Ooey-Gooey Cheesy Pizza Bombs +
Caprese Salad-on-a-Stick + Kid-made
Italian Cream Sodas

**ooey-gooey cheesy pizza bombs**

*preheat+measure+mix+knead*

Preheat oven to 375 degrees F. In a large bowl, measure and mix together 1 1/2 C of all-purpose flour, 1/2 tsp of baking powder, and 1/2 tsp of salt. Add 1 C of plain yogurt and mix together until a stiff dough forms. Knead the mixture with your hands to form a ball of dough, adding more flour as needed. Then, divide dough in half. Divide halves into thirds, and divide those thirds in half again so that you end up with 12 pieces of dough. Roll the dough into balls, set aside in your mixing bowl, and cover mixing bowl with a damp towel to rest for 15 minutes.

*chop+press+tear+puree*

Chop 1 large ripe tomato and add to a blender or food processor. Press a clove of garlic using the heel of your hand. Peel the garlic and add the clove to the tomatoes. Tear a handful of basil leaves. Add those, too. Then measure and add 2 T olive oil, 1 T tomato paste, 1 tsp sugar/honey, and a very big pinch of salt. Puree the mixture until a smooth sauce forms.

*stuff+brush+bake*

On a floured surface, roll out balls of dough into 3-4 inch flat discs. Spread 2 teaspoons of tomato sauce evenly over the discs like mini pizzas. Layer 1 T of shredded mozzarella over the sauce. Fold over the edges and pinch them closed so that you have little bundles. Then brush surfaces with olive oil and sprinkle with garlic powder, salt, and Italian seasoning! Bake in an oiled cupcake tin for 15-20 minutes. Let cool before eating. They will be hot! Serve with extra tomato sauce for dipping!

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**Caprese Salad-on-a-Stick**

Chop 1 tomato and 4 oz mozzarella into 2-inch pieces. Sprinkle tomatoes with a little sugar. Use a toothpick to spear a piece of tomato, mozzarella, and 1 basil leaf. Drizzle each salad-on-a-stick with a little olive oil and balsamic vinegar!

**Kid-Made Basil Cream Sodas**

Measure and pour 1 C sparkling water and ¼ C sugar into a blender. Add a handful of basil leaves. Puree until smooth. Top with remaining 2 C sparkling water and ¼ C heavy whipping cream or half-and-half. Stir, then pour over ice and enjoy!
shopping list

### Ooey-Gooey Cheesy Pizza Bombs
- 1½ C all-purpose flour
- ½ tsp baking powder
- ½ tsp salt
- 1 C plain full-fat yogurt
- 1 large ripe tomato
- 6 oz mozzarella cheese
- ½ tsp garlic powder
- 1 T tomato paste
- 1 garlic clove
- 1 tsp salt
- Handful basil leaves
- 1 tsp sugar/honey
- ¼ C olive oil
- 1 tsp Italian seasoning

### Caprese Salad-on-a-Stick
- 1 large ripe tomato
- Handful basil leaves
- 4 oz mozzarella cheese
- Toothpicks
- Pinch sugar
- Drizzle of olive oil
- Drizzle of balsamic vinegar

### Kid-Made Basil Cream Sodas
- Handful basil leaves
- 3 C sparkling water
- ¼ C sugar/3 Stevia packets
- ¼ C heavy whipping cream/half-and-half
- Ice

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History of Pizza!

Pizza-like flatbreads have been baked and eaten by people around the world for a LONG time; since the neolithic age, to be somewhat specific (the neolithic age dates as far back as 10,200 BC!).

A well-known story credits the Neopolitan pizzamaker Raffaele Esposito for creating the first Pizza Margherita for Queen Margherita of Savoy's visit to Naples in 1889. Tasked with cooking up something suitable for the queen, Esposito retreated to his kitchen to prepare 3 different pizzas. The last pizza was a simple combination of tomato sauce, mozzarella, and basil, which was inspired by the Italian flag and its colors of red, white, and green. Apparently Queen Margherita enjoyed the pizza so much that she wrote Esposito a letter to tell him, of which he used to promote his restaurant. It was the Queen's enthusiasm that jump-started the popularity of Esposito's pizza.

The Surprise Ingredient: Basil!

★ A long time ago, Greeks and Romans believed basil would only grow if you screamed wild curses and shouted while sowing the seeds. If you left a basil leaf under a pot, they also believed it would turn into a scorpion!

★ Ancient Egyptians used to use basil to embalm the dead and prepare for burial.

★ Leaves of basil tend to be oval-shaped, shiny, and smooth-edged. Their edges cup slightly.

★ Basil grows best in hot climates. When picking basil from a plant, pick the leaves from the top down. Picking leaves encourages the plant to grow more leaves. Pick a few large leaves from the top of the plant rather than snipping the whole stem.

★ Basil contains 98% of our DV of Vitamin K1 in just ½ a cup! Vitamin K1 is essential for blood clotting. When we get a cut, we need our blood to clot so that the bleeding will stop and our cut will heal.

★ Basil contains carotenoids - those powerful plant-based nutrients that protect our cells from oxidation (rust) and enhance immunity.

★ Use fresh basil leaves in salads, salad dressings, sauces, pasta, marinades, and sandwiches. Basil is commonly pureed into pesto with parmigiano, olive oil, pine nuts, and lemon. Flavor cold water with basil leaves for a summer refresher, or use the leaves with some mint to make a digestive hot tea. Basil can be dried or blanched and frozen.

Time for a laugh!

What is a seagull's favorite herb? BAY-sil!