CAMP RECKY
KIDS IN THE
KITCHEN
FROM HOME
Mini Quiche
(4 dozen)

Ingredients
For filling:
• 6 large eggs, beaten
• 1 cup heavy cream
• Salt and pepper
• 1 ½ cups grated cheddar cheese
• Optional add-ins spinach, broccoli, mushrooms, onion, garlic, bacon, ham, seafood

For crust:
• 1 ½ cups all-purpose flour
• ½ teaspoon salt
• ¼ cup vegetable shortening
• ¼ cup butter
• 4-5 tablespoons ice water

Instructions
• Preheat oven to 375º F.
• Make the piecrust: In a large bowl, combine the flour and the salt. Cut in the shortening and butter with a pastry blender or two forks until the mixture resembles a coarse meal. Gradually add enough ice water to the mixture while mixing with a wooden spoon until a ball of dough is formed.
• Spray mini muffin tin with nonstick cooking spray, set aside.
• Using a small round cutter, cut piecrust and place into indentations of muffin tin and place in the oven to pre-bake for about 15 minutes. Alternately, you can place each of the premade phyllo cups into the muffin tin. For a crust less mini quiche, simply omit.
• Whisk together eggs and heavy cream until light and fluffy. Add salt, pepper, and cayenne pepper until well-combined. Stir in cheese. Pour into pie shells and top with add-in options as desired. Bake for for 15-25 minutes until the egg mixture is set. Remove from the oven and let rest about 5 minutes before serving.

Blueberry Fruit Dip
(1 cup)

Ingredients
• 4 oz. cream cheese, softened
• ½ cup confectioners’ sugar
• ½ teaspoon ground cinnamon
• ½ teaspoon lemon juice
• ½ cup fresh blueberries
• Assorted fruit, crackers, and/or cookies for dipping

Instructions
1. In a small bowl, beat the cream cheese, confectioners’ sugar, cinnamon, and lemon juice until smooth
2. Fold in the blueberries
3. Serve with fruit, crackers, and/or cookies
**Pancakes** *(makes 10 pancakes)*

**Ingredients**
- 1 cup all-purpose flour
- 2 tablespoons white sugar
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 egg beaten
- 1 cup milk
- 2 tablespoons vegetable oil

**Instructions**
1. In a large bowl, mix flour, sugar, baking powder and salt. Make a well in the center, and pour in milk, egg and oil. Mix until smooth.
2. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

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**Smoothies (2 servings)**

**Ingredients**
- 1 banana, cut into pieces
- ½ cup ice cubes
- ½ cup freshly squeezed orange juice
- 1 cup diced fresh or frozen fruit (pineapple, mango, papaya, strawberries)
- ½ to ¾ cup yogurt or milk
- 1 tablespoon honey

**Instructions**
1. Combine the banana, fruit, ice cubes, yogurt, juice, and honey in a blender. Process until smooth. Serve immediately.
**MUFFINS**

(12 muffins)

Ingredients

- 2 cups all-purpose flour
- 3 teaspoons baking powder
- ½ teaspoon salt
- ¾ cup white sugar
- 1 egg
- 1 cup milk
- ¼ cup vegetable oil
- Optional: blueberries, raisins, dates, cheese, bacon)

Instructions

1. Preheat oven to 400 degrees F (205 degrees C).
2. Stir together the flour, baking powder, salt and sugar in a large bowl. Make a well in the center. In a small bowl or 2 cup measuring cup, beat egg with a fork. Stir in milk and oil. Pour all at once into the well in the flour mixture. Mix quickly and lightly with a fork until moistened, but do not beat. The batter will be lumpy. Pour the batter into paper lined muffin pan cups.
4. Bake for 25 minutes, or until golden.

**Yogurt Berry Parfait**

Ingredients

- Plain or Greek yogurt of choice
- Fresh or thawed berries, washed and chopped (strawberries, blueberries, blackberries, raspberries)
- Finely chopped nuts (pecans, walnuts)
- Honey
- Fruit preserves

Instructions

1. Set out the ingredients in medium sized bowls and let each child pick which items she wants
2. Together, layer each item into small bowls or cups
3. Enjoy

**No-Bake energy bites (24 servings)**

Ingredients

- 1 cup rolled oats
- ½ cup mini semi-sweet chocolate chips
- ½ cup ground flax seed
- ½ cup crunchy peanut butter
- 1/3 cup honey
- 1 teaspoon vanilla extract

Instructions

1. Combine oats, chocolate chips, flax seed, peanut butter, honey, and vanilla extract together in a bowl; form into balls using your hands. Arrange energy bites on a baking sheet and freeze until set, about 1 hour.
THURSDAY

Baked Donut Holes
(24 servings)
Ingredients:
• 1 ¼ cups all-purpose flour
• 3 tablespoons cornstarch
• ½ tablespoon baking powder
• Pinch of salt
• ¼ cup buttermilk
• ½ cup sugar
• ¼ cup neutral oil
• 1 large egg
• 1 teaspoon vanilla extract
Coating:
 o 2/3 cup sugar
 o 1 tablespoon ground cinnamon
 o 1/3 cup melted unsalted butter
• Optional cream cheese icing
  o 2 ounces room temperature cream cheese
  o ¼ cup confectioner’s sugar
  o 1 teaspoon vanilla extract
  o 2 tablespoons milk (any type)
Instructions:
1. Preheat the oven to 400 degrees F.
2. Place all the dry ingredients in a bowl and whisk them up. In another bowl, whisk all the wet ingredients, then add the dry ingredients to the wet ingredients, and mix them well. Be sure not to over mix the batter. Scoop the batter into a mini muffin pan (24 cavities).
3. Bake the donut holes for 9-12 minutes depending on your oven. They will puff up and bounce back when pressed lightly at the center. Allow them to cool for a few minutes and then remove them from the muffin pan.
4. Mix cinnamon and sugar. Brush the tops of each donut hole with the melted butter and dip it in the cinnamon sugar bowl. Repeat with the remaining donut holes.
5. For the glaze
6. Mix all ingredients together in a bowl. If the icing feels too thick, add milk a little bit at a time and whisk to make sure it does not thin out. If you feel the icing is too thin, add a tablespoon of cream cheese with a tablespoon of confectioner sugar and whisk it in.
7. Drizzle the donuts lightly with the vanilla glaze.

Breakfast ‘Nachos’ (4 servings)

Ingredients:
• 2 apples, sliced
• ¼ cup peanut butter, microwaved for 20 seconds
• ¼ cup crushed vanilla wafers
• ¼ cup chopped strawberries
• ¼ cup blueberries
• Raisins, for topping
• Honey, for garnish

Instructions:
1. On a large plate, arrange apple slices on top of one another. Drizzle peanut butter over apples and top with desired toppings. Finish with a drizzle of honey.
Serve.
Cinnamon Rolls

(9 rolls)

Ingredients

- 2 and ¾ cups all-purpose flour
- 3 Tablespoons granulated sugar
- 1 teaspoon salt
- 1 package instant yeast (1 packet = 2 and ¼ teaspoons)
- ½ cup water
- ¼ cup milk
- 2 Tablespoons unsalted butter
- 1 large egg
- Filling:
  - ¼ cup (1/2 stick) unsalted butter, softened to room temperature
  - 2 Tablespoons ground cinnamon
  - ¼ cup brown sugar
- Glaze:
  - 1 cup powdered sugar
  - 1 teaspoon vanilla extract
  - 2-3 Tablespoons milk or coffee

Instructions

1. To Make dough: In a large bowl, mix the flour, the sugar, salt, and yeast together until evenly dispersed. Set aside. In a small microwavable bowl, heat the water, milk, and butter together in the microwave until the butter is melted (about 30-45 seconds). Stir the butter mixture into the flour mixture. Add the egg and knead with hand or with stand mixer for 3-4 minutes or until the dough is no longer sticky. Place in a lightly greased bowl and let rest for about 5 minutes.

2. Preheat the oven to 200 degrees and turn off after 10 minutes or just before placing rolls in oven.

3. To Make Filling: After the dough has rested for 5 minutes, roll it out in a 15x9 inch rectangle. Spread the softened butter on top. Mix together the cinnamon and sugar and sprinkle it all over the dough. Roll up the dough tightly and cut into 9 (large) even piece. Place in a lightly greased 9-inch or square pan (or cut into 12 small pieces and place in a 9x13 pan) and lightly cover with aluminum foil or plastic wrap.

4. TURN OFF the oven and place the cinnamon buns in the oven to rise for 20 minutes. Keep the buns in the oven (REMOVE THE FOIL OR PLASTIC) and turn on the oven to 375F. Bake the cinnamon rolls for 15-20 minutes or until golden. Remove from oven and top with glaze.

5. To make glaze: Mix the powdered sugar, vanilla and 2 Tablespoons milk together until smooth and lump free. Drizzle over warm rolls.