup brown sugar
- 1 tsp cinnamon

### Directions:

1. Preheat oven to 190°C (375°F). Grease a 12 cup muffin tin.
2. In a medium bowl mix flour, baking powder, bran, brown sugar and cinnamon.
3. In a smaller bowl, mix egg vegetable oil, milk and apple.
4. Pour the wet ingredients into the dry ingredients using a spatula. Fold together until all ingredients are just wet. Do not over mix or muffins will be heavy. Using a ¼ cup measure per muffins, fil the muffin tins.
5. Mix together the topping ingredients and sprinkle on each muffin.
6. Bake for 20-25 minutes.



# RECIPE

From the kitchen of:

**Sawyer** (age 6) &  
**Koen King** (age 4)

## Veggie Trickery Smoothie

**Number of servings:** 2

**Preparation time:** 10 minutes

### Ingredients:

- 1 ½ cups almond or milk free dairy drink
- ¼ cup coconut water
- 1 tsp hemp seeds
- 1 tsp chia seeds
- 1 tsp coconut oil
- ¼ cup spinach/kale or other green
- ½ avocado
- 1 banana
- ¼ cup frozen fruit or to taste
- ¼ cup plain or flavoured probiotic yogurt

### Directions:

1. Add all ingredients to blender and blend until smooth.
2. Use your judgement about how much additional liquid to add to ensure a smooth consistency.
3. Add stevia or agave syrup if need additional sweetness. Using flavoured yogurt also gives this smoothie a sweeter taste and hides the greens.



# RECIPE

From the kitchen of:

**Kaleb Downey** (age 4)

## **Peanut Butter Banana Roll Ups**

**Number of servings:** 2

**Preparation time:** 5 minutes

**Ingredients:**

- Peanut butter
- 1 whole wheat wrap
- 1 banana

**Directions:**

1. Take whole wheat wrap and place on a flat surface.
2. Spread a small amount of peanut butter on one side of the whole wheat wrap.
3. Peel the banana and place on one end of the wrap and roll.
4. Once it is all rolled, you can cut the wrap and banana into small circles and place on a plate.



# RECIPE

From the kitchen of:

**Alana Keyter** (age 3)

## Chickpea Chocolate Chip Cookie Dough

**Number of serving:** 8

**Preparation time:** 5 minutes

### Ingredients:

- 1 can of rinsed and drained chickpeas
- $\frac{1}{4}$  cup natural peanut butter
- 1 tbsp maple syrup
- Pinch of salt
- $\frac{1}{2}$  to 1 tsp vanilla
- $\frac{1}{2}$  cup mini chocolate chips

### Directions:

1. Put first 5 ingredients into a food processor and process until smooth.
2. Use a spatula to scrape dough into separate bowl, then stir in chocolate chips.
3. Serve as a dip with apple slices or graham crackers, or on its own in a bowl with a spoon.



# RECIPE

From the kitchen of:

Mason Fata-McCall (age4 5)

## Banana Pancakes

**Number of servings:** 1

**Preparation time:** 10 minutes

**Ingredients:**

- 2 eggs
- 1 large banana

**Directions:**

1. Mix eggs and banana together.
2. Cook in a frying pan until brown.





# RECIPE

From the kitchen of:

## Homemade Quilt Pizza

Jane Coccimiglio (age 8)

**Number of servings:** 12

**Preparation time:** 45 minutes

**Ingredients:**

- 1 lb pizza dough (whole wheat is better)
- ½ cup pizza sauce or fresh pasta sauce
- 2 cups shredded cheese (like mozzarella)

*Your favourite pizza toppings:*

- ½ cup chopped pineapple
- ½ cup cherry tomatoes, halved
- 1 small red sweet pepper, cut into thin strips
- ½ cup sliced fresh mushrooms
- ¼ cup sliced pitted ripe olives
- ¼ cup spinach leaves cut into slivers
- 1 cup roasted chicken, cut into strips

**Directions:**

1. Preheat oven to 425°F.
2. Lightly brush the bottom of a 15 x 10 inch baking pan with oil.
3. On a lightly floured surface, roll the dough to a 15 x 10 inch rectangle.
  4. Transfer to the prepared pan and stretch to fit.
  5. Spread pizza sauce evenly over dough. Sprinkle evenly with shredded cheese.
  6. Arrange toppings on pizza in 12 sections to create a quilt design.
  7. Bake for 15 to 18 minutes or until browned.



# RECIPE

From the kitchen of:

**Nathan Forbes** (age 5)

## Banana Nut Muffins

**Number of servings:** 12

**Preparation time:** 25 minutes

### Ingredients:

- 2 cups flour
- 1 ½ tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- ½ tsp cinnamon
- 2 eggs, beaten
- 5 mashed bananas
- 1 cup sugar (can switch out for applesauce)
- ½ cup melted butter
- ½ cup walnuts
- Optional: ½ cup chocolate chips

### Directions:

1. Preheat oven to 350°F. Grease or line muffin tin.
2. In a large bowl combine flour, baking powder, baking soda, salt and cinnamon. Set aside.
3. In a separate bowl, combine eggs, bananas, sugar and butter. Add the egg mixture to the flour mixture all at once. Stir just until moistened (batter should be lumpy).
4. Fold in walnuts (and/or chocolate chips if desired). Spoon into muffin tin.
5. Bake for 16-18 minutes until toothpick inserted comes out clean of batter. Let cool then remove from tin.



# RECIPE

From the kitchen of:  
**Mazie Luchies** (age 5)

## One Bowl Blueberry Muffins

**Number of servings:** 12

**Preparation time:** 30 minutes including cook time

### Ingredients:

- 1 ½ cups all-purpose flour
- ¾ cup granulated sugar, plus 1 tbsp for muffin tops
- ½ tsp kosher salt
- 2 tsp baking powder
- 1/3 cup vegetable oil
- 1 large egg
- ½ cup milk
- 1 ½ tsp vanilla
- 1 ½ cups fresh or frozen blueberries

### Directions:

1. Heat oven to 400°F. For big-topped muffins, line 12 standard size muffin cups with paper liners.
2. Whisk the flour, sugar, baking powder, and salt in a large bowl.
3. Add oil to a measuring jug that holds at least 1 cup. Add the egg then fill the jug to the 1 cup line with milk. Add vanilla and whisk to combine.
4. Add milk mixture to the bowl with dry ingredients, then use a fork to combine. Do not over mix.
5. Fold in the blueberries.
6. Divide the batter between muffin cups. Sprinkle a little sugar on top.
7. Bake for 15-20 minutes.



# RECIPE

From the kitchen of:

**Zachary Servais** (age 7)

## Cherry Berry Smoothie

**Number of servings:** 4

**Preparation time:** 5 minutes

**Ingredients:**

- ½ cup strawberries
- 1/3 cup blueberries
- ¼ cup cherries
- 1/8 cup of milk
- 1 cup plain Greek yogurt
- 1 tbsp honey
- Splash of orange juice

**Directions:**

1. Put all ingredients in a blender and mix until smooth. Enjoy! You can use frozen fruit too, just add a bit more liquid.



# RECIPE

From the kitchen of:  
**Aaron Servais** (age 9)

## Carrot Crusade Castle

**Number of servings:** 2

**Preparation time:** 7-10 minutes

### Ingredients:

- 1 Gala apple
- 1 celery stick
- Handful of baby carrots
- Hummus
- Peanut/soy nut butter

### Directions:

1. Wash apple, carrots and celery.
2. Cut and core apple into wedges.
3. Cut celery into 4 equal pieces.
4. Dip apple wedges in peanut butter and stand in centre of plate.
5. Dip carrots in hummus and stand around apple.
6. Dip celery in either hummus or nut butter and stand in four corners.
7. Take a look and taste your creation, yum!
8. Be creative and try other fruits and veggies to see what you come up with.



# RECIPE

From the kitchen of:

**Brinley Vescio** (age 8)

## Fruit Loot

**Number of servings:** 1

**Preparation time:** 10 minutes

### Ingredients:

- 1 fresh peach
- Handful of grapes
- 1 cup of vanilla yogurt
- 1 tbsp orange juice

### Directions:

1. Chop fruit into bite sized pieces.
2. Mix yogurt with orange juice.
3. Combine fruit with yogurt mixture. Enjoy!



# RECIPE

From the kitchen of:

**Julie Finnie** (age 3 ½)

## Lady Bugs on a Boat

**Number of servings:** 1

**Preparation time:** 5 minutes

**Ingredients:**

- 1 celery
- 1 spoonful of wow butter
- 5 craisins or dried cranberries

**Directions:**

1. Clean celery.
2. Spread wow butter in the celery and place craisins on top.

