



**SEAHAWKS**  
**Kids Recipe Book**



## Power Up Smoothie

\*All recipes will require adult supervision.

### Ingredients:

- Produce:
  - o 1 – Apple, green
  - o 1 – Banana
  - o 2 Cups – Spinach
- Nuts & Seeds:
  - o 1 Tbsp – Flax seed, ground \*Optional
- Frozen:
  - o 1 Cup – Ice
- Liquids:
  - o 1 Cup – Water or your choice of milk

### Instructions:

1. In a blender, place the water and spinach (add in flax see if you want extra fiber) and blend until smooth.
2. Add in the banana, cut up apple, and ice. Blend until smooth.
3. Enjoy!





## Cheesy Pepperoni Pizza Sticks

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### Ingredients:

- Meat:
    - o 40 - Pepperoni, slices
  - Produce:
    - o ½ Tps – Garlic powder
    - o ½ Tps – Parsley, dried
  - Bread:
    - o 1 Tube – Refrigerated pizza crust
  - Dairy:
    - o 2 Tbsp – Butter
    - o 10 – Mozzarella cheese sticks
- \*You can also cut your own cheese sticks from a block of cheese.

### Instructions:

1. Ask an adult to preheat the oven to 450 degrees.
2. Spread pizza dough out on a lightly greased baking sheet. With an adult's help, cut the dough into 10 rectangles.
3. Place 4 pepperoni slices on each rectangle and place the cheese stick on top.
4. Roll the pizza dough around each of your rectangles, covering the cheese stick completely.
5. With an adult's help, in a bowl, melt the butter and add the garlic powder and dried parsley to the butter. Brush the melted butter on the top of each of your pizza sticks.
6. Have an adult place your pizza sticks in the oven for 10-12 minutes or until they are golden brown.
7. Enjoy!





## Gameday Parmesan Ranch Snack Mix



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### Ingredients:

- Produce:
  - o ½ Cup – Peanuts
- Grains:
  - o 5 ½ Cups – Cereal \*Chex Mix works great!
  - o 6 oz – Crackers
  - o 6 oz – Pretzel sticks, twists
- Condiments:
  - o 1 ½ Tbsp – Worcestershire sauce
- Spices:
  - o 1 Tbsp – Ranch dressing seasoning packet
- Dairy:
  - o ¼ Cup – Butter
  - o 2/3 Cup – Parmesan cheese, grated

### Instructions:

1. Ask an adult to preheat the oven to 300 degrees.
2. On a large baking pan combine cereal, peanuts, and pretzels.
3. With an adult's help, in a bowl melt the butter and then add half of the parmesan cheese, ranch seasoning and Worcestershire sauce. Whisk all ingredients until smooth and then pour the mixture over your cereal, peanuts, and pretzels until they are covered.
4. Ask an adult to put your baking pan in the oven for 40 minutes. Set a timer for 15 minutes and every 15 minutes mix your cereal, peanuts, and pretzel mixture with a large spoon. Remember the pan is HOT!
5. After 40 minutes, remove your baking pan from the oven and let the mixture cool for 30 minutes.
6. In a large bowl, add the rest of the parmesan cheese and crackers and enjoy!



## The Best Chocolate Chip Cookies



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### Ingredients:

- Dairy:
  - o 1 – Large Egg
  - o 1 Cup - Butter
- Baking & Spices:
  - o 2 Cups – All-purpose flour
  - o 1 Tsp – Baking soda
  - o  $\frac{3}{4}$  Cups – Brown sugar, lightly packed
  - o 2 Cups – Chocolate chips, semisweet
  - o  $\frac{2}{3}$  Cups – Granulated sugar
  - o  $\frac{1}{2}$  Tsp – Salt
  - o 2 Tsp – Vanilla extract
- Oils & Vinegar:
  - o 1 Tsp – Apple cider vinegar

### Instructions:

1. Ask an adult to preheat the oven to 350 degrees. Line a baking pan with parchment paper.
2. In a medium bowl, mix the flour, baking soda and salt. Set this mixture aside.
3. In a large bowl, beat together the butter, sugar, vanilla extract and apple cider vinegar until it is smooth. Add the large egg until it is combined.
4. Combine the flour mixture into the wet ingredients until they are all fully combined. Then add the chocolate chips.
5. Using a spoon, scoop the cookie dough into small balls (about 2 round tablespoons) and then drop them about 3 inches apart onto your baking pan.
6. Ask an adult to place your baking pan in the oven. Bake them for 8-10 minutes, they will look light brown around the edges, and they might look undone in the center. Remove them from the oven and move them to a cooling rack for 10 minutes.
7. Enjoy!