

Spring 2022

Hi City of Scottsdale Students,

Welcome to your Healthy Morning Recipes cooking class. Attached below you will find the recipes and supply lists you need for class:

- Chia Seed Pudding Recipe
- Banana Oat Breakfast Cookies Recipe
- Crustless Quiche Cups Recipe
- Grocery and Supply List

Please carefully read through the recipe, and print it out before we get in the kitchen together. Next, use the grocery list and go shopping. Then, check you have all the necessary supplies in your kitchen to whip up a feast.

If you have any dietary restrictions, kitchen equipment concerns, or questions, please reach out. I'm happy to answer your questions, and make accommodations before class.

See you soon,

Chef Amber Sampson
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Chef Amber's Chocolate Coconut Chia Seed Pudding

*Yield: approximately 4 cups...Prep Time: 10 minutes Chill Time: 4 Hours. Total Time: 4+ hours
Makes 4-6 servings*

Ingredients:

1 Can of Coconut Cream	13.5 oz.
Dark cocoa powder	1/4 th cup
Maple Syrup	1/4 th cup
Salt	½ tsp
Cinnamon	1 TBS
Hot Water	1/4 th cup
Chia Seeds	½ cup

1. Pour 1 can of room temperature coconut cream into a large bowl or directly into a glass or plastic Tupperware container for storage later.
2. In a separate bowl, measure and sift the cocoa, salt, cinnamon and then add up to 1/4th cup of maple syrup depending on desired sweetness.
3. Pour boiling hot water over the cocoa powder mixture and whisk together until it forms a dark smooth lump free liquid. Add more or less hot water if cocoa powder mixture is too thick and not smooth enough. It should resemble thin honey.
4. Transfer cocoa powder into the coconut cream and whisk together until one milky chocolate color appears
5. Mix in Chia Seeds
6. Cover top of pudding with plastic wrap or the top will form a crust.
7. Refrigerate for a minimum of 4 hours, best overnight.
8. Serve and enjoy with fresh berries and yogurt or more whipped coconut cream.

Chef tips: The secret to creating the dessert like rich texture of this pudding comes from using coconut cream, and not coconut milk, as well as the process of blooming the chocolate in hot water before adding it to the coconut cream. Most other recipes will have you dump the dry ingredients into the coconut cream, which leads to lots of lumps of dry cocoa that can be hard to mix out. Adding the hot water to the cocoa powder develops the chocolate flavor and melts it into more of a liquid state insuring easy mixing and a smooth final texture.

As with all recipes, the salt, sweetness, and thickness can be adjusted. If you want a thicker pudding, add more chia seeds, if you desire something thinner add more coconut cream.

Makes a beautiful dessert, filling breakfast or healthy snack. Raw and vegan low Glycemic index, and full of great fat and protein from the omega rich chia seeds, enjoy!

Chef Amber's Banana Oat Breakfast Cookies

Yield: approximately 8-10 cookies...Prep Time: 10 minutes Cook Time: 20 min. Total Time: 30min

Ingredients:

- 1 Cup Quick Oats
- ½ Cup rolled oats
- ½ tsp salt
- 2-3 medium RIPE bananas
- 1 egg
- 2TBS yogurt or almond milk
- 1tsp Vanilla
- 1tbs Cinnamon
- ½ cup dark chocolate chips
- 1/4th cup shredded coconut
- 1/4th cup golden raisins
- 1/4th cup crushed walnuts

Directions:

- 1) Preheat oven to 350 degrees Fahrenheit.
- 2) Line a rimmed baking sheet with a silpat mat or coat with some cooking spray.
- 3) Using the back of a fork, or a hand mixer mash bananas with egg, yogurt and vanilla in a medium bowl until they are broken down.
- 4) Add in oats, salt and remaining ingredients and gently stir until all of the oats and bananas are mixed together and look like a thick cookie batter.
- 5) Scoop one heaping tablespoon of the dough into your pan and free form into a cookie*. Place on cookie sheet and continue until you have 8-12 cookies.
- 6) Cook for 15-20 minutes, deepening on size, or until set through and lightly golden.
- 7) Cool and enjoy!(see tips for freezing)

Chef tips:

* These cookies will not spread in the oven, so be sure to form them into a cookie before placing on baking sheet. I tend to make mine big and tall, but you can make smaller cookies as well.

** Cookies can be frozen up to 3 months, then thawed overnight in the refrigerator before enjoying.

***You can adjust thickness or thinness of batter by adding more yogurt or milk to thin it, or adding more oats if needed. Recipe can also be made totally vegan with the subtraction of eggs and the use of almond milk or non-dairy yogurt.

****The combination of oats leads to a better texture. If you only have quick oats, add more nuts and no yogurt, to keep it chunky. If you only have Rolled Oates, add more liquid and let them sit in the fridge for 30 minutes before baking.

Supply List:

Groceries:

- 13.5 oz.-1 Can of Coconut Cream
- 1/4th cup Dark cocoa powder
- 1/4th cup Maple Syrup
- 1 TBS Salt
- 1 TBS Cinnamon
- ½ cup Chia Seeds
- 1 Cup Quick Oats
- ½ Cup rolled oats
- 2-3 medium RIPE bananas
- 1 egg
- 2TBS yogurt or almond milk
- 1tsp Vanilla
- 1tbs Cinnamon
- ½ cup dark chocolate chips
- 1/4th cup shredded coconut
- 1/4th cup golden raisins
- 1/4th cup crushed walnuts
- 12 eggs
- 1tsp salt
- 1tsp black pepper
- 1TBS stone ground mustard
- 1TBS Milk or water
- 8oz raw breakfast meat of your choice (bacon, sausage, ham, turkey bacon, vegan meat)
- 1 green bell pepper
- 1 red bell pepper
- 1 red onion
- 1 tsp smoked paprika
- 1tsp chili powder
- 1 tsp cumin
- 1 tsp coriander
- 4 green onions (you can swap for chives)
- 1TBS dried parsley
- 2 Cups raw or frozen spinach
- 8 oz cherry tomatoes
- 6 oz cheddar cheese (or cheese of choice)
- 1 cup olive or avocado oil

Kitchen Equipment:

Plastic wrap
Large Bowls
Plastic spatula
Measuring Cups and Spoons
Glass liquid Measuring Container, which can hold 4 cups of liquid
Whisk
Rimmed baking sheet
Silpat mat or parchment paper
Towel or paper towels
Chef knife
Muffin tin
8" skillet

Chef Amber's Crustless Quiche Cups

Yield: approximately 12-14 cups...Prep Time: 10 minutes Cook Time: 20 min. Total Time: 30min

Ingredients:

- 12 eggs
- 1tsp salt
- 1tsp black pepper
- 1TBS stone ground mustard
- 1TBS Milk or water
- 8oz raw breakfast meat of your choice (bacon, sausage, ham, turkey bacon, vegan meat)
- 1 green bell pepper
- 1 red bell pepper
- 1 red onion
- 1 tsp smoked paprika
- 1tsp chili powder
- 1 tsp cumin
- 1 tsp coriander
- 4 green onions (you can swap for chives)
- 1TBS dried parsley
- 2 Cups raw or frozen spinach
- 8 oz cherry tomatoes
- 6 oz cheddar cheese (or cheese of choice)
- 1 cup olive or avocado oil

Directions:

- 1) Preheat oven to 350 degrees Fahrenheit.
- 2) Grease a muffin tin with oil using a cloth or paper towel
- 3) In a 4 cup measuring cup, crack eggs and whisk with salt, pepper, mustard and milk.
- 4) In a skillet, cook meat of choice
- 5) Add in onion, then peppers. Season with spices lined above and then fold in spinach
- 6) Cut tomatoes in ½ and cut green onion into slices
- 7) Scoop meat and veg mixture into muffin tin
- 8) Pour egg mixture over the top until 80% full
- 9) Top with tomatoes, green onion, cheese, and another crack of pepper.
- 10) Bake for 20-25 minutes
- 11) Enjoy now or freeze for later

Chef tips:

* Store them in the fridge for up to three days, or in the freezer for up to three months. Just make sure to place them in sealed containers or freezer-safe bags to keep them fresh.

To reheat, simply pop them in the microwave for about 30 seconds (from the refrigerator) or 1-2 minutes (from the freezer)

