



Teach kids how to make toast, then let them jazz up their bread with toppers. Give each child a copy of the Toast Toppers recipe card for inspiration.

## SHOPPING LIST

- Whole wheat bread, bagels, or English muffins
- Nut butter or hazelnut spread (if no kids in the workshop have nut allergies)
- Cream cheese
- Hummus
- Avocado
- Fresh fruit (such as berries, kiwi fruit, and banana)
- Raisins
- Frozen shelled edamame
- Salt and pepper

## TOOLS & EQUIPMENT

- Toaster
- Sharp knife for adult to cut avocado and peel kiwi
- Paper plates and bowls
- Plastic forks and knives

## PREP WORK BEFORE THE CLASS

- Set out bowls for toast spreaders, including hummus, nut butters, cream cheese, and avocado.
- Wash fresh fruit. Set out bowls for toast toppers, including fruit, berries, and edamame.
- Set out a paper plate with a plastic fork and knife for each child.

## LESSON GUIDE

- Demonstrate how to properly use the toaster. Teach kids to keep hands away while the bread cooks, wait until the timer goes off, and allow the hot toast to cool for a minute before taking it out of the toaster.
- Let the kids take turns making toast with their choice of bread.
- While some kids are making toast, let others prep the fruits and veggies by slicing bananas and strawberries using a plastic knife and arranging them on paper plates.
- Demonstrate how to cut up an avocado and a kiwi with a sharp knife (adult job only).
- Fill the bowls with spreaders and toppers, telling kids what you're putting in each bowl.
- Give each child a Toast Toppers card for inspiration.
- Let each child design his or her own toast by spreading the toast first with a spreader, then adding fruit and veggie decorations.



# MIX & MATCH TOAST TOPPERS

## SMART OWL

Toast + Almond Butter +  
Fruit Face + Kiwi Wings



## SMASHED AVOCADO TOAST

Toast + Avocado Slices +  
Salt & Pepper



## KITTY

Bagel + Nut Butter + Strawberry  
Ears + Banana Whiskers +  
Blueberry Eyes + Raisin Nose



## HEALTHY HUMMUS

Whole-Grain Toast + Hummus +  
Edamame + Salt & Pepper



## FRUIT FLOWERS

Bagel + Cream Cheese +  
Berry and Orange Petals +  
Kiwi Center



Excerpted from *Baking Class*  
© 2017 by Deanna F. Cook  
(Storey Publishing)

# MIX & MATCH TOAST TOPPERS

## SMART OWL

Toast + Almond Butter +  
Fruit Face + Kiwi Wings



## SMASHED AVOCADO TOAST

Toast + Avocado Slices +  
Salt & Pepper



## KITTY

Bagel + Nut Butter + Strawberry  
Ears + Banana Whiskers +  
Blueberry Eyes + Raisin Nose



## HEALTHY HUMMUS

Whole-Grain Toast + Hummus +  
Edamame + Salt & Pepper



## FRUIT FLOWERS

Bagel + Cream Cheese +  
Berry and Orange Petals +  
Kiwi Center



Excerpted from *Baking Class*  
© 2017 by Deanna F. Cook  
(Storey Publishing)





Let the kids get creative and decorate cookies with colored frosting, candy, or other delicious extras. Give each child a copy of the Cookie Craft recipe card for inspiration.

## SHOPPING LIST

- Sugar cookie dough (or ingredients for making cookies from scratch; see *Baking Class* pages 86–87)
- Vanilla and chocolate frosting (or ingredients for making buttercream frosting; see *Baking Class* pages 126–127)
- Food coloring
- Assorted candies (such as mini mint patties and candy eyes)
- Colored sugars and sprinkles
- Shredded coconut, chopped nuts (if no nut allergies)

## TOOLS & EQUIPMENT

- Plastic knives
- Small bowls
- Paper plates
- Pastry bag with writing tip and colored frosting (optional)

## PREP WORK BEFORE THE CLASS

- Bake the sugar cookies in advance in different shapes.
- Divide the vanilla or buttercream frosting into four bowls and color each with food coloring.
- Divide chocolate frosting into a few bowls.
- Set out sprinkles and colored sugar and other candies noted on recipe card.
- Set out a paper plate and plastic knife for each child.

## LESSON GUIDE

- Give each child their own copy of the Cookie Craft ideas page for inspiration.
- Have them choose a baked cookie or two to decorate.
- Encourage them to get creative making edible art. Spread the cookies first with frosting, then add candies and sprinkle decorations.
- Let the kids take turns using the optional pastry bag to add details like letters and facial features.
- Display the cookies on a table to let them see each other's creations. Then enjoy a sweet snack!



# MIX & MATCH COOKIE CRAFT

## MINI BURGER



## STARS & FLOWERS

Shaped cookies +  
Colored frosting +  
Sprinkles

Cloud and Rainbow  
Cookies + White  
Frosting + Colored  
Sugar

## OVER THE RAINBOW

## SLOW TURTLE

Green Frosting + Chocolate Sprinkles

## COOKIE STICKS

Long Cookies  
+ Chocolate  
Frosting +  
Toppings  
(coconut,  
chopped nuts,  
sprinkles)



Excerpted from *Baking Class*  
© 2017 by Deanna F. Cook  
(Storey Publishing)

# MIX & MATCH COOKIE CRAFT

## MINI BURGER



## STARS & FLOWERS

Shaped cookies +  
Colored frosting +  
Sprinkles

Cloud and Rainbow  
Cookies + White  
Frosting + Colored  
Sugar

## OVER THE RAINBOW

## SLOW TURTLE

Green Frosting + Chocolate Sprinkles

## COOKIE STICKS

Long Cookies  
+ Chocolate  
Frosting +  
Toppings  
(coconut,  
chopped nuts,  
sprinkles)



Excerpted from *Baking Class*  
© 2017 by Deanna F. Cook  
(Storey Publishing)





These applesauce muffins are easy for kids to mix up by hand without an electric mixer, making it an ideal classroom cooking project. And there's a secret healthy ingredient for extra flavor and nutrition: grated carrot. For a simpler muffin, you can skip the carrots.

## SHOPPING LIST

- Wheat flour
- Cinnamon
- Baking powder
- Baking soda
- Salt
- Eggs
- Brown sugar
- Butter
- Unsweetened applesauce
- Carrot
- Paper liners for mini muffins

## TOOLS & EQUIPMENT

- Oven
- 2 12-cup mini muffin pans
- Liquid (glass) and dry measuring cups
- Measuring spoons
- 2 mixing bowls
- Whisk
- Spatula
- Spoon or cookie scoop (for filling muffin pans)
- Butter knife
- Oven mitts or potholders
- Kitchen timer

## PREP WORK BEFORE THE CLASS

- Grate the carrot (if using).
- Melt the butter just before the class begins.

## LESSON GUIDE

- Demonstrate how to measure properly. Pour liquids (applesauce and melted butter) into glass measuring cups and read measurement at eye level. Measure flour and brown sugar in cups that can be leveled off with a butter knife. Then let the kids take turns measuring dry or wet ingredients for the recipe.
- Have the kids take turns stirring the dry and wet ingredients together. Ask them to line the muffin pan cups with paper liners. Then let each child have a turn scooping batter into the muffin pan.
- Talk about the importance of preheating the oven (so food cooks evenly), using a timer, and keeping the oven door shut while baking.
- Demonstrate how to put the muffins into and take them out of the oven using oven mitts (adult job only).



# CARROT APPLESAUCE BITES

Makes 24 mini muffins

## Here's What You Need

1½ cups whole-wheat flour	4 tablespoons
1½ teaspoons cinnamon	butter, melted
1 teaspoon baking powder	1 cup unsweetened applesauce
½ teaspoon baking soda	½ cup grated carrot
½ teaspoon salt	
2 eggs	
⅔ cup brown sugar	

## HERE'S WHAT YOU DO

1. Preheat the oven to 350°. Line two 12-cup mini muffin pans with paper liners, or grease the cups.
2. Stir the flour, cinnamon, baking powder, baking soda, and salt in a medium bowl.
3. Whisk the eggs in a separate bowl. Mix in the brown sugar. Then add the melted butter and applesauce. Stir in the grated carrot.
4. Pour the applesauce mixture over the flour mixture, and stir until all the flour is mixed in.
5. Spoon the batter into the muffin cups, filling each one about two-thirds full.
6. Bake the muffins for 15 to 20 minutes. Let cool before enjoying.



Excerpted from *Baking Class* © 2017 by Deanna F. Cook (Storey Publishing)

• • ✂ CUT HERE • • •

# CARROT APPLESAUCE BITES

Makes 24 mini muffins

## Here's What You Need

1½ cups whole-wheat flour	4 tablespoons
1½ teaspoons cinnamon	butter, melted
1 teaspoon baking powder	1 cup unsweetened applesauce
½ teaspoon baking soda	½ cup grated carrot
½ teaspoon salt	
2 eggs	
⅔ cup brown sugar	

## HERE'S WHAT YOU DO

1. Preheat the oven to 350°. Line two 12-cup mini muffin pans with paper liners, or grease the cups.
2. Stir the flour, cinnamon, baking powder, baking soda, and salt in a medium bowl.
3. Whisk the eggs in a separate bowl. Mix in the brown sugar. Then add the melted butter and applesauce. Stir in the grated carrot.
4. Pour the applesauce mixture over the flour mixture, and stir until all the flour is mixed in.
5. Spoon the batter into the muffin cups, filling each one about two-thirds full.
6. Bake the muffins for 15 to 20 minutes. Let cool before enjoying.



Excerpted from *Baking Class* © 2017 by Deanna F. Cook (Storey Publishing)