

An illustration featuring a light brown wooden cutting board with a sprig of rosemary on its top edge. The board is placed on a beige and white checkered tablecloth. To the right of the board is a whole red tomato and a cluster of three more tomatoes on a vine. In the bottom right corner, a white plate with an orange rim contains a piece of pineapple and some green leafy vegetables. A black-handled knife is partially visible on the left side of the tablecloth.

Mix, Measure, Master: Teen Food Programs

Recipes for Sharing

**Please copy this
document before
making changes!**



TEEN TAKE-HOME:

HOT COCOA BOMBS

MATERIALS IN KIT:

- One ornament (2 halves)
- One bag of semi-sweet chocolate chips
- Two bags of hot cocoa mix
- Four mini candy canes
- One paper food tray

MATERIALS NOT INCLUDED:

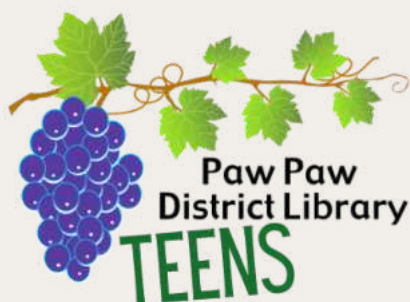
- 1 microwave safe container (coffee cups work best)
- 1 spoon

OPTIONAL MATERIALS:

- 1 rubber spatula (for spreading chocolate into mold)
- Cooking spray or butter (for greasing ornament half)
- Extra decorating materials (sprinkles, flavoring, marshmallows, etc.)

HOW TO ENJOY:

- Place hot cocoa bomb into cup
- Pour hot liquid (water/milk) over and stir until melted



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INSTRUCTIONS:



1. Wash ornament mold with soap and water.
2. **Dump half of the chocolate chips into a microwave safe container.**
3. Heat chocolate in microwave in 30 second intervals, stirring in between. (You want all of the chocolate melted and smooth)
4. **If you want to grease the mold for easier removal do so now. Then, spoon chocolate into one side of the mold, spread it to cover. Add another spoonful as needed. Repeat with second half.**



5. Place molds into paper tray and freeze for about an hour. Set aside excess chocolate.
6. **Crush candy canes to put inside or decorate the outside.**
7. Once the chocolate is frozen you start the toughest step. To un-mold carefully hold upside down and squeeze lightly. As you keep spinning and squeezing the chocolate will slowly come loose.



8. **Pour hot cocoa packet into one side of mold, add candy cane pieces or other additions.**
9. To seal melt the remaining chocolate from earlier and spread around sides where the two halves meet. Decorate outside as you wish!





TEEN TAKE-HOME:

PIZZA DOUGH

MATERIALS IN KIT:

- 2/3 cup flour
- 1/2 teaspoon baking powder (B.P.)
- 1/4 teaspoon salt
- 1/4 teaspoon sugar
- 1 Tablespoon oil
- 1 container pizza sauce
- 1 bag cheese
- 1 piece parchment paper

MATERIALS NOT INCLUDED:

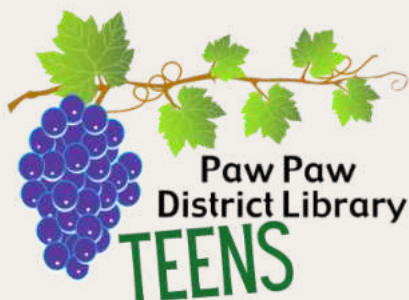
- 1/4 cup water
- 1 mixing bowl
- 1 pan

OPTIONAL MATERIALS:

- Seasonings (garlic powder, onion powder, etc.)
- Additional pizza toppings
- Rolling pin

HOW TO ENJOY:

- Create dough
 - Spread dough on pan and top with sauce/cheese
 - Bake and enjoy!
-



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INSTRUCTIONS:

Gather ingredients before getting started.
Make sure you have parental permission to use the oven.

1. Preheat the oven to 425 degrees F. Line a baking tray with parchment paper.
2. In a small bowl mix most of the flour (set aside 1 spoonful), baking powder (B.P.), salt, sugar, 1/4 cup water, and oil. Mix until a ball of dough forms. **If it is too wet/sticky add a little more flour. If it is too dry add a little more water.



3. Press dough directly onto parchment paper using your finger tips to thin into a pizza shape.

4. Top pressed dough with pizza sauce and cheese. Add any other toppings you want.

5. Bake for 10-12 minutes, until golden brown. **Time may change depending on thickness of crust.

6. Carefully remove pizza and enjoy.

Original Recipe



PIZZA DOUGH

INGREDIENTS:

- 2/3 cup flour
- 1/2 teaspoon baking powder (B.P.)
- 1/4 teaspoon salt
- 1/4 teaspoon sugar
- 1 Tablespoon oil
- 1/4 cup water



INSTRUCTIONS:

1. In a container mix most of the flour (set aside 1 spoonful), baking powder, salt, and sugar
2. Stir in 1/4 cup water and oil
3. Mix until a ball of dough forms.
**If it is too wet/sticky add a little more flour. If it is too dry add a little more water.
4. Place dough in container for take home

PIZZA PLAYDOUGH

INGREDIENTS:

- **1/4 cup pizza sauce**
- **2 ounces Velveeta cheese**
- **7 Tablespoons cornstarch**

INSTRUCTIONS:

1. Heat Velveeta cheese in bowl for 15 seconds
2. Stir in pizza sauce (it will be lumpy)
3. Add 3 Tablespoons of cornstarch and stir
4. Continue adding cornstarch 1 Tablespoon at a time until it doesn't stick to bowl
5. Dump onto parchment paper and knead until dough
6. Put in glass container to take home

TEEN TAKE-HOME:

EDIBLE COOKIE DOUGH

INGREDIENTS NEEDED:

- 1 Tablespoon sugar
- 1 heaping Tablespoon dark brown sugar
- 1 Tablespoon butter (softened)
- 1-2 Tablespoons mix-ins
- 1 Tablespoon milk or water
- 1/8 teaspoon vanilla extract
- pinch of salt
- 3 Tablespoons flour

EQUIPMENT NEEDED:

- Mixing bowls
- Measuring spoons
- Mixing utensil

HOW TO ENJOY:

- Create dough
- Add all your favorite mix-ins
- Enjoy!



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INSTRUCTIONS:

Gather all ingredients before getting started. Make sure butter is at room temperature.

1. In a small bowl cream** white sugar, brown sugar and softened butter together with a spoon.
(**To cream means to mix sugar into butter until completely combined)



2. **Add milk (or water) and vanilla extract. Stir 5 times until loosely combined.**

3. Mix in salt and flour. If not combining change to a flat spatula.
(If dough is too wet, sprinkle in more flour)

4. **Once dough is formed, stir in mix-ins until happy!**

5. Eat and enjoy!



Original Recipe





TEEN JUST FOR FUN FRIDAY:

ENERGY BITES

INGREDIENTS NEEDED:

- 1 1/4 Cups Oats
- 2 Tablespoons Ground Flaxseed (sub. with chia or hemp seeds)
- 1/2 Cup Peanut Butter (sub. with any nut butter)
- 1/3 Cup Honey (sub. with maple syrup)
- 1 teaspoon Vanilla
- 1/4 teaspoon Salt
- 1/2 Cup Chocolate chips (sub. with any mix-in of choice)

EQUIPMENT NEEDED:

- Mixing bowls
- Measuring spoons
- Mixing utensil

HOW TO ENJOY:

- Create your mix
- Roll into 1-inch balls
- Enjoy!

Original Recipe



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TEEN JUST FOR FUN FRIDAY:

DIY WHIPPED CREAM

INGREDIENTS NEEDED:

- 1 Cup Heavy Whipping Cream
- 1 tsp Sugar
- 1 tsp Vanilla extract

EQUIPMENT NEEDED:

- 12 oz Mason Jar (chilled)
- Measuring spoons
- Spoon

HOW TO ENJOY:

- Chill your mason jar in freezer for 1 hour
- Add ingredients to chilled jar
- Shake, shake, shake to your favorite song about 3-5 minutes
 - You should hear no more liquid moving around in jar
- Store in refrigerator

Original Recipe



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TEEN JUST FOR FUN FRIDAY:

PUDDING PARFAITS

INGREDIENTS NEEDED:

- 1/2 Cup homemade whipped cream
- 1 Pudding snack pack
- 1/4 Cup fruit
- 1/4 Cup mix-ins (cookies, sprinkles, chocolate chips)

EQUIPMENT NEEDED:

- Measuring spoons
- Spoon
- Glass jar

HOW TO ENJOY:

- Make your homemade whipped cream
- Layer your ingredients into glass jar
 - Half of the pudding snack pack
 - Half of the whipped cream
 - Fruit
 - Rest of pudding
 - Rest of whipped cream
 - Sprinkle on mix-ins
- Enjoy!



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TEEN JUST FOR FUN FRIDAY:

HOT COCOA MIX

INGREDIENTS NEEDED:

- 1/2 Cup Powdered Sugar
- 1/2 Cup Dried Milk Powder
- 1/4 Cup Unsweetened Cocoa Powder
- 1/4 Cup mini chocolate chips
- 1 Pinch of salt

EQUIPMENT NEEDED:

- Measuring spoons
- Spoon
- Mixing Bowl
- Jar for gifting/storage

HOW TO ENJOY:

- Mix all of the ingredients together
- Add gift tag with preparation instructions
- Gift away!

Original Recipe



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TEEN JUST FOR FUN

FRIDAY:

HOT COCOA MIX

GIFT TAG



Hot Chocolate
Mix

Mix 1/4 cup mix with
3/4 cup hot water or
milk. Stir until well
combined.

*Contains dried milk
powder

Printed tags on white
cardstock front to back

Supplied scissors to cut out
and ribbon to attach to jar



TEEN JUST FOR FUN FRIDAY: FOCACCIA DOUGH

(EGG, DAIRY, AND YEAST FREE)

INGREDIENTS NEEDED:

- 1 1/3 Cup Flour + extra for kneading
- 1 tsp Sugar
- 2 tsp Baking Powder
- 1/2 tsp Salt
- 1/4 tsp Garlic Powder
- 2 Tbsp Olive Oil
- 1/2 Cup water

Topping:

- 1 Tbsp Olive Oil
- 1/2 tsp dried rosemary
- Salt

EQUIPMENT NEEDED:

- Measuring spoons
- Spoon
- Mixing Bowl
- Baking sheet
- Parchment paper



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INSTRUCTIONS:

1. Preheat oven to 400F. Line baking sheet with parchment paper.

2. Stir together flour, sugar, baking powder, salt, and garlic powder in mixing bowl until combined.

3. Add water and olive oil, stir until it forms a dough.

4. With floured hands, pick up dough and knead gently for a minute or two on a floured surface until it forms a ball.

5. Flatten with hands to about a 1-inch thickness.

6. Sprinkle parchment paper with flour and place flattened dough on top. Poke several holds in top of dough with a fork, or fingertips.

7. Brush top with 1 Tablespoon of olive oil, and sprinkle with toppings.

8. Bake at 400F for 12-14 minutes.

9. Best enjoyed fresh!

Original Recipe





MEAL IN A MUG: CHILAQUILES

INGREDIENTS NEEDED

- 5 Tortilla chips, crushed
- 2 eggs
- 1-2 Tbsp shredded cheddar cheese
- 1 Tbsp salsa and extra for garnish

Extra tortilla chips for garnish

EQUIPMENT NEEDED:

Measuring spoons

Microwaveable bowl or mug

Mixing spoon or fork

Microwave

INSTRUCTIONS:

1. Crack two eggs into a microwaveable container, add tortilla chip pieces, 1-2 Tbsp shredded cheese, 1 Tbsp salsa, and mix together.
- 2. Place microwaveable container in the microwave, cover with a paper towel to catch splatter, and cook for 2 to 2 1/2 minutes or until eggs are cooked.**
3. Add additional salsa and tortilla chips to taste
- 4. Enjoy as a quick and delicious breakfast or filling snack!**

TIP:

This is a great way to
use up stale or
broken tortilla chips!



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DAMPER

AUSTRALIAN CAMPFIRE BREAD

INGREDIENTS NEEDED

- 1 cup self-rising flour
- 1/2 tsp salt
- 1 Tbsp cold butter, chopped into small cubes
- 1/4 cup milk
- 1/4 cup water

EQUIPMENT NEEDED:

Measuring spoons
Mixing bowl
Cookie sheet
Parchment paper
knife

Optional mix-ins

Savory: Rosemary, garlic,
cheese, or olives

Sweet: Cinnamon,
chocolate, or raisins

INSTRUCTIONS:

1. Preheat oven to 360 °F and line a tray with parchment paper.
2. Place the self-raising flour and salt in a large bowl. Add the butter cubes and combine
3. Form a *well* in the center, then add milk and water. Mix until you have an even dough.
4. Divide the dough into 2 portions for tasty mini dampers, or make one large damper.
5. Place your dough onto the lined tray and score the top with a knife
6. Bake for around 25 mins, or until golden. Time may vary depending on size of bread.
7. Serve with butter, jam, stew, or anything else you would like!

Original Recipe



What does that mean?

Well - a small crater in the center of the flour or dough

Score - a thin cut along the top of a bread.



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ONIGIRI

A JAPANESE SNACK

INGREDIENTS NEEDED

- 1 cup of cooked short-grain or medium-grain rice
- 1 Tbsp tuna
- 1/2 tsp mayo
- Dash of soy sauce

Furikake or nori for garnish

EQUIPMENT NEEDED:

Measuring spoons

Mixing bowl

Bowl with water to keep rice from sticking to hands

Mixing spoon

Optional: cling wrap

INSTRUCTIONS:

1. Mix together the tuna, mayo, and soy sauce in a small bowl and set aside.
- 2. Take a cup of rice and place in your hand or on a sheet of cling wrap**
3. Form rice into a flat circle just bit wider than the palm of your hand.
- 4. Add the tuna and mayo mixture to the center of the rice circle and gently form the rice around the tuna mixture until it is completely surrounded**
5. Continue to shape the rice into a triangular ball. Add furikake on top of onigiri or a strip of nori to the bottom as a delicious garnish.

What is furikake and nori?

Furikake is rice seasoning, often including small pieces of dried seaweed. Nori is a dried seaweed sheet.



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TEEN JUST FOR FUN FRIDAY:

OTHER FUN FOOD PROGRAMS

- 5-minute Ice Cream in a Bag
- Candy Sushi
- DIY Lunchables
- Bubble Tea
- Graham Cracker Haunted House Decorating
- Butterbeer
- Cheese Tasting
- Hot Sauce Tasting
- Oreo Tasting