

# Mommy -n- Me



# eCookbook

*By Michelle Jansma  
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# Let's Get Cookin'

The "Mommy 'n Me eCookbook" is designed to be an opportunity to spend time with your kids, give them a learning experience, have fun, and get some yummy food all at the same time! Recipes were chosen that should provide tasks your child can assist with, but please use discretion based on the age and ability of your child.

## The eCookbook has several components:

**Mommy's Recipe:** Mommy gets her own copy of each recipe that she can have for herself, or add to her existing collection of recipes. \*Note: **Mommy's Recipe** is sometimes a bit more detailed, so be sure to look it over.

**My Recipe:** Your child will also receive their own recipe with the following parts:

- a checklist to make sure all the ingredients are there
- a checklist to track that each step of the recipe is completed
- a scale to rate the "yumminess" of the food once it's made
- space to add a picture of the finished food, or some part of their "cooking with Mommy" time

**Jr. Chef Challenge:** an academic challenge that can be used to fill wait time, or be completed later. Obviously, there will be a wide range of ages and abilities using this eCookbook, so assist or skip as necessary for your child.

**Menu Template:** your child can create a menu for the family of the food you are preparing together that day.

**Keepsake Cookbook:** Your child will be able to keep their recipes together, making their own cookbook with the cover that's **included**. It will be a keepsake of this special time with Mommy.

# Table of Contents

## Breakfast Recipes

1. Fruit Kabobs & Yogurt
2. Teddy Toast
3. Banana Boats
4. Baked Oatmeal
5. Flapjacks
6. Strawberry Banana Smoothie

## Meals & Sides

1. No Peek Chicken
2. Sassy Tailgate Sandwiches
3. Cheesy Tortellini/Ravioli
4. Taco Bread
5. Pizza Burgers
6. Crockpot BBQ Chicken
7. Creamy Tomato Orzo Soup
8. Roasted Lemon Potatoes
9. Glazed Sweet Potatoes
10. Zucchini Fries
11. Cauliocoli

## Snacks & Treats

1. Baked Mozzarella Sticks
2. Nibble Scribble Chex Mix
3. Greek Yogurt Drops
4. No-Bake Chewy Granola Bars
5. Nilla Wafer Nana Pudding Cups
6. Graham Cracker Eclair Cake
7. Sugar Cookies with Cream Cheese Frosting
8. Banana Bars
9. Funfetti Cookies
10. Morning Punch

## Menu Template

First Cookbook Cover Page  
Answer Key



Fruit Kabobs



Flapjacks



Teddy Toast

# Breakfast Recipes



Baked Oatmeal



Banana Boats



Strawberry  
Banana  
Smoothie



# Baked Oatmeal



## Mommy's Recipe

### Ingredients:

#### Dry Ingredients:

- 3 cups old fashioned rolled oats
- 3/4 cup brown sugar
- 1 1/2 tsp baking powder
- 3/4 tsp ground cinnamon

#### Wet Ingredients:

- 2 eggs, lightly beaten
- 2 1/2 cups milk
- 1 tsp vanilla
- 4 tbsp butter or coconut oil (melted)
- 2 cups berries (larger berries chopped)

### Steps:

- Preheat oven to 350 degrees; butter a 2 1/2 quart baking dish.
- Wash berries; cut larger ones.
- Combine all dry ingredients. Place half of the oat mixture in the baking dish, top with half the berries, and then top with remaining oat mixture.
- Whisk together eggs, milk, vanilla, and melted butter. Pour over oats.
- Top with remaining berries; gently shake the dish back and forth to allow the wet mixture to get down into the oats.
- Bake uncovered 40 minutes, until oats are tender and mixture is set.
- Serve immediately, or refrigerate to reheat later.

\*Notes and Acknowledgements: This recipe idea was found at [sofabfood.com](http://sofabfood.com)



# Baked Oatmeal



## My Recipe

### Ingredient Checklist:

Mark the box as you gather each ingredient to start cooking!

#### Dry Ingredients:

- 3 cups old fashioned rolled oats
- 3/4 cup brown sugar
- 1 1/2 tsp baking powder
- 3/4 tsp ground cinnamon

#### Wet Ingredients:

- 2 eggs, lightly beaten
- 2 1/2 cups milk
- 1 tsp vanilla
- 4 Tbsp butter or coconut oil (melted)
- 2 cups berries (larger berries chopped)

### Steps:

Mark each box as you complete each step.

- Preheat oven to 350 degrees; butter a 2 1/2 quart baking dish.
- Wash berries; half larger ones.
- Combine all **dry** ingredients. Place half of the oats in the baking dish, top with half the berries, and then top with remaining oats.
- Whisk together eggs, milk, vanilla, and melted butter. Pour over oats.
- Top with remaining berries; gently shake the dish back and forth to allow the wet mixture to get down into the oats.
- Bake uncovered 40 minutes, until oats are tender and mixture is set.
- Have a taste!

### Taste Scale:

Color the stars to show how much you like the recipe!



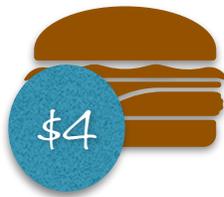
Place a photo of your yummy food here!

# BAKED OATMEAL



## JR. CHEF CHALLENGE

You have \$20 to spend at the grocery store. Circle the items you want to put in your shopping cart. You have to spend at least \$15, but make sure you don't spend over \$20!



# Also included:

A cover your child can design for collecting all their recipes into their first cookbook...a keepsake of their time with Mom!

## My First Cookbook



Place your photo or draw a picture here.



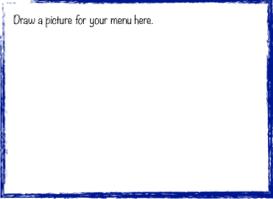
Name of Chef:

\_\_\_\_\_ 's Cafe

Month      Day      Year



Draw a picture for your menu here.



On the Menu Today!

Write the name of your food in this box.



Today's chefs:

A Menu to share what you've cooked with the rest of your family! - Print as often as needed.