



COOKING
CREATIONS
2018

JCC ROCKLAND
CAMPS



INGREDIENTS :

- ½ cup butter or margarine, melted
- ½ cup packed brown sugar
- ¼ cup granulated sugar
- 2 teaspoons ground cinnamon
- 2 cans (7.5 oz each) Pillsbury™ refrigerated biscuits

STEPS:

Grease or spray 12 regular-size muffin cups. Mix butter and brown sugar; spoon 1 tablespoon mixture into each muffin cup.

Mix granulated sugar and cinnamon in 1-gallon bag. Separate dough into 20 biscuits; cut each in 6 pieces. Shake pieces in bag to coat. Place 10 pieces in each muffin cup.

Bake at 350°F for 12 to 15 minutes or until golden brown. Cool 1 minute; turn upside down.

SERVE WARM.



INGREDIENTS :

Bread

Nutella (*or any chocolate spread of your liking*)

Peanut butter (*soy nut butter, sunbutter*)

Cream cheese

Strawberries

Blueberries

Bananas

STEPS:

Slice strawberries and bananas into thin slices. Wash blueberries.

Toast your bread to your liking. Cover different slices with Nutella, peanut butter, or cream cheese.

CREATE YOUR OWN ANIMAL FACE! BE CREATIVE!



INGREDIENTS :

Plain rice cakes

2 tablespoons peanut butter/ Soy Nut butter / Cream Cheese / Chocolate Spread

1 banana

1/4 cup blueberries

1/2 apple, sliced

1/4 cup Cheerios

Small piece of cantaloupe

STEPS:

Spread peanut butter on each rice cake. Top rice cake with 2 banana slices for eyes, and top each banana slice with 1 blueberry.

Next add a small piece of cantaloupe cut into the shape of a triangle for the beak. Then, two apple slices for the wings.

Finally add cheerios for the body.

Serve.

GET AS CREATIVE AS YOU WANT WITH THESE.

FEEL FREE TO SWITCH OUT INGREDIENTS FOR DIFFERENT FRUITS.



INGREDIENTS:

1/4 cup packed light brown sugar

1 teaspoon apple pie spice, and additional apple pie spice (about 1/4 teaspoon) for sprinkling on top of crescent rolls

3 tablespoons butter, melted

1 small Granny Smith apple, cored and sliced into 8 (1/2-inch) slices

1 (8-ounce) can Pillsbury Original crescent rolls

STEPS:

Preheat your oven to 375 degrees F. Line a baking sheet with parchment paper.

In a small bowl, combine brown sugar and apple pie spice. Set aside.

Melt butter and toss apple slices in butter, set aside.

Arrange crescent roll triangles on baking sheet lined with parchment paper.

Evenly distribute brown sugar mixture onto each triangle..

Place an apple slice on the wide end of each triangle. Wrap crescent roll dough around each apple.

Brush each crescent roll with remaining butter. Sprinkle lightly with additional apple pie spice.

Bake for 10-12 minutes, or until golden brown. Cool for 5 minutes before serving.



INGREDIENTS:

- 1 cup half-and-half
- 2 tablespoons sugar
- 1/2 teaspoon pure vanilla extract
- 3 cup ice
- 1/3 cup kosher salt
- Toppings of your choice

STEPS:

- In a small Ziploc bag, combine half-and-half, sugar and vanilla. Push out excess air and seal.
- Into a larger Ziploc bag, combine ice and salt.
- Place small bag inside the bigger bag and shake vigorously, 7 to 10 minutes, until ice cream has hardened.
- Remove from bag and enjoy with your favorite ice cream toppings



INGREDIENTS: *(makes 5 rockets)*

5 strawberries

10 large green grapes

15 blueberries

STEPS:

Wash and dry the fruit, then hull the strawberries by chopping the tops off them.

Thread the blueberries and grapes onto the skewers, alternating between them.

Top each skewer with a strawberry to make a point at the top of the rocket.

SERVE AND ENJOY.



INGREDIENTS:

2 slices of bread

1/3 cup of any white cheese (*shredded*)

1 package of neon food coloring (*I used green, blue and red for this one*)

2 pats salted butter

4 small bowl

STEPS:

Begin by dividing the shredded white cheese evenly between four bowls. Add a little squirt of food coloring to one bowl and stir it with a fork until coated and colorful.

Repeat this step, using different colors, for each of the other bowls until you have your desired colors. Feel free to go a little crazy here and combine colors that are analogous to each other.

Add the colored cheese to the piece of bread, in the form of individual lines, so that the colors aren't overlapping. This will create the desired rainbow effect.

Once the lines of colored cheese take up the entire surface of the bread, add the other piece of bread on top, close the sandwich, and butter the outside.

In a medium sized pan, add the buttered grilled cheese and cook for a few minutes until the bread turns a golden brown and all the cheese has begun to melt. Flip the sandwich and repeat until both sides are golden brown and all the cheese has melted.

Remove from heat, cut AGAINST your original cheese lines and serve!



INGREDIENTS:

6 large bananas, unpeeled, stems removed

2 cups semisweet chocolate chips
1 (10.5 ounce) package miniature marshmallows

Add all ingredients to list

STEPS:

Preheat the grill for high heat (or oven to 350*)

Spray 4 sheets of aluminum foil, large enough to wrap bananas, with cooking spray.

Slice the peel of the banana from stem to bottom, while slicing the banana inside lengthwise. The bananas can be cut into slices instead if you like, (while still in the peel) for easier handling later.

Carefully open the banana just wide enough to place the chocolate chips and marshmallows inside the peel with the banana. Stuff with as much of the chocolate chips and marshmallows as desired.

Wrap the bananas with the aluminum foil and place on the grill or directly in the coals of a fire. Leave in long enough to melt the chips and the marshmallows, about 5 minutes. Unwrap bananas, open the peels wide, and eat with a spoon



INGREDIENTS :

1/2 cup – Greek yogurt, plain
1 teaspoon – honey
1/2 teaspoon – vanilla extract
3/4 tablespoon – orange juice
4 medium – tortilla, whole wheat
A mason jar

TOPPINGS:

1/4 cup – blackberries
1/4 cup – strawberries
1/4 cup – kiwi
1/4 cup – mandarin oranges, canned in juice

STEPS:

Cut out your crust. We used a plain tortilla and the ring of a mason jar to make small circle crusts. Combine first 4 ingredients in a bowl and whisk until well blended. We used honey as our sweetener, but you can add a different one of your choice to taste! Lime juice can also be used in place of orange juice. Spread over tortillas and top with seasonal fruit, such as blackberries, strawberries, kiwi, mandarin oranges, grapes, or raspberries



THESE NO-BAKE GRANOLA BARS ARE VEGAN, NUT FREE, AND REQUIRE ONLY 8 HEALTHY INGREDIENTS!
THE BEST PART? THEY'RE NOT STICKY AT ROOM TEMPERATURE!

INGREDIENTS:

1/2 cup Maple Syrup
1/2 cup Nut or Seed Butter (I used a mix of Tahini and Sunflower Butter)
1/4 cup Oat Flour*
2 1/2 cup Rolled Oats
1/3 cup Sunflower Seeds
1/3 cup Pumpkin Seeds
1/2 cup Cranberries (or other dried fruit of choice)
2 tablespoons Cacao Nibs or mini Chocolate Chips
Pinch of Salt

STEPS:

First, add the Maple Syrup and Nut/Seed Butter to a medium bowl. Mix until well combined.

Add in the Oat Flour with a pinch of Salt, and mix again until well-incorporated.

Next, add the remaining ingredients to the bowl and stir well, until the sticky mixture is evenly coating all Granola Bar pieces.

Line a 9×9in baking tin with parchment paper, and firmly press the Granola Bar mixture into the tin. Let sit for 15-20 minutes, to allow the Oats to absorb any extra moisture.

Cut the Granola Bars in the pan, then carefully remove. Store at room temperature for up to 6 day



INGREDIENTS:

2 to 3 cups mixed berries such as blueberries, strawberries, raspberries, blackberries

1 quart plain yogurt

Granola

STEPS:

Wash and dry the berries; hull and cut strawberries into pieces, if using. Spoon a layer of yogurt into 4 individual glass bowls or parfait glasses. Add a layer of berries, and sprinkle with a layer of granola. Repeat the layering once or twice more, depending on the height of the bowl or glass, ending with a layer of granola.



5 INGREDIENT TROPICAL SMOOTHIES

INGREDIENTS:

- 1 Ripe Banana
- 2 cups of Frozen Mango Chunks
- 1 cup of Pineapple Juice
- 1/2 cup of Orange Juice
- 12 oz. of Pina Colada Yogurt - or coconut flavored

STEPS:

Combine everything in a blender, close the lid, and blend until smooth. That's it!



INGREDIENTS:

- 1 1/2 cups all-purpose flour
- 1 1/4 teaspoons baking powder
- 1/4 teaspoon salt
- 1 stick unsalted butter, softened
- 1 cup sugar
- 2 large eggs, at room temperature
- 2 teaspoons vanilla extract
- 2/3 cup whole milk, at room temperature

STEPS:

Preheat the oven to 350 degrees F. Line a 12-cup muffin pan with paper liners. Whisk the flour, baking powder and salt in a bowl. Beat the butter and sugar in a stand mixer fitted with the paddle attachment on medium-high speed until fluffy, about 4 minutes. Beat in the eggs, one at a time, scraping down the bowl as needed. Beat in the vanilla. Reduce the mixer speed to medium low; beat in half of the flour mixture, then all of the milk, then the remaining flour mixture until just combined.

Divide the batter among the muffin cups, filling each three-quarters full. Bake until a toothpick inserted into the center of a cupcake comes out clean, 18 to 20 minutes, rotating the pan halfway through. Transfer the pan to a rack and let cool 5 minutes, then remove the cupcakes to the rack to cool completely. Top with Frosting



INGREDIENTS: *Serves: 8 cups*

- | | |
|---|------------------|
| 1 15-ounce package chocolate sandwich cookies (<i>like Oreos</i>) | 2 cups cold milk |
| 1 3.9-ounce package chocolate instant pudding | 24 gummy worms |
| 8 ounces whipped topping (<i>like Cool Whip</i>) | |

STEPS:

The first order of business when making “worms in dirt” is, of course, to make the dirt.

Place the chocolate sandwich cookies in a large zip-top plastic bag, and use a rolling pin to crush them into small pieces. Don’t worry about removing the cream filling before putting the cookies in the bag—at first they will clump together, but as you continue to crush them, the cream will blend with the cookies and you won’t even notice it.

Continue to crush the cookies in the bag until they are in fine crumbs. A few larger pieces are okay, too—after all, dirt comes in different sizes!

Next, make the pudding. Pour the dry pudding mix into a large bowl, then add the cold milk. Whisk everything together until all of the dry pudding dissolves and it’s smooth and free of lumps.

Let the pudding sit for about 5 minutes, until it thickens and is no longer liquid. If it has the delightfully gloppy texture of pudding, you’re ready to go on.

Add the whipped topping and approximately half of the cookie crumbs. You don’t have to measure, just eyeball half the bag and pour it in.

Gently stir everything together until the streaks of whipped topping disappear, and the cookies are well-mixed into the pudding.

Divide the pudding mixture evenly between eight cups—each should hold a little over ½-cup of pudding. You can fill them however you’d like—I prefer to use a large ice cream scoop because I think it’s a little neater and faster that way.

Tap the cups on the countertop a few times to level the pudding, then insert 3 gummy worms into the pudding and press them down a little so that they’re embedded.

Pour the cookie crumbs over the pudding and gummy worms so that the entire top is covered with “dirt.” Smooth it into an even layer with your hands



INGREDIENTS:

4 apples - peeled, cored and chopped

3/4 cup water

1/4 cup white sugar (if desired)

1/2 teaspoon ground cinnamon

STEPS:

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork, potato masher or Immersion blender.



INGREDIENTS: *(serves 16)*

1 cup (6 oz. *Semi-Sweet Chocolate, Milk Chocolate or Premier White Morsels*)

1 tablespoon vegetable shortening

16 pretzel rods

NESTLÉ®

Semi-Sweet Chocolate Mini Morsels and/or sprinkles, *(optional)*

Additional Morsels for drizzling, *(optional)*

STEPS:

LINE baking sheet with wax paper.

MICROWAVE 1 cup morsels and vegetable shortening in small, dry, uncovered, microwave-safe bowl on MEDIUM-HIGH (70%) power for 1 minute; STIR. The morsels may retain some of their original shape. If necessary, microwave at additional 10- to 15-second intervals, stirring just until morsels are melted.

DIP pretzel rods about 3 inches into melted morsels, tilting bowl to easily dip. Use side of bowl to remove excess. Sprinkle with morsels or sprinkles. Place on prepared baking sheet. Refrigerate for 20 minutes or until set. Store in airtight container at room temperature. Best when eaten within a few days.

FOR A FANCY DRIZZLE:

MICROWAVE 2 tablespoons of each desired morsel flavor in small, heavy-duty plastic bags on MEDIUM-HIGH (70%) power for 30 seconds; knead. Microwave at additional 10- to 15-second intervals, kneading until smooth. Cut tiny corner from each bag; squeeze to drizzle over already dipped pretzels on baking sheet. Refrigerate and store as directed above.

TIPS: Pretzels may be dipped and drizzled in any variety of melted morsels for different looks. For example, dip them in semi-sweet chocolate and drizzle them with melted white morsels. Or dip them in milk chocolate and drizzle them with melted semi-sweet chocolate. Above recipe can easily be doubled, but we do not recommend microwaving more than 2 cups (12 ounces) of morsels at one time.



INGREDIENTS:

- 2 celery ribs, washed and trimmed
- 1/4 cup cream cheese or
- 1/4 cup cheese spread, softened
- 12 goldfish crackers

STEPS:

Fill prepared celery stalks with your choice of cream cheese or cheese spread.
Add the goldfish crackers on top of cream cheese or cheese spread to look like fish swimming.
For fun, you could always use a flavored cream cheese or add something to it for your choice of flavors. To make it even more fun, try tinting the cream cheese with a little blue food coloring to make it look like water.

ENJOY!



INGREDIENTS:

1 waffle ice cream cone

1 piece aluminum foil, big enough to wrap the cone

FUN FILLING SUGGESTIONS

chocolate chips

white chocolate chips

chopped peanuts

mini marshmallows

coconut

dried fruit

caramel (*unwrapped*)

candy bar, chunked (*3 musketeers, milky way, peanut butter cups, etc.*)

butterscotch chips

chopped walnuts

chopped pecans

brown sugar

banana, pieces

peanut butter

Rolo chocolates (*unwrapped*)

STEPS:

Make Ahead Method 1: Fill and assemble cones ahead, wrapping tightly in foil.

Using marshmallows are a must, layering with other the fillings.

On Site To Each His/Her Own Method: Fill a cup cake tin with various fillings of choice.

Allow each person to design and assemble the cone's filling as they choose. Wrap tightly in foil.

Roast, upright if possible, directly in an open campfire flame until melted, about 5 minutes.

Long tongs work well. Careful-HOT. Pull away foil when cooled.



INGREDIENTS: *(serves 2)*

2 large corn tortillas
1 cup shredded low-fat cheddar cheese
1 tablespoon unsalted butter
Sour cream
Salsa
guacamole

STEPS:

Heat a non-stick skillet over medium heat.
Lightly spread the butter or margarine on one side of each tortilla.
Sprinkle the cheese and any other ingredients on top of the non-buttered side of the tortilla.
Cover with the second tortilla so both buttered sides are facing out.
Carefully put the quesadilla into the pan.
Cook until the tortilla is lightly brown and then flip. Cook until the cheese is melted.
Serve immediately on a plate and cut into four wedges.
Serve with sour cream, salsa, or guacamole. You can also put vegetables like sliced mushrooms inside.



INGREDIENTS:

- 2 $\frac{3}{4}$ cups of all-purpose flour
- 1 teaspoon of baking soda
- $\frac{1}{2}$ teaspoon baking powder
- 1 cup butter, softened
- 1 $\frac{1}{2}$ cups white sugar
- 1 egg
- 1 teaspoon of vanilla extract

STEPS:

Preheat oven to 375 degrees F In a small bowl, stir together flour, baking soda, and baking powder. Set aside.

In a large bowl, cream together the butter and sugar until smooth. Beat in egg and vanilla. Gradually blend in the dry ingredients. Roll rounded teaspoonfuls of dough into balls, and place onto ungreased cookie sheets.

Bake 8 to 10 minutes in the preheated oven, or until golden. Let stand on cookie sheet two minutes before removing to cool on wire racks.

DECORATE AND HAVE FUN!



INGREDIENTS:

Graham cracker
Icing (*or pull and peel twizzlers*)
Cheese
Cucumbers

STEPS:

Take the icing or twizzlers and make your game board.
Cut x's out of small pieces of cheese
Slice cucumbers into small circles

HAVE FUN!



HOPE YOU HAD A GREAT
SUMMER 2018
LIVE. LOVE. COOK

JCC ROCKLAND
CAMPS