

THE CAMMY + GRAMMY COOKBOOK ADVENTURE



Where learning is Yummy!!!!

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Where Learning is Yummy!



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Breakfast Recipes



Super Simple Pancakes

Ingredients:

Grocery List	Got It! ✓
1 cup flour	
1 tablespoon sugar	
2 teaspoons baking powder	
1/4 teaspoon salt	
1 cup milk	
1 egg	
2 tablespoons melted butter	

Instructions:

1. Mix flour, sugar, baking powder, and salt in a big bowl
2. In another bowl, whisk together milk, egg, and melted butter
3. Pour the wet ingredients into the dry ingredients and stir until just combined
4. Heat a pan over medium heat and add a little butter
5. Pour 1/4 cup of batter for each pancake
6. Cook until bubbles form on top, then flip and cook until golden brown
7. Serve with syrup, fruit, or your favorite toppings!

Yummy Yogurt Parfait

Ingredients:

Grocery List	Got It! ✓
1 cup yogurt	
1/2 cup granola	
1/2 cup fresh berries	
1 tablespoon honey	

Instructions:

1. Get a clear glass or bowl
2. Put a layer of yogurt at the bottom
3. Add a layer of granola
4. Add a layer of berries
5. Repeat the layers until the glass is full
6. Drizzle honey on top
7. Enjoy with a spoon!

Breakfast Word Search

Find the words hidden in the grid below!

E	J	U	J	F	Z	K	M	E	Y	X	P
H	W	A	Q	P	G	N	S	B	F	O	P
E	O	N	J	G	J	S	C	R	P	B	A
Q	S	B	U	R	Q	Z	C	K	A	G	N
O	W	B	U	A	U	P	Y	B	R	S	C
C	C	E	R	S	U	G	A	R	F	X	A
F	I	R	O	O	T	R	G	N	A	K	K
Y	L	R	H	L	J	E	C	Y	I	O	E
J	H	O	C	A	U	T	R	N	T	T	S
W	X	E	U	E	H	R	L	R	C	I	W
M	K	S	I	R	Z	N	T	D	M	G	J
W	T	K	V	M	J	C	E	R	X	G	B

Words to find:

PANCAKES • YOGURT • PARFAIT • GRANOLA • BERRIES • HONEY • FLOUR •
MILK • BUTTER • SUGAR



Lunch Recipes



Rainbow Veggie Wraps

Ingredients:

Grocery List	Got It! ✓
2 tortillas	
2 tablespoons cream cheese	
1/4 cup shredded carrots	
1/4 cup sliced bell peppers	
1/4 cup cucumber slices	
2 lettuce leaves	

Instructions:

1. Spread cream cheese evenly on each tortilla
2. Place a lettuce leaf on each tortilla
3. Arrange carrots, peppers, and cucumber in a line across the center
4. Roll up the tortilla tightly
5. Cut in half diagonally
6. Serve with your favorite dip!

Easy Cheese Quesadilla

Ingredients:

Grocery List	Got It! ✓
2 tortillas	
1 cup shredded cheese	
2 tablespoons butter	

Instructions:

1. Sprinkle cheese evenly on one tortilla
2. Place the second tortilla on top
3. Heat a pan over medium heat and add butter
4. Place the quesadilla in the pan
5. Cook for 2-3 minutes until golden brown
6. Carefully flip and cook the other side
7. Cut into triangles and serve with salsa or sour cream!

Lunch Word Search

Find the words hidden in the grid below!

H	Q	P	C	T	Q	R	Y	I	T	X	L
X	U	Y	E	A	C	K	W	V	F	F	E
T	O	R	T	P	R	L	A	Q	J	P	T
N	S	U	C	K	P	R	E	S	J	H	T
O	A	E	E	E	X	E	O	E	D	J	U
H	D	Z	G	F	I	G	R	T	S	Q	C
R	A	I	N	B	O	W	R	S	S	E	E
Q	L	T	U	G	M	U	N	L	E	C	D
Z	L	B	C	V	I	A	V	W	Q	L	G
J	A	U	W	P	M	H	Z	Q	X	Z	T
N	Q	U	N	R	B	I	D	T	E	F	R
Q	B	U	N	S	V	H	W	X	G	A	J

Words to find:

WRAPS • QUESADILLA • CHEESE • TORTILLA • CARROTS • PEPPERS •
CUCUMBER • LETTUCE • RAINBOW

After-School Snacks

Ants on a Log

Ingredients:

Grocery List	Got It! ✓
3 celery sticks	
3 tablespoons peanut butter	
2 tablespoons raisins	

Instructions:

1. Wash and dry the celery sticks
2. Cut each stick into 3-4 inch pieces
3. Spread peanut butter into the groove of each celery piece
4. Place raisins on top of the peanut butter in a line
5. The raisins are the 'ants' and the celery is the 'log'!
6. Enjoy this crunchy, sweet, and healthy snack!

Fruit Kabobs

Ingredients:

Grocery List	Got It! ✓
1/2 cup strawberries	
1/2 cup grapes	
1/2 cup pineapple chunks	
1/2 cup melon cubes	
Wooden skewers	

Instructions:

1. Wash all the fruit carefully
2. Cut larger fruits into bite-sized pieces
3. Thread the fruit onto skewers in a colorful pattern
4. Make a rainbow pattern: strawberry, grape, pineapple, melon
5. Repeat until the skewer is full
6. Serve chilled for a refreshing snack!

Snack Time Word Search

Find the words hidden in the grid below!

F	V	S	K	Y	C	P	N	T	O	U	S
D	H	S	T	R	A	W	B	E	R	R	Y
W	Y	A	A	B	L	L	O	G	U	K	Q
R	A	U	A	N	T	S	O	Z	F	S	M
E	H	W	S	E	D	E	W	Y	A	I	T
Z	F	B	I	U	L	A	A	H	G	M	J
R	G	R	N	Q	T	N	K	G	V	H	T
M	H	R	U	K	A	B	O	B	S	F	F
K	Y	X	A	I	A	T	E	Y	L	W	E
Y	O	J	F	P	T	A	A	R	W	F	X
B	F	M	V	V	E	B	O	C	C	Z	T
P	C	S	I	O	G	S	K	N	I	N	O

Words to find:

CELERY • PEANUT • BUTTER • RAISINS • ANTS • LOG • FRUIT • KABOBS •
GRAPES • STRAWBERRY

Dinner Recipes

Mini Pizza Bagels

Ingredients:

Grocery List	Got It! ✓
4 mini bagels	
1 cup pizza sauce	
1 cup shredded mozzarella cheese	
Toppings: pepperoni, olives, bell peppers	

Instructions:

1. Preheat oven to 375°F
2. Cut bagels in half
3. Spread pizza sauce on each bagel half
4. Sprinkle cheese on top
5. Add your favorite toppings
6. Place on a baking sheet
7. Bake for 10-12 minutes until cheese is melted and bubbly
8. Let cool for 2 minutes before eating!

Silly Spaghetti

Ingredients:

Grocery List	Got It! ✓
8 oz spaghetti noodles	
2 cups marinara sauce	
1/4 cup parmesan cheese	
Fresh basil leaves	

Instructions:

1. Bring a large pot of water to a boil
2. Add spaghetti and cook according to package directions
3. While pasta cooks, heat marinara sauce in a pan
4. Drain the cooked pasta
5. Mix pasta with sauce
6. Sprinkle with parmesan cheese
7. Add fresh basil leaves on top
8. Twirl and enjoy!

Dinner Word Search

Find the words hidden in the grid below!

G	S	P	A	G	H	E	T	T	I	V	M
V	Q	C	P	S	R	J	H	I	L	H	W
O	O	H	H	A	C	W	A	K	N	G	R
K	N	E	V	W	S	X	S	K	Q	J	H
G	G	E	K	B	C	N	P	P	Q	X	M
Q	B	S	Y	I	A	O	A	T	H	Q	A
R	A	E	S	Z	O	O	T	S	E	P	W
N	S	P	H	Z	U	D	S	U	I	E	Z
Y	I	T	C	A	M	L	A	L	X	S	O
B	L	V	H	C	S	E	U	V	S	W	W
M	A	R	I	N	A	R	A	I	L	X	V
E	X	Q	D	M	H	M	E	P	Q	I	V

Words to find:

PIZZA • BAGELS • SPAGHETTI • PASTA • SAUCE • CHEESE • NOODLES • BASIL
• MARINARA

Dessert Recipes

No-Bake Chocolate Cookies

Ingredients:

Grocery List	Got It! ✓
2 cups sugar	
1/4 cup cocoa powder	
1/2 cup milk	
1/4 cup butter	
3 cups oats	
1 teaspoon vanilla	

Instructions:

1. Line a baking sheet with wax paper
2. In a pot, mix sugar, cocoa powder, milk, and butter
3. Bring to a boil and cook for 1 minute
4. Remove from heat
5. Stir in oats and vanilla quickly
6. Drop spoonfuls onto wax paper
7. Let cool for 30 minutes until firm
8. Enjoy your delicious cookies!

Frozen Banana Pops

Ingredients:

Grocery List	Got It! ✓
3 bananas	
1 cup chocolate chips	
1/2 cup sprinkles	
Popsicle sticks	

Instructions:

1. Peel bananas and cut in half
2. Insert a popsicle stick into each banana half
3. Place on a tray and freeze for 1 hour
4. Melt chocolate chips in microwave (30 seconds at a time, stirring)
5. Dip frozen bananas in chocolate
6. Roll in sprinkles immediately
7. Place back on tray and freeze for another 30 minutes
8. Enjoy your frozen treat!

Dessert Word Search

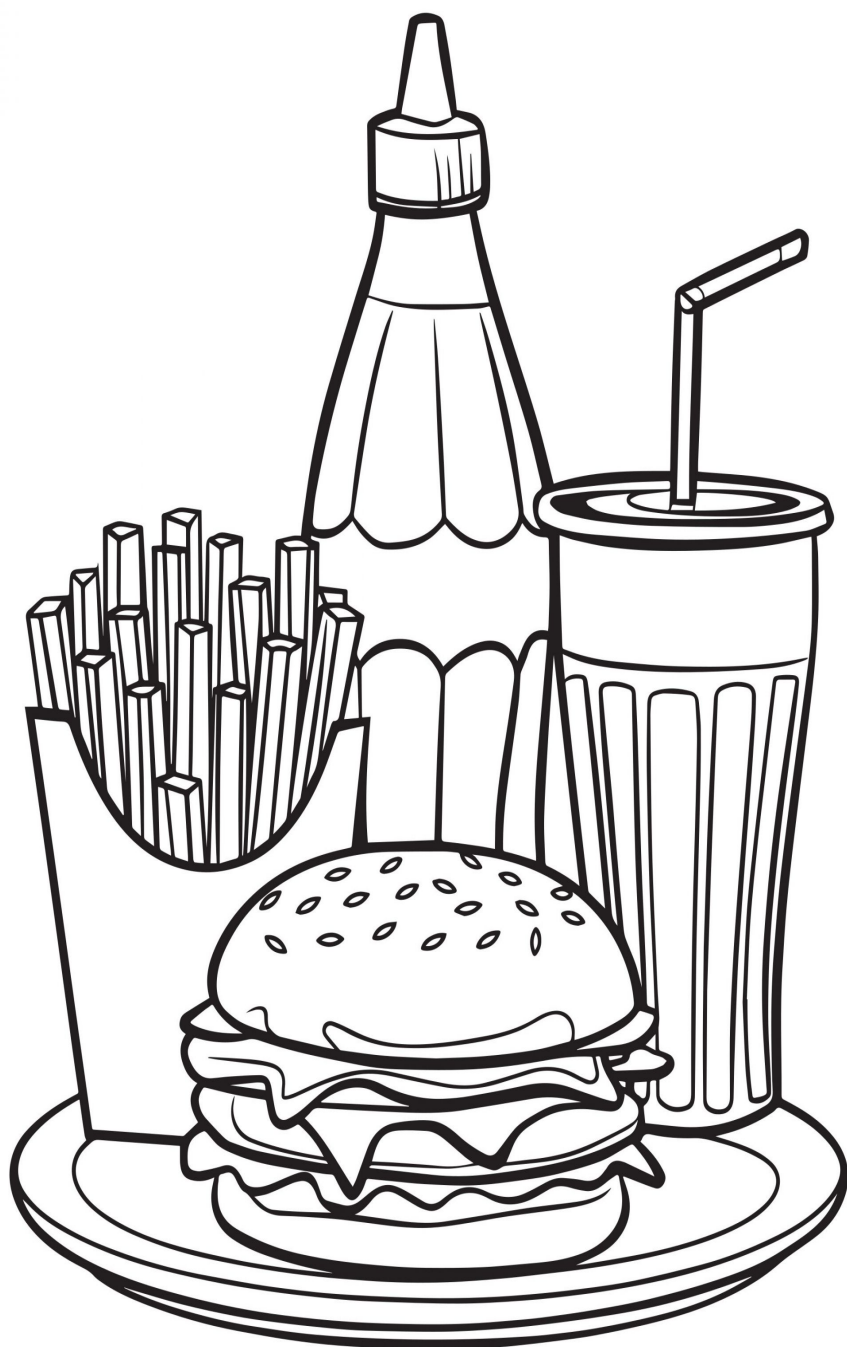
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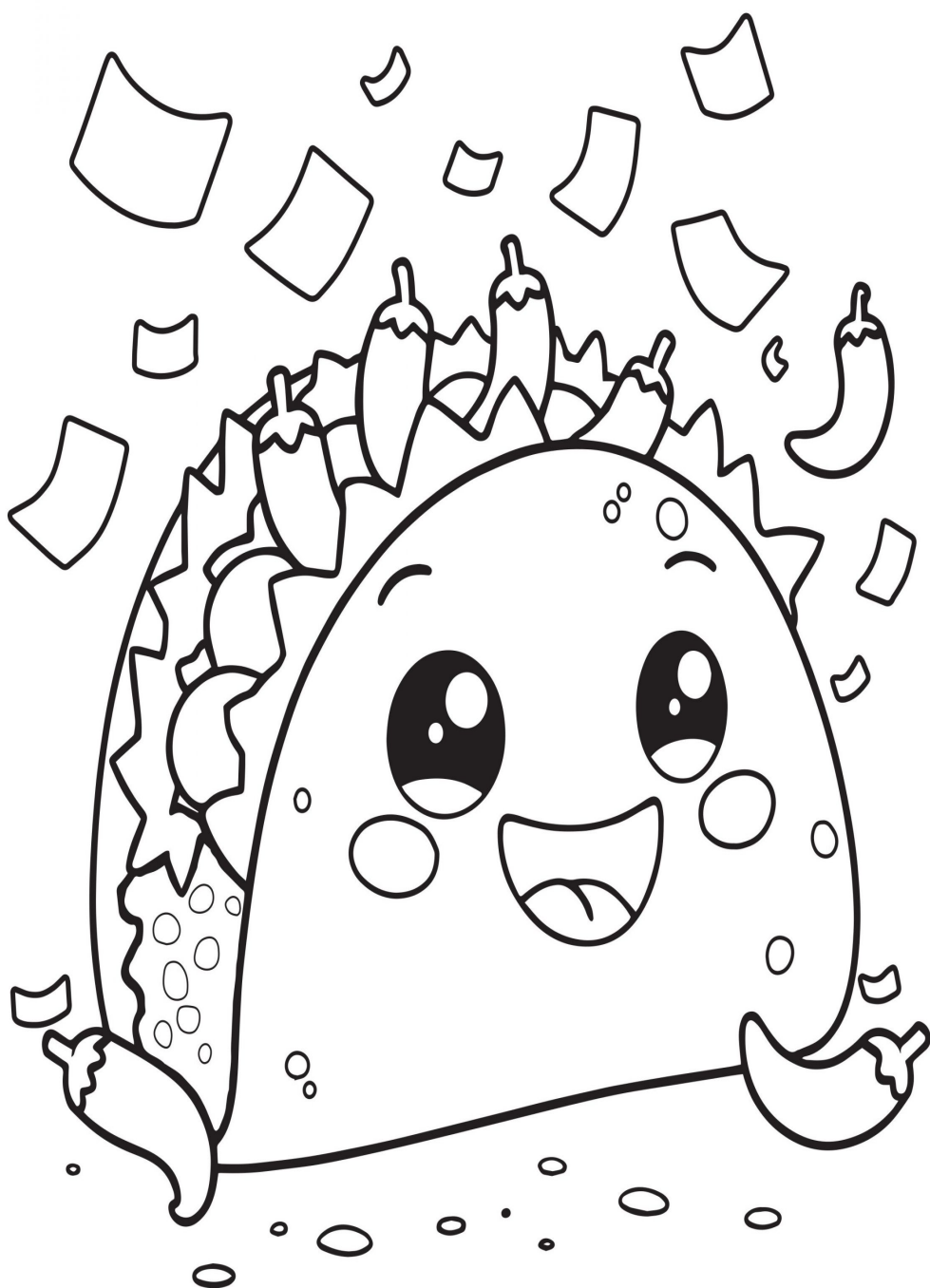
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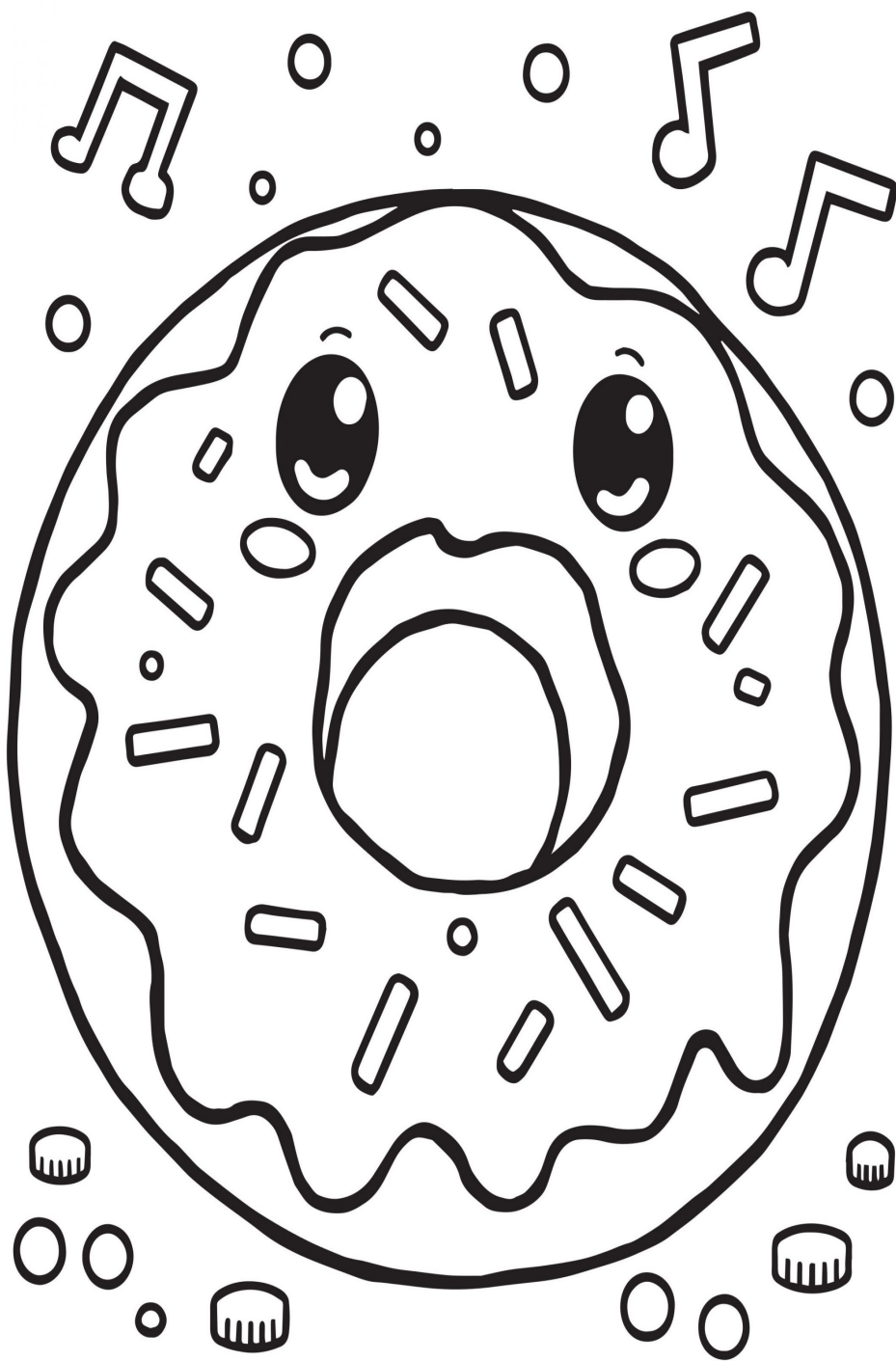
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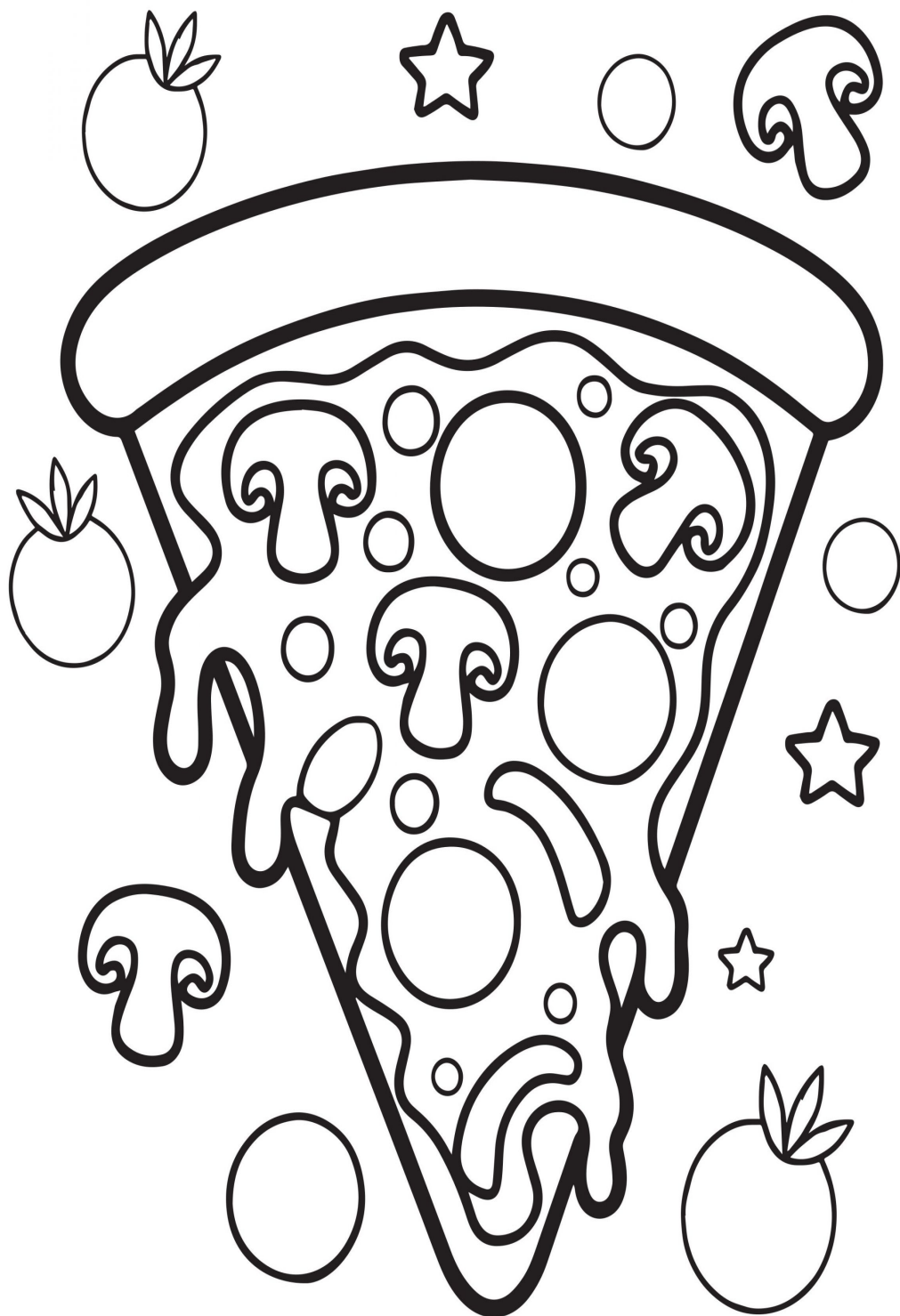
COOKIES • CHOCOLATE • BANANA • FROZEN • SPRINKLES • TREATS •
VANILLA • OATS • SWEET

 **Happy Cooking!** 















Safety Tips

For Parents & Guardians

Cooking is a wonderful way for kids to build confidence and learn life skills. With a few simple habits, your young chef can have fun in the kitchen while staying safe.

Kitchen Safety Basics

- Supervise heat & sharp tools: Stay nearby for the stove/oven, hot liquids, and cutting tools.
- Wash hands: Soap + warm water for 20 seconds before cooking and after raw meat, eggs, or seafood.
- Separate raw & ready-to-eat foods: Use separate boards/plates and clean tools between steps.
- Prevent burns: Turn pot handles inward, use oven mitts, and watch out for steam.
- Use kid-friendly tools: Choose age-appropriate knives and keep fingers curled away from blades.
- Be appliance-smart: Keep cords away from edges; unplug when finished.
- Store food safely: Refrigerate leftovers within 2 hours and reheat until steaming hot.

Allergies & Dietary Awareness

If your child has allergies or dietary restrictions, please review every ingredient before cooking. When in doubt, ask a healthcare professional.

- Common allergens: milk/dairy, eggs, peanuts/tree nuts, wheat/gluten, soy, fish/shellfish, sesame.
 - Read labels every time: ingredients and 'may contain' warnings can change.
 - Avoid cross-contact: wash hands, wipe surfaces, and use separate utensils when needed.
 - Share wisely: for school/parties, check rules and notify caregivers.
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Safety note: Kid chefs should cook with a trusted adult.