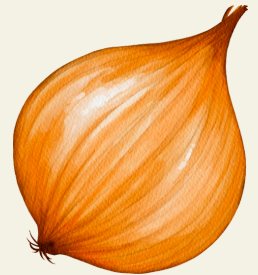
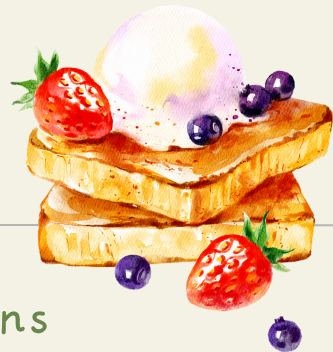


Camp Create Week Four Recipes



French Toast



Ingredients

- Single Serving:
 - 1 egg
 - 1/2 cup milk
 - 1/4 tsp vanilla extract
 - 1/8 tsp sugar
 - pinch of ground cinnamon
 - 2 slices of bread
 - 1 tbsp salted butter
 - syrup

Homemade Whip Cream

- 1 pint of heavy whipping cream
- 1/2 cup of organic cane sugar
- 1 tsp vanilla extract

Directions

- French Toast:
 - Whisk together the egg, milk, vanilla, sugar and cinnamon in a bowl until well incorporated
 - Place bread slices into the egg mixture and flip to make sure both sides of bread are well-coated
 - Melt butter on skillet or griddle.
 - Place slices of bread into the skillet and cook slices until golden brown then flip to the other side
 - Serve with Syrup
 - Enjoy!
- Whip Cream:
 - In a bowl, add whipping cream, cane sugar and vanilla extract
 - Use a hand-held mixer and beat the ingredients together until its firm

Caprese Salad with Salami



Ingredients

- Mozzarella pearls
- Basil leaves
- Salami
- Baby tomatoes
- Olive oil
- Pepper and salt
- Dried oregano

Directions

- In a medium bowl, toss together the cut up tomatoes, mozzarella, salami, basil leaves, and dried oregano
- Add olive oil, salt, and pepper to bowl, and lightly toss together.
- Enjoy!

Banana Bread Muffins



Ingredients

- 3 medium bananas (mashed)
- 2 eggs
- 1/4 cup maple syrup
- 2 tsp vanilla extract
- 1 cup of almond flour
- 1 cup of oat flour
- 1 tsp baking powder
- 1/2 tsp cinnamon
- 1/4 tsp salt
- 1/3 cup mini chocolate chips

Directions

- Preheat oven to 350 degrees F
- Spray muffin tray with oil
- In a bowl, mix together mashed banana, eggs, maple syrup and vanilla extract until smooth
- In another bowl, whisk together the almond flour, oat flour, baking soda, cinnamon and salt until well combined
- Add dry ingredients to wet ingredients
- Add 1/3 cup of chocolate chips
- Divide batter evenly between muffin tray
- Sprinkle the tops of the batter with extra chocolate chips
- Bake for 20-25 minutes
- Enjoy!

Taco Bowls



Ingredients

- ground beef
- guacamole
- shredded cheese
- chopped lettuce
- chopped tomato
- sour cream
- cilantro
- rice

Directions

- Cook the ground beef in the skillet, add 1/3 cup of water and Siete seasoning
- Simmer meat for 2-3 minutes until ready
- While the ground beef is being cooked, make the rice according to directions.
- Chop the peppers, tomatoes, and lettuce.
- Combine the rice with the cooked beef, peppers, tomatoes, lettuce, cheese, guacamole and cilantro in each bowl.
- Enjoy!

Ice Cream in a Bag



Ingredients

- 1 cup half-and-half or 1/2 cup half and half and 1/2 cup heavy cream
- 2 tbsp. granulated sugar
- 1/2 tsp. pure vanilla extract
- 3 cups ice
- 1/3 cup kosher or ice cream rock salt
- Toppings of your choice

Directions

- In a small resealable plastic bag, combine half-and-half, sugar, and vanilla. Push out excess air and seal.
- Into a large resealable plastic bag, combine ice and salt. Place small bag inside the bigger bag and shake vigorously, 7 to 10 minutes, until ice cream has hardened.
- Remove from bag and enjoy with your favorite ice cream toppings.
- Enjoy!