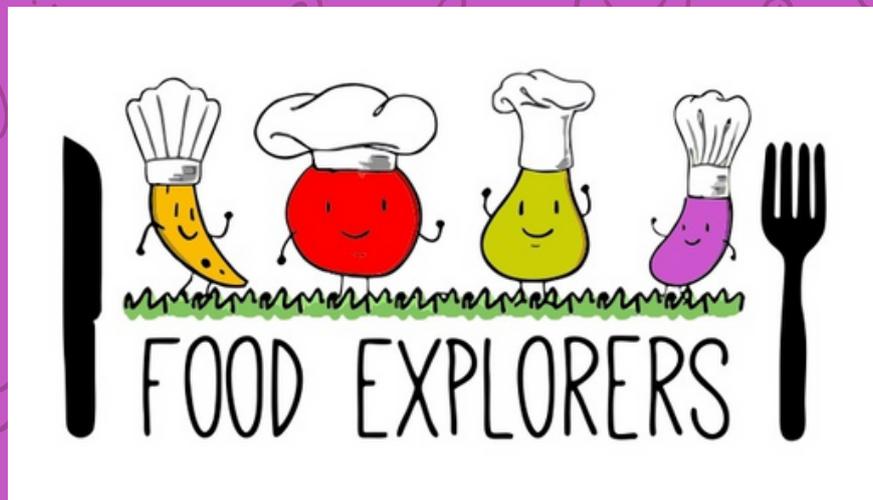


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FEBRUARY VACATION CAMP
SPRING 2026



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BLACK BEAN BROWNIE TRIFLES



INGREDIENTS

Whipped Cream:

1 pint (2 cups) heavy whipping cream

½ cup powdered sugar

1 teaspoon vanilla

Fruit Layer:

1 large container of strawberries

1 can nonstick cooking spray

Black Bean Brownies:

2 (15-oz can) black beans
rinsed and drained

3 large eggs

3 Tbsp vegetable oil

1 tsp vanilla

¼ cup unsweetened cocoa
powder

⅔ cup sugar

½ tsp baking powder

¼ tsp salt

½ cup mini semi-sweet
chocolate chips

DIRECTIONS

- Preheat cake pop machine.
- Drain and rinse can of beans.
- Mash the bean well with fork and add to large mixing bowl with all wet ingredients. Whisk until smooth.
- Measure and mix remaining ingredients into bowl. Gently fold in chocolate chips.
- Spray the heated cake pop machine well with nonstick cooking spray. Spoon 1 tablespoon of batter into each well of the cake pop machine. Cook in batches for 5-6 minutes.
- Combine whipped cream ingredients in a large bowl. Using a hand-held mixer, beat the ingredients together, starting on low speed and increasing to high slowly as it begins to firm up. Beat for 60-90 seconds until stiff peaks form.
- Dice strawberries and crumble up brownies.
- Layer brownie, strawberries, and whipped cream in a cup.



BLACK BEAN TACOS WITH HOMEMADE TORTILLAS



INGREDIENTS

Tortilla Dough (per serving, 2 tacos):

- 1/3 cup all-purpose flour
- 1 1/2 teaspoons olive oil
- 2 tablespoons water
- 1 pinch of salt

Toppings (for 6 servings, 12 tacos):

- 1 bunch fresh cilantro
- 1 jar of mild salsa (remaining from filling)
- 1/2 (8 oz) bag shredded Mexican cheese
- 2 ripe avocados
- 1 lime

Filling (for 6 servings, 12 tacos):

- 1 (15 oz) can black beans, drained & rinsed
- 1/2 large white onion
- 1 - 1 1/2 tablespoons olive oil
- 1/2 tablespoon mild taco seasoning
- 1 clove of garlic
- 1/4 cup mild salsa
- 1/4 teaspoon salt

Non-stick cooking spray

DIRECTIONS

- **Dough:** In a small bowl, combine all of the dough ingredients and mix until a shaggy dough forms.
- Turn the dough onto a lightly floured surface. Gently bring it together into a ball, then knead for 2–3 minutes until smooth, adding a little more flour if sticky. Let rest uncovered for 10–15 minutes.
- **Filling:** Dice the onion and mince a clove of garlic. Heat 1–1 1/2 tbsp olive oil in a pan over medium heat. Add onion and salt; sauté 5–8 minutes until softened and lightly caramelized. Add garlic, cook 30 seconds, then stir in black beans and taco seasoning. Sauté 5 minutes until heated through. Stir in about 1/4 cup salsa and set aside, covered.
- **Roll dough:** Divide the dough in half. Roll each piece into a thin circle on a floured surface.
- **Cook:** Heat a griddle or large skillet over medium. Lightly grease it and cook tortillas 2 minutes per side, until golden and cooked through.
- **Topping:** In a small bowl, mash avocado with a squeeze of lime and a pinch of salt to make guacamole.
- **Assemble:** Fill warm tortillas with black bean filling, guacamole, and any extra toppings you desire (cheese, salsa, cilantro).
- Enjoy!

