

KENMORE ELEMENTARY COOK BOOK 2023



Created by Emmery Kwon MS. Goodman's 4th grade

KEPTA LAND AND PEOPLES ACKNOWLEDGEMENT

We acknowledge that present day Kenmore Elementary School stands on the unceded and ancestral lands of the Coast Salish people, who are still here, continuing to honor and bring light to their ancient heritage. We acknowledge that this does not take the place of authentic relationships with Indigenous communities but serves as a first step in honoring the land on which we learn and resisting the erasure of Indigenous past, present and future.

Definitions:

unceded- land that has never been surrendered, relinquished or handed over in any way.

ancestral- lands possessed, occupied or utilized by Indigenous cultural communities since time immemorial.

Coast Salish- a group of ethnically and linguistically related Indigenous peoples of the Pacific Northwest Coast, living in the Canadian province of British Columbia and the U.S. states of Washington and Oregon.

Indigenous- native

erasure- removal of all traces of something; obliteration

RECONOCIMIENTO DE LA TIERRA Y LOS PUEBLOS DE KEPTA

Reconocemos que la actual Escuela Primaria de Kenmore se encuentra en las tierras ancestrales y sin concesiones del pueblo Coast Salish, que todavía está aquí, continuando con el honor y la luz de su antigua herencia. Reconocemos que esto no sustituye a las relaciones auténticas con las comunidades indígenas, pero sirve como un primer paso para honrar la tierra en la que aprendemos y resistirse al borrado del pasado, el presente y el futuro de los indígenas.

Definiciones:

no concedida- tierra que nunca ha sido cedida, renunciada o entregada de ninguna manera

ancestral: tierras poseídas, ocupadas o utilizadas por comunidades culturales indígenas desde tiempos inmemoriales.

Coast Salish- grupo de pueblos indígenas étnica y lingüísticamente relacionados de la costa noroeste del Pacífico, que viven en la provincia canadiense de Columbia Británica y en los estados estadounidenses de Washington y Oregón.

Indígena- nativo

borrado- eliminación de todo rastro de algo; obliteración

Traducción realizada con la versión gratuita del traductor www.DeepL.com/Translator

Contents

Something Savory.....	5	French crêpes	26
Buuz (Pozy)	6	Arepas	27
Braised pork with egg (thit kho).....	8	Super Fluffy Pancakes.....	28
Salchi Papa.....	9	German Pancake	29
Zach Dad’s Hotdogs	10	Raspberry Zinger	30
Pozole.....	11	Nutella* & Banana Toast.....	31
Korean Rice Bowl	12	Adaptable Oats	32
Dolma	13	Boovy.....	33
Chicken Tamales in salsa verde	14	Kanelbullar.....	35
Shoyu Chicken.....	15	Healthy Banana Bread.....	37
Dad’s Tuna Noodle Casserole	16	Banana Bread	38
Pão de Queijo	17	Banana Bread	39
Fried Eggs With Tomatoes.....	18	Powerful Banana and Dark Chocolate Chip Bread.....	40
Guacamole.....	19	Bran Muffins.....	41
Salvadoran Pupusas.....	20	French Breakfast Muffins	42
Tostones	21	Strawberry Spoon Cake	43
Veggie Frittata.....	22	Tiramisu	44
Something Sweet	23	Mango Lassi.....	45
Pistachio pudding.....	24	Mango Lassi.....	46
Clafoutis	25		

I Belong



Building Community Together

The flags displayed in this logo were especially chosen to represent the top 20 birth countries of our Kenmore Cubs:

the US	Israel
Angola	Japan
Australia	Mexico
Brazil	Russian Federation
Cambodia	Singapore
China	Slovenia
Colombia	Sweden
Ecuador	Thailand
France	Uganda
Germany	Ukraine

The Family Culture Week logo was designed by Grace Kurcinka (KE alumna).

“Food for us comes from our relatives, whether they have wings or fins or roots. That is how we consider food. Food has culture. It has a history. It has a story. It has relationships.”

Winona LaDuke - Member of the Ojibwe tribe and Native rights activist

Food brings people together. Sharing food and our family culture connects us all. We are building community together through the shared experience of cooking these meaningful recipes. This cookbook is not only a collection of recipes, but one lovely example of the wealth of knowledge and wisdom *all* our families have within them that when shared, brings us closer together. Food really is love. We encourage you to try these recipes in your own family kitchens, and hope they inspire you to explore the tastes of our Kenmore Cub family cultures. Thank you to all the families who shared their stories and recipes.

Front cover is designed by Emmerly Kwon (4th grade) and back cover is designed by Juliet Lepine (5th grade). Enjoy coloring them however you like!



Something Savory





Buuz (Pozy)

From Andrey Basanov (5th grade)

Pozy - a traditional dish cooked in the Republic of Buryatia, requires exactly 33 pinches to make. There's a special reason for that.

The origins of pozy, or as they're also known - buzy, or buuz, date back 400 years. The story goes that the head of the Tibetan lamas invited the Buryats to his place in order to introduce them to Buddhism and treated them to some buzy (meat wrapped in dough).

Balls of chopped meat with lard were wrapped in dough, leaving a small hole around which 33 pinches were made. Why 33? Such was the exact number of folds in the clothes of Tibetan priests.

After this visit to the lamas, the Buryats ordered to prepare buzy (later – pozy) exactly in the same form in which they were prepared by Tibetan monks. The meat of five animals must be used for the mince - camel, sheep, goat, horse, and cow. Lard, wild onion and garlic were also added to the minced meat. This set of ingredients is still preserved for posterity and is being passed down from generation to generation.

Nowadays, pozy embodies the wisdom of the Buryat people. When their distant ancestors were working out the dish, they took the yurt as a basis. In a round-shaped dwelling in the middle, there was a hearth, with smoke coming out of a hole in the roof. Despite its simplicity, the yurt is cunningly arranged: in winter, the temperature inside is warm, and in summer, it is remarkably cool.

Buryat pozy turned out to become an age-old hit. On finding out that this dish will be cooked for a celebration, no one dares to give it a miss. Moreover, it is so adored by the people of the Republic of Buryatia, that there are even poems, festivals, several films and features dedicated to it. What's more, pozy even have their own national anthem, a monument, and an annual award, established by the association of restaurateurs of Ulan-Ude, the capital of the Republic.

Let's try cooking this Buryat meat dish, which strongly resembles khinkali or manty in appearance and recipe. It is likewise prepared with unleavened dough, used to wrap the mince. So, let's start! (sourced online)



Ingredients

For the dough:

- Boiled water – 150 ml
- Flour – 500 g
- Egg – 1 pc.
- Salt – 1 g

For the stuffing:

- Veal – 500-700 g
- Lard – 30-50 g
- Onions – 1-2 heads
- Garlic – for taste
- Salt – to taste
- A mixture of peppers – to taste
- Water – 1/2 cup
- Parsley or coriander – for the filling

Preparation

1. To begin, we'll **prepare the dough**, because it needs to rest 30 minutes before we start working with it. **Sieve** all the flour into a bowl.
2. Then it's necessary to make a small pit and **pour** some water in, before adding an egg and a pinch of salt. **Mix** the dough carefully and meticulously with your hands until the dough turns into an elastic ball - but don't make it too tight. **Wrap it** in cellophane packaging for 30 minutes.
3. While the dough is resting, we'll **prepare the filling**. Cut the onions into small cubes and throw them into a bowl with the minced meat. (They say, the meat must always be diced with a knife, and not minced in a meat grinder. But I don't have such extremely sharp knives at home, so I used minced meat.) **Season** the ingredients with spices and salt.
4. Let's not forget about the **lard**. It must be completely frozen, before we use a fine grater to grate it. Attach a little water or broth – for juiciness.
5. After that, the stuffing should be **carefully mixed** with a spoon into a homogeneous meat mass. The filling for the buuz is ready.
6. Now it's time to **shape the buuz**. First, divide the dough into many small balls. An additional portion of flour can be used, if needed.
7. Each ball should be **rolled into a flat cake**, but the middle must be slightly denser, and the edges – thinner. The approximate size of the finished buuz is 5-8 cm.
8. **Put** 50-70 grams of minced meat into the center of the flat cake.
9. With your thumb and index finger, the dough is molded with overlapping pinches, leaving a small hole in the middle, through which steam will come out. **Shape** the buuz this way one after the other.
10. For cooking buuz, I used a regular **steam cooker**, it takes about 15 minutes.
11. Our buuz are ready. They can be **garnished** with parsley or coriander, as well as tomato sauce and sour cream.

“The people who give you their food give you their heart.”

Cesar Chavez



Braised pork with egg (thit kho)

From Lola Nguyen (1st grade)
Weekly and every holiday staples

Ingredients

- 1lb pork belly
- 2 Tbsp fish sauce
- 10 oz coconut soda
- boiled eggs

Preparation

1. **Cut** the pork belly into large cubes and **sauté** for 2 mins.
2. **Pour** coconut soda into pot. **Add** the fish sauce, and boiled eggs. **Simmer** on medium heat for 60mins.
3. **Serve** over white rice.



Did you know?

Fish sauce is made from a mixture of fish and salt that has fermented for up to two years.



Salchi Papa

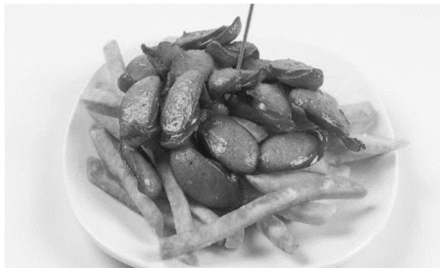
From Martin (1st grade)
I just like it

Ingredients

- Hot dogs
- French fries

Preparation

1. First you **cut** the hot dogs in pieces.
2. Then you **fry** them and you fry the French fries.
3. You **mix** with the sausage and you add salt and pepper.
4. Then you **eat!**



“I realized very early the power of food to evoke memory, to bring people together, to transport you to other places, and I wanted to be a part of that.”

José Andrés Puerta

Spanish chef and founder of World Central Kitchen serving food to people in crisis around the world. Wck.org



Zach Dad's Hotdogs

From Robin Amundsen (Kindergarten)

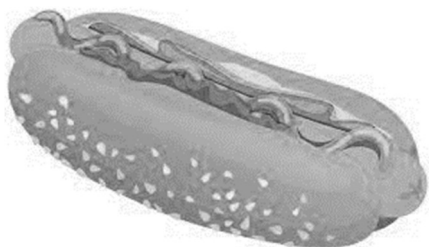
Because they have all the best fillings! Zach Dad made them suddenly with whatever we had that night. It came out so awesomely that it became a tradition to make!

Ingredients

- hotdogs
- hotdog buns
- bacon
- 1 white onion
- 1 or 2 avocados
- mayo
- potato chips
- shredded cheese
- 1 tomato

Preparation

1. **Wrap** bacon around hotdog and **pin** with toothpicks. **Grill or cook** in pan until desired readiness!
2. **Add** thin layer of mayo to buns, add hotdog, remove toothpicks.
3. **Top** with avocado, onions, cheese, tomato and crushed chips!
4. Feel free to **have fun** and experiment with ingredients to your liking!



Did you know?

The 3rd Wednesday of July is National Hot Dog Day!



Pozole

From Joseph Sanchez (Kindergarten)

Because it is a tradition in my family for special occasions such as Christmas and New Year's Eve.

Ingredients

- 500g or 1.1 lb of dried pozole corn
- 8 cups water, plus more for soup
- 2 tsp of cal (calcium hydroxide powder) mixed in ½ cup water in a glass bowl
- 1/2 white onion, peeled
- 1/2 head garlic, cut horizontally
- 500g or 1.1 lbs of bone-in pork shoulder, cut in half
- 1/2 Tbs salt, plus more to taste
- ancho chiles
- guajillo chiles

For garnish:

- white onion, diced
- radishes, sliced
- cabbage, sliced
- lime wedges
- sauce



Preparation

1. **Sort** and **rinse** the corn and add to a pot with 8 cups of water. **Stir in** the cal mixture (be careful not to get cal on your hands) and bring to a boil and simmer for 15-30 minutes. **Remove from heat**, let cool 1 hour.
2. **Prepare** the chili sauce. **Remove** seeds from ancho and guajillo chiles. **Place** them in a small saucepan cover with water and bring to a boil over high heat. **Cook** for 5 minutes until the chiles are soft. **Put** the cooked chiles, onion, garlic and pepper in a blender and puree them until smooth. Now, **heat** the olive oil in a frying pan, add the chili puree and season with salt. **Bring** to a boil over high heat, then reduce the heat to medium and cook for about 5 minutes, stirring occasionally. The sauce should thicken. **Remove** from heat **and set aside**.
3. **Drain** and **rinse** the corn, removing the hull. **Add** the corn, onion, garlic, and pork to a clean large pot and cover with water. **Bring** to a boil, then let simmer, partially covered, for up to 3-4 hours until the corn bursts and meat is tender. **Skim** any scum that rises to the top. **Add** more water if needed. **Add** salt when the corn is cooked to your liking.
4. **Remove** the pork, shred the meat, and discard the bones. **Add** meat back to the pot. **Serve** on a plate with toppings and sauce.

*Notes from the editors:

The following resource describes how to prepare pozole corn: <https://cookswithoutborders.com/heirloom-pozole-rojo?rq=pozole%20rojo>

To prepare Pozole corn with cal in a pressure cooker: https://www.youtube.com/watch?v=XM49Q_W71pc



Korean Rice Bowl

From Chelsie Quinn (3rd grade)

Everyone in our family loves this recipe. It is from Nom Nom Paleo.

Ingredients

- 1 Tbsp ghee, avocado oil, or high temp fat of choice
- 2 medium carrots peeled and finely diced
- 2 shallots minced
- 1/4 pound cremini mushrooms stemmed and thinly sliced
- Diamond Crystal kosher salt
- 4 garlic cloves minced
- 1 Tbsp finely grated ginger
- 2 pounds ground pork
- 1 small Napa cabbage cut in half and thinly sliced crosswise. I get the cabbage from Trader Joes.
- 2 Tbsp coconut aminos
- 2 tsp rice vinegar
- 1 tsp Red Boat fish sauce
- 2 tsp toasted sesame oil
- 3 scallions thinly sliced

Preparation

1. In a 12-inch (or larger) skillet over medium heat, **melt** the ghee. Once it's hot, **toss in** the carrots, shallots, and mushrooms. **Add** a sprinkle of salt, and **sauté** for 3 to 5 minutes or until the shallots are soft and the 'shrooms are pliable.
2. **Toss in** the garlic and ginger and stir for 30 seconds or until fragrant.
3. **Add** the pork along with another sprinkle of salt and break up the meat with a spatula or wooden spoon. Crank up the **heat to medium-high**, and **cook** for about 5 minutes or until the pork is no longer pink.
4. **Transfer** the cooked pork with a slotted spoon to another platter. Leave the cooking liquid in the pan.
5. **Throw** the cabbage into the pan with another sprinkle of salt, and **sauté** for 3 to 5 minutes or until wilted.
6. **Lower the heat** to medium and add the ground pork back into the skillet. **Stir** to combine.
7. **Season** with coconut aminos, rice vinegar, and fish sauce. Taste and adjust with more seasoning if needed.
8. **Remove** the skillet from the heat. **Finish** with a drizzle of sesame oil and a generous sprinkle of scallions. **Serve** on a bed of rice and eat!



Dolma

From Tolan and Shaima (5th grade)

It's special for me because it's my favorite food for my mom to make.

Ingredients

- grape leaves
- Egyptian rice
- ground beef
- black pepper
- salt
- cardamom
- turmeric
- olive oil



Preparation

1. First thing you have to do is you have to put **Egyptian rice** with warm water for 30 min.
2. After that, **remove** the water and **mix** it with meat and the seasonings and you mix the spices with the rice and meat altogether.
3. After that, you put the seasoned rice and meat on the grape leaf. Then you **roll it up** and keep doing it until you're out of grape leaves.
4. After that, you can **add** potatoes, chicken, lamb or beef on the bottom of the pot to cook with the Dolma. **Add** a little lemon juice, salt and olive oil to the water. Water must be higher than the dolma. **Put** a plate on the top of the dolma and push the plate down, put the lid on and **cook** for 10 min on high then 50 min on low.
5. That's how you make Dolma. After 50 min, you can try one piece to know if the rice is cooked or not.



Chicken Tamales in salsa verde

From Sherlyn Herrera (5th grade)

It's special for me because it's my favorite food for my mom to make.

Ingredients

For the dough

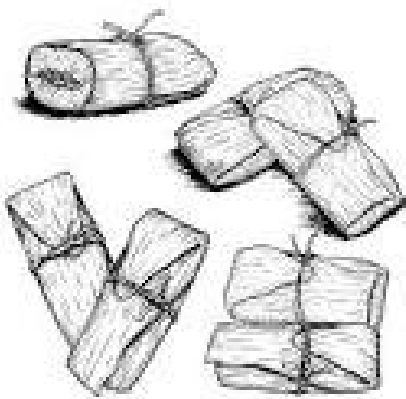
- 5 pounds corn flour for tamales
- 2 1/2 pounds lard
- 2 Tbsp baking powder
- Broth where the chicken was cooked
- Water as needed
- Salt to taste.

For the Stuffing

- 3 chicken breasts
- 3 pounds of tomatillo
- Green chilies to taste
- 1 bunch of cilantro
- A quarter of an onion
- 1 head of garlic

Preparation

1. **Dough:** Whip the butter until it is soft and whitish in color, add the corn flour while continuing to beat. Add the baking powder and salt, Add the chicken broth and water as needed until the dough is smooth but firm. Set aside.
2. **Filling:** Cook the chicken with the quarter of onion, garlic and salt to taste. Cook the tomatillos and green chilies. Shred the chicken, grind the sauce with a clove of garlic, cilantro and salt to taste. Cook the sauce with a little butter, add the chicken.
3. **To wrap the tamales:** Put the corn husks to soak for 15 minutes. Put a little dough on each leaf (you can use a spoon), add a little chicken and wrap. Put in a steamer, cook for an hour and a half.





Shoyu Chicken

From Robbie and Bennie Bernethy (1st grade and 4th grade)
Local Hawaii favorite and my mom's childhood comfort food.

Ingredients

- Bone in Chicken thighs (best with chicken thighs, but can work with any chicken if in a pinch)
- 1 cup Soy Sauce
- 1 cup sugar
- 1 cup water
- Minced garlic and ginger optional
- Black pepper optional

Preparation

1. **Place** chicken in a pot.
2. Next **add** soy sauce, water, sugar, ginger/garlic (optional). *You'll want to make sure most of chicken is submerged. If you need more liquid, add soy sauce, water, sugar in equal parts.
3. Bring to **boil** then lower the heat and **simmer** for 30 mins or until tender. You can also cook in instant pot. Pressure cook for 10 mins.
4. **Serve** with rice and veggies/salad.





Dad's Tuna Noodle Casserole

From Rachel Henne (2nd grade)

My dad started making this when I was little and it has become one of my family's favorite.

Ingredients

- 1 bag egg noodles
- 1 can cream of mushroom soup
- 2 cups shredded cheddar cheese (divided)
- 2 cans tuna fish (drained)
- 1 cup frozen peas
- 1 cup sour cream
- 1/4 cup chopped onions (optional)

Preparation

1. **Boil** the egg noodles according to package directions. **Drain**.
2. In large bowl, mix tuna, cream of mushroom soup, 1 cup cheese, sour cream and peas, onions if using, until combined. **Stir in** cooked noodles.
3. **Pour** into baking dish. **Top** with remainder of cheese. **Bake** at 350°F until cheese is bubbly and all ingredients are cooked through, about 30 min.
4. **Enjoy** with family!





Pão de Queijo

From Thomas (Kindergarten)
Home recipe.

Ingredients

- 4 cups tapioca flour
- 1 1/4 cups milk
- 1/2 cup water
- 6 tablespoons oil
- 1 1/2 cups grated parmesan cheese
- 1 cups shredded Mozzarella cheese
- 2 large eggs
- 2 teaspoons salt

Preparation

1. **Preheat** oven to 400F degrees with a rack in the middle.
2. **Combine** the milk, water, oil and salt in a saucepan and bring to a boil over medium high heat.
3. **Add** the tapioca flour to the bowl of a stand mixer and, once the milk mixture boils, **pour** it over the flour. **Turn the mixer on** and mix it well. The texture will be fondant-like, really white and sticky.
4. With the mixer still on, **add** the eggs, one at a time. You will think they won't mix, since the tapioca flour mixture is so sticky, but hang in there cause they will.
5. Once the eggs are incorporated, **add** the cheese, a little at a time, until fully incorporated. The dough is supposed to be soft and sticky. However, if you're worried it's too liquidy, add some more tapioca flour. Just don't over do it or your cheese bread will be tough and not too gooey.
6. To **shape** the balls, wet your hands with cold water and, using a spoon, scoop some of the dough to shape balls that are a little smaller than golf-sized.
7. **Place** the balls on a baking sheet covered with parchment paper and bring it to the preheat oven.
8. **Bake** for 15-20 minutes or until they are golden and puffed.



Fried Eggs With Tomatoes

From Yumo Zhang (3rd grade)

In my family, it is a very famous dish, and it is also rich in nutrition. Every time we have this dish, kids would never have enough, I believe you will really like it.

This recipe originated from China.

Ingredients

- 4 eggs
- 4 tomatoes, cut into small pieces
- some chopped green onions
- some oil
- some salt
- a little wet starch
- a little sugar
- a little sesame oil

Preparation

1. **Fry eggs:** Break the eggs into a bowl and stir well. Heat the wok with oil, then fry the egg liquid well. Put the fried eggs in a bowl.
2. **Heat** the wok with oil, then put in a handful of chopped green onion, next put in sliced tomato and a little sugar. **Stir-fry** them until the tomatoes are soft, put in the fried eggs, and stir-fry for a while.
3. **Put** in some salt, stir-fry for a short while.
4. **Put** in the wet starch, stir-fry for a short period of time.
5. **Put** in a little sesame oil, turn off the heat.
6. **Transfer** the dish to a deep plate and **enjoy** it. It's especially delicious with white rice!





Guacamole

From Nicol (4th grade)

It is a dish rich in flavor from my country.

Ingredients

- 2 avocados
- 2 garlic cloves
- pinch of salt
- 1 green chile

Preparation

1. **Put in a blender** 2 garlic cloves, salt, half an onion, 1 green chile, 2 avocados.
2. **Blend** together.



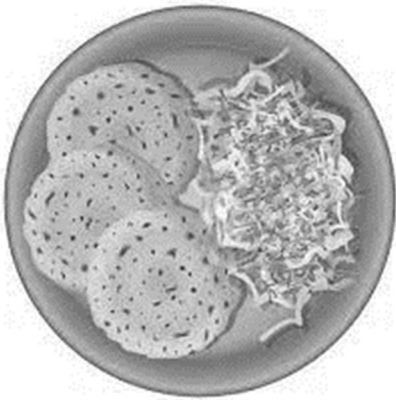


Salvadoran Pupusas

From Brandon Menjivar (4th grade)
It has been in my family for several generations

Ingredients

- 3 cups of corn flour “masa harina”
- 2 to 3 cups of warm water
- refried beans
- shredded cheese mozzarella
- coleslaw
- red onion
- salt
- pepper
- white vinegar



Preparation

1. **Making the masa for the pupusas:** Add the corn flour in a large bowl and add salted water little by little in the corn flour. Mix and knit the masa well, and constantly adding water as needed, until dough forms. You want like a playdoh consistency. Once you have reached the right consistency, set the masa aside.
2. **The “curtido” salad:** In a bowl or plate, add the store-bought coleslaw mixture with shredded carrots, white vinegar, salt and pepper and mix very well. Set aside.
3. **Form the pupusas:** Grab a small amount of the masa and make a ball using the palms of your hands. Form a 2-inch tortilla disc shaped masa. With your fingers make an indentation in the middle and fill one spoonful of beans (refried) and small handful of cheese at the center of each pupusa. Form it back into a ball, seal the masa together and pat it down back and forth like if you are forming a tortilla.
4. In a griddle or skillet add about 1/2 tablespoon of oil and place the pupusas and **cook** for about 6 to 7 minutes at medium heat. Until the masa is golden brown. Cook on both sides.
5. Now all you have to do is **enjoy** these Salvadorian pupusas.

Did you know?

Pupusas are a national dish of El Salvador.



Tostones

From Aitana (1st grade)
It is from my country

Ingredients

- Vegetable Oil
- Green Plantains
- Garlic
- Lime Juice
- Salt

Preparation

1. **Slice** all of the plantains in chunks, **fry** and smash them. Then you fry them again until they are golden.
2. **Season** with salt.



Did you know?

Plantains are close relatives of bananas.



Veggie Frittata

From Cora McVey (4th grade)

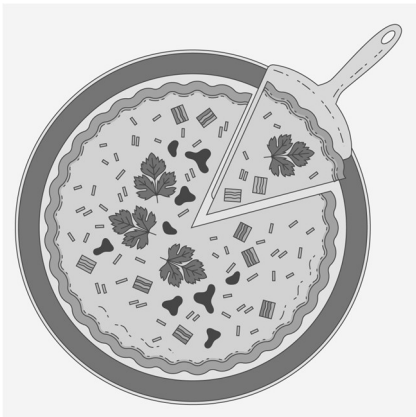
This recipe is from my great aunt Zia Linuccia (Stella), who is from Bari, Italy. Her name is Stella, which means “Star”, but everyone called her Linuccia (little light) as a kid and the nickname stuck. We make frittatas for breakfast, but my great aunt made this for us when we were in Chicago and we could eat it for breakfast, lunch, or dinner!

Ingredients

- 1 zucchini shredded, pat dry
- 1 carrot, shredded
- 1 potato, peeled & shredded
- 7-8 eggs, beaten
- 1/2 cup fresh parmesan cheese, grated
- 1 1/2 Tbsp breadcrumbs (or gluten free crackers)
- Fresh mint, chopped
- 1-2 Tbsp milk
- 1 tsp vegetable oil + more for pan
- 1/2 to 1 tsp salt
- 1/4 tsp pepper
- Lemon wedges (optional)

Preparation

1. **Heat** and oil a non-stick pan on medium heat; **add** veggies.
2. **Cook** veggies until soft. **Sprinkle** with a pinch of salt and pepper. In a bowl, mix eggs, cheese, breadcrumbs, mint, milk, oil, salt, and pepper. **Add** mixture to veggies in hot pan.
3. **Cook** on medium-low heat, running a spatula around the edge, and **cover** with lid for a few minutes.
4. When the bottom is light brown and eggs are set, **flip** the frittata by setting a large plate over the pan and turning it upside down. Then slide the frittata back into the pan to cook for another minute or two.
5. **Garnish** with fresh mint leaves. (Optional: serve with lemon wedges).





Something Sweet





Pistachio pudding

From Harlow Gardner (5th grade)

It is a recipe that my great grandma made for special occasions, and it is DELICIOUS!

Ingredients

- 1 box of pistachio pudding mix
- 1 8oz cool whip
- 8 oz of crushed pineapple

Preparation

1. Take all ingredients and **mix well** together in a bowl.
2. **Put in fridge** until chilled.



Did you know?

99% of U.S. pistachios are produced in California.



Clafoutis

From Anoushka and Natasha Lassalle (1st grade and 5th grade)

It is one of Anoushka's favorite desserts. We very often make one to use up fresh fruit that are overripe.

Ingredients

- 40g salted butter, melted
- 100g all-purpose flour
- 60g white granulated sugar
- 2 tsp vanilla extract
- 4 eggs
- 600g of fresh or frozen fruit
- 200 mL milk
- powdered sugar



Preparation

1. **Preheat** the oven to 410°F.
2. **Rinse** and cut **fruit** into small chunks.
3. In a large bowl, **mix** the flour and granulated sugar. Add the eggs one by one, then the milk, a little at a time. Mix throughout the process to avoid clumps.
4. **Add** the vanilla extract and the melted butter. Set the mixture aside.
5. **Grease** a baking dish and add the fruits at the bottom, not too tightly packed. Add the clafoutis batter on top.
6. **Bake** in the oven for 10 minutes, then turn the thermostat down to 350°F and bake for another 20 min.
7. **Serve** slightly warm or cold, with powdered sugar sprinkled on top.

Note: French traditional clafoutis is made with unpitted red cherries, but any fruit will work. Our family particularly likes apricot or peach clafoutis.



French crêpes

From the Lassalle family (1st grade and 5th grade)

This is a traditional recipe to use up milk or eggs that would otherwise spoil. This is a typical go-to comfort food. We eat crêpes at breakfast for birthdays and other special occasions.

Ingredients

- 250g all-purpose flour
- 3 eggs
- 1/2L milk
- 1 Tbsp vanilla extract or orange blossom water
- 2 big spoonfuls of sunflower (or vegetable) oil
- 2 big spoonfuls of sugar

Preparation

1. **Add the flour** to a large mixing bowl.
2. **Mix in the eggs**, adding a little milk to avoid clumps.
3. **Add the rest of the milk with the orange blossom water** (or vanilla extract). Gently mix with a spoon until the batter feels smooth and homogeneous.
4. **Add the oil and sugar**. Cover the bowl.
5. **Let the batter sit** for at least two hours at room temperature (or ideally overnight in the fridge). Add a few Tbsp of water if the batter is thick. It should be quite runny.
6. **Cook** a little batter (about 1/3 cup depending on the size of your pan) in an oiled or buttered pan on high heat, rotating the pan to make sure the whole surface is covered. Flip it when bubbles appear at the surface. Cook the other side.
7. **Serve** with your favorite toppings. The most traditional way is with sugar and melted butter.



Did you know?

On February 2, French people celebrate la Chandeleur, a yearly tradition where everyone eats crêpes!



Arepas

From Liliana Montoya (Family advocate)
It is my grandmother's recipe.

Ingredients

- 1 cup Arepa arena precooked corn meal
- 1 tsp salt
- 1 tsp sugar
- 1/4 cup butter, room temp.
- Water, room temp.

Preparation

1. **Put** in corn meal, **add** the sugar and salt, the butter and water as needed at room temp. **Knead** until it forms a dough.
2. Then you **make small balls** and you squash them a little bit to thin.
3. **Cook** on a pan or skillet you flip until they are nice and golden.





Super Fluffy Pancakes

From Owen Kurcinka (3rd grade)

This is our family's favorite pancake recipe!

Ingredients

- 2 cups flour
- 1/4 cup sugar
- 4 tsp baking soda
- 1/2 tsp salt
- 1 3/4 cup milk
- 1/4 cup butter (melted)
- 2 tsp vanilla
- 1/2 tsp cinnamon
- 1 large egg

Preparation

1. **Combine** flour, sugar, baking powder, baking soda and salt in a large bowl. Make a well in the center and **add** the milk, slightly cooled melted butter, vanilla, cinnamon and egg.
2. Use a whisk to **whisk** the wet ingredients together and then combine with dry. Mix until smooth (there may be lumps).
3. **Heat** pan or griddle and pour 1/4 cup batter.
4. When bubbles form on top of the pancake, **flip**.
5. **Serve** with your favorite toppings: we love maple syrup.



Did you know?

The first written records of pancakes come from the ancient Greeks and Romans.



German Pancake

From Vivienne Dobry (Kindergarten)
Because it's so yummy.

Ingredients

- 1/4 cup butter
- 1 cup flour
- 1 cup milk
- 6 eggs
- 1/8 tsp salt

Preparation

1. **Preheat** oven to 350°F. **Melt** butter in medium baking dish as oven preheats.
2. **Mix** flour, milk, eggs and salt in a bowl. **Pour** mixture into baking dish over melted butter.
3. **Bake** on center rack for 30-40 minutes until golden brown.
4. **Serve** with syrup, cut up strawberries and whipped cream.





Raspberry Zinger

From Elise (5th grade) and Riley (3rd grade) Corcoran
This is one of Elise and Riley's favorite summertime treats!

Ingredients

- 1 cup milk (coconut or almond milk for a dairy-free option)
- 1/2 cup sugar
- 1/2 tsp vanilla extract
- 1 lb frozen unsweetened raspberries

Preparation

1. **Place** all ingredients into the Vitamix container in the order listed and secure lid.
2. **Select** variable 1.
3. Turn machine on and **slowly increase speed** to variable 10, then to High. Use the tamper to press ingredients into the blades.
4. In about **30 to 60 seconds**, the sound of the motor will change and four mounds should form.
5. **Stop** machine. Do not over mix or melting will occur. **Serve** immediately.

Notes: For best results, allow frozen fruit to thaw at room temperature for 5 minutes before blending.

You can use any blender or food processor for this recipe.





Nutella* & Banana Toast

From Ethan McVey (Kindergarten)

This is my favorite snack. My Nonna makes this for me and her mom made it for her when she was younger. And I will pass it on to my family when I am older.

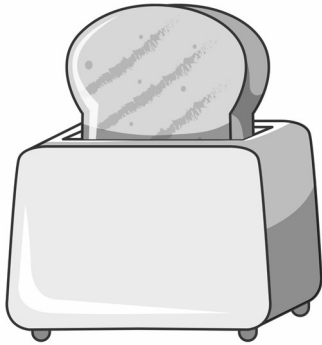
Ingredients

- 2 slices of bread
- 1-2 Tbsp of Nutella, or other chocolate hazelnut spread with sustainably sourced palm oil*
- 1 banana, sliced
- (Another version) Butter, Sugar/Honey & Cinnamon

Preparation

1. **Toast** bread in a toaster until light brown. **Tip:** remove toast with wooden tongs.
2. **Spread** the chocolate hazelnut spread on each slice of toast with a butter knife.
3. **Add** banana slices to each slice of toast. **Share** with a friend, or make it into a sandwich!

Another option (from my other grandma): butter toast, sprinkle with sugar or honey and cinnamon. You can add sliced bananas to this version too!



When we visited Woodland Park Zoo, we learned that many animals are losing their homes because primary/old growth rainforests are being destroyed to grow trees to make palm oil for over 50% of the foods and products we consume. Using certified sustainable palm oil protects people, wildlife, and the planet.

Visit www.zoo.org/palmoil to view a list of products that use sustainable palm oil.

Visit palmoilscorecard.panda.org/#/scores to look up companies committed to a responsible palm oil future, and the work they have yet to do.

Download the PalmOil Scan App or visit rspo.org/as-an-individual/ to see what you can do as a consumer to protect people and the planet.



Adaptable Oats

From Avery & Delilah Aley (Kindergarten and 2nd grade)
I made it up this year and it is my go-to breakfast.

Ingredients

- 1 cup water
- 1 pinch of salt
- 1/3 cup steel cut oats
- 1-2 tsp chia seeds
- 1-2 tsp hemp seeds
- 1 tsp flaxseed meal (ground flax seeds)
- 1/2 cup fresh or frozen berries - any type or even a mixed berry medley
- 1 Tbsp peanut butter (or whatever butter you prefer)
- milk of your preferred variety

Preparation

1. **Place** the water and salt in a saucepan. Bring to a boil. **Add** the oats, chia seeds, hemp seeds, and flaxseed meal. **Reduce heat** to medium and cook for 7 minutes.
2. **Pour** oat mixture into a bowl and **top** with berries, peanut butter and milk. **Mix well** and **enjoy!**

Notes:

If you need some extra sweetness, I recommend adding a drizzle of honey or maple syrup to the concoction.

For variety: I have also added/substituted sliced banana, diced apple, and frozen pineapple to the oatmeal. Sometimes I will add 1-2 tsp pumpkin seeds on top of my oatmeal for an added crunch.





Boovy

From Lev Basanov (1st grade)

According to legend, Boovy was first prepared by a Buddhist monk who wanted to make a snack that resembled the Buddha's ear.

Boovy are a traditional dish that originates from the Buryat people, an ethnic group that inhabits the remote region of Buryatia in Siberia, Russia. Initially, Boovy were made for special occasions and celebrations such as weddings, birthdays, and religious festivals. The snack is also a popular treat during the winter months when the cold weather makes it the perfect comfort food.

Traditionally, Boovy were prepared by the women of the household, and the recipe was passed down from generation to generation. The exact recipe was often kept a secret and was only shared with close family members. Today, Boovy are still made using traditional methods and are a much loved snack among the Buryat people.

In addition to its delicious taste, Boovy are also associated with many cultural traditions. They are often presented as a gift to friends and family as a symbol of love and respect. Boovy are also believed to bring good luck and prosperity to those who eat them.

The most interesting thing is the fact that Buddhists in the Buryatia region truly hold Boovy in high regard. They see the pastry as a way of paying tribute to the Buddha and his teachings.

The legend goes that Boovy were first created by a Buddhist monk who believed that by offering this snack to the Buddha, he would be able to attain enlightenment and spiritual fulfillment. Even today it is believed that by eating Boovy one can connect with the Buddha and receive his blessings.

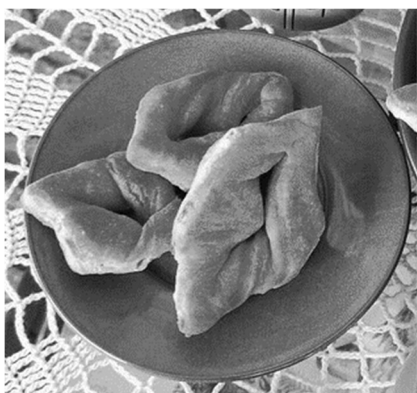
To enhance the taste of Boovy, they are traditionally served with condensed milk or honey. This adds a sweet and creamy flavor to the pastry, making it even more enjoyable to eat. The combination of a soft and flavorful inside and crunchy outside pastry, and sweet filling, creates a unique sensory experience.

Boovy can be enjoyed on their own as a snack, or as part of a larger meal. They are a popular item in cafes and bakeries, and are often served with tea or coffee. Many people also enjoy making Boovy at home, experimenting with different fillings to create their own flavor combinations.



Ingredients

- Flour – 2 cups (500-600 g)
- Sugar – 120 g
- Softened butter – 120 g
- Milk – 150 g
- Eggs – 2 pieces
- Baking soda – 1 tsp
- Salt – 1 tsp



Preparation

1. In a large bowl **put** eggs and sugar, **mix** well until light and fluffy.
2. Using a microwave, **melt** the butter and add it to the mixture.
3. **Pour** the warm milk and beat until well-combined.
4. In a separate bowl, **mix together** the flour and baking soda. Gradually **add** the flour mixture to the butter mixture, until a smooth dough forms.
5. **Roll** the dough into a thin layer.
6. **Cut** the layer into rhombuses, then make a small hole in the middle of each rhombus and after that, place one end of the rhombus into the hole, making a figure resembling an ear.
7. **Place** the resulting figures into hot oil, making sure not to overcrowd the pan.
8. **Fry** the Boovy for 2 minutes on each side, or until they are golden brown and crispy.
9. Remove the Boovy from the pan using a slotted spoon and place them onto a paper towel-lined plate to drain any excess oil. **Serve** them warm and enjoy!



Kanelbullar

(Swedish cinnamon buns)

From Emerson (1st grade)

Our family has some Swedish ancestry and we like the concept of "fika," important daily social coffee/tea times that can include these tasty treats. Kanelbullar are cute, delicious, and fun to tie in knots.

Ingredients

For the dough:

- 1 cup milk
- 1/4 cup unsalted butter
- 3 1/4 cup all-purpose flour
- 1/4 cup white granulated sugar
- 2 1/4 tsp instant rise yeast
- 2 tsp ground cardamom
- 3/4 tsp fine sea salt

For the filling:

- 1/2 cup unsalted butter
- 1/2 cup packed light brown sugar
- 2 Tbsp ground cinnamon
- 1 tsp ground cardamom
- 1 tsp vanilla extract

For the topping:

- 1 egg (whisked together with 1 Tbsp water)
- pearly sugar (or sprinkles)

Preparation

1. **Heat the milk and butter.** Combine the milk and 1/4 cup butter in a small saucepan. Heat over medium-low heat, stirring frequently to melt the butter, until the mixture reaches 110°F (I recommend measuring the temperature with a cooking thermometer, but if you don't have one, the mixture should be warm but not hot to the touch. If the mixture gets too hot, just wait a few minutes for it to cool.)
2. **Mix the dough.** In a separate large mixing bowl, briefly whisk together the flour, sugar, yeast, ground cardamom and salt until combined. Add the warm milk mixture and stir until the dough begins to form. Turn the dough out onto a floured surface and knead for 7-10 minutes, or until the dough is smooth and soft.
3. **First dough rise.** Form the dough into a ball, place it in a greased bowl and cover with a damp towel or plastic wrap. Let the dough rise in a warm space for 1 hour, or until it has doubled in size.
4. **Mix the filling.** Meanwhile, stir together the filling ingredients in a separate mixing bowl until evenly combined.



5. **Roll out the dough.** Once the dough is ready to go, turn it out onto a large, floured work surface. Use a rolling pin to roll the dough into a 22 x 15-inch rectangle. Carefully and evenly spread the filling mixture across the entire surface of the dough. Then fold the left third of the dough in towards the center and fold the right third of the dough over that towards the center, like you're folding a business letter. Gently run the rolling pin over the dough to press out any big bubbles. Then roll the dough out a bit more so that it forms a 15 x 8-inch rectangle.
6. **Form the buns.** Using a pizza cutter, pastry cutter or knife, slice the dough into even 2 x 20-cm long strips. Take one strip and twist it several times, gently stretching it as you do so until it nearly doubles in length. Grab one end of the twisted strip and loosely wrap the dough around two fingers twice, like a bandage. Then loop the rest of the dough perpendicularly around the dough so that it forms a knot and tuck the loose end at the bottom. Transfer the dough to a large parchment-covered baking sheet and repeat with the remaining dough strips.
7. **Second dough rise.** Loosely cover the dough buns with a clean kitchen towel and let them rise for 45-60 min.
8. **Brush and sprinkle.** Heat the oven to 375°F. Brush each bun with the egg wash, then sprinkle with a pinch of pearled sugar.
9. **Bake.** Bake for 25-28 minutes, or until the rolls reach your desired level of golden brown. Transfer to a wire baking sheet and let cool for 5 minutes. Then serve warm and enjoy!



Healthy Banana Bread

From Juliet Lepine (5th grade) and Lucy Lepine (3rd grade)

Banana Nut Bread is a favorite in our home. The recipe was passed down from Juliet & Lucy's grandmother who would often add carob chips to the bread. Our family has altered the recipe many times, adding various ingredients to increase the nutritional value of the bread. It's best warm, straight out of the oven, but these muffins freeze well also. ENJOY from Juliet & Lucy Lepine's kitchen.

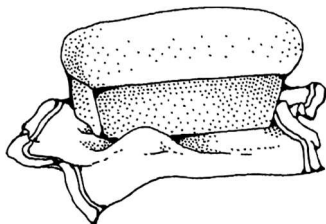
Ingredients

Makes 1 loaf or 20 muffins

- 1/2 cup unsalted butter
- 1/3 cup brown sugar
- 1 egg
- 2-3 ripe bananas
- 1/4 cup plain yogurt
- 1/4 cup oat bran
- 3/4 cup wheat flour
- 3/4 cup white flour
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 1 tsp baking soda
- 3/4 tsp salt
- add walnuts, small amounts of flax seed, wheat germ, and/or hemp hearts, as desired. Counterbalance these additions with more banana mixture.

Preparation

1. **Preheat oven** to 350 degrees.
2. **Cream** butter and sugar. **Add** egg. **Add** vanilla.
3. **Combine dry ingredients** in separate bowl. If you are adding small amounts of flaxseed, wheat germ or hemp hearts, add to the dry mixture.
4. **Mash banana** and **add yogurt** in a separate bowl.
5. Once the butter mixture is creamed, **add** 1/3 part of the dry mixture and then 1/3 part of the banana mixture.
6. Once incorporated, **alternately add** the dry and then banana mixture until all is incorporated. **Don't overmix**. If you are adding nuts, fold into mixture at this step.
7. Bread - **Bake** 50-60 min. in greased pan Muffins - Bake 15-20 min. Use toothpick to check doneness.





Banana Bread

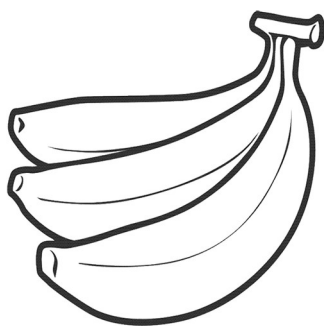
From Zach Brown (4th grade)
This is Zach's favorite breakfast bread.

Ingredients

- 2 eggs
- 1/3 cup buttermilk
- 1/2 cup vegetable oil
- 1 cup mashed bananas
- 1 cup white sugar
- 1/2 cup brown sugar
- 1 tsp vanilla
- 1 3/4 cup flour
- 1tsp baking soda
- 1/2 tsp salt

Preparation

1. **Preheat** oven to 325 degrees F. **Spray** a 9x5 loaf pan with cooking spray and **set aside**.
2. In a large bowl, **whisk** together eggs, buttermilk, and oil until well beaten.
3. **Add** in mashed banana, both sugars, and vanilla. **Mix** well.
4. **Sift** in flour, baking soda, and salt. **Mix** until just mixed in, do not over mix.
5. **Pour** into greased loaf pan and **bake** for about an hour. Check at an hour, if toothpick comes out wet, bake until cooked through.





Banana Bread

From Khali and Joey Aguilar (2nd grade)
Quick and easy snack.

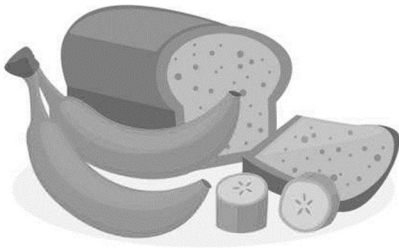
Ingredients

- 2-3 bananas
- 1/3 cup melted butter
- 1 tsp baking soda
- pinch of salt
- 3/4 cup sugar
- 1 egg
- 1 tsp vanilla
- 1 tsp cinnamon
- 1 1/2 cup flour

Preparation

1. **Mix** mashed banana and melted butter.
2. **Add** baking soda and salt. **Add** sugar, egg, and vanilla. **Mix in** flour and cinnamon.
3. **Bake** 25 min +/- in greased cake pan.

Note: Can substitute baby puree carrots for some of the mashed bananas. 2 cups banana and 1 cup pureed carrot.





Powerful Banana and Dark Chocolate Chip Bread

From Arianna (2nd grade)

Includes ingredients my family has enjoyed for generations in Africa like banana. I feel energized and satisfied after eating and ready for my day after I have this bread for breakfast.

Ingredients

- 2 ripe medium bananas (mashed)
- 1-2 Tbsp monk fruit sweetener
- 3 eggs
- 3 Tbsp unsweetened almond milk
- 1 tsp vanilla extract
- 2.5 cups packed fine almond flour (eg. Bob's red mill)
- 3 Tbsp chia seed (ground)
- 1 tsp cinnamon
- 1 tsp baking soda
- 1/2 tsp salt
- 1/2 c dark chocolate chips plus 2 tbsp

Preparation

1. **Preheat oven to 350 degrees F. Line** loaf pan w/ parchment paper. Cut off the extra parchment paper sticking out around edges.
2. In a large bowl **mix** wet ingredients until smooth.
3. **Add** dry ingredients, except chocolate chips, to wet mixture and **combine** with a wooden spoon until smooth. **Mix in** 1/2 cup chocolate chips.
4. **Pour** batter into loaf pan and **sprinkle** the 2 tbsp dark chocolate chips on top. **Bake** for 40-50 min. **Cool** bread for 10 min then transfer to wire rack to finish cooling completely. Once cool **cut** into 5 slices.

Did you know?

Monk fruit, also known as luo han guo, grows on a vine from southern China.

Monk fruit sweetener is produced by removing the seeds and skin of the Monk fruit, crushing it, and then filtering and extracting its sweet portions into liquid and powdered forms.



Bran Muffins

From Aurora Watkins (3rd grade)

My Grandmother owned a Deli and made these every day for my Dad and he makes them now.

Ingredients

- 6 cups of Whole Bran Cereal (All Brand Kellogg's (whole Box))
- 3 cups buttermilk
- 1 cup molasses
- 4 eggs
- 1/2 cup honey
- 1/2 cup oil
- 2 cups sugar
- 1 tsp salt
- 1 tsp cinnamon (I put more)
- 1 tsp. soda
- * 1 cup raisins
- 2 1/2 cups white flour

Preparation

1. **Heat oven** at 400 degrees F.
2. **Warm raisins** in pan with water to soften, before putting into batter, then drain (comes out better).
3. **Combine** cereal & buttermilk until soft.
4. **Add** everything else (except for flour and raisins).
5. Now **add** flour and raisins and mix.
6. **Grease** muffin tins, **fill** only 3/4 full.
7. **Cook** for 18-20 min.





French Breakfast Muffins

From Cecily Dobry (3rd grade)

My grandpa used to make these muffins too when my mom was a kid. And they're really tasty.

Ingredients

- 1/3 cup butter, softened
- 1/2 cup sugar
- 1 egg
- 1 1/2 cup flour
- 1 1/2 tsp. baking powder
- 1/2 tsp salt
- 1/4 tsp nutmeg
- 1/2 cup milk

For the topping:

- 1/2 cup sugar
- 1 tsp cinnamon
- 1/3 cup butter, melted

Preparation

1. **Preheat** oven to 350 degrees F. **Grease** 12 cup muffin pan.
2. **Mix** 1/3 cup butter, 1/2 cup sugar and egg.
3. **Combine** flour, baking powder, salt and nutmeg in separate bowl.
4. **Stir** flour mixture into butter mixture, alternating with milk.
5. **Fill** greased muffin cups and **bake** 20 minutes.
6. As muffins bake, **combine** 1/2 cup sugar and cinnamon.
7. **Melt** butter.
8. Immediately after baking, **roll** each muffin in melted butter, then in the cinnamon-sugar mixture.





Strawberry Spoon Cake

From Jack Skuse (2nd grade)

It is an easy and delicious dessert to make in the summer with local ingredients. We got it from the New York Times.

Ingredients

- 1 stick melted butter + more for greasing
- 1 cup fresh strawberries, hulled
- 2/3 cup packed light brown sugar
- 1/2 cup whole milk, at room temperature
- pinch of salt (1/2 tsp if using unsalted butter)
- 1 cup all-purpose flour
- 1 tsp baking powder
- Optional: vanilla ice cream, for serving

Preparation

1. **Heat oven** to 350°F and grease an 8-inch (square or round) baking dish with butter. Set aside.
2. Using your hands or back of fork, **mash berries** to release juices, and stir in 1/3 cup of brown sugar. Set aside.
3. In a medium bowl, **whisk together** melted butter, remaining 1/3 cup brown sugar, milk, salt, then add flour and baking powder, continue whisking just until the batter is smooth. **Transfer batter** to greased baking dish and spread evenly into corners.
4. **Spoon** strawberries and juices over top of cake batter. Place in oven and **bake** for 20-25 minutes, until a toothpick comes out clean from the center. Remove from oven, **cool** for 3-5 minutes before spooning into bowls.
5. **Serve** warm with ice cream.

“A party without cake is really just a meeting”

Julia Child



Tiramisu

From Elizabeth Cano (Assistant Principal)
It's Italian.

Ingredients

- 2/3 cups flour
- 3 eggs
- 7 Tbsp sugar
- 6 egg yolks
- 1/3 cup sugar
- 1 pound mascarpone cheese
- 1 tsp vanilla
- 2/3 cup espresso
- 1/4 cup Kahlua
- 1/4 cup brandy
- 1 Tbsp cocoa powder



Preparation

1. **Preheat** oven to 350 degrees Fahrenheit. **Butter and flour** an 8" square pan.
2. **Beat** 3 eggs. **Add** 7 tablespoons of sugar. Beat for five minutes. **Sift** 1/3 cup of flour over the egg mixture then fold in. **Fold in** the remaining 1/3 cup of flour. Put in prepared pan and **bake** 30 minutes.
3. **Beat** 6 yolks and 1/3 cup sugar in a bowl. **Place bowl over** small pot of hot water (not boiling). **Whisk** until pale and thick. Careful to avoid cooking them by removing from the steam from time to time. Remove when thick. **Beat** until cool another 2 minutes. **Cool** completely.
4. In a separate bowl, **combine** marscapone and vanilla. **Fold** egg custard mixture into it.
5. Remove cake and **cut** into approximately 32 ladyfingers about 1 inch thick.
6. **Combine** espresso, Kahlua and brandy and soak the ladyfingers.
7. **Layer** the dish starting with soaked ladyfingers on the bottom. **Sprinkle** with cocoa powder. Spoon 1/3 of the marscapone on top and then repeat ladyfingers ending with marscapone layer on top. Sprinkle with cocoa powder.



Mango Lassi

From Meera Nanavati (3rd grade)

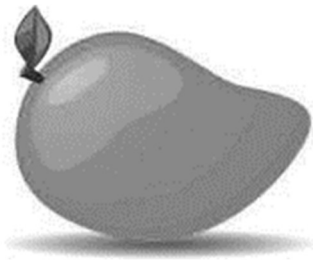
It is part of my culture and I make it with my grandma who is from India.

Ingredients

- 1 cup plain yogurt
- 1 cup mango pulp or frozen/fresh mango chunks
- 2/3 cup water
- 3 Tbsp sugar
- 1/4 tsp saffron (optional)

Preparation

1. **Blend** all the ingredients together for 2 min in a blender.
2. **Add** more water or ice cubes if you like a thinner consistency or colder.
3. **Chill** and enjoy!



Did you know?

Mangoes were first grown in India over 5,000 years ago.



Mango Lassi

From Diya Sankarkumar (2nd grade)

This is a popular drink of North India. It is very refreshing and can be enjoyed by kids and adults at the same time.

Ingredients

- 30 oz. can Kesar Mango pulp
- 32 oz. yogurt
- sugar to taste
- 1/2 cup milk

Preparation

1. **Blend** mango pulp, yogurt, sugar and milk together until it all combines well. Extra milk can be added to adjust thickness as per liking.
2. **Serve cold.**



Did you know?

The oldest living mango tree is thought to be 300 years old and is found in Central India.

Notes

A large, empty rectangular box intended for taking notes.



Kenmore
Elementary
PTA

Cookbook sponsored by the Kenmore Elementary PTA.
Visit KenmorePTA.org to download an electronic copy.

KENMORE ELEMENTARY COOKBOOK



2023

made by Juliet Lepine