

P.S. 234

THE SCHOOL OF PERFORMING ARTS & TECHNOLOGY



COOK BOOK WELLNESS CLUB 2024



TABLE OF CONTENTS

Meet the Chefs	1
Ms. Danner's Southern Banana Pudding	4
Chocolate Chip Granola Bars	5
Rice Krispie Treats	6
Apple Pie Bites	7
Mini Cheese Pizza	8
Healthy Plates	9
Chefs in Action	10

MEET THE CHEFS



Ms. Dora Danner
Principal



Ms. Peggy Papathomas
Assistant Principal



Ms. Panayiota Karaiskos
Assistant Principal

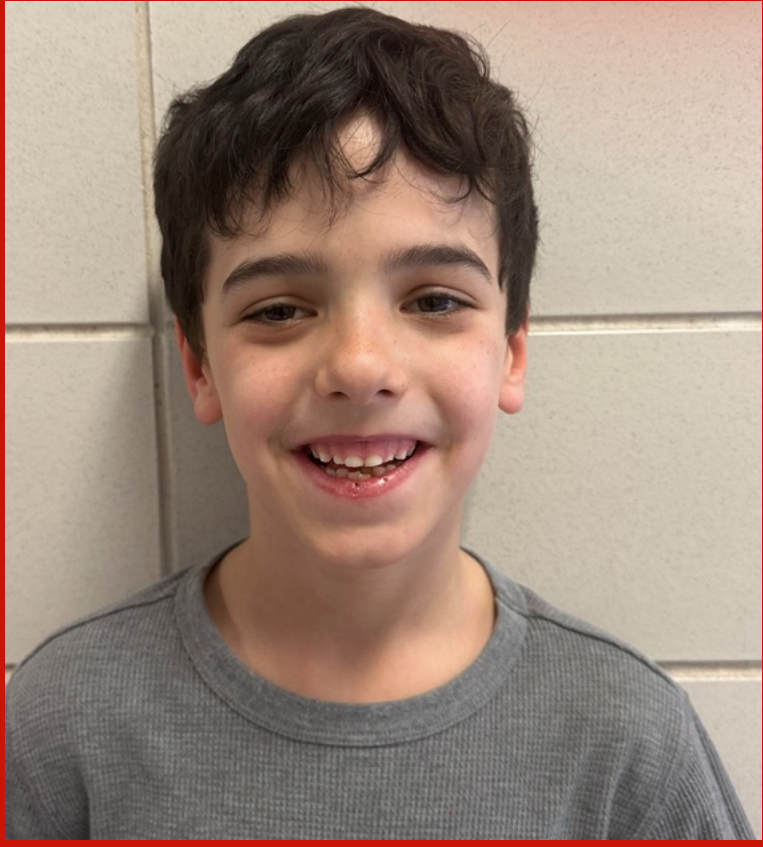


Ms. Maria Papadopoulos
Speech/Language
Teacher



Ms. Dary Cody
Paraprofessional

MEET THE CHEFS



“I really liked baking! I enjoyed learning about energy drinks. I didn’t know they were that bad for you.”

**Antonis Roussos
2-213**



“Baking all the desserts was fun. I learned that Red Dye 40 is bad for your health.”

**Mihalis Roussos
2-213**



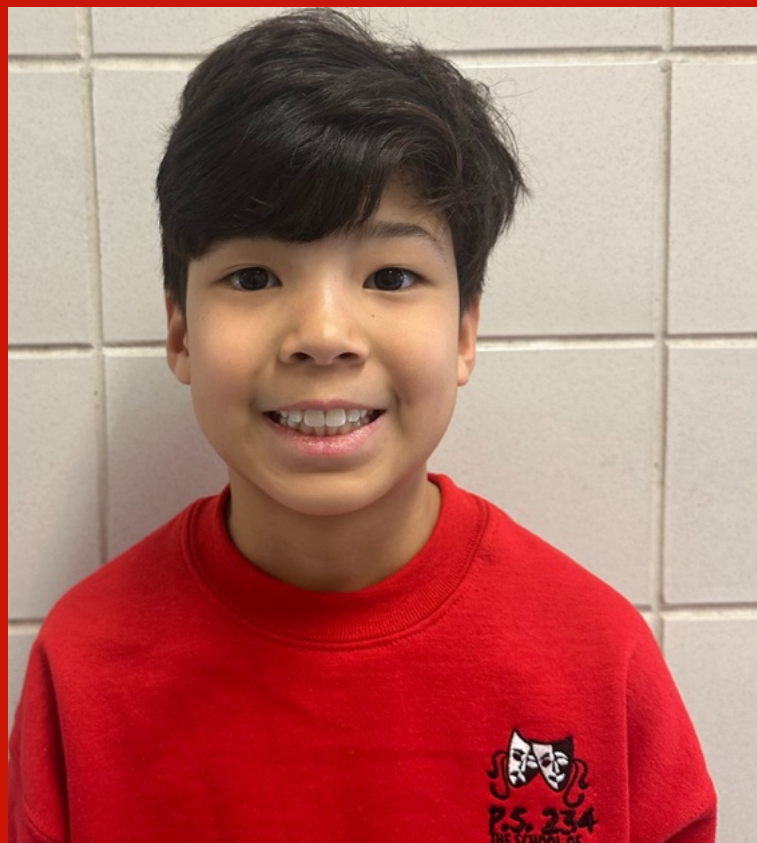
“The banana pudding was amazing! The healthy plate project and drink tasting experiment were so fun!”

**Mason Duensing-Robinson
2-213**



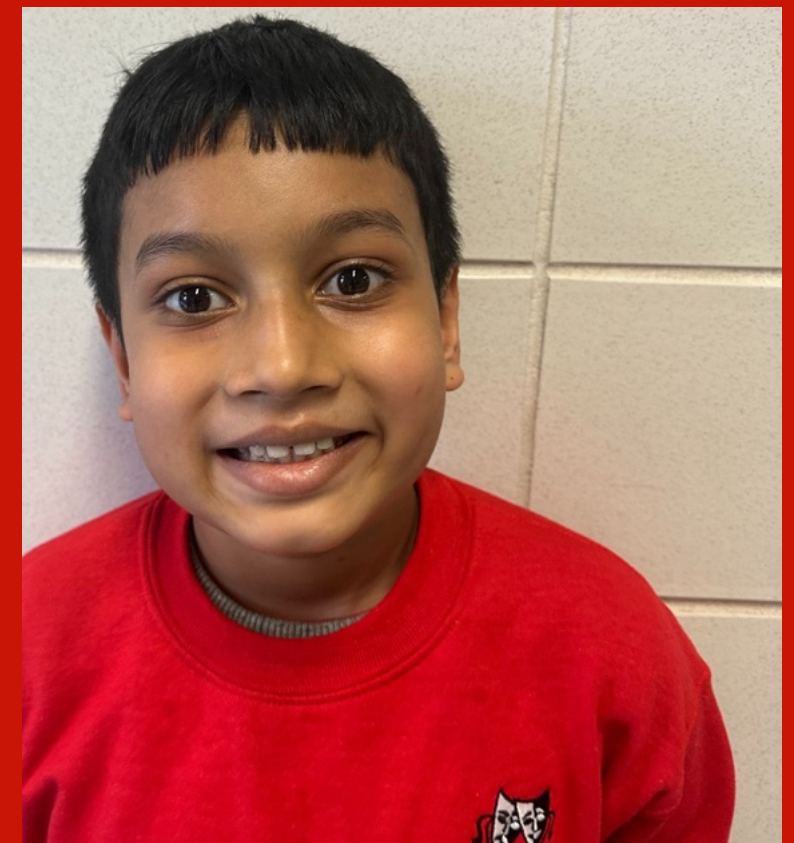
“Everything was great but the banana pudding was the best! I also liked tasting the different juices.”

**Gabriel Kellogg
2-213**



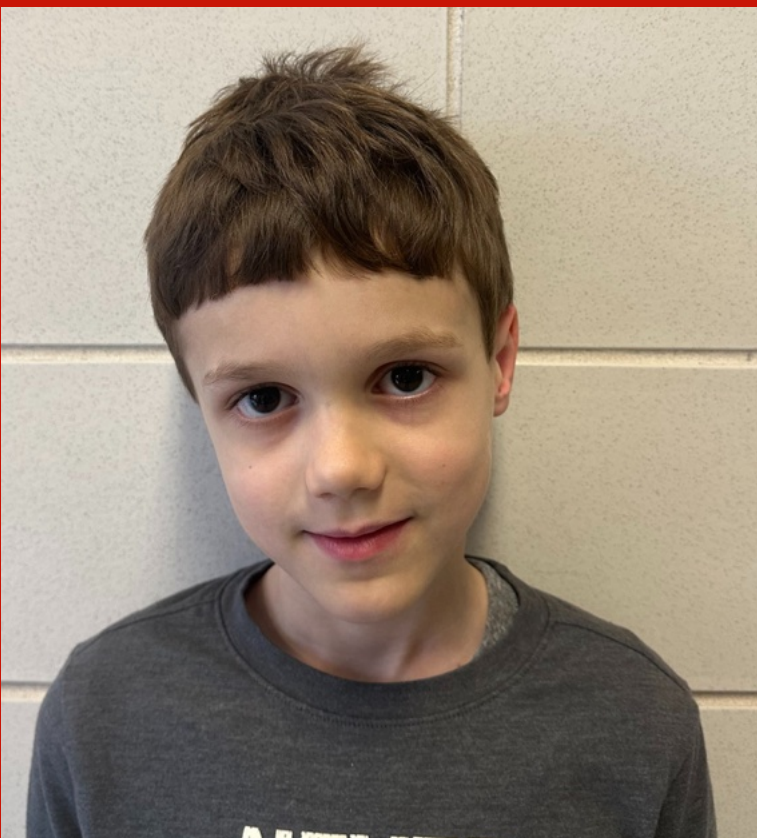
“My favorite recipe was the chocolate granola bars. Slicing the apples for the apple bites was fun.”

**Yuma Akpem
2-213**



“My favorite part was making the banana pudding. I also learned about cross contamination and food safety.”

**Mohammed Ikbal
3-308**



“My favorite part was baking all the delicious foods and desserts. I liked eating them even more! I also learned about different food groups.”

**Jonah Duensing-Robinson
3-308**



“My favorite part was the banana pudding because it was really fun to make and tasted really good. I liked learning how to read nutrition labels.”

**Tran Luu
4-344**



“My favorite part was the rice krispies and banana pudding. The rice krispies tasted like real rice krispies and the banana pudding tasted better than Magnolias!”

**Alexa Rodriguez
4-344**

MEET THE CHEFS



“I liked when we cooked the pizza. I learned that you have to follow the directions carefully to make the food more tasty.”

**Jennifer Pena
4-344**



“The banana pudding was my favorite recipe because it was really fun to make and eat.”

**Isabella Velez
4-247**



“My favorite recipe was the rice krispies because they were very sweet and fun to bake.”

**Makayla Mezon
4-247**



“The banana pudding was my favorite because we made it with Ms. Danner and that made the experience more fun.”

**Lashae Jones
4-247**



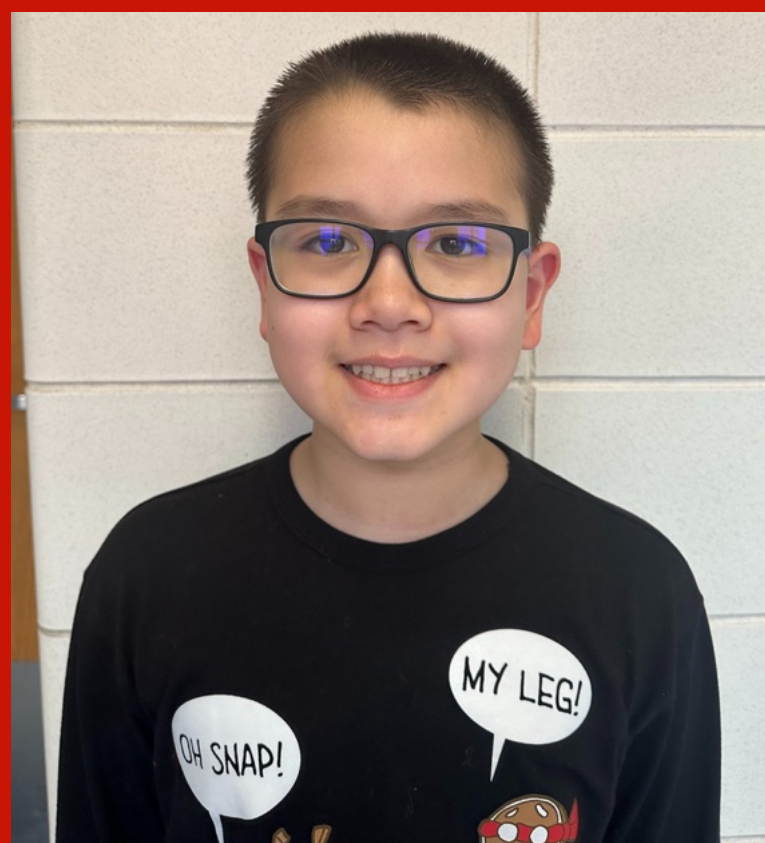
“I really liked how we all worked together as a team to make the recipes and everyone was really supportive towards each other.”

**Sofia Juarez
5-300**



“My favorite recipe was the granola bars because those were the first granola bars I actually liked.”

**Guadalupe Gomez
5-300**



“I really liked the banana pudding because it was my first time actually trying banana pudding. It was so sweet and had a crunch to it from the Chessmen Cookies.”

**Simon Kalaj
5-300**

MS. DANNER'S SOUTHERN BANANA PUDDING



Prep
25 Min.



Total Time

25 Min. (Prep)
Chill overnight
(Allow to rest; serve
next day)



Serving

20



Ingredients

- 2 cups cold milk (per pudding box)
- 1 (5 ounce) package instant banana cream or vanilla pudding mix by Jello (banana cream tastes better!)
- 1 tablespoon vanilla extract
- 1 (12 ounce) container cool whip (This is the secret ingredient! Do not skip this ingredient!)
- 2 (7.25 ounce) packages of Chessmen Butter Cookies
- 6 sliced bananas

Directions

- Gather all ingredients.
- Place milk and pudding mix in a large bowl; beat with a whisk for 2 minutes.
- Stir in vanilla, then fold in cool whip. Beat with an electric mixer until you see peaks and firming of pudding.
- Layer cookies, banana slices, and pudding mixture in a glass serving bowl or silver pan.
- Chill overnight. (You must allow pudding to rest overnight. Taste will not be the same if served the day of. Do not skip this step).



CHOCOLATE CHIP GRANOLA BARS



Prep
5 Min.



Total Time
37 Min.



Serving
24

Ingredients

- 3/4 cup butter
- 3/4 cup honey
- 1 cup brown sugar
- 1 1/2 teaspoon vanilla
- 6 cup quick cooking oats
- 3 cup rice krispie cereal
- 1 cup chocolate chips



Directions

- Heat butter, honey and brown sugar.
- Stir in vanilla.
- In a large bowl combine oats and rice cereal.
- Pour butter/sugar mixture over oats and cereal and stir. Let cool for 1-2 minutes.
- Line a baking sheet with parchment paper.
- Spread granola bar mixture into pan. Press firmly to distribute the mixture evenly.
- Sprinkle with chocolate chips and use a spatula to press the chocolate chips firmly into the granola bar mixture.
- Refrigerate until firm. Slice into bars.

MARSHMALLOW RICE KRISPIE TREATS



Prep
10 Min.



Total Time
15 Min.



Serving
24

Ingredients

- **¼ cup butter**
- **4 cups miniature marshmallows (use honey for any dietary restrictions)**
- **5 cups rice krispie cereal**
- **M&Ms**
- **Chocolate Syrup**



Directions

- **Melt butter in a large saucepan over low heat.**
- **Add marshmallows and stir until melted and well combined. Cook 2 minutes longer, stirring constantly. Remove from heat.**
- **Stir in cereal until well coated. Sprinkle M&Ms.**
- **Press mixture evenly and firmly into a buttered 9x13-inch pan using a buttered spatula or waxed paper.**
- **Drizzle chocolate syrup.**
- **Cut into 2-inch squares when cool.**

APPLE PIE BITES



Prep
10 Min.



Total Time
27 Min.



Serving
8

Ingredients

- ¼ cup packed light brown sugar
- 1 teaspoon apple pie spice
- 3 tablespoons unsalted butter, melted
- 1 small Granny Smith apple, cored and sliced into 8 (½-inch) slices
- 1 (8 ounce) tube Pillsbury Original crescent rolls
- Cinnamon sugar for sprinkling on top of crescent rolls



Directions

- Preheat your oven to 375 degrees F. Line a baking sheet with parchment paper.
- In a small bowl, combine brown sugar and apple pie spice. Set aside.
- Melt butter and toss apple slices in butter, set aside.
- Arrange crescent roll triangles on baking sheet lined with parchment paper. Evenly distribute brown sugar mixture onto each triangle.
- Place an apple slice on the wide end of each triangle. Wrap crescent roll dough around each apple.
- Brush each crescent roll with remaining butter. Sprinkle lightly with cinnamon sugar.
- Bake for 10 to 12 minutes, or until golden brown.

MINI CHEESE PIZZAS



Prep
15 Min.



Total Time
50 Min.



Serving
8



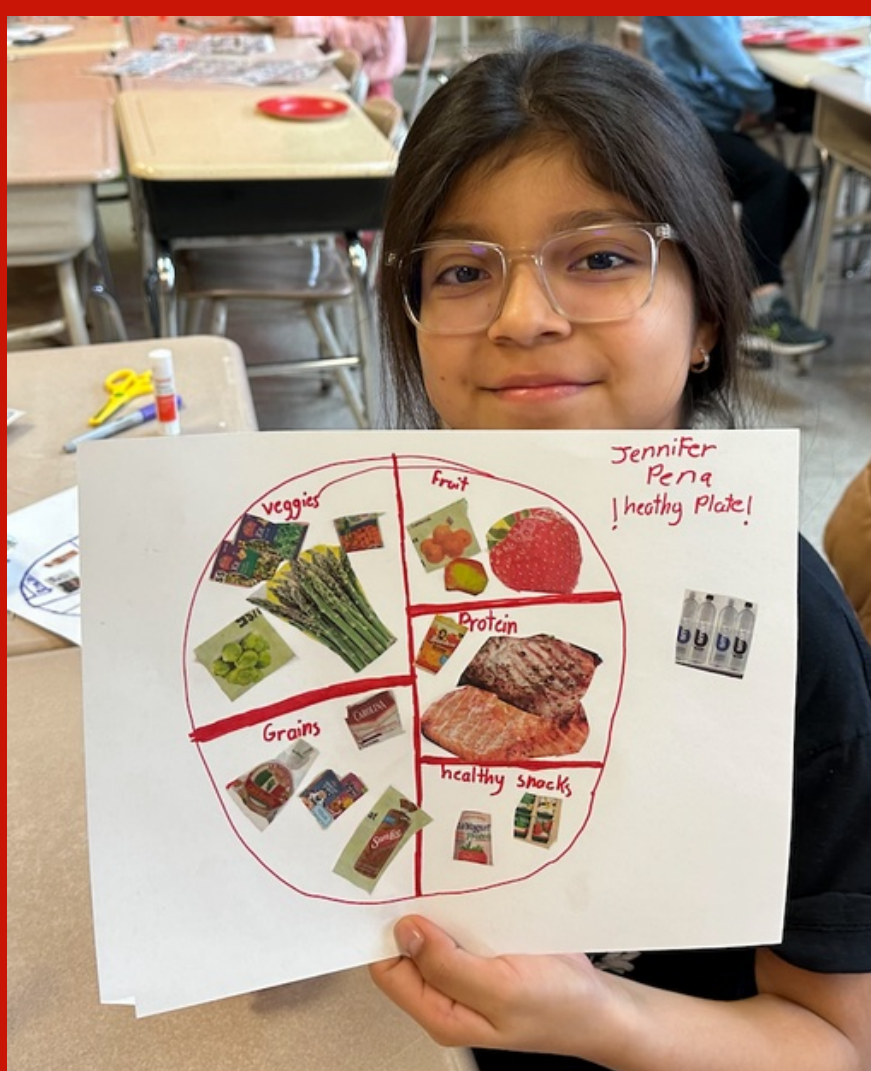
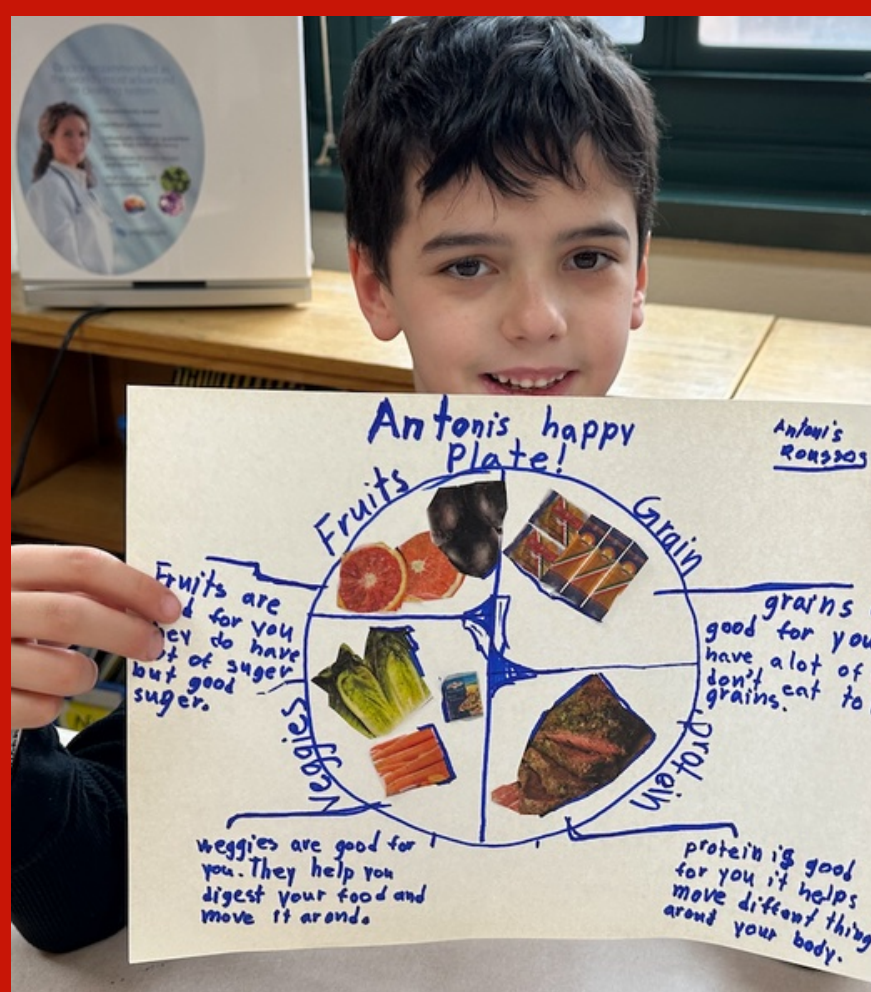
Ingredients

- 1 can (16.3 oz) refrigerated Pillsbury™ Classic Mini Pizza Crusts (8 Count)
- 1/2 cup pizza sauce
- 2 cups shredded mozzarella cheese (8 oz)
- 2 tablespoons shredded Parmesan cheese
- Pepperoni slices

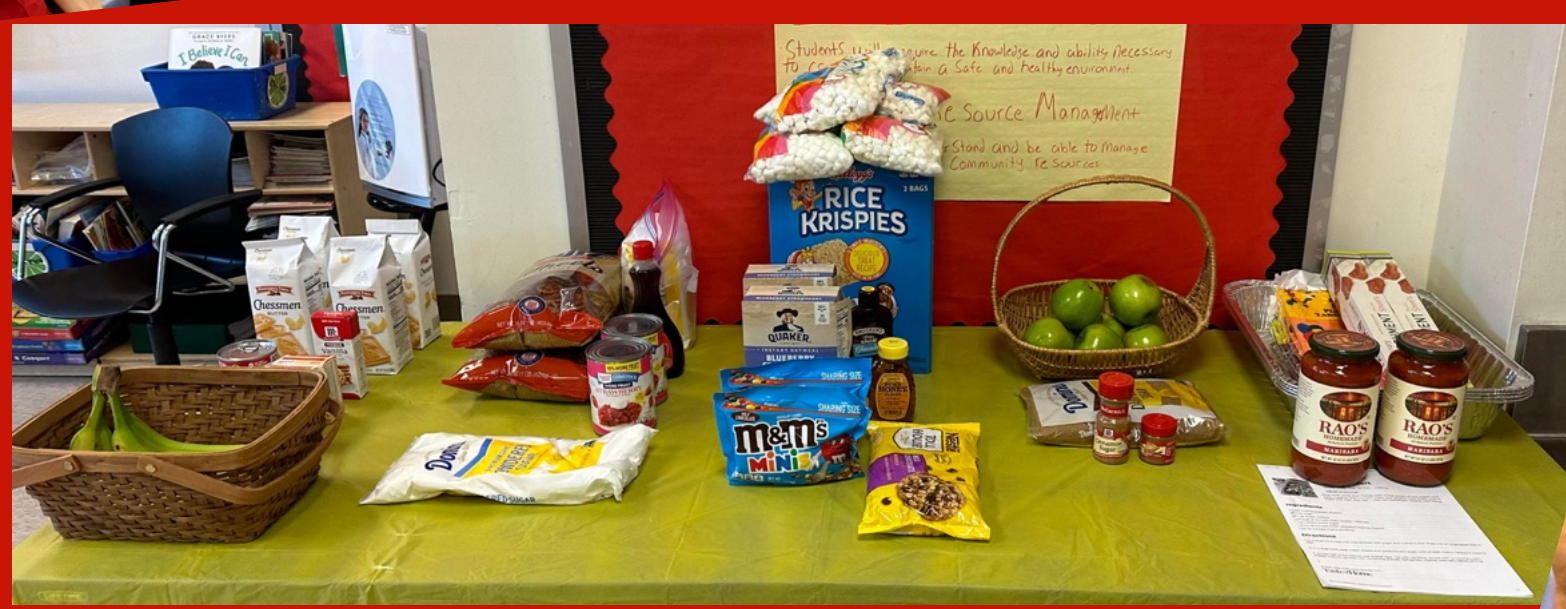
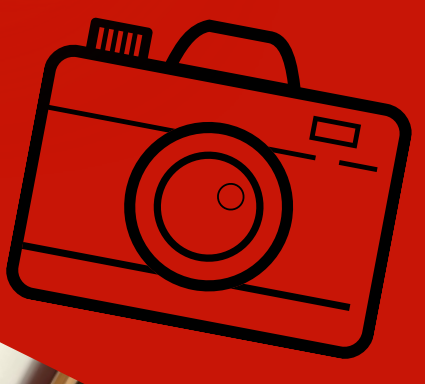
Directions

- Heat oven to 375°F. Spray two large cookie sheets with cooking spray.
- Separate dough, and press into 6-inch rounds; place onto cookie sheets.
- Top each round with pizza sauce, cheeses, and pepperoni slices.
- Bake one cookie sheet at a time on middle oven rack 12 to 16 minutes or until bottoms are deep golden brown and cheese is bubbly.

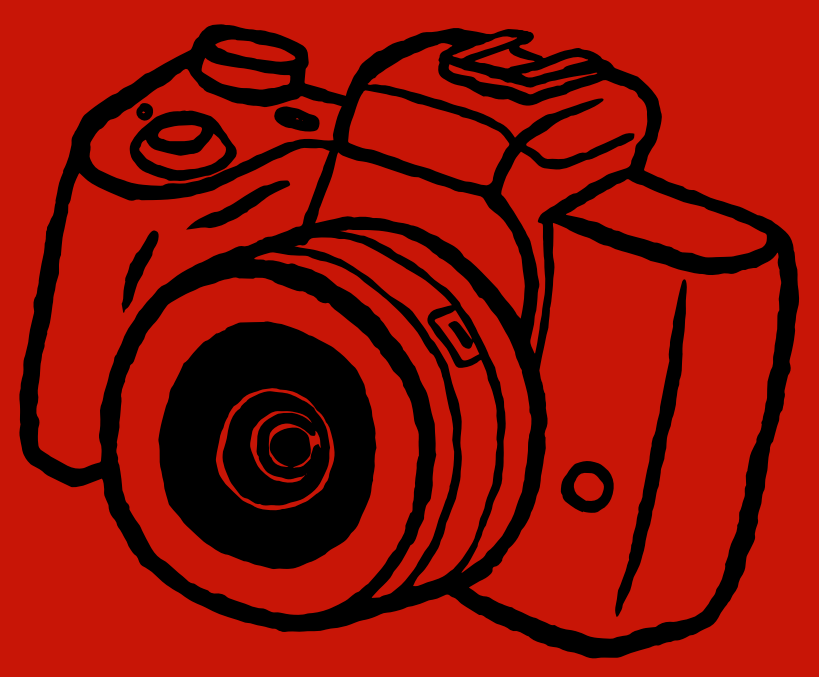
HEALTHY PLATES



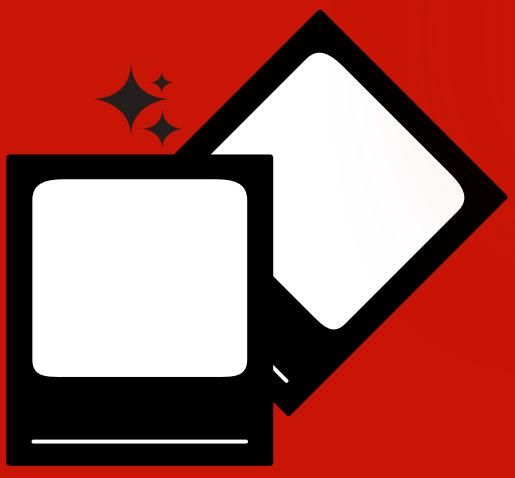
CHEFS IN ACTION



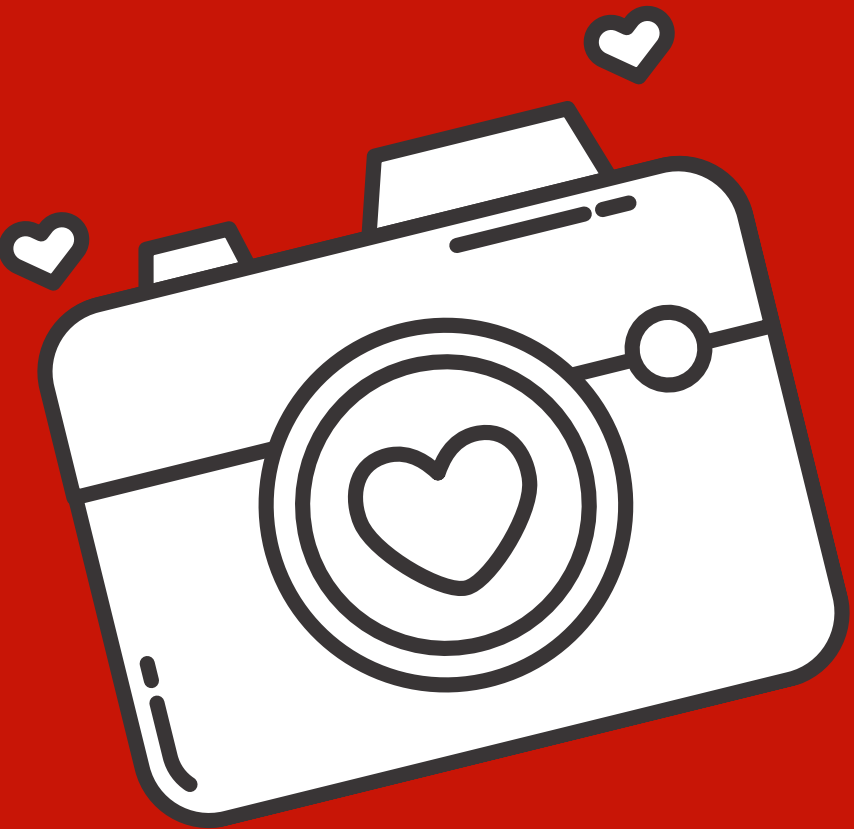
CHEFS IN ACTION



CHEFS IN ACTION



CHEFS IN ACTION



AUTOGRAPHS

