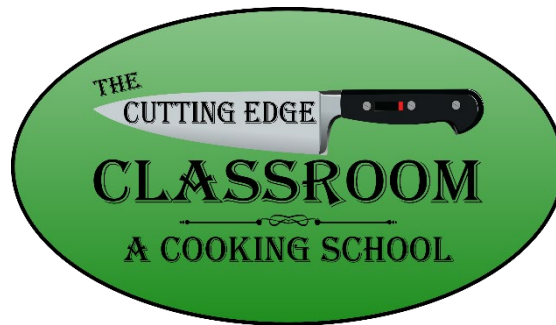


Class Date and Time: August 10<sup>th</sup>, 2022 2:00PM-3:30PM

Contact Person/Company: Tracy Matthews/AARP

Contact Phone Number: 865-237-5681

Contact Email: tmatthews@aarp.org



## Re-Inventing Virtual Cooking Classes At The Cutting Edge Classroom Cooking School

### The Menu

## Breakfast Foods You Can Enjoy Making with A Child

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## Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

### Protein

✓

### Produce

- ✓ 2 Apples
- ✓ 2 bananas
- ✓ 1 cup Fresh Blackberries and/or Raspberries

### Dairy

- ✓ 8 oz whipped cream cheese
- ✓ 2 large eggs
- ✓ 2 cups milk
- ✓ Whip cream
- ✓ 1 cup Greek or another yogurt
- ✓ 1 tbsp butter

### Pantry Items

- ✓ 2 ¼ cup ap flour
- ✓ 1 tbsp baking powder
- ✓ 3 tbsp sugar
- ✓ ½ tsp salt
- ✓ 1 tsp cinnamon
- ✓ ½ cup vegetable oil
- ✓ 1 tsp vanilla extract
- ✓ Maple syrup

### Dry/Canned Goods

- ✓ Rainbow sprinkles

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- ✓ Food color
- ✓ Fruit pebbles

### **Equipment Needed**

**Below is a list of tools you'll need to make the recipes in this packet.**

#### Cutlery

- ✓ Knife
- ✓ Cutting board

#### Hand Tools/Gadgets

- ✓ Whisk
- ✓ Spatula
- ✓ Ladle

#### Cookware

- ✓ Waffle iron

#### Appliances

#### Bakeware

#### Other

- ✓ Mixing bowls

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### **Pre-Class Mise en Place and Notes**

- Please gather all ingredients prior to class if you will be cooking along
- It is helpful to organize the ingredients by recipe on rimmed baking sheets if possible
- Please pre-measure ingredients
- We encourage you to prep all your ingredients and cut all vegetables, fruits, and proteins before class as it will allow you to have more time to listen and watch the instructor

### **Notes:**

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### Rainbow Waffles

Prep Time: 20 minutes

Cook Time: 4 minutes

Total Time: 24 minutes

Servings: 4

Ingredients

- food coloring
- whipped cream
- rainbow sprinkles

Instructions

Preheat waffle iron

1. Spray waffle iron with cooking spray (if your iron requires it)
2. Prepare waffle batter recipe below and separate into six separate bowls.
3. Add a couple drops of food coloring to each bowl & mix until you get your six rainbow colors: yellow, green, purple, orange, red, and blue.
4. To make the waffles neater, add the batter into pastry bags, or ziplock bags & snip the corner.
5. Add one color to the center, and continue adding colors until all are used.
6. Cook waffle according to your waffle maker directions.
7. Remove and allow to slightly cool. Break in half, decorate with whipped cream and rainbow sprinkles.



### Homemade Belgian Waffle Batter

Prep Time: 15 minutes

Servings: 8

Ingredients

- 2 ¼ Cups All Purpose Flour
- 1 Tablespoon Baking Powder
- 3 Tablespoons Sugar
- ½ Teaspoon Salt
- 1 Teaspoon Cinnamon
- 2 Large Eggs Separated
- ½ Cup Vegetable Oil
- 2 Cups Milk
- 1 Teaspoon Vanilla Extract

Instructions

1. In a large bowl whisk together the flour, baking powder, sugar, salt, and cinnamon.
2. In a medium bowl beat the egg whites with a hand mixer until stiff peaks form. Set aside.
3. In a separate medium bowl mix together the egg yolks, vegetable oil, milk, and vanilla extract.
4. Add the egg yolk mixture to the dry ingredients and mix well.
5. Fold in the egg whites.
6. Prepare waffles according to rainbow waffle instructions

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### Breakfast Sushi Recipe

PREP TIME 5 mins

TOTAL TIME 5 mins

SERVINGS 1 roll

INGREDIENTS

- Banana
- Greek Yogurt
- Fruity Pebbles Cereal
- Blackberries

INSTRUCTIONS

1. Begin by peeling the banana.
2. Using a butter knife, spread a layer of Greek yogurt on the outside surface of the banana.
3. Place your Fruity Pebbles in a shallow dish. Roll your banana in the Fruity Pebbles, until fully coated.
4. Place banana on a plate. Slice into "sushi" sized pieces. Arrange and top with blackberries.



### Easy Apple Doughnuts



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