

Surprise Oatmeal Cookie Sandwich Bites + 'Nana N'ice Cream + Raisin "Caramel" Shazam Shakes



surprise oatmeal cookie sandwich bites

plump + grate + measure + add

Plump **1/4 C raisins** in warm water for 5 minutes. Drain and set aside. Grate **1 large carrot** using a box grater. Add 1/4 C grated carrot to a mixing bowl and save the rest of grated carrots for the N'ice Cream. Measure and combine **1/2 C flour or gluten-free flour** + **1 C rolled oats or gluten-free oats** to the bowl with the 1/4 C of grated carrots.

preheat + measure + add + cream

Preheat oven to 350 degrees F. To a second mixing bowl, measure and add **1/2 C softened, unsalted butter** + **1/2 C light brown sugar** + **1 tsp vanilla extract** + **pinch of sea salt**. Using a spatula or an electric hand beater, cream the ingredients together until light, fluffy, and combined.

add + mix + spoon + bake

Add the oats, flour, and carrots to the creamed butter/sugar bowl and mix until thoroughly combined. Mix in the drained, plumped raisins with your hands to the dough. Then spoon golf ball-sized portions of dough onto a baking sheet and flatten them with your hands. Bake until cookies are golden brown and cooked through.

::recipe continued::

Family Fun Recipes

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'nana n' ice cream

freeze + add + blend

The night before you want to make your n'ice cream, peel **2 bananas** and slice them into pieces. Freeze them in a ziplock bag overnight. To make: add frozen banana slices + **1/4 tsp vanilla extract** + **1/4 C grated carrot** + **pinch sea salt** to a blender. Puree until mixture is smooth and thick! Add more ice if n'ice cream is too thin. Serve with warm Oatmeal Cookie Bites!

raisin "caramel" shazam shakes

add + blend + pour

Add **3 ripe bananas** + **1 C ice** to a blender. Measure and add **1-2 C milk or orange juice**, **1/4 C raisins**, and a **pinch of cinnamon**. Blend until smooth, adding more milk or juice as needed. Pour into cups and enjoy!

::continued::



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shopping list!

Oatmeal Cookie Bites

- 1/4 C raisins
- 1/4 C grated carrot
- 1/2 C flour or GF flour
- 1 C rolled oats
- 1/2 C butter
- 1 tsp vanilla extract
- Pinch salt
- 1/2 C brown sugar

'Nana N'ice Cream

- 2 very ripe bananas
- 1/4 tsp vanilla extract
- 1/4 C grated carrot
- small pinch salt

Raisin "Caramel" Shazam Shakes

- 3 very ripe bananas
- 1-2 C milk or orange juice
- 1/4 C raisins
- Pinch cinnamon

::continued::

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Let's Learn about Baking!

Baking skills & Tools!

Packing brown sugar when measuring means pressing out all the air bubbles that get trapped between sticky sugar granules!

Creaming is often the first and most important step in a baking recipe (especially a cookie recipe!)

It means blending together soft butter and sugar to form a smooth, creamy, fluffy mixture. **Creaming butter and sugar together** first means cookies will turn out lighter and fluffier!

Tools used in this recipe: Measuring Spoons, Dry Measuring Cups, Mixing Bowls, Spatula

How Oatmeal Sandwich Cookies Came to Be:

Did you know that Oatmeal Cookie Sandwiches were invented in the United States?

Oatmeal cookies are said to be invented in Scotland, and it was the American company Little Debbie's that made and sold the first Oatmeal Cream Pie.

O.D. and Ruth McKee, the founders of Little Debbie's brand, started selling snack cakes for 5 cents out of the back of their car during the height of the Great Depression. In 1960, the McKee family packaged and sold its first batch of snack cakes, including the infamous Oatmeal Creme Pie.

The Great Depression lasted from 1929-1939, and it marked the worst economic downturn in the industrialized world.

During the Great Depression, many children worked both inside and outside the home; girls babysat or cleaned house, boys hustled papers or shined shoes, and both girls and boys ran errands and picked crops. Because there were less jobs available, kids stayed in school longer - attending high school became more of a typical thing than any other time in history.

Time for a laugh!

Why do bakers give their mom's on for mothers day? **Flours!**

What did the baby grape say to the papa grape? **You did a GRAPE job RAISIN me!**

What would you call two banana skins? **A pair of slippers.**

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