

Rice Krispie Treats

Materials/Ingredients:

- ½ cup of salted butter
- 16 oz mini marshmallows (1 ½ bags of marshmallows)
- 9 cups of crispy rice cereal
- 9x13 sheet pan
- Measuring cups/spoons
- Microwave
- Microwave-safe bowl
- Sprinkles/Chocolate chips/Mini M&M's for toppings
- 2 squares of white chocolate
- Cooking spray

Instructions:

1. Place ½ cup of butter and 16 oz of mini marshmallows in a microwave-safe bowl. (Group 2 will also add in 2 cups of chocolate chips).
2. Microwave for 1 minute. Remove bowl from microwave and stir. Return bowl to the microwave and microwave for another 30 seconds. Stir again until the marshmallows and butter are completely melted together.
3. Fold in 9 cups of rice cereal until well combined.
4. Grease the 9x13 sheet pan with cooking spray. Place the mixture in the greased dish and press down evenly (spray a little cooking spray on your hands to prevent sticking). Allow to cool before serving.
5. Cut all rice krispies in small squares and share! (Every person gets one square of each)

Group 1:

1. Melt 2 squares of white chocolate for 20-30 seconds in a microwave-safe bowl. Check the chocolate every 10 seconds in the microwave to prevent burning.
2. Drizzle the white chocolate on the rice krispies with a spoon.
3. Decorate the top with sprinkles.

Group 2:

1. Decorate the top of the rice krispies pan with more chocolate chips.

Group 3:

1. Decorate the top of the rice krispies pan with half mini M&M's and the other half with chocolate chips.

Chocolate Mug Cake

Materials/Ingredients:

- Microwave
- Microwave safe mugs for each camper
- Measuring cups/spoons
- 3 tbsp all-purpose flour
- 2 ½ tbsp granulated sugar
- 1 tbsp unsweetened cocoa powder
- ¼ teaspoon baking powder
- 3 tablespoons 2% milk
- 1 tablespoon salted butter (melted)
- ⅛ teaspoon vanilla extract
- Chocolate chips or sprinkles for toppings
- Non-stick spray

Instructions:

1. Spray the bottom of the microwave safe mugs lightly with cooking spray.
2. Add 3 tbsp of flour, 2 ½ tbsp of granulated sugar, 1 tbsp of cocoa powder, ¼ teaspoon baking powder and stir together.
3. Add 3 tablespoons milk, 1 tablespoon of melted butter, and ⅛ teaspoon of vanilla extract, and stir until smooth. *Make sure you mix the materials at the bottom of the mug!*
4. Add in your toppings either sprinkles or chocolate chips on top.
5. Cook in the microwave for 70 seconds. (You can add an additional 15-25 seconds if needed.)
6. Check to see if it is fully cooked by sticking it with a fork.
7. Serve and Enjoy!

Vanilla Mug Cake

Materials/Ingredients:

- Microwave
- Large Microwave Safe Bowl
- Ceramic Mug
- Measuring cups/spoons
- ¼ cup + 1 ½ teaspoons all-purpose flour
- 2 Tablespoons Sugar
- ¼ teaspoon baking powder
- 2 ½ Tablespoons Salted Butter (Melted)
- 3 Tablespoons 2% Milk
- ¼ Teaspoon Vanilla Extract
- Sprinkles or Chocolate Chips for Toppings
- Non-stick spray

Instructions:

1. Spray the bottom of the microwave safe mugs lightly with cooking spray.
2. Add ¼ cup + 1 ½ teaspoons flour, 2 ½ tablespoons sugar and ¼ teaspoon baking powder to a mug and stir together.
3. Stir in 3 tablespoons milk, 2 ½ tablespoons melted butter, and ¼ teaspoon vanilla extract until smooth, being sure to scrape the bottom of the mug.
4. Add in your toppings, either sprinkles or chocolate chips on top.
5. Cook in the microwave for 70 seconds. (You can add an additional 15-25 seconds if needed)
6. Check to see if it is fully cooked by sticking the cake with a fork.
7. Serve and Enjoy!

Chuy's Creamy Jalapeño Cilantro Dip Dressing

Materials/Ingredients:

- Blender
- Large mixing bowl
- Measuring cups/ spoons
- $\frac{3}{4}$ cup Sour Cream
- $\frac{3}{4}$ cup mayonnaise
- 1 packet dry ranch dip
- $\frac{1}{2}$ teaspoon garlic salt
- $\frac{1}{2}$ cup cilantro
- 1 cup jalapeños
- $\frac{3}{4}$ cup buttermilk
- 1 lime
- Chips

Instructions :

1. In large mixing bowl stir together $\frac{3}{4}$ cup of sour cream, $\frac{3}{4}$ cup of mayonnaise, 1 packet of dry ranch dip, $\frac{1}{2}$ teaspoon of garlic salt
2. In a blender puree $\frac{1}{2}$ cup of cilantro, and 1 cup of jalapeños
3. Add cilantro jalapeño puree to mayo mixture
4. Stir in buttermilk until you reach desired consistency
5. Squeeze lime into mixture and stir
6. Serve with chips and enjoy!

Lemon Blueberry Dessert

Materials/Ingredients:

- 3 cups of graham cracker crumbs (6 long crackers = 1 cup)
- $\frac{3}{4}$ cup of salted butter (Melted)
- 16 oz of cream cheese (1 package)
- 1 cup of sugar
- $\frac{1}{3}$ cup of lemon juice (3 lemons)
- 1 cup 2% milk
- 3.4 oz box of instant lemon pudding
- 21 oz can of blueberry pie filling
- $1\frac{1}{2}$ cup of heavy cream
- 9x13 sheet pan
- Electric mixer
- 1 teaspoon vanilla extract
- $\frac{1}{2}$ cup of powdered sugar
- Gallon size plastic bag

Group 1 Instructions:

1. Put 9 long graham crackers in 1 large plastic bag and seal it closed and the other 9 graham crackers in another large plastic bag. Crush the graham crackers until it is a fine crumble.
2. Put the graham cracker crumble in a large bowl and add $\frac{3}{4}$ cup of melted butter. Stir it all together and press into the 9x13 pan.
3. Once all the layers are added, use the extra graham crackers to decorate the dessert
4. Put in the fridge and wait thirty minutes until serving.

Group 2 Instructions:

1. Squeeze 3 lemons to make $\frac{1}{3}$ cup of lemon juice.
2. In a large bowl, beat together with an electric mixer 16 oz of cream cheese and 1 cup sugar until fluffy.
3. Add in lemon juice and 1 cup 2% milk. Mix these together and then add in all of the dry pudding mix. Beat with an electric mixer until thick.
4. Once the graham cracker crust is on, add a layer of blueberry pie filling to the pan.
5. Then add the lemon pudding layer and spread until it is completely even.

Group 3 Instructions:

1. In a large bowl, add in 1 $\frac{1}{2}$ cup of heavy cream, $\frac{1}{2}$ cup of powdered sugar, and 1 teaspoon of vanilla extract.
2. Use an electric mixer to whisk it all together until it is thick.
3. Add the layer on top of the lemon pudding and spread around evenly.

Green Machine Smoothie

Materials/Ingredients:

- Blender
- 4 red apples
- 1 ½ cup of pineapple juice
- 1 cup frozen mango
- 1 ½ cup of frozen broccoli
- 1 ½ cup of kale
- 2 small kiwis
- 1 whole banana
- ½ cup apple juice
- Small knife

Instructions:

1. Cut the apples, kiwis, and bananas into small chunks. Mix all the fruits together
2. In the blender, add in 1 ½ cup of pineapple juice, 1 cup frozen mango, 1 ½ kale, and 1 ½ frozen broccoli together.
3. Make sure to secure the lid on tightly.
4. Blend it together for 30 seconds on high or until smooth.
5. Add the fruit mix to the blender and then add in the ½ cup of apple juice. Blend for an extra 30 seconds on high or until smooth.
6. Serve to everyone!

Chillin in Paradise Smoothie

Materials/Ingredients:

- Blender
- 1 whole banana
- 1 whole peach
- 1 cup frozen strawberries
- 1 cup 2% milk
- 1 tablespoon of sugar
- Enough water to fill blender to 4 cups
- Small knife

Instructions:

1. Cut the banana and peach into small pieces. (First remove the banana peel and peach seed).
2. Add the banana and peach pieces with the 1 cup of frozen strawberries into the blender.
3. Add 1 cup 2% milk and 1 tablespoon of sugar.
4. Fill the blender with water until the liquid level reaches 4 cups. (Around 2 cups of water).
5. Make sure to secure the lid on tightly.
6. Blend on low for 30 seconds, then blend on high for 30 seconds. (Or until smooth and creamy).
7. Serve to everyone!

Caribbean Sunset Smoothie

Materials/Ingredients:

- Blender
- 2 large oranges
- ½ lemon
- 2 cups of frozen pineapple
- ½ cup of frozen mango
- 2 cups of ice cubes
- Small knife

Instructions:

1. First peel both the oranges and lemon. Slice them up into small chunks.
2. Place the 2 cups of frozen pineapple, ½ cup of frozen mango, and the orange and lemon chunks into the blender.
3. Make sure to secure the lid on tightly.
4. Add in the 2 cups of ice cubes. Blend together first on low for 30 seconds. Increase the speed to high for 30 seconds. (or until smooth).
5. Serve to everyone!

Protein Balls

Materials/Ingredients:

- Large bowl
- Parchment paper
- Large spoon
- $\frac{3}{4}$ cup creamy peanut butter
- $1 \frac{3}{4}$ cup oats
- $\frac{1}{3}$ cup honey
- $\frac{1}{2}$ cup chocolate chips
- $\frac{1}{4}$ teaspoon vanilla extract

Instructions:

1. Combine $\frac{3}{4}$ cup peanut butter, $1 \frac{3}{4}$ cup oats, $\frac{1}{3}$ cup honey, $\frac{1}{2}$ cup chocolate chips, and $\frac{1}{4}$ teaspoon vanilla into a large bowl and mix.
2. Roll mixture up into small balls and place onto parchment paper
3. Enjoy!