
HEALTHY FAMILY FUN COOKBOOK



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By Carrie Durward, PhD RD, Sydney Mason, and Chelsey Mickelson



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DEDICATION

This cookbook is dedicated to all of the families who cooked, learned, and had fun with us in the Healthy Family Fun Program.

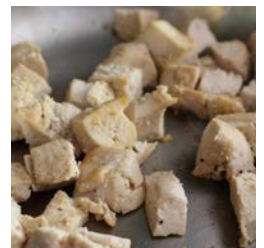
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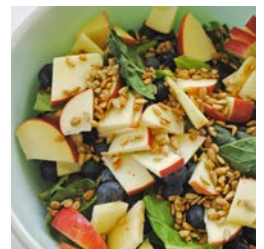
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APPLE CINNAMON FRENCH TOAST



SERVES 6-8 *Adapted from healthnutnutrition.ca*

This fruity take on a breakfast classic is ideal for Sunday morning breakfasts with the family or a weeknight breakfast for dinner. Try using a thick sourdough or whole grain bread that will absorb the egg mixture extra well. To mix it up, try different toppings such as almond or peanut butter, fresh fruit, honey, or dark chocolate shavings.

Tasks for **Helping Hands**



- Thinly slicing apples
- Stirring apples on stove
- Egg cracking and mixing
- Dipping bread into egg mixture



INGREDIENTS

French Toast:

- 6-8 thick pieces of whole wheat bread
- 6 eggs
- $\frac{3}{4}$ cup milk
- 1 tbsp. maple syrup
- 1 tsp. vanilla
- $\frac{1}{2}$ tsp. cinnamon
- 1 pinch salt
- Cooking spray
- Maple syrup for topping

Apple Cinnamon Topping:

- 2 apples thinly sliced
- Cooking oil
- $\frac{1}{2}$ tbsp. maple syrup
- $\frac{1}{4}$ tsp. cinnamon



1 Prepare the ingredients

- De-core and thinly slice apples.
- Slice bread if it is not already pre-sliced.



2 Make apple cinnamon topping

- Heat a small amount of cooking oil in a large skillet.
- Once heated, add apple slices and cook until soft.
- Add cinnamon and maple syrup until well combined and set aside.



3 Egg mixture

- Heat large skillet.
- In a medium-sized, shallow bowl, crack eggs and whisk in milk, maple syrup, vanilla, cinnamon and salt.



4 Soak bread

- Soak each piece of bread in egg mixture before transferring to a heated pan sprayed lightly with cooking oil.



5 Brown French toast

- In skillet, brown each side for 3-4 minutes or until golden brown, flip, and repeat.
- Continue until all the bread and egg mixture is gone.



6 Serve

- Plate French toast with heated apple cinnamon topping and extra maple syrup if desired.
-

BBQ CHICKEN LETTUCE WRAPS



SERVES 4-6 *Adapted from howsweeteats.com*

Forego the high-calorie hamburger buns with this BBQ chicken recipe! Lettuce leaves give the entree a simple, light, and fresh taste. The chopped cashews bring out the extra crunch in the dish, and the fresh pineapple paired with the BBQ sauce lends an island element.

Tasks for

Helping Hands



- Washing and dry lettuce leaves
- Chopping vegetables
- Opening can of pineapple
- Stirring onion mixture on stove



INGREDIENTS

- 1 lb. boneless chicken breasts
- 1 tsp. salt
- 1 tsp. pepper
- ½ tsp. garlic powder
- ½ tsp. onion powder
- 2 tbsp. olive oil
- ½ red onion
- 1 tbsp. brown sugar
- 1-2 cups chopped pineapple (canned or fresh)
- 2 cloves garlic, minced
- 2-3 tbsp. chopped cashews
- 3 tbsp. BBQ sauce (look for brands with less sugar)
- Lettuce for wrapping: butter lettuce, romaine hearts or any sturdy leaf
- Optional toppings: avocado, cilantro, limes, green onions

For Cilantro Dressing:

- 1/3 cup greek yogurt
- 1/3 cup fresh cilantro
- 2 tbsp. milk
- 1 tbsp. fresh lime juice
- ½ tsp. olive oil
- ¼ tsp. salt
- ¼ tsp. pepper



1 Prepare the ingredients

- Finely dice red onion
- Chop cashews
- Wash and dry lettuce
- Cut and prepare toppings
- Cut uncooked chicken into 1-inch pieces



2 Make dressing

- Blend all of the dressing ingredients in a blender or food processor.
- Once combined, allow to cool and thicken in fridge while preparing the meal.

3 Cook chicken

- Season chicken with salt, pepper, garlic powder and onion powder.
- In a large frying pan, heat olive oil, then add seasoned chicken and cook until there is no pink.
- Remove chicken from pan.



4 Create Coating

- In the same pan, add the red onion and brown sugar to cook and caramelize the onions.
- Once the onions are soft, add in pineapple and garlic until all are golden and warm.
- Add in cashews and BBQ sauce.
- Cook until well incorporated.



5 Combine

- Add the chicken back into the pan with the coating mixture.
- Heat and stir.
- Set aside to slightly cool before adding to lettuce to prevent wilting.



6 Assemble Wraps

- Take washed and dried lettuce leaves and add a generous helping of chicken mixture to the center.
 - Top with dressing and desired vegetable toppings.
-

BERRY CRUNCH SALAD



SERVES 6

Fresh blueberries and crisp apples paired with protein-packed sunflower seeds make this salad delicious and satisfying! It makes a great lunch, side, or even a light dinner. Combine with any number of dressings (poppy seed pairs nicely).

Tasks for

Helping Hands



- Rinsing blueberries, spinach, apple
- Tearing or chopping spinach
- Tossing salad



INGREDIENTS

- 10 oz. baby spinach or salad greens
- 1 gala apple
- 1 pint blueberries
- ¼ cup sunflower seeds
- dressing of choice



1 Prepare the ingredients

- Rinse spinach.
- Chop apple into small, bite-sized pieces.
- Rinse blueberries.

2 Toss salad

- Lightly combine apples, blueberries, and sunflower seeds with spinach.

3 Serve

- Toss with dressing of choice and serve.
-



BROCCOLI CHICKPEA SALAD



Adapted from
healthnutnuration.ca

This Mediterranean inspired, hearty vegetarian dish is a recipe that keeps you full, with plenty of fiber, protein-rich chickpeas (15 grams per cup!), vitamin-infused broccoli, and delicious sun-dried tomatoes. This salad is super versatile: serve the salad as a side, eat it as your main entrée, wrap it up in a tortilla, or serve it on a toasted bun as a sandwich!

Tasks for Helping Hands



- Crumbling feta
- Opening can of chickpeas
- Measuring ingredients
- Mixing dressing



INGREDIENTS

Salad:

- 1 bunch broccoli
- 1 15 oz. can chickpeas
- 1/3 cup sundried tomatoes
- 1/3 cup red onion
- 1/3 cup feta cheese or Kalamata olives
- Optional: avocado and/or hummus, lettuce, spinach, sprouts, whole wheat bread or rolls (to serve as a sandwich), pita bread or tortillas (to serve as a wrap)

Lemon Dressing:

- ¼ cup olive oil
- 2 tbsp. lemon juice
- 1 ½ tsp. Dijon mustard
- 1 ½ tsp. honey, maple syrup, or agave syrup
- 1 clove garlic
- ¼ tsp. salt



1 Prepare the ingredients

- Wash and cut broccoli florets into small pieces.
- Drain and rinse chickpeas.
- Dice sundried tomatoes.
- Finely chop red onion.
- Crumble feta or thinly slice the olives.
- If using avocado, pit and scoop into a small bowl before smashing it into a smooth consistency.



2 Whisk dressing

- Combine all the dressing ingredients in a small bowl.
- Whisk until combined.



3 Make salad

- In a large bowl combine prepared broccoli, chickpeas, red onion, feta/olives with the lemon dressing.
- Set aside to marinate.



4 Sandwich time (optional)

- Lightly toast the bread.
 - Once golden-brown, spread smashed avocado and/or hummus onto the bread.
 - Put a generous spoonful of the marinated salad onto the bread.
 - Top with optional greens.
 - Cut and serve.
-

CURRIED CHICKEN SALAD SANDWICH



SERVES 4 *Adapted from
24carrotlife.com*

Most store-bought chicken salads have lots of mayonnaise, making them high in calories. This low-calorie alternative is made with plain Greek yogurt. You won't even be able to tell the difference!

Tasks for

Helping Hands



- Measuring ingredients
- Shredding chicken
- Chopping celery and cashews
- Mixing ingredients



INGREDIENTS

- 1 lb. cooked chicken
- 1 cup plain Greek yogurt
- ½ cup dried cranberries
- 1 cup shredded carrots
- 1 stalk celery
- ½ cup natural, unsalted cashews
- ½ tsp. minced garlic
- 2 tbsp. lemon juice
- 1 ½ tbsp. curry powder
- ½ tsp. cumin
- ½ tsp. salt
- ⅛ teaspoon cayenne pepper (optional)
- Whole wheat bread or rolls



1 Prepare ingredients

- Shred chicken.
- Chop celery and cashews.
- Mince garlic.
- Grate carrots.



2 Combine dry ingredients

- Combine shredded chicken, dried cranberries, shredded carrots, celery, and cashews.

3 Combine spices and wet ingredients

- Combine Greek yogurt, minced garlic, lemon juice, curry powder, cumin, salt, and cayenne pepper (optional).



4 Mix all ingredients

- Mix wet ingredients into the bowl of dry ingredients.



5 Plate salad onto a sandwich

- Put a hearty scoop of salad onto the whole wheat bread or rolls.
-

HEARTY AND HEALTHY PASTA BOWLS



SERVES 6-8

In this wholesome recipe, fresh vegetables combine with high-protein ground beef to create a hearty, yet healthy take on a classic pasta-sauce combination. Whole grain pasta is used in place of an enriched macaroni product so your family receives all of the nutrients grains should contain.

Tasks for

Helping Hands



- Chopping the vegetables
- Watching for the water to boil
- Stirring the sauce



INGREDIENTS

- Cooking oil
- ½ yellow onion, finely diced
- ½ a zucchini, finely chopped
- ½ bag of shredded carrots, finely chopped
- ½ red bell pepper, finely chopped
- 1 tsp. garlic
- 1 tsp. salt
- 1 lbs. ground beef
- 1 bottle healthy tomato pasta sauce
- 1 box whole wheat pasta

Note: For picky eaters, use a hand grater or a food processor to make the veggies less noticeable.



1 Prepare the ingredients

- Heat a large pot of salted water to boiling on high.
- Finely dice the onion and shredded carrots.
- Chop the zucchini and bell pepper.



2 Cook pasta

- Add the pasta to boiling water.
- Cook the pasta according to package instructions.
- Strain the pasta once it is cooked and set it aside.

3 Cook the ground beef and onions

- While the pasta is cooking, heat 1-1 ½ tablespoons of cooking oil in a pan over medium-high heat.
- Cook the ground beef and onions and cook until the onions are almost translucent.



4 Sauté the veggies with the meat

- Add the zucchini, bell pepper, and carrots to the pan.
- Cook all of the contents in the pan until the zucchini and bell pepper are both soft.



5 Add the sauce

- Mix the pasta sauce into the pan of meat and vegetables.



6 Serve pasta topped with sauce

ORANGE CHICKEN



SERVES 6-8

Our light take on the traditional entrée is bursting with flavor. Pan fried chicken is paired with freshly squeezed orange juice, ginger, garlic, green onions, and brown sugar to create a light, guilt-free take on the popular dish. Serve with brown rice and steamed broccoli to make a complete meal.

Tasks for

Helping Hands



- Measuring ingredients
- Slicing green onions
- Stirring the sauce



INGREDIENTS

- 2 lb. of chicken cubed
- 2 navel oranges
- 2 tbsp. rice vinegar
- 2 tbsp. soy sauce
- 2 tbsp. lime/lemon juice
- 1/3 cup brown sugar
- 1 tsp. minced garlic
- 1/2 tsp. minced ginger
- 1/2 cup water
- 1-1 1/2 tbsp. corn starch
- 1 green onion stalk

Note: You can substitute 1/2 cup orange juice for the fresh oranges if preferred.



1 Prepare the ingredients

- Juice the oranges into a small bowl.
- Mince garlic and ginger if using fresh.
- Slice the green onion into small rounds.



2 Cook chicken

- Heat a small amount of cooking oil in a large skillet.
- Add cubed chicken and cook until no longer pink. Set aside.



3 Make sauce

- In a skillet, combine the fresh orange juice, rice vinegar, soy sauce, lime/lemon juice, brown sugar, garlic and ginger.
- Cook on medium-high heat, stirring until slightly thickened and bubbly.



4 Thicken sauce and combine

- In a small bowl, combine the corn starch and water, whisking with a fork.
 - Add cornstarch mixture into the sauce skillet and continue to cook, stirring constantly until the sauce is thick and well combined. Turn off heat.
 - Toss the cooked chicken with the sauce in the skillet and serve.
-

SWEET POTATO AND BLACK BEAN QUESADILLAS



SERVES 4

Our sweet potato black bean quesadillas are a delicious vegetarian recipe that is very filling, due to its high protein and fiber content. Easily make them your own by adding different toppings!

Tasks for

Helping Hands



- Mashing the sweet potatoes
- Measuring ingredients
- Mixing ingredients
- Sprinkling cheese



INGREDIENTS

- 4 whole wheat tortillas
- 2 medium-sized sweet potatoes
- 1/3 cup chopped cilantro
- 1 can low-sodium black beans
- shredded sharp cheddar cheese
- 1 tsp. cumin
- pinch of salt
- cooking spray



1 Prepare the ingredients

- Peel and cube the sweet potatoes into 1-inch square sections.
- Cover and microwave the sweet potatoes for 6-7 minutes.
- Thoroughly rinse and dry the black beans.



2 Mash the potatoes and combine with other ingredients

- Mash the sweet potatoes inside a large bowl with a fork.
- Add black beans, cilantro, cumin, and salt to the sweet potatoes.
- Stir until well combined.



3 Assemble the quesadillas

- Spread a generous amount of the mixture on half of each tortilla.
- Sprinkle cheese on top of the mixture, and fold the tortilla in half.



4 Cook on medium-high heat

- Cook quesadillas in a shallow pan until golden brown.
 - Flip and cook other side.
 - Serve immediately.
-

MEXICAN STREET CORN SALAD (ESQUITES)



SERVES 4

We offer a simple take on this classic Mexican street dish, called Esquites. Our recipe eliminates a lot of calories by substituting plain Greek yogurt for mayonnaise. Try adding chili powder, paprika, or crushed red pepper for extra kick!

Tasks for

Helping Hands



- Shucking corn
- Crumbling cheese
- Squeezing limes
- Chopping cilantro and green onions



INGREDIENTS

- 2 tbsp. cooking oil
- 4 ears fresh corn
- 2 tbsp. plain, nonfat Greek yogurt
- 2 ounces cotija cheese
- ½ cup chopped cilantro
- ½ cup chopped scallion greens
- 1 ½ tsp. minced garlic
- 1 lime
- salt, to taste
- optional: chili powder, minced jalapeño pepper



1 Prepare the ingredients

- Remove kernels from corn.
- Dice tomato, red onion, and jalepeño (optional).
- Finely chop cilantro.



2 Cook the corn

- Heat oil in a frying pan on medium heat.
- Add corn kernels to the pan.
- Salt the corn to taste.
- Toss corn several times.
- Cook corn until charred (approximately 10 minutes).
- Transfer charred corn to a bowl.



3 Add ingredients

- Add the cheese, Greek yogurt, scallions, cilantro, garlic, lime juice, and any of the optional ingredients (chili powder and a minced jalepeño pepper).
- Toss all of the ingredients together until well-combined.



4 Plate and serve

- Serve the Esquites immediately.
-

RESTAURANT-STYLE PICO DE GALLO



SERVES 4-6

Love the pico de gallo that is served with chips at your favorite Mexican restaurant? With this simple recipe, you can easily make it for your family at home! Serve it with any number of dishes including, but not limited to tacos, fajitas, burritos, enchiladas, hamburgers, or nachos.

Tasks for

Helping Hands



- Dicing tomatoes
- Chopping cilantro
- Mixing ingredients
- Measuring lime juice or squeezing lime



INGREDIENTS

- 4 large tomatoes
- ½ red onion
- ¼ to ½ diced jalapeño (optional)
- 1 small bunch cilantro
- 2 tbsp. lime juice (about 1 lime)
- Large pinch of salt



1 Prepare the ingredients

- Dice tomato, red onion, and jalepeño (optional)
- Finely chop cilantro.

2 Mix in large bowl

- Add the cilantro to the diced onion, diced tomatoes, and diced jalepeño (optional).
- Stir in the salt and lime juice.
- Be sure to stir gently so that the tomatoes do not smash.



3 Finish and serve

- Ideally, allow the pico de gallo to chill in the refrigerator so that the flavors of the ingredients marinate together.
 - Serve cold.
-



SWEET POTATO FRIES



SERVES 4-6

We have turned the American classic on its head, swapping the traditional potato for its sweet counterpart in this delicious recipe. Sweet potatoes are chock-full of vitamins and fiber. Dip them in ketchup, aioli sauce, ponzu sauce, or anything you like!

Tasks for

Helping Hands



- Chopping sweet potatoes
- Covering tray with aluminum foil
- Tossing sweet potatoes with oil and seasoning
- Laying out potatoes on tray



INGREDIENTS

- 2 medium-sized sweet potatoes
- 1 tsp. paprika
- 2 tbsp. olive oil
- 1 tsp. salt



1

1 Preheat the oven; prepare the sweet potatoes

- Preheat the oven to 450 degrees.
- Scrub the sweet potatoes with a brush and warm water.
- Chop the sweet potatoes into $\frac{1}{4}$ - $\frac{1}{2}$ -inch slices.



2

2 Place the sweet potatoes on the cookie sheet

- Line the cookie sheet with aluminum foil.
- Drizzle the slices with olive oil, salt, and paprika.
- Toss the fries with the olive oil and paprika with both hands until all of the fries are coated in a small amount of oil, paprika, and salt.
- Lay the sweet potatoes in a single layer on the cookie sheet. All of the slices should be completely touching the pan and not on top of one another.



3

3 Cook until crisp

- Place the sheet of fries into the heated oven for 25-30 minutes.
 - Cook to desired level of crispness.
 - Remove fries from oven and allow time to cool before serving.
-

WATERMELON BLUEBERRY SALAD



Watermelon and berry salads are simple and delicious. Not much needs to be added to the different fruits for them to release their natural flavors: just a bit of oil and lime. Optional: add a few chopped sprigs of mint for a bold taste!

Tasks for **Helping Hands**



- Chopping watermelon
- Rinsing blueberries
- Mixing dressing
- Tossing Salad



INGREDIENTS

- 4 cups watermelon (or half of a medium watermelon)
- 1 pint blueberries
- 2 tbsp. of olive oil
- 1 tbsp. lime juice
- optional (chopped, fresh mint)



1

1 Prepare ingredients

- Chop the watermelon into bite-sized cubes
- Rinse the blueberries



2

2 Make dressing

- Whisk together oil and lime juice.



3

3 Toss salad

- Gently mix the berries, watermelon, and dressing.
 - Optional: add mint.
-

VEGGIE CHOW MEIN NOODLES



Adapted from
cookieandkate.com

Fresh veggies are loaded onto this Chinese recipe for a major vitamin and nutrient boost! Combine with brown rice and cooked eggs for a complete meal.

Tasks for Helping Hands



- Chopping the celery into thin slices
- Stirring the sautéing veggies
- Stirring the noodles and veggies
- Measuring ingredients



INGREDIENTS

- 1 package refrigerated stir-fry Yakisoba noodles
- 2 tbsp. cooking oil
- ½ small yellow onion
- 1 cup celery
- 1 ½ - 2 cups of cabbage
- 3 tbsp. low-sodium soy sauce

Note: You can substitute dried soba or ramen noodles if you can't find the refrigerated kind.



1

1 Prepare ingredients

- Chop the onion into small pieces.
- Cut the celery in half length wise before chopping into thin, half u-shaped pieces.
- Chop the cabbage into either small square pieces or longer thinner pieces as desired.



2

2 Stir-fry the veggies

- In a large frying pan, heat the cooking oil over medium-high heat
- Once heated, add the chopped onion, celery and cabbage and cook until soft and tender.



3

3 Cook noodles

- Meanwhile, prepare noodles according to package directions and set aside.

4 Cook on medium-low heat

- Turn the veggie pan down to medium-low, and add the cooked noodles until the noodles break down into long pieces. Do not chop them with a spatula to break them apart. The heat along with a dash of water will help them break apart.
 - Gently stir until warm and combined.
 - Add soy sauce right before taking off the heat.
-



4

CHOCOLATE ZUCCHINI BROWNIES



SERVES 12 *Adapted from dinner-mom.com*

This hybrid of zucchini bread and homemade brownies will get even the pickiest of eaters to ask for seconds. The mild and adaptable taste of zucchini is perfect to blend into a dark, thick brownie. Also the batter is perfect for tasting because there are no eggs in the recipe!

Tasks for

Helping Hands



- Shredding zucchini
- Mixing the sugar and/or flour mixture
- Taste testing
- Setting timer



INGREDIENTS

- ½ cup canola oil
- 1 ¼ cup sugar
- 2 tsp. vanilla
- 2 cups whole wheat flour
- ½ cup unsweetened cocoa powder
- 1 ½ tsp. baking soda
- 1 tsp. salt
- 1 large zucchini
- Optional: semisweet chocolate chips or nuts (about ½ cup of either)



1 Prepare the ingredients

- Preheat oven to 350 degrees.
- Shred zucchini into a large bowl and set aside.



2 Wet ingredients

- Mix oil, sugar and vanilla in a medium bowl until the mixture is combined and crumbly.



3 Dry ingredients

- Combine flour, cocoa powder, baking soda, and salt in a large bowl.



4 Finish batter

- Combine the wet ingredients into the bowl of dry ingredients with shredded zucchini.
- Mix well—it will take a while for the moisture of the zucchini to help combine the batter. If the batter isn't becoming smooth, use your hands to knead the dough to help release the moisture in the zucchini.
- Add in optional mix-ins.



5 Bake brownies

- Pour batter into an 8x11-baking dish.
 - Bake for 25-30 minutes, checking at 20 with a knife or fork. If little to no batter sticks to the surface of the fork, it is ready! Remove from oven and let cool before serving.
 - Store in an airtight container or Ziploc bag.
-

FROZEN YOGURT IN A BAG



SERVES 2-4

This recipe is a great family activity where everyone can get involved! Once the bags are ready to shake, have everyone sit in a circle (outside is best because the bag might drip water). Take turns having each person shake the bag and passing to the next person until the yogurt is ready to eat.

Tasks for

Helping Hands



- Choosing toppings
- Dumping ice and salt
- Shake, shake, shake!



INGREDIENTS

- 3 cups honey or other sweetened Greek yogurt
- 1 tsp. vanilla
- Toppings (fresh fruit, granola, mini chocolate chips)

Materials:

- 2 gallon-sized Ziploc bags
- 1-2 cups kosher salt
- Ice



1 Combine ingredients

- Combine all the ingredients in one of the gallon-sized bags and seal tight.



2 Add salt and ice

- Place sealed bag inside the second bag.
- Fill the bag with ice and add the salt.
- Seal the bag.

3 Shake

- Shake consistently until the mixture has reached the desired texture. (The bags may drip water as the ice melts.)



4 Separate bags

- Take out inside bag.
- Cut a bottom corner to squeeze yogurt into bowls.

5 Serve immediately

- Serve immediately with any desired toppings.
-



NOTES

A series of horizontal dotted lines for writing notes.



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