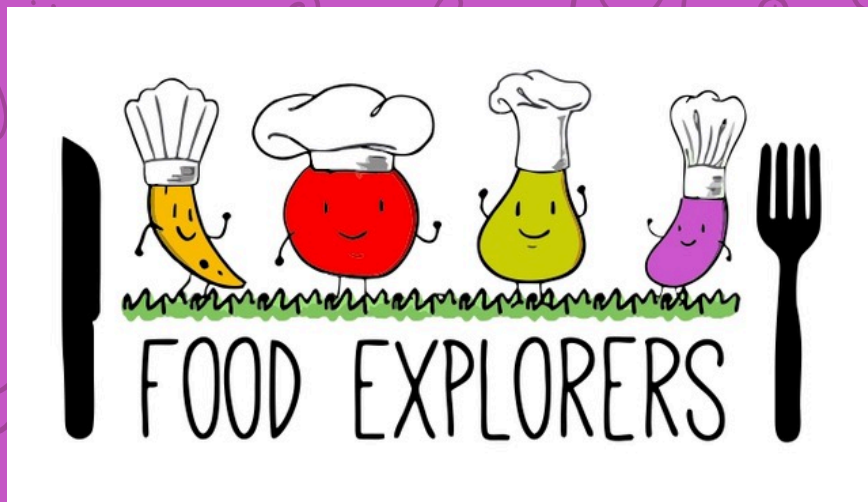


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SWEET BREAKFAST TACOS

INGREDIENTS

Pancakes:

- 2 cup all-purpose flour
- 4 tablespoons granulated sugar
- 2 tablespoons baking powder
- 1 teaspoon salt
- 2 cups milk
- 2 tablespoons apple cider vinegar
- 2 teaspoons vanilla extract

- 1 can nonstick cooking spray

Taco Filling: (per person)

- 2 tablespoons chocolate hummus
- ½ tablespoon milk
- ½ cup rice krispies

Toppings: (per person)

- 2-3 strawberries
- 4 green grapes
- 1 canned pineapple ring
- 2 tablespoons vanilla Greek yogurt

DIRECTIONS

- **Make pancakes:** In a medium bowl, add the flour, sugar, baking powder, and salt, and stir to combine.
- In a separate bowl, mix together milk, apple cider vinegar, and vanilla to make your buttermilk.
- Pour the liquid mixture into the dry mixture and whisk until smooth.
- Let the batter rest for 5 minutes. Preheat griddle as the batter rests.
- **Cook pancakes:** Spray griddle with cooking spray. Pour about ¼ cup of batter onto griddle over medium heat.
- When the top begins to bubble, flip the pancake. Cook each side until golden.
- **Make fruit salsa:** In a small bowl, mix together chopped strawberries, grapes, and pineapple to make a fruit salsa.
- Once pancakes are cooked, set aside for about 5 minutes, until cool enough to handle.
- **Make filling:** While pancakes cool, mix together chocolate hummus and milk in a small bowl until well combined. Once mixed, add rice krispies and mix until well coated.
- **Build tacos:** Assemble tacos by adding filling, fruit salsa, and top with vanilla Greek yogurt.



LEMON HERBED GNOCCHI

INGREDIENTS

Gnocchi:(Per Child)

½ cup of mashed canned potato
1 Tbsp of Unbleached Flour
Season with a pinch of Salt, Garlic, onion powder, and black pepper

Lemon Herb Sauce: (As Group)

2 Tbsp of Olive oil
3 garlic cloves (or 1 Tbsp of Minced Garlic)
1 lemon - squeezed
¼ cup of Fresh Parsley
¼ cup of Fresh Basil
¼ cup of Fresh Chives
(12 oz) Bag of frozen Peas
¼ cup of Grated Parmesan Cheese
(2 oz) Cream Cheese
4 Tbsp of Whole Milk
Pinch of Salt + Ground Pepper

DIRECTIONS

- Preheat the hot plate and griddle
- Drain and rinse potatoes
- Mash potatoes in a bowl with a fork until smooth
- Add flour, salt, garlic powder, onion powder, and black pepper. Mix until a soft dough forms. Add a little extra flour if the dough feels too sticky.
- Roll small pieces of dough into oval-shaped bites.
- in a griddle or in a pan over medium heat. Cook the gnocchi until golden brown and slightly crispy on all sides.
- Grab a pan/skillet, add garlic, peas. Cook for 2 -3 minutes.
- Add lemon juice, parsley, basil, chives, cream cheese, milk, salt, and pepper. Stir until creamy!



RASPBERRY CHEESECAKE PIES

INGREDIENTS

Crust: (per person)

- 2 sheets of graham crackers
- 1 teaspoon granulated sugar
- 1 tablespoon butter, melted

- 1 (5") mini foil pie pan (1 per child)

Raspberry Filling:

- 6 ounces frozen raspberries
- 1/4 cup sugar
- 8 ounces cream cheese, softened
- 3 cups heavy whipping cream
- 2 tablespoons powdered sugar
- 1 teaspoon vanilla extract

DIRECTIONS

- **Make crust:** Crush graham crackers in a ziploc bag. Then, add sugar and melted butter to baggie with graham cracker crumbs.
- Once mixed, pour crumb mixture into a 5" pie pan and use the back of a spoon to press it firmly in the bottom and up the sides of the pan. Set aside.
- Place 6 ounces of raspberries and 1/4 cup sugar in a medium saucepan. Cook over medium heat until the sugar is melted and the raspberries are cooked down. The mixture does not need to boil.
- **Make filling:** In a large bowl, use an electric mixer to whip cream cheese until smooth. Add raspberry mixture and mix until fully combined.
- **Make whipped cream:** In a separate bowl, whip the whipping cream, powdered sugar, and vanilla until stiff peaks form. **Set aside two cups of the whipped cream for topping.**
- Add the rest of the whipped cream to the raspberry mixture. Fold the two mixtures together until combined.
- **Assemble pies:** Add raspberry cream pie filling to the pie crust.
- When ready to serve, top with whipped cream and frozen raspberries.



CHEESY POTATO FLATBREADS WITH BEET TZATZIKI

INGREDIENTS

Dough: (per person)

- 1/3 cup all-purpose flour
- 1 tablespoon + 1 teaspoon milk
- 2 teaspoons water
- A pinch of salt
- 1 teaspoon melted butter

Filling: (per person)

- 1/3 cup of canned diced potatoes
- 2 teaspoons sliced green onions
- 3 tablespoons shredded mozzarella cheese
- 1 tablespoon shredded cheddar cheese
- 1 tablespoon feta cheese
- Salt and pepper to taste

Beet Tzatziki Dip: (per person)

- 1/2 medium beet
- 1/12 English cucumber
- A pinch of salt (to sweat the cucumbers)
- 1/4 cup full greek yogurt
- 1/2 teaspoon jarred garlic
- 1/2 tablespoon chopped dill
- A squeeze of lemon
- A pinch of salt and pepper

- ~4 tablespoons of butter
(to cook flatbreads)

DIRECTIONS

- **Make dough:** Place flour in a bowl, and make a small well in the center with a fork. Pour milk, water, and salt into the well, and stir with a fork to form a shaggy dough.
- Pour in the 1 teaspoon melted butter, and continue to mix with a fork until dough begins to come together.
- Transfer dough to lightly floured cutting board and knead until dough is smooth and slightly elastic, 2 to 4 minutes. Place dough back in bowl, cover, and set aside to rest for 15 to 30 minutes.
- **Make filling:** Dice canned potatoes into cubes and measure out 1/3 cup of diced potato; add to a bowl and mash with a fork until relatively smooth (no big chunks).
- Slice green onions. Add green onions, mozzarella, cheddar, and feta cheese to potatoes and stir thoroughly to combine. Season with salt and pepper. Set filling aside until ready to use.
- **Build flatbreads:** Roll dough out on a well-floured work surface into a 5- to 6-inch circle. **Make sure to flatten out outer edge of circle to make it extra thin.** Scoop cheese filling in the center of dough circle.
- Fold dough up toward the center to cover filling completely, pleating dough as needed and using a moistened finger to stick dough together where it overlaps. Flour the top, and flip over so the seam side is down.
- Again, flour the top of filled dough, and roll gently into an even circle, 3/4- to 1-inch thick.
- **Cook flatbreads:** Melt 2 tablespoons butter in a nonstick skillet over medium heat. Place filled bread in the skillet and cook for about 3 minutes on each side until lightly golden brown. Cool for 5 to 10 minutes.
- **Make tzatziki:** Carefully chop beet, cucumber, and dill into little pieces. Toss the cucumber with the salt to help release its juices. Add all dip ingredients into a bowl. Give a stir. Season with a squeeze of lemon and a pinch of salt and pepper.
- Serve cooked and slightly cooled flatbreads with beet tzatziki dip.



CINNAMON ROLLS

INGREDIENTS

Dough: (2 mini rolls per person)

½ cup all-purpose flour
2 teaspoons granulated sugar
⅛ teaspoon baking powder
¼ teaspoon instant yeast
A pinch of salt
2 teaspoons vegetable oil
2 ½ tablespoons milk

Cooking spray

Filling: (per person)

1 tablespoon softened butter
2 tablespoons brown sugar
¾ teaspoon ground cinnamon
A pinch of salt

Glaze: (per person)

1 oz softened cream cheese
2 tablespoons powdered sugar
A splash of vanilla extract
A pinch of salt
1 teaspoon of milk

DIRECTIONS

- **Make dough:** In a small bowl, mix together flour, sugar, baking powder, yeast, and salt.
- In a separate bowl, mix together oil and milk.
- Stir the wet ingredients into the dry and use a spoon to incorporate well until the ingredients gather into a cohesive ball. Lightly sprinkle cutting board with flour and knead the small dough ball for 20-30 turns. Cover with a paper towel and allow to sit for 5 minutes.
- Roll the dough to 1/4-inch thickness into a rectangle. You won't need additional flour because you want the dough to stick to the cutting board just a bit to hold its shape.
- **Make filling:** In a small bowl, mix softened butter, brown sugar, cinnamon, and salt. Spread the cinnamon butter on the dough.
- **Cut rolls:** Use a knife to slice the dough into 2 strips. Roll the first strip into a relatively tight coil. Place rolls in a bowl and cover with a paper towel. Allow to rest for 10 minutes.
- Preheat cupcake machine.
- **Bake cinnamon rolls:** Using cupcake machine, bake the rolls for 16-18 minutes until golden and bubbling.
- **Make glaze:** While the rolls bake, mix together cream cheese, vanilla, salt, and milk with a fork to make the glaze.
- Remove rolls from cupcake maker. Allow to cool for 5 minutes.
- Add glaze to cinnamon rolls with a spoon to serve!



VEGGIE BURGER SLIDERS

INGREDIENTS

Patty Mixture:

- 1/6 cup of mashed kidney Beans
- 2 Tablespoons + 2 Teaspoons of Rolled Oats
- 1 Tsp of Ketchup
- 2 Tsp of Chopped Onion
- 1/8 or pinch of chopped garlic
- 1 Tsp of Parsley
- A pinch of salt
- A pinch of oregano
- A pinch of Paprika
- A pinch of Ground pepper

1 can of non-stick cooking spray

Slidder Toppings:

- 1 Hawaiian Rolls
- 1 slice of Cheddar Cheese
- Romaine Lettuce
- Cherry Tomatoes, sliced
- English Cucumber, sliced
- Ketchup, Mayonnaise, Sriracha, Mustard

DIRECTIONS

- First, drain beans. In a large bowl, mash the kidney beans until they become a thick paste
- Chop /dice your garlic and onion into small pieces.
- Grab a bowl, add oats, ketchup, onion, garlic, parsley, and seasonings. Mix until combined.
- Using both hands, roll the mixture into a ball, then gently press it into a small patty.
- Spray the pan with cooking spray and cook the patty over medium heat for about 5 minutes per side, or until golden brown and crispy. Gently press with a spatula before flipping.
- Experiment or mix your favorite sauce combination, such as ketchup, mayo, sriracha, and mustard.
- Assemble your burger, place the patty onto a Hawaiian roll and add cheese, lettuce, tomato, cucumber, sauce, and enjoy!



SWEET POTATO BROWNIE PARFAITS

INGREDIENTS

Sweet Potato Brownie:

- 2 Tbsp Semi-Sweet Chocolate Chips
- 2 Tbsp of sunflower
- ½ cup of sweet potato
- 1 tbsp of maple syrup
- ½ Tsp Vanilla Extract
- 3 Tbsp of Cocoa powder
- 1 Tsp Flour
- 1 Egg
- ¼ Tsp Baking Powder

Fruit Jam Layer:

- ½ cup of Frozen Strawberries
- 1 sliced Lemon
- 1 Tbsp of Sugar

Aquafaba Whipped Cream:

- ¾ cup of Aquafaba
- ¼ tsp of Cream of Tartar
- 1 Tbsp of Vanilla Extract
- ⅔ cup of Powdered Sugar
- 2 Tsp of Canola Oil

Desired Toppings:

- Crushed Graham Cracker or Oreos
- Your favorite fruit
- Extra jam
- Extra chocolate chips

DIRECTIONS

- Preheat the cake pop machine or oven to 350 °F.
- Grab a can opener, drain the liquid from 1 can of chickpeas into a bowl. Beat the aquafaba with an electric mixer until foamy, about 2 minutes. Add cream of tartar and beat until fluffy peaks form, about 5 minutes. Add vanilla, beat for 2 minutes. Slowly add powder sugar, beat until light and fluffy, and beat for 3 minutes. Mix in canola oil on low for 15-20 seconds.
- Drain canned sweet potatoes. In a large bowl, mash the sweet potatoes until mashed.
- Grab a separate bowl and mix mashed sweet potato, sunflower butter, maple syrup, vanilla, egg, cocoa powder, flour, baking powder, and chocolate chips.
- Add the batter to a greased cupcake liner. Bake for 16 minutes, or until set. Set aside to cool.
- In a small bowl, mash strawberries with lemon juice and sugar until thick and jam-like. using a fork.
- Once the brownies cool, start assembling! crumble brownie into chunks and start by layering brownie chunks, strawberry jam, whipped cream, and toppings in a cup. Enjoy!



CRISPY MINI RICE CUPS

INGREDIENTS

Rice cup: (per person)

- $\frac{2}{3}$ cup of frozen sticky rice
- 1 teaspoon of rice vinegar
- 1 teaspoon of sugar
- $\frac{1}{4}$ teaspoon of salt
- $\frac{1}{2}$ teaspoon of sesame oil
- 1 teaspoon of furikake rice seasoning

Filling: (per person)

- $\frac{3}{4}$ cup of chickpeas
- 4 tbsp mayo
- 2 tbsp chopped red bell pepper
- 2 tbsp chopped onion
- A squeeze of lemon
- Salt & pepper to taste

Sauce: (per person)

- 2 tablespoons mayonnaise
- $\frac{1}{2}$ tablespoon of sriracha

DIRECTIONS

- Preheat cupcake machine.
- **Make sushi rice:** In a small bowl, children will mix sushi rice ingredients until well combined.
- Take rice mix, place in cupcake machine, and carefully press on the center of each one with a spoon to form cup shape.
- **Bake rice cups:** Bake for 25-30 minutes until set and lightly crispy.
- While rice cups are baking, you can start making the filling.
- **Make filling:** Mash chickpeas with a potato masher. Chop bell pepper and onion into little pieces. Combine mashed chickpeas, mayo, lemon juice, and chopped vegetables to make chickpea salad. Add salt and pepper to taste.
- **Make sauce:** Mix together mayo and sriracha to make sauce.
- Once rice cups are cooked, let cool for 5–7 minutes before removing.
- **Assemble rice cups:** Once cooled, assemble the rice cups by scooping on chickpea salad and topping with sriracha mayo.



BLUEBERRY VANILLA CUSTARD BITES

INGREDIENTS

Crust:

4 large eggs, at room temp
1½ cups milk, at room temp
¾ teaspoon sea salt
1½ cups all-purpose flour
2 tablespoons melted butter

Cooking spray

Filling:

1, 5.9 oz instant vanilla pudding
3 cups of milk

Sauce: (per person)

¼ cup frozen blueberries
1 teaspoon granulated sugar
½ teaspoon lemon juice

DIRECTIONS

- **Make batter:** In a large bowl, whisk together eggs, milk, and salt until no streaks of egg white remain.
- Add flour and whisk to combine, then whisk in the melted butter until smooth. Let batter rest while cupcake machine preheats.
- Grease cupcake machine with cooking spray. **You not need liners for this recipe.**
- **Bake crusts:** Once the cupcake machine is heated, scoop batter into molds until just about full. Bake for 25-30 minutes, until edges are golden brown. Set aside 5-7 minutes to cool.
- While the crusts are baking, make vanilla pudding according to package instructions.
- **Make sauce:** start making their topping sauce. In a small bowl, mash frozen blueberries, sugar, and lemon juice together to make a blueberry compote.
- **Assemble custard bites:** Once crusts are cooled, children can assemble their custard bites by scooping vanilla pudding onto crusts and topping with blueberry compote.



S'MORES EMPANADAS

INGREDIENTS

Homemade Pancake Mix:

- 1 cup of All-Purpose Flour
- 1 Tbs of Granulated Sugar
- 1 Tbsp of Baking Powder
- ½ Tsp of Salt
- 1 Tsp of Nutmeg
- 1 Tsp of Ground Cinnamon

S'more Filling:

- 1 Tbsp of Mini chocolate Chips
- 4 - 5 mini Marshmallows
- 1 Graham Cracker Square

Empanada:

- 1 ½ Cup of All-Purpose Flour
- 1 Cup of Homemade Pancake mix
- ½ cup of Granulated Sugar
- ½ cup of Vegetable Butter
- 1 Egg
- 1 Tbsp of Vanilla Extract
- 4 oz (8 Tbsp) of Room Temperature Milk

DIRECTIONS

- In a bowl, mix in all-purpose flour, granulated sugar, baking powder, salt, nutmeg, and cinnamon to make a homemade pancake mix; set aside.
- In a separate bowl, add all-purpose flour, 1 cup of the homemade pancake mix, sugar, vegetable butter, beaten egg, vanilla, and 1 teaspoon milk. Mix with hands until a soft dough forms. Add a little more milk if the dough is too dry.
- Roll the dough into a ball, then flatten it into a circle.
- Add a Graham cracker into a plastic bag and crush. Then, add chocolate chips, marshmallows, and crushed graham crackers to one side of the dough. Do not overfill.
- Fold the dough over like a quesadilla and press the edges closed with a fork.
- Spray a pan with non-stick cooking spray and cook over medium-low heat until golden brown on both sides, about 8 minutes per side.
- Let cool before eating because the filling may be hot. Enjoy!

