

No-energy Cooking

Easy recipes you can make without using any energy (except your own!)



Little Actions. Big Difference.

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Sunshine S'mores



INGREDIENTS

- 2 graham crackers, broken into 4 halves
- 2 jumbo marshmallows
- 2–4 squares of chocolate
- Tin foil

DIRECTIONS

1. Put a piece of tin foil on a plate.
2. Put two squares of graham cracker on the tin foil.
3. Put chocolate on top of each graham cracker.
4. Put a marshmallow on top of each chocolate.
5. Put a square of graham cracker on top of each marshmallow.
6. Find a spot outside in the sun.
 The s'mores will cook faster if you put the plate on a hot surface like a driveway.
7. Leave them in the sun for 15 – 30 minutes, until the marshmallows are melted.

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Sandwich Buddies



FOX

- Nut butter
- Cream cheese
- 3 blueberries
- 1 strawberry

BUNNY

- Cream cheese
- 2 blueberries
- 1 strawberry
- 1 banana
- Slivered almonds

BROWN BEAR

- Chocolate hazelnut spread
- 3 blueberries
- 1 banana

SILLY MONKEY

- Chocolate hazelnut spread
- 2 blueberries
- 1 banana

BABY OWL

- Nut butter
- 2 blueberries
- 1 strawberry
- 1 banana
- 9 sunflower seeds
- 1 pecan

PUPPY

- Cream cheese
- Chocolate hazelnut spread
- 3 blueberries
- 1 banana

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Apple Donut Rings



INGREDIENTS

- 1 apple
- ¼ cup cream cheese
- 2 tablespoons honey
- Sprinkles


DIRECTIONS

First, get ready:

1. Put the cream cheese in a bowl and leave it on the counter until it softens.

Once the cream cheese is soft:

1. Mix the cream cheese together with the honey until smooth. Use those muscles! You can do it!
2. Ask a grown-up to help you slice your apple cross-wise (about 1/2-inch thick).
3. Use a knife to cut a hole in the middle of each slice.
4. Spread the cream cheese mixture on the apple slices.

 Use the edge of each slice to scrape the cream cheese off the knife. The flat part of the apple slice is slippery!

5. Decorate with sprinkles.

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Guacamole



INGREDIENTS

- 4 ripe avocados

 Ripe avocados look black and feel a little soft

- 1 lime

- ½ teaspoon salt

DIRECTIONS

1. Have a grown-up help you cut open the avocado and remove the pit and the peel.
2. Put the avocados in a large mixing bowl.
3. Have a grown-up help you cut the lime in half, then into wedges. Use your fingers to squeeze each wedge so that the juice lands in the bowl.
4. Add the salt.
5. Mash with a fork.

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PB & Banana Sandwich



INGREDIENTS

- 2 pieces of bread
- Nut butter (you can use peanut butter, almond butter, or anything else!)
- 1 banana
- Cinnamon

DIRECTIONS

1. Lay the bread down on a plate.
2. Spread peanut butter on each piece of bread.
3. Peel the banana, then slice it into circles.
4. Place the banana circles on top of the nut butter.
5. Sprinkle cinnamon on top to make it look fancy.




Carrot-Raisin Salad



INGREDIENTS

- 1 pound of shredded carrots
- 1 cup raisins
- 1 orange, cut in half
- ¼ cup brown sugar
- Pinch of salt

DIRECTIONS

1. Put the shredded carrots into a bowl. Add the raisins.
2. Have a grown-up help you cut the orange in half, then into wedges. Use your fingers to squeeze each wedge so that the juice lands in the bowl.
 Squeeze them over a strainer to catch the seeds.
3. Add the brown sugar and salt.
4. Mix well.


Nutty Yogurt Dipping Sauce



INGREDIENTS

- 2 small containers of vanilla yogurt
- ¼ cup nut butter (you can use peanut butter, almond butter, or anything else!)
- 1 tablespoon honey or maple syrup

DIRECTIONS

1. Add all ingredients to a medium bowl.
2. Stir until smooth and creamy. Use those muscles!
 If it's too thick, you can add a splash of milk.
3. You can eat apples, bananas, pretzels, or anything else with this dip!



Mini Cheesecakes



INGREDIENTS

- 1 package of cream cheese (8 ounces)
- ½ cup plain Greek yogurt
- 1 teaspoon vanilla extract
- 1 teaspoon lemon juice
- 2 tablespoons honey
- 3 full graham crackers
- 2 tablespoons butter
- ½ cup fruit
- Cupcake liners

DIRECTIONS

First, get ready:

1. Put 2 tablespoons of butter in a bowl. Leave it in the sun to soften.
2. Put the cream cheese in a bowl. Leave it on the counter until it softens.

Once the cream cheese is soft:

1. Stir it with a fork until it gets smooth. Use those muscles! You got this!
2. Add yogurt, vanilla, lemon juice, and honey to the bowl.
3. Mix it until smooth.

Once the butter is soft:

1. Put 3 full graham crackers in a bag. Smash them into crumbs!
2. Put the crumbs into a bowl. Mix with the soft butter.
3. Line a muffin tin with cupcake liners.
4. Spoon some graham cracker mixture into each liner. Smash it down flat.
5. Spoon the cream cheese mixture on top.
6. Sprinkle fruit on top.
7. Put them in the freezer and leave them overnight.




Bean and Corn Salad



INGREDIENTS

- 2 avocados
- 1 lime
- 1 can black beans
- 2 cups corn (frozen or canned)
- 1 red or green bell pepper
- Handful of cilantro
- ½ teaspoon cumin
- 1 teaspoon salt
- ¼ teaspoon garlic powder
- ¼ teaspoon black pepper

DIRECTIONS

 **Have a grown-up help with this recipe! There is a lot of chopping!**

1. Open the can of beans. Dump them into a colander in the sink. Rinse them with water.
2. Put the beans in a bowl.
3. Add the corn to the bowl.
4. Cut open the avocado and remove the pit and the peel.
5. Chop up the avocado into little pieces, then add them to the bowl.
6. Cut the lime in half, then into wedges. Use your fingers to squeeze each wedge so that the juice lands in the bowl.
7. Cut the bell pepper into little pieces, then add them to the bowl.
8. Chop up the cilantro leaves, then add them to the bowl.
9. Add the cumin, salt, garlic powder, and black pepper.
10. Stir well.

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Mr. Sandwich



INGREDIENTS

- 1 tortilla or pita or bagel
- Hummus
- Cut-up veggies, like:
 - Red bell peppers
 - Carrots
 - Broccoli
 - Spinach
 - Cucumbers
- Nuts or seeds, like:
 - Sunflower seeds
 - Pumpkin seeds
 - Cashews
 - Peanuts

DIRECTIONS

1. Spread the hummus on the tortilla/pita/bagel.
2. Place the veggies and nuts on the hummus to make a silly face.

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Trail Mix



INGREDIENTS

- 1 cup of nuts (any kind)
- 1 cup of dried fruit (any kind)
- ½ cup of chocolate chips
- 1 cup mini pretzels

DIRECTIONS

1. Combine everything.
2. Store in an airtight container.



Ants on a Log



INGREDIENTS

- 3 celery sticks
- ¼ cup nut butter
- 24 raisins

DIRECTIONS

1. Wash the celery sticks.
2. Cut off the ends of each stick.
3. Cut each stick in half.
4. Spread peanut butter inside the "U" of the celery stick.
5. Push raisins into the peanut butter.

