

Miss Annike's Teacher Cookbook



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Play dough (no bake)

2 cups flour

2T oil

2T cream of tartar

1-1.5 cups boiling water

food coloring

Mix dry ingredients in one bowl. Add oil. Add food coloring to water. Mix water in increments until the right consistency. Have Emma play with it until it's the right texture.

Play dough (stovetop)

1 cup flour

1/4 cup salt

3/4 cup water

3T lemon juice

1T oil

food coloring

Add water, oil, lemon juice, food coloring to stovetop pan on medium heat. In a bowl, combine dry ingredients. Once water mixture is hot but not boiling, add dry ingredients in increments, stirring constantly. Continue stirring until it forms a ball. Press sticky parts to the bottom of the pan to cook. Cool, then have Emma play with it until it's the right texture.

Peppermint: 1T peppermint extract

Dirt: dye brown; mix in baked sand*

Gingerbread: 1-2tsp cinnamon, ginger, 1tsp nutmeg, 1tsp cloves

Pumpkin pie: 1/3 jar pumpkin pie spice, vanilla extract, maple extract, red & yellow food coloring

*To sanitize sand:

Bake at 300F/150C/GM 4 for 45min

Chocolate Play Dough

2 cups flour

1 cup salt

½ cup cocoa powder

2T oil

2T cream of tartar

2 cups boiling water

4 drops glycerine (optional)

Combine all the dry ingredients in a bowl. Stir in the vegetable oil. Stir in the boiling water and mix until combined. Knead until it's smooth and stretchy, adding small amounts of flour or water as necessary.

Moon Sand

1kg flour (8cups)

1 cup oil

multiply as necessary

For a large Ikea sensory bin, mix 8kg flour with 8 cups (1.893 liters) oil. If desired, use powdered color only, not liquid!

Oobleck

2 parts cornstarch to 1 part water. Food coloring as desired. Tweak as needed - when mixed you should be able to press a handful into a ball, when you release the ball should "melt" back into a liquid. Use with strainers, colanders, strawberry baskets, etc. To store: let dry in an open bin, refresh with water when ready to use again.

Other Sensory Bins:

1. Wash the toys - water and dish soap
2. Water beads - colors & accessories as necessary
3. Flower Soup - individual trays with bowl, spoon, scissors, pipette. Communal bowls of wildflowers, colored water, kitchen utensils
4. Ocean/Lake - blue water & accessories
5. Snow - saturate diapers, cut & remove jelly beads
6. Construction - sand, rocks, construction toys
7. Bubble foam - equal parts tear-free bubble bath and water, froth with hand mixer, add color & accessories as desired
8. Pom pom sensory bin - pom poms, water, scoops, etc

Birdseed Ornaments

- 1 cup birdseed mix
- 1/8 cup flour
- 1/8 cup water
- 1 1/2 tsp corn syrup
- string

straw to poke holes

Mix together all ingredients. Spread out on wax paper and roll until $\frac{1}{4}$ - $\frac{1}{2}$ " thick. Form into shapes by hand or with cookie cutters, remembering to poke holes in center for string. Let dry overnight on one side, then flip and let dry. Hang with string.

Homemade Bouncy Ball

$\frac{1}{2}$ cup warm water

1T borax

1T cornstarch

2T white glue

food coloring

rubber gloves (optional)

In a cup, mix warm water and borax. In another cup, mix cornstarch, glue, and food coloring. Pour the glue mixture into the water-borax cup. The glue mixture will harden after 10 seconds; use a fork to take it out of the water. If the glue mixture is still sticky, squish it with your hands and dip it back into the water. Roll the mixture in your hands into a ball. The more you handle it, the firmer it will become. Store in a plastic bag or tub.

Jelly Soap

1 package unflavored gelatin

$\frac{3}{4}$ cup very warm water

1 tsp salt

*¾ cup gel body wash
food color (optional)
edible glitter (optional)
spray bottle with rubbing alcohol and silicone molds*

Add gelatin and water to bowl, whisk until dissolved. Add salt, body wash, and optional ingredients and whisk to blend. Spray silicone molds with rubbing alcohol to prevent bubbles. Place molds on tray and carefully pour mixture in. Refrigerate for at least 2 hours to set, then remove. Store in ziploc or plastic container in the fridge until they're ready to be used.

Unpoppable Bubbles

*2 cups water
¼ cup dish soap
2T glycerin
pipettes*

Mix water and dish soap carefully to avoid making a foam. Add glycerin, again stirring gently. Cut off part of the large end of a pipette to make a bubble wand. Dip the large end into the solution and gently blow a bubble. Enjoy!

Whole Grain Crackers

1 ½ cups old-fashioned rolled oats

1 cup whole wheat flour

½ cup wheat germ

2T ground flax seed

1 ½ T date sugar

½ tsp salt

6 T oil

½ cup water

Preheat oven to 350F/180C/gas mark 4. Add dry ingredients to food processor. Blend for about 20 seconds. Leave on and drizzle oil and water until blended. Roll out between two pieces of wax paper until thin. Sprinkle with salt and wheat germ and any of the following: garlic powder, sesame seeds, flax seeds, chia seeds, fresh or dried herbs. Cover with wax paper and roll once more, gently. Cut into squares and bake for 8-10 minutes.

Cheese Balls

(Inspired by "Lily's Purple Plastic Purse")

½ cup butter, softened

4 cups shredded cheese

2 cups flour

1 tsp salt

½ cup water (may not be needed)

Preheat oven to 400F/200C/gas mark 6. In a large bowl, cream the butter and cheese until it's smooth. Gradually beat in flour and salt. Add water slowly as needed, until the dough is sticky and holds together. Roll dough into 1-inch balls and place on a parchment paper-covered baking tray. Bake for 10-15 minutes, until the tops are just brown.

Zaatar Spring Rolls

*16oz halloumi cheese
16 square 7-inch egg roll wrappers
1 small bunch mint leaves roughly chopped
¼ cup zaatar
small bowl of water for sealing edges
olive oil or cooking spray for coating
labneh yogurt for dipping (optional)*

Preheat the oven to 425F/220C/gas mark 7. Line a baking sheet with parchment paper. Cut the halloumi into thumb-sized pieces. Arrange the egg roll wrappers on a dry work surface and position them so that the corner is facing you. Place a slice of cheese at an angle on the lower third of each wrapper and sprinkle with the fresh mint. Dab your fingers in the water and rub around the edges. Beginning at the angle closest to you, roll the wrapper and fold the edges in, adding a dab of extra water if needed. Place the rolls, seam-side down on the baking tray. Brush lightly with oil and sprinkle with zaatar. Bake until golden brown, about 5-7min. Serve with labneh.

Pizza Toast

sliced bread

pizza sauce

shredded mozzarella

other toppings as needed

Preheat oven to 350F/180C/gas mark 4. Line a baking sheet with parchment paper. Arrange bread and spread with pizza sauce. Top with mozzarella and other toppings, bake until cheese is melted.

Easy Drop Biscuits

2 cups flour

$\frac{3}{4}$ T baking powder

$\frac{1}{4}$ tsp baking soda

$\frac{1}{2}$ tsp salt

1 cup milk

1 stick plus 1 T unsalted butter (keep 1T reserved)

Preheat oven to 375F/190C/gas mark 5. In a large bowl, mix dry ingredients. Blend in butter and milk until a sticky dough forms. Drop by tablespoons onto a parchment paper baking tray. Bake 12-15min until golden brown and cooked through. Brush lightly with melted butter as soon as you remove from oven.

Chia Seed Jam

1 ½ cups sliced strawberries
juice of half a lemon
1T honey
¼ tsp vanilla
¼ tsp cinnamon
2T chia seeds

Place strawberries and lemon juice in a small saucepan and set over medium heat. Once fruit is heated, mash and stir until mixture is just barely bubbly (5-6min). Add honey, vanilla, cinnamon, and chia seeds. Stir a few times, and then cover and remove from heat. Let jam thicken for 5-10min. Store in an airtight container in the fridge.

Spinach Sweet Potato Tots

2 cups mashed sweet potatoes
1T ground flaxseed
3T coconut flour
½ cup drained frozen spinach, or any finely chopped greens
¼ cup milk
2 tsp cinnamon

Preheat oven to 375F/190C/gas mark 5. Roast sweet potatoes or microwave on high 4-6min or until soft. Let cool, then cut and scoop out flesh. Add flaxseed, flour, spinach, milk, and cinnamon. Mix well until a thick dough forms. Line a

baking sheet with parchment paper. Scoop a heaping mixture of the dough (1-2T) and roll into an oval to make a "tot" shape. Bake for 25-50min.

Pumpkin Bread

2 cups old-fashioned oats

15oz pumpkin

½ cup maple syrup

2 eggs

1 tsp baking soda

1 tsp pumpkin pie spice (or cinnamon)

Preheat oven to 350F/180C/gas mark 4. Combine all ingredients until smooth.

Pour into greased loaf pan. Bake for 30min or until done. (If sides are done but the center is not, cover in foil and continue baking.)

Sweet Potato Muffins

2 ½ cups cooked sweet potatoes

¾ cup coconut milk

½ tsp vanilla

1 ½ cups flour

½ cup coconut or date sugar

3 tsp baking powder

1 tsp cinnamon

pinch salt

Preheat oven to 350F/180C/gas mark 4. Roast 2 sweet potatoes at 425F/220C/gas mark 7 for 45-50min. Prepare a muffin tin with liners. Place cooked sweet potatoes with coconut milk and vanilla in a blender and blend until smooth. In a large bowl, combine flour, sugar, baking powder, cinnamon, and salt. Transfer the sweet potato mixture to the bowl of dry ingredients. Stir until combined. Spoon batter into muffin tin until filled to top. Bake for 25-30min, and let cool for 15-20min before serving.

Fruit & Vegetable Juice Gummy Snacks

1 ½ cups fruit and/or vegetable juice

4T plain gelatin

2-4T raw honey

½ tsp vanilla

Pour juice into small saucepan. Sprinkle gelatin on top and let sit for a few minutes until it starts to “bloom” (it will get wrinkly-looking on the surface and all of the white powder from the gelatin will absorb into the liquid). When all the gelatin is absorbed, whisk to combine. Place the saucepan over medium heat on the stove. Let the liquid warm through, but never boil. You are looking for the liquid to go from thick and batter-like to thin and runny. You want all the gelatin to dissolve (you can test this by dipping your finger in the mixture and rubbing it against your thumb - if it's smooth, you're ready, if it's grainy, keep it on the hob). Whisk in honey and vanilla. Pour into candy molds or a loaf pan and refrigerate for 2-3 hours or until set. Remove from molds. Cut into squares if needed. Keep in an airtight container in the fridge for 2-3 weeks. *Note - do not use pineapple juice; it will not set.

Tahini Date Cookies

1 ½ cup oats

½ cup tahini

1 ½ cup lightly packed dates

optional: pinch of sea salt

Preheat oven to 350F/180C/gas mark 4. Add all ingredients to food processor or blender and process until it forms a thick dough. Shape into 12 cookies and place on parchment paper-lined baking tray. Bake for 10 minutes, let cool before handling.

Apple Pizza Snack

Apples

Peanut butter (soy butter, cream cheese, etc.)

Toppings (raisins, coconut, chia seeds, dried fruits, oats, etc.)

Cut apples horizontally and remove core & seeds. Invite the children to help you add the toppings.

Cinnamon Date Rolls

2 cups grains (oats, chia, flax, sesame) or nuts

1 ½ cup pitted dates

1 tsp vanilla

¼ tsp salt

3T cinnamon

1T water (optional)

Add grains or nuts to food processor and process until roughly chopped. Add dates, vanilla, and salt and process until it comes together in a thick dough. (If mixture is too dry, add 1T of water.) Take half the mixture out and press into 1 even layer about ¼" thick on parchment paper. Add cinnamon to the rest of the dough and process until combined. Press evenly onto the top of the first layer. Tightly roll up the dough and situate seam side down. Wrap in plastic wrap and freeze for at least 1 hour. Slice into ½" pieces as needed.

Oat Breakfast Bites

2 ripe bananas, mashed

2 cups rolled oats

1 egg

¾ cup milk

1 tsp vanilla

1 ¼ mixed berries

Preheat oven to 350F/180C/gas mark 4. Mash the bananas. Add the oats and stir. Add milk, egg, and vanilla and mix until combined. Add berries and mix well. Place in a greased muffin tin. Bake until cooked through, 18-25min.

Frozen Yogurt Fruit Bark

1 large tub full-fat plain yogurt

sweetener of choice

3-4 different kinds of fruits

granola (if desired)

Chop fruits into bite-sized pieces. Mix yogurt with sweetener to your taste. Spread yogurt out on 2 baking trays covered in parchment paper. Sprinkle granola on top, if desired. Freeze 2-3 hours or until firm. Break off into pieces and enjoy.

Yogurt Parfait

unsweetened yogurt

berries, chopped bananas, grapes, etc

seed mixture of unsalted pumpkin seeds, chia seeds, flax seeds, oatmeal, etc

Have the children help wash and chop the fruits and mix the seeds. The children can practice scooping and pouring to make their individual parfait.

Mango Yogurt Popsicles

2 cups Greek yogurt

4 mangoes, peeled, cored, chopped

Blend everything until smooth. Pour into popsicle molds and freeze at least 6 hours.

Mango Smoothie

2 mangoes, cubed

1 banana

1 cup coconut milk
1 cup greek yogurt
1 cup ice

Blend together until smooth.

Chocolate Chia Shake

2 cups milk
½ cup greek yogurt
1 banana
1T cocoa powder
1T chia seeds
1 tsp honey
½ tsp vanilla

Blend all ingredients until smooth, serve immediately.

Pineapple Coconut Smoothie

3 cups pineapple chunks
½ cup coconut milk
½ cup pineapple juice
2T coconut
½ cup yogurt
1T honey

Blend until smooth, serve immediately.

Berry Smoothie

1 small ripe banana

¾ cup mixed berries

coconut water or yogurt for texture

Blend until the desired consistency - using coconut water for a thinner drink and yogurt for a creamier texture. Sweeten with honey or agave nectar if desired.