



**BONUS  
ACTIVITY  
SECTION**

## How to...

# Make fresh spring recipes!

From breakfast to lunch and drinks to snacks, these delicious dishes are fun to create.

## BABY VEGGIE BOUQUETS

### Ingredients

#### FOR THE DRESSING

- 1/3 cup sour cream
- 1/3 cup mayonnaise
- 1/4 cup buttermilk
- 1 teaspoon grated garlic
- 1 tablespoon plus 1 teaspoon lemon juice
- 1 tablespoon chopped fresh dill
- 1 tablespoon chopped fresh parsley
- 4 pieces bacon, crumbled
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 3/4 teaspoon sugar

#### FOR THE BOUQUETS

- Cucumber slices
- Watermelon radish slices
- Large bell pepper, cut into 2-inch-wide pieces
- Baby bell peppers, halved
- Blanched green beans
- Thinly sliced carrot sticks
- Thinly sliced celery sticks
- Cherry tomatoes
- 2 heads endive, leaves separated



### Instructions

1. Whisk dressing ingredients together in a bowl. Cover and refrigerate. (Makes about 1 cup.)
2. Use mini food cutters to trim cucumber, radish, and large bell pepper pieces into flower shapes.
3. Lay each cut vegetable slice flat on a cutting board. Use a bamboo skewer to poke a hole in the center. Poke a hole in each baby pepper half.
4. Slide 1 or 2 veggie flower slices or a baby pepper half onto each green bean, carrot stick, and celery stick to form stemmed flowers, as shown. Thread tomatoes onto 6-inch skewers.
5. For each bouquet, pour 3 to 4 tablespoons of the dressing into a jar. Arrange veggie flowers, tomato skewers, and endive leaves, as shown. Serve immediately.



## FIZZY HIBISCUS LEMONADE

### Ingredients

#### FOR THE HIBISCUS SYRUP

- 3/4 cup dried hibiscus flowers
- 1 cup sugar

#### FOR EACH DRINK

- 2 tablespoons fresh lemon juice
- Plain seltzer
- Lemon slices for garnish (optional)

### Instructions

1. With an adult's help, make the hibiscus syrup. In a small saucepan, combine the hibiscus flowers and sugar with 1 cup water. Bring to a simmer and cook, stirring occasionally, until sugar is dissolved. Cover and let cool completely. Strain flowers from syrup. Pour syrup into a clean jar with a lid and refrigerate until ready to use.
2. To make a serving of lemonade, pour 2 tablespoons hibiscus syrup and the lemon juice into a 10-ounce glass and stir to combine. Fill glass with ice.
3. Top with seltzer, then stir. Add a lemon slice if you wish. Serve. Recipe makes a cup of syrup (for 8 drinks) and can be refrigerated for up to 2 weeks.

**FLOWER  
POWER**

Dried hibiscus flowers are often sold in Latin American grocery stores and online as "flor de Jamaica."



## BROCCOLI CHEDDAR GRILLED CHEESE

### Ingredients

- 2 cups broccoli florets
- 1 tablespoon olive oil
- Kosher salt and pepper
- 6 slices hearty bread
- 6 teaspoons unsalted butter
- 1½ cups shredded sharp cheddar

### Instructions

1. Heat oven to 450° F. Spread broccoli on baking sheet. Drizzle with olive oil. Sprinkle on salt and pepper. Toss to evenly coat.
2. Roast broccoli for 10 minutes. Let cool slightly, then chop.
3. Spread one side of each bread slice with 1 teaspoon butter. Flip over three slices and top each with ¼ cup cheese, one third of the broccoli, then another ¼ cup of cheese. Press a slice of the remaining bread, butter-side up, onto each.
4. In a large nonstick skillet over medium heat, toast each sandwich until underside is golden brown, 3 minutes. Use a spatula to flip each sandwich and toast until golden and cheese is fully melted, about 2 minutes. Serves 3.

### WOW!

The largest grilled cheese sandwich ever made was in Milwaukee, Wisconsin, in 2023. It was more than 6 feet wide and nearly 11 feet long.



## OAT CHOCOLATE CHIP MUFFINS

### Ingredients

- 1¼ cup flour
- 1¼ cup rolled oats, plus more for sprinkling
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- 1 cup dark brown sugar
- 1 teaspoon kosher salt
- ½ cup whole milk
- 2 eggs
- ½ cup (1 stick) unsalted butter, melted
- 1 teaspoon vanilla extract
- 2 very ripe bananas, mashed
- ¾ cup chocolate chips

### Instructions

1. Prepare a standard muffin tin with paper liners. Heat oven to 400° F. In a bowl, stir flour, oats, baking powder, baking soda, sugar, and salt.
2. In a liquid measuring cup, whisk the milk, eggs, butter, vanilla, and bananas. Add to flour mixture and stir to combine. Fold in the chocolate chips.
3. Evenly divide batter among cups. Smooth tops with back of a spoon and sprinkle them with oats.
4. Bake for 8 minutes. Reduce oven temperature to 350° F and bake for about 20 minutes more.
5. Let cool in the pan for 5 minutes. Transfer to a wire rack to cool completely. Makes 12 muffins.



### WARNING!

Ask an adult's permission before using a blender, knife, oven, or stovetop for any of these recipes.



# How to...

## TACO PIZZA

### Ingredients

- Semolina flour
- 1 ball store-bought pizza dough
- ½ cup canned refried beans
- ½ cup shredded Monterey Jack or Mexican cheese blend
- ½ cup tomatillo salsa
- 1 cup rotisserie chicken, shredded
- 2 tablespoons sour cream
- 1 teaspoon lime juice
- ¾ cup shredded iceberg lettuce
- ¼ cup fresh cilantro leaves
- ½ cup chopped tomatoes
- Half an avocado, diced

### Instructions

1. Heat oven to 500° F and sprinkle a pizza pan or baking sheet with semolina.
2. Stretch the pizza dough into a 10- to 12-inch round and place on the prepared pan.
3. Evenly spread the beans onto the dough, leaving a 1-inch border. Scatter on the cheese and drizzle with the salsa. Top with the shredded chicken.
4. Bake the pizza until golden and crisp around the edges and the cheese is browned in spots, about 15 minutes. Let cool slightly.
5. Stir together the sour cream and lime juice with 1 teaspoon cool water. Top pizza with lettuce, cilantro, tomatoes, and avocado, then drizzle with the lime sour cream. Slice and eat immediately. Makes 8 servings.

**FUN FACT**  
Iowans eat the most pizza in the US, ordering it an average of five times a month, reports a 2024 survey.



## BREAKFAST BANANA SPLIT

### Ingredients

- 1 ripe banana
- ½ cup plain yogurt
- ¼ cup of your favorite granola
- ½ cup fresh berries
- 1 tablespoon almond butter

### Instructions

1. Use a butter knife to halve the banana lengthwise and arrange the slices cut-side up on a plate.
2. Top bananas with the yogurt, then sprinkle on the granola. Next, add the berries.
3. Drizzle on the almond butter. Makes 1 banana split.



## TASTY TREAT

Robert McCay Green, a soda shop operator in Philadelphia, Pennsylvania, is credited with creating the ice cream float in the 1870s.



## COOKIE DOUGH FLOAT

### Ingredients

- Cookie dough ice cream
- 8 ounces chilled root beer soda
- Whipped cream (optional)
- 1 large or 2 small chocolate chip cookies, broken into pieces

### Instructions

1. Add 2 or 3 small scoops of ice cream to an 8- to 10-ounce glass.
2. Slowly pour root beer on top. Add a dollop of whipped cream if using and top with cookie pieces. Serve immediately. Makes 1 serving.

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## STAINED GLASS FLOWER COOKIES

### Ingredients

- 24 hard candies (such as Jolly Ranchers) of varying colors
- 1 (16-ounce) package refrigerated cookie dough
- 6 tablespoons flour

### Instructions

1. Heat oven to 350° F and line two baking sheets with parchment paper.
2. With an adult, use a mallet to lightly crush the candies (they should be large pieces, not fully crushed). Place them, separated by color, into small bowls. Set aside.
3. In a large bowl, knead together the cookie dough and flour until the latter is fully incorporated.
4. On a lightly floured surface, roll the dough out to ¼-inch thickness. Use a 3- to 4-inch cookie cutter to shape the dough into flowers, then use a small round cutter to cut away the center of each. Carefully transfer and arrange the cut dough on the prepared baking sheets, spacing them 2 inches apart. Gather and re-roll the dough as needed.
5. Fill the center of each cookie with a few colors of crushed candies, taking care not to overlap the colors too much. Bake the cookies until just starting to turn golden around the edges, about 12 minutes. Let them cool completely on the baking sheet before removing. Makes about 12 cookies.

