



Week of: September 14, 2020

Great Grecian Personal Pan Pizzas + Green Greek Salad + Honey Lemon Yogurt Smoothies

SHOPPING LIST:

*Families: please prep larger fruits and vegetables for younger kids (cut bell peppers into quarters, for example). Also: for younger kid chefs, please open all cans and discard the metal lids prior to class. This class also requires a full size sheet pan!

Yields: 4-6 servings. For 2-3 servings, feel free to cut the ingredients in half!

- 2 C all-purpose flour*
- 1 T baking powder
- 1 tsp salt
- 1 tsp garlic powder
- 2 T olive oil
- 1 8 oz bag frozen spinach
- 3 ripe bananas*
- 3 lemons
- 1 8 oz can tomato sauce
- 3 C ice
- 32 oz container (4 C total) full-fat Greek yogurt*
- 1/4 C honey + more to taste
- Optional: 1 tsp dried oregano
- Optional: 6 oz feta cheese* (about 3/4 C)

ALLERGY SUBSTITUTIONS (for those items with a *)

Full fat Greek yogurt (dairy) allergy: sub soy yogurt

Feta cheese (dairy) allergy: omit

INGREDIENTS FOR PIZZA TOPPINGS (kid chefs will choose at least 3, including spinach!):

- 1 14 oz can OR frozen, thawed artichoke hearts
- 8 oz bag shredded mozzarella cheese*
- 1/2 C pitted kalamata olives
- Green onions
- Dried oregano
- Feta cheese

INGREDIENTS FOR SALAD:

- 2 cucumbers
- 3 green onions
- 1 C cherry tomatoes
- 1 lemon
- 1 T olive oil
- 1 T honey
- 1/2 tsp salt
- 1/2 tsp of dried oregano
- 2 chopped cucumbers
- Handful pitted kalamata olives

Gluten allergy: sub gluten-free flour with xanthan gum

Banana allergy: sub frozen mango, pineapple, or berries

Shredded mozzarella cheese (dairy) allergy: sub Daiya dairy-free shreds