

Chef For A Day



Chef For A Day – Blender Shopping List

Ingredients – Basic Milkshake

- Vanilla ice cream
- Milk
- Vanilla extract

Extras for milkshake

- Whipped topping
- Mint leaves
- Fresh fruit: strawberries, peaches, blueberries, etc...
- Sprinkles
- Cookies
- Candy

Ingredients – Basic Smoothie

- Fruit
- Milk
- Ice
- Sugar or honey

Extras for Smoothie

- Rice or soy milk
- Juices: orange, grape, carrot, beet, etc...
- Extracts or flavored syrups
- Peanut butter
- Tofu
- Oat brand, flax seed, or wheat germ
- Fresh or frozen fruit: strawberries, cherries, watermelon, raspberries, blackberries, etc...

Ingredients – Fruit Smoothie

Recipe of your choice

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Ingredients – Fruit Smoothie

Recipe of your choice

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Ingredients – Blender Blast

- Ingredients for basic milkshake
- Extras: fruits, syrups, candies etc..
- Small cups
- Plastic knives and spoons

Ingredients – Create a Smoothie

- Ingredients for basic smoothie
- Extras: fruits, juices, etc...
- _____
- _____
- _____
- Small cups

Ingredients – Smoothie Taste

Test Competition

- Ingredients for basic milkshake
- Extras: fruits, juices, etc...
- _____
- _____
- _____



Chef For A Day – Chocolate Pots and Molds Shopping List

Ingredients – Chocolate Dipping Delight

- Milk chocolate chips or chocolate melting wafers
- White chocolate

Things to be dipped

- Fruit: strawberries, bananas, etc...
- Cookies
- Doughnut holes
- Pound cake
- Graham crackers
- Marshmallows
- Pretzels
- _____
- _____
- _____

Ingredient Things to decorate with

- Nuts
- Cookies
- Sprinkles
- Mint leaves
- candies
- _____
- _____
- _____
- _____

Chocolate Care and Share

- Milk chocolate chips or chocolate melting wafers
- Colored wafers
- Lollipop sticks
- Plastic gift bags or boxes
- _____
- _____
- _____

Chef For A Day – Waffle Irons Shopping List

Ingredients – Basic Waffle Recipe

- Flour
- Baking soda
- Baking powder
- Salt
- Sugar
- Eggs
- Butter
- Buttermilk
- Cooking oil spray



Ingredients – Quick and Easy Basic Waffle Recipe

- Aunt Jemima Complete / Krusteaz Buttermilk Complete / Williams Sonoma Bellegem
- Cooking oil spray

Great waffle toppers

- Pie filling: apple or cherry
- Powder sugar
- Syrup
- Butter
- Fresh fruit
- Chocolate
- Whipped topping
- Nuts
- Cinnamon

Ingredients – Waffle Decorating Contest

- Basic Waffle ingredients
- Spray cooking oil

Great waffle toppers

- Milk chocolate
- White chocolate
- Small candies
- Squeeze tube frostings
- Whipped topping
- Plastic disposable decorating bags

Ingredients – Wonderful Waffle Wednesday or Waffle Day

- Basic Waffle ingredients
- Spray cooking oil

Your selections to cook

- _____
- _____
- _____
- _____
- _____

Ingredients – Waffles for Later frozen fun for friends and family

- Basic Waffle ingredients
- Spray cooking oil
- Freezer bags
- Wax paper
- Ribbon (optional)

Extras:

- _____
- _____
- _____
- _____

Visit Mexico

Ingredients – Waffle Cake

Churros

- Betty Crocker Yellow Cake Mix
- Eggs
- Flour
- Vegetable oil
- Vegetable oil spray
- Sugar
- Cinnamon

Ingredients – Quick and Easy Cornbread n Chili Waffles

- 1 box Krusteaz Honey Cornbread-Fat Free
- Caned chili
- Jack/cheddar cheese
- Corn or green chili drained
- Flour
- Sour cream
- Green onions
- Olives
- Spray cooking oil
- Butter



Ingredients – Chocolate Delight Drink

- Ice cream
- Milk
- Chocolate syrup
- Cinnamon
- Whipped topping

Ingredients – Quick and Easy Cornbread n Chili Waffles

- 1 box Krusteaz Honey Cornbread-Fat Free
- Flour
- Cooking oil spray



Ingredients – Quick Quesadillas

- Flour tortillas
- Four Cheese Mexican shredded
- Vegetable spray

Extras

- Cubed pre-cooked chicken
- Green chilies
- Olives
- Onions
- Red peppers

Sauce

- Mayonnaise
- Green chilies
- Salt
- Cumin
- Garlic
- Paprika
- Cayenne pepper
- Jalapenos (optional)

Dips

- Sour cream
- Salsa
- Green chili

Ingredients – Quesadillas

Desserts

- Flour tortillas
- Cream cheese
- Butter
- Can apple or peach pie filling
- Cinnamon
- Powder sugar

Ingredients – other recipes

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Ingredients – other recipes

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Ingredients – other recipes

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Ingredients – other recipes

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**Ingredients – Cheese Pizza/
Pepperoni**

- Pizza Crust
- Parmesan cheese
- Mozzarella cheese
- Romano cheese
- Provolone cheese
- Olive oil spray

Topping Extras

- Pepperoni
- Mushrooms
- Olives
- Onions
- Red peppers

Sauce

- Pizza sauce

Bacon Cheddar Pizza

- Boboli – pizza crust
- Mayonnaise
- Real bacon bits
- Cheddar Cheese- shredded

Ingredients –Blueberry Dessert

Pizza

- Pizza crust
- Cream cheese
- Butter
- Blueberry pie filling
- Cinnamon
- Powder sugar
- Pecan shortbread cookies

Ingredients – other recipes

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Ingredients – S”mores Pizza

- Pizza crust
- Semi-sweet chocolate chips
- Graham cereal
- Brown sugar
- Mini marshmallows
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Ingredients – other recipes

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Ingredients – other recipes

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Tips

General

Break children up into small groups and post a teacher at all cooking or electrical appliances. Allow other children to work on puzzles, decorate containers, or participate in any other non-cooking activity.

Set-up the cooking stations in advance if possible.

Allow only older children to pour their mixtures into appliances with adult supervision. Only adults should operate appliances.

Chocolate

Chocolate melting wafers will melt faster and with less heat than chips; therefore, they work best for children.

Pour melted chocolate into decorating bags by placing decorating bag inside a cup and pulling bag edges around the outside of the cup to secure the bag.

Plastic spoons work great to drizzle chocolate designs on your treats. This has proven to be great fun for all ages.

Waffles

When working with groups of children, buy pre-made waffle mix that only needs water. The mix is generally less than \$5.00 to purchase and makes up to 25 waffles. Trust me it is worth it, besides children's favorite thing is to decorate the waffles with toppings anyway.

Add really cold water to waffle mix.

Award Winning Day!

A great idea for the day is to have a Wonder Waffle Day that starts with breakfast waffles. Then, create waffles for lunch with cornbread and chili. End the day with cake waffles for dessert.

Decorate cake waffles with chocolate drizzles, fresh fruit, or powder sugar. Make copies of the history of the waffle to share with children and parents.

Award Winning Day!

Have a Mexican Fiesta using the Mexican influenced recipes. This is an excellent way to encourage cultural appreciation.

works of art to hold your
tasty treats.

Toppings

When working with young children cover half of the sprinkle container with tape so only a little of the sprinkle candy will come out at a time. Another option is to set out pre-measured toppings for each child.

Instead of purchasing disposable plastic decorating bags, **use plastic freezer bags** and snip off a small corner with scissors.

Sharing and Caring

Allow guests to create extra treats to give to special people in their life - i.e. teachers, parents, and friends. Set aside some time and supplies for them to create decorative containers for their treats.

When creating treat containers, use simple things, like lunch bags, cellophane wrap, or corsage boxes. Decorate containers with colorful stickers and glitter marks. Lastly, add ribbon, curled paper, or feathers. These are inexpensive way to create

