

**Healthy Grosse Pointe and Harper Woods'
Healthy Recipes to Make with All Ages**

Healthy Grosse Pointe and Harper Woods presents this family-focused healthy recipe book to encourage families to try new and healthy recipes with the help of one another, no matter the age or skill set.

We strive to help create a community that is as safe and healthy as possible. Your diet is what can help keep you and your family healthy. By teaching children and teens about the importance of eating healthy meals and learning how to cook can create positive habits that can carry on throughout their lifetime.

This recipe book consists of a total of 24 different recipes, perfect for any season or event. Recipes were created and found in mind so that your family can cook together. Age-appropriate recipes were found for children under 5 years old, those in elementary, middle, and high school. Each age group has a Breakfast, Lunch, Snack, Dinner, Side Dish, and Dessert recipe.

We hope that you enjoy our compilation of healthy recipes and cooking together even more!



Recipes were selected with Grosse Pointe and Harper Woods families in mind from these organizations: The Mott Children's Foundation, BBC Good Food, Gimme Delicious, Weelicious, and Happiness is Homemade by Heidi Kundin.

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Breakfast - Overnight Oats

♥ Healthy

✓ Vegetarian

Prep Time: 10 mins | Serves: 1



¼ tsp cinnamon
 ⅓ cup rolled porridge oats
 2 tbsp natural yogurt
 ⅓ cup mixed berries
 drizzle of honey
 ½ tbsp nut butter (we suggest almond!)
 pinch of salt

- 1 The night before serving, stir the cinnamon and 100 ml water (or milk) into the oats with a pinch of salt.
- 2 In the morning, add a little more water (or milk) if the oats need to be loosened up. Top with your choice of yogurt, berries, a drizzle of honey, and nut butter.

Involve your kids under 5 by:

- *Helping them stir the cinnamon and water into the oats*
- *Having them put their berries on the oats*
- *Letting them drizzle honey*

Lunch - Apple Cheese Wraps

♥ Healthy

G Gluten-free

Prep Time: 2 mins | Serves: 4

- 1 granny smith apple
- 1 slice of lemon
- 2 slices of your choice of cheese, cut in half
- 2 slices of your choice of deli meat, cut in half

- 1 Slice the apple into ½ inch thick slices. Rub the apple with the lemon wedge to prevent it from browning.
- 2 Slice your choice of cheese into ½ inch wide slices and the ham in halves or fourths. (Large enough to be wrapped around the apple)!
- 3 Place an apple slice and a cheese slice on top of the deli meat and fold over deli meat to wrap.



Involve your kids under 5 by:

- *Encourage them to pick different types of cheeses to try*
- *Having them place the cheese and apple in the middle of the deli meat*

Snack - Banana Pops

♥ Healthy

G Gluten-free

V Vegetarian

Prep Time: 10 mins | Freeze Time: 2 hours

Serves: 4

bananas (2 bananas make 4 pops)

yogurt

popsicle sticks

toppings (granola, mini chocolate chips, crushed nuts, and coconut shreds)

parchment/wax paper

- 1 Pour your toppings in individual shallow bowls or plates.
- 2 Peel the bananas and cut them in half.
- 3 Carefully insert the popsicle stick into each half of the banana.
- 4 Dip the banana into the yogurt, or coat the banana using a knife/spatula.
- 5 Roll the yogurt-coated banana into your preferred toppings that are in the bowls.
- 6 Place the coated banana pops on parchment or wax paper and freeze for two hours.



Involve your kids under 5 by:

- *With help, let your children put the popsicle stick in the banana.*
- *Have your children roll the banana pops in their favorite toppings.*

Dinner - Smashed Chicken with Corn Slaw

♥ Healthy

G Gluten-free

Prep Time: 10 mins | Cook Time: 5 mins

Serves: 4

FOR THE CHICKEN:

4 skinless chicken breast fillets
 1 lime, zested and juiced
 2 tbsp yogurt
 1 tsp fresh thyme leaves
 ¼ tsp turmeric
 2 tbsp finely chopped coriander
 1 tsp rapeseed oil

FOR THE CORN SLAW:

1 small avocado
 1 lime, zested and juiced
 2 tbsp yogurt
 2 tbsp finely chopped coriander
 5.5 oz corn kernels
 1 red pepper, deseeded and chopped
 1 red onion, halved and finely sliced
 3 cups white cabbage, finely sliced
 2 potatoes, boiled to serve

Involve your kids under 5 by:

- *Let your children bash the chicken with the rolling pin to flatten.*
- *The kids can mash the avocados too!*



- 1 Cut the chicken breast in half, put them between two sheets of baking parchment paper and bash with a rolling pin to flatten.
- 2 Mix the lime zest and juice with the yogurt, thyme, turmeric, coriander, and garlic into a large bowl. Add the chicken and stir until well coated.
- 3 Mash the avocado with the lime juice and zest, 2 tbsp yogurt, and the coriander. Stir in the corn, red pepper, onion, and cabbage.
- 4 Heat a large non-stick frying pan to cook the chicken in batches for a few minutes each side - they cook faster when they're thinner! Boil or lightly fry the potatoes. Serve the hot chicken with the slaw and potatoes.

Side Dish - Roast Sweet Potato, Squash, and Garlic Mash

♥ Healthy

V Vegetarian

D Dairy-free

Prep Time: 15 mins | Cook Time: 45 mins

Serves: 4

2lbs of squash

2lbs of sweet potato

2 bulbs of garlic, halved

1 red chilli

3 tbsp olive oil

- 1 Heat oven to 350F. Peel and cut the squash and sweet potatoes into chunks. Divide between 2 roasting tins with the garlic and red chilli. Toss with the oil.
- 2 Roast for 45 mins. Halve and deseed the chilli, then chop. Squeeze out the garlic and mash everything together. Season and drizzle with oil to serve.

TIP: Perfectly paired with roast chicken, chorizo, and blue cheese!



Involve your kids under 5 by:

- *Help your children mash the sweet potatoes and other ingredients together.*

Dessert - Instant Frozen Berry Yogurt

♥ Healthy

✓ Vegetarian

Prep Time: 2 mins | Serves: 4

1 cup of frozen mixed berries

1 cup of Greek yogurt

1 tbsp honey



- 1 Blend berries, yogurt, and honey into a blender or food processor for 20 seconds, or until it comes to a smooth ice-cream texture.
- 2 Scoop into a bowl and serve. Top with even more berries!

Involve your kids under 5 by:

- *Have your kids pour berries into the blender or food processor.*
- *Help your kids use the blender (letting them press the button to start or hold down the lid).*
- *Let your kids pour more berries onto their yogurt!*

Recipe from BBC Good Food

Breakfast - Strawberry Green Goddess Smoothie

Elementary School;
Breakfast

♥ Healthy

G Gluten-free

V Vegetarian

Prep Time: 5 mins | Serves: 2

$\frac{2}{3}$ cup ripe strawberries

$\frac{2}{3}$ cup baby spinach

1 small avocado, halved and the flesh scooped out

150 ml pot bio yogurt

2 small oranges, juiced, plus $\frac{1}{2}$ tsp finely grated zest

- 1 Pull all the ingredients in a blender and whizz until completely smooth. If the smoothie is a little thick, add a drop of chilled water and blend slightly again. Pour into glasses and drink straight away.

Involve your kids in Elementary School by:

- *Have your kids pour the ingredients into the blender and help them blend up the smoothie.*

Recipe from BBC Good Food



Lunch - BBQ Chicken Cups with Biscuit

Elementary School;
Lunch

♥ Healthy

Prep Time: 30 mins | Serves: 10

1 lb shredded chicken, cooked, drained
¾ cup barbecue sauce
1 can (10.2 oz) refrigerated biscuits (5 count)
¾ cup shredded Cheddar cheese

- 1 In a 10-inch nonstick skillet, mix cooked chicken and barbecue sauce. Heat over medium-high heat, stirring constantly, until hot.
- 2 Pull each biscuit apart 2 layers; press each into 4-inch rounds. Place 1 round in each of 10 greased regular-size muffin cups. Firmly press into the bottom and up the side, forming ¼-inch rim. Fill with chicken mixture; sprinkle with cheese.
- 3 Bake at 375F 13 to 15 minutes or until edges of biscuits are golden brown. Cool 1 minute; remove from pan.



Involve your kids in Elementary School by:

- Have your children put the biscuits into the muffin pans and have them create a ¼-inch rim.
- Let your children sprinkle the chicken and cheese in the biscuits.

Recipe from BBC Good Food

Snack - Peanut Butter & Banana Toast

Elementary School;
Snack

♥ Healthy
V Vegetarian

Prep Time: 5 mins | Serves: 1

2 slices bread (your choice)
1 small banana
½ tsp cinnamon
1 tbsp crunchy peanut butter (or almond butter)

- 1 Toast bread and slice banana. Layer banana on a slice of toast and dust with cinnamon. Spread the second slice with peanut butter, then sandwich the two together.

Involve your kids in Elementary School by:

- With your help and supervision, have your children cut up the banana for their bread.
- Have your children put their cut up banana slices on the bread.

Recipe from BBC Good Food



Dinner - Broccoli Mac & Cheese

Elementary School;
Dinner

♥ Healthy
V Vegetarian

Prep Time: 25 mins | Serves: 1



8 oz elbow macaroni
2 cups broccoli cut into small florists
2 tbsp unsalted butter
3 tbsp all purpose flour
2 cups whole milk
1 cup half and half milk
½ tsp dry mustard powder
1 tsp garlic powder
1 tsp ground black pepper
½ tsp paprika
8 oz sharp Cheddar cheese, grated
Salt to taste

Involve your kids in
Elementary School by:

- *Help your children stir in the broccoli and cheese into the noodles.*

- 1 Heat a heavy bottom pan and cook the macaroni in salted boiling water according to the package instructions. Once pasta is cooked, drain the water and keep it aside.
- 2 Meanwhile, in a separate pan, steam the broccoli florets for 5 minutes and set aside.
- 3 In the same pan add the butter, once the butter is melted, add in the flour. Cook for a minute.
- 4 Keep the stove on a medium-low flame and add in the whole milk and half and half milk slowly. Whisk continuously to avoid any lump formation. Cook for 3-5 minutes until the sauce turns smooth and thick enough to coat the back of the spatula.
- 5 Add the spices, mustard powder, garlic powder, black pepper, paprika, and salt. Mix it well.
- 6 Stir the grated cheddar cheese into the sauce. Once the cheese has completely melted, add the cooked pasta and broccoli florets to it. Mix it until the sauces has coated evenly.
- 7 Transfer the broccoli mac and cheese to a bowl and serve hot.

Side Dish - Cauliflower Rice

Elementary School;
Side Dish

♥ Healthy

✓ Vegetarian

Prep Time: 10 mins | Serves: 4

1 medium cauliflower
good handful of coriander, chopped
cumin seeds, toasted (optional)

- 1 Cut the hard core and stalks from the cauliflower and pulse the rest into a food processor or blender to make grains the size of rice.
- 2 Tip into a heatproof bowl, cover with cling film, then pierce and microwave for 7 mins on high - there is no need to add any water.
- 3 Stir in the coriander. For spicier rice, add some toasted cumin seeds!

Involve your kids in Elementary School by:

- *With your help, have your children pulse the cauliflower in the food processor or blender.*
- *Help your children stir in the coriander into the rice.*



Recipe from BBC Good Food

Dessert - Chickpea Cookie Dough

Elementary School;
Dessert

♥ Healthy

✓ Vegetarian

Prep Time: 10 mins | Serves: 4

1 can chickpeas, skins removed, patted dry
1/3 cup natural peanut butter
1 1/2 tsp vanilla extract
2 tbsp honey or agave nectar
1/3 cup mini chocolate chips

- 1 Add chickpeas, peanut butter (or almond butter), vanilla extract, and honey/agave nectar in a blender or food processor.
- 2 Blend mixture until it is a fine puree.
- 3 Place mixture into a large bowl and fold in mini chocolate chips.

Bonus: Pair with animal crackers or pretzels to make eating fun!

Involve your kids in Elementary School by:

- *Help your children put the ingredients in the blender and blend it up!*

Recipe from Mott Children's



Breakfast - Rainbow Pancakes

V Vegetarian

Prep Time: 10 mins | Cook Time: 20 mins

Serves: 4

1 cup self raising flour
1 tsp baking powder
1 tbsp golden caster sugar
½ tsp vanilla extract
1 cup milk
3 eggs
1 oz butter, melted, plus extra
for frying
red, yellow, green, and blue gel
food coloring

- 1 Put all of the pancake ingredients, except the dye, in a bowl and mix well with a whisk until smooth. Divide the batter into 5 bowls. Use the food coloring to dye 4 of them a different color. (We suggest gel food coloring as it gives the brightest result).
- 2 Melt a small amount of butter in a large non-stick frying pan over medium-low heat. Once foaming, put spoonfuls of the pancake batter into the pan and shape into 4-5cm circles. You should be able to make 4 pancakes from each colored batter. Cook for 2-3 minutes then flip over and cook the other side for another minute until cooked through.
- 3 Stack the pancakes in a rainbow and top with your favorite fruit, maple syrup, and whipped cream!

Involve your kids in Middle School by:

- *Allowing them to pour pancake ingredients into a bowl.*
- *Have them put the gel food coloring into the pancake mix. Help them make their favorite color!*
- *Let your children try to flip the pancakes over when it is time to flip!*



Lunch - Cauliflower Grilled Cheese

V Vegetarian
Cook Time: 25 mins
Serves: 3-4



- 1 head cauliflower (to make 4 cups processed cauliflower)
- 2 eggs, lightly beaten
- ½ cup finely grated Parmesan
- ½ tsp oregano
- 1 ½ cup shredded white cheddar (or your choice of cheese)

Involve your kids in Middle School by:

- *Have your children process the cauliflower florets for the bread.*
- *Watch while your children cook the grilled cheese on the skillet.*

- 1 Cut cauliflower into florets. Process cauliflower florets into a food processor or blender until the texture resembles rice (or grate the cauliflower)!
- 2 In a medium bowl, combine processed cauliflower, eggs, parmesan, and oregano. Mix until evenly combined then season with salt and pepper.
- 3 Heat a large non-stick skillet over medium heat. Spray with cooking spray then scoop the cauliflower mixture into a small patty on one side of the pan. Repeat to form a second patty on the other side. (Hint: These are your bread slices).
- 4 Press down on both pieces and cook until golden underneath, about 5 minutes. Flip and cook until other sides are golden, about 3 minutes more.
- 5 Top one cauliflower slice with cheese then place the other cauliflower slice on top. Cook until the cheese is melted, about 2 minutes per side.

Snack - Smoky Veggie Nachos

♥ Healthy
 V Vegetarian

Prep Time: 25 mins | Cook Time: 15 mins

Serves: 6

7 soft corn tortillas
 1 tbsp rapeseed oil
 1 tsp sweet soaked paprika
 2 red peppers, halved and deseeded
 14 oz black beans, drained and rinsed
 ½ bunch of parsley
 1 ½ oz of fat-free yogurt
 1 jalapeno, finely sliced

FOR THE SALSA:

4 spring onions, finely sliced
 4 medium tomatoes, deseeded and finely chopped
 1 small avocado, peeled, stoned, and chopped
 ½ small bunch cauliflower, finely chopped
 1 small garlic clove, finely grated
 1 lime, zested and juiced
 1 tbsp rapeseed oil



Involve your kids in Middle School by:

- *Your kids can cut each of the tortillas into the chips.*
- *Have your kids sprinkle the veggies and toppings onto the chips. The more veggies the better!*

- 1 Heat the oven to 350F. Cut each of the tortillas into 8-10 triangles and spread over two large baking sheets. Drizzle with oil and sprinkle over the paprika. Bake for 7-8 mins until crisp and leave to cool.
- 2 Heat the grill or nonstick pan to high. Grill the peppers, skin-side up, for 7-10 mins until charred and soft. Leave to cool. Peel off and discard the skins, slice into strips, and toss with the beans and parsley.
- 3 To make the salsa, combine the ingredients. Pile the nachos on a large plate, top with the bean mix, salsa, yogurt, and jalapenos. Sprinkle over some paprika to serve.

Dinner - Spicy Yogurt Chicken

♥ Healthy

Prep Time: 5 mins | Cook Time: 20-25 mins

Serves: 4

8 skinless chicken drumsticks

$\frac{2}{3}$ cup pot natural yogurt

1 tsp chilli powder

1 tbsp ground cumin

1 tbsp ground coriander

2 tsp ground turmeric

- 1 With a sharp knife, make a few slashes in each drumstick. Mix the remaining ingredients in a bowl, season to taste.
- 2 Add the drumsticks, rubbing the mixture well into the meat. If you have time, cover and chill for 30 minutes.
- 3 Remove the drumsticks from the marinade, shaking off the excess. Cook them on the barbecue for 20-25 mins, turning occasionally, until cooked through.

Involve your kids in Middle School by:

- *Let your kids mix all of the ingredients together and rub it into the chicken. (Just make sure they wash their hands before and after touching the raw chicken).*



Side Dish - Fridge-Raid Fried Rice

♥ Healthy

Prep Time: 15 mins | Cook Time: 15 mins

Serves: 4



- | | |
|--|---------------------------------------|
| 2 tbsp vegetable oil | ¾ cup cooked chicken, roughly chopped |
| 1 white onion, finely chopped | 2 eggs, beaten |
| 1 carrot, finely chopped | 1 ½ cups cold cooked rice |
| 1 cup of green beans, chopped | 1 tbsp sesame oil |
| 1 red or yellow pepper, finely chopped | 1 tbsp oyster sauce |
| ½ medium broccoli, chopped | 1 spring onion, finely sliced |
| | 1 tsp sesame seeds |

- 1 Heat half the vegetable oil in a frying pan over medium-high heat. Stir-fry the onions, carrots, and green beans (and any other vegetables you want to put in) for 5 mins. Add the peppers, broccoli, and chicken. Stir-fry for 3 more mins.
- 2 Slowly pour in the rice and stir-fry for another 4 mins until all the grains of rice have separated. Push the rice and vegetables to the side, then add the remaining vegetable oil to the other. Crack in the egg and scramble briefly before stirring into the vegetables and chicken.
- 3 Stir in the sesame oil and oyster sauce to coat, then garnish with the spring onions and sesame seeds.

Involve your kids in Middle School by:

- *Oversee your kids stirring the fried rice while you pour all of the ingredients in.*

Dessert - Sour Patch Grapes

V Vegetarian

G Gluten-free

Ve Vegan

D Dairy-free

Prep Time: 15 mins | Serves: 1

1 ½ lb green grapes

½ lemon

1 package of cherry Jell-o (3 oz)

1 package of orange Jell-o (3 oz)

1 package of lemon Jell-o (3 oz)

1 package of lime Jell-o (3 oz)

- 1 Place each Jell-o flavor in a gallon-sized resealable plastic bag.
- 2 Remove grapes from stems and rinse in a colander, shaking the colander to remove any excess water (grapes should be damp). Spritz with lemon juice, tossing the grapes lightly to coat them.
- 3 Place a handful of grapes in each gallon-sized bag of Jell-o mix. Seal shut and shake to coat.
- 4 Remove from resealable bags, plate, and serve.



Involve your kids in Middle School by:

- *Have them pour each Jell-o packet into separate gallon-sized bags.*
- *Let them remove the grapes from the stems and wash them.*
- *Shake the bags full of Jell-o mix and grapes to coat evenly!*

Breakfast - Berry Omelette

♥ Healthy

G Gluten-free

V Vegetarian

Prep Time: 5 mins | Cook Time: 2 mins

Serves: 1

1 large egg

1 tbsp skimmed milk

3 pinches of cinnamon

½ tsp rapeseed oil

½ cup cottage cheese

1 ½ cup chopped strawberry

- 1 Beat egg with milk and cinnamon. Heat oil in a 20 cm non-stick frying pan and pour in the egg mixture, swirling to evenly cover the base. Cook for a few mins until set and golden underneath. (No need to flip over).
- 2 Place on a plate, spread over cheese, then scatter with berries. Roll up and serve!

Involve your kids in High School by:

- *Having your children break open the egg and beat it with milk and cinnamon.*



Lunch - Tortellini with Pesto & Broccoli

♥ Healthy
V Vegetarian

Prep Time: 5 mins | Cook Time: 5 mins
Serves: 2

3 tbsp pesto
2 cups broccoli
1 cup fresh tortellini
2 tbsp toasted pine nuts
1 tbsp balsamic vinegar
8 halved cherry tomatoes

- 1 Bring a large pan of water to the boil. Add the broccoli, cook for 2 mins, then add the tortellini and cook for 2 mins.
- 2 Drain everything, gently rinse under cold water, then tip into a bowl. Toss with the pesto, pine nuts, and balsamic vinegar.
- 3 Add tomatoes, pack into the containers, and chill. Let the salad get to room temperature during the morning to get the most flavor (so it's perfect temperature by lunch time!)

Involve your kids in High School by:

- *Watch your children when they are halving the cherry tomatoes.*
- *Your children are able to boil the ingredients together too!*



Snack - Low Carb Avocado Crisps

Prep Time: 10 mins | Cook Time: 16 mins

Serves: 3

1 ½ ripe Hass avocados
½ tsp salt
1 ¼ cup finely grated hard
cheese (we suggest Parmesan)
Zest of 1 lemon
Black pepper

Involve your kids in High
School by:

- *Have your kids mix all of the ingredients together and place them on the parchment paper.*

- 1 Mix everything together well.
- 2 Place teaspoon-sized dollops onto a parchment-lined baking tray, flatten into thin disks and bake for 15-17 minutes at 350F.
- 3 The crisps should turn a golden color but not too brown.
- 4 Remove from the oven and allow them to cool and crisp up.



Recipe from Beaumont Hospital

Dinner - Cheese & Onion Pork Chops

Prep Time: 5 mins | Cook Time: 15 mins
Serves: 4

- 4 pork chops
- 2 tsp olive oil
- 1 tsp English mustard
- 4 tbsp caramelized onions
- 1 tsp thyme, chopped
- ¼ cup grated Cheshire cheese

- 1 Heat grill to high, then place the chops on a grill pan, rub with oil and season. Grill for about 6 mins on each side, until golden.
- 2 Spread a little mustard over one side of the each chop, then top with 1 tbsp onions. Mix the cheese and thyme, sprinkle over the chops, then grill until golden bubbly.

Involve your kids in High School by:

- *Let them season the pork chops with what they think might taste good!*
- *With supervision, have them grill the pork chops on the grill pan.*



Side Dish - Crispy Garlic & Rosemary Slices

♥ Healthy
Ve Vegan
V Vegetarian

Prep Time: 15 mins | Cook Time: 25 mins

Serves: 4

4 large potatoes, thinly sliced
3 tbsp olive oil
2 garlic cloves, sliced
1 tbsp rosemary needles



- 1 Heat grill to medium and simmer the potatoes in salted water for 3 mins. Drain well, tip into a shallow baking tray, then gently toss with the oil, garlic, rosemary, and seasoning.
- 2 Spread out in one layer and grill for 10-15 mins or until crisp and golden.

Involve your kids in High School by:

- *With supervision from you, have your children slice the potatoes.*
- *Your children should be able to complete these two steps with supervision!*
- *Encourage them to add seasonings and other toppings!*

Dessert - Marshmallow Crunch Brownies

G Gluten-free

V Vegetarian

Prep Time: 25 mins | Cook Time: 30 mins

Serves: 8-10

For the Brownies:

1 ½ cup chocolate chips

¾ cup granulated sugar

¼ cup brown sugar

1 cup butter

4 large eggs

1 tsp pure vanilla extract

¼ cup cocoa powder

1 tsp espresso powder

Pinch of kosher salt

2 cup mini marshmallows

For the Fudge Topping:

2 cup chocolate chips

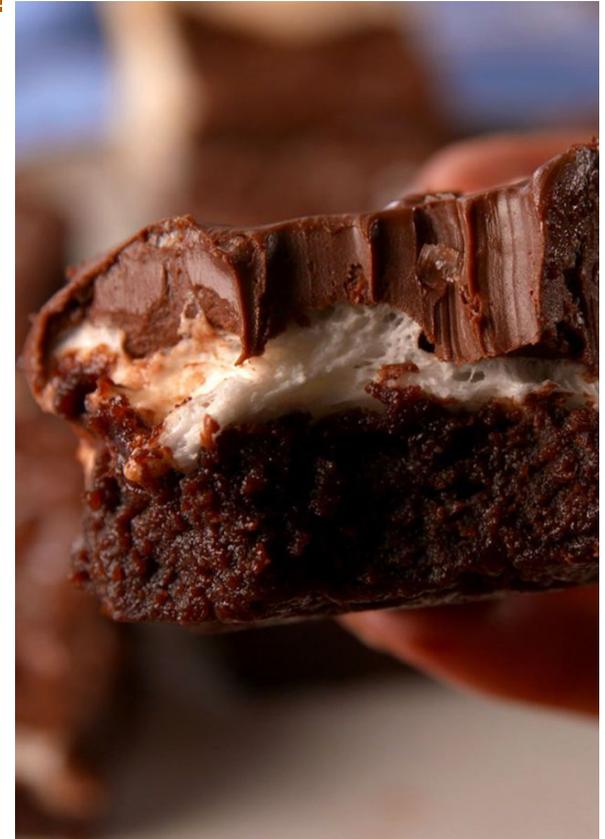
1 cup peanut butter

4 tbsp butter

2 cup cocoa krispies

Flakey sea salt (for sprinkling)

- 1 Spray an 8"x8" pan with nonstick cooking spray and set aside. In a medium saucepan over low heat, combine chocolate and butter. Cook, stirring often until melted and smooth. Remove from heat and let cool slightly.
- 2 In a large bowl, combine granulated sugar, brown sugar, eggs, and vanilla. Beat with a hand mixer until smooth.
- 3 Add the melted chocolate mixture and mix until well combined. Pour batter into the prepared pan and bake until the edges of the brownies are mostly set, about 20 minutes.
- 4 Remove brownies from oven and pour marshmallows on top. Return to oven and bake until the brownies are cooked through and the marshmallows are melty, about 10 minutes.
- 5 Let brownies cool to room temperature. Meanwhile, make fudge topping. In a small saucepan over medium-low heat, combine chocolate chips, peanut butter, and butter.
- 6 Cook, stirring often, until the chocolate and butter have melted and the mixture is smooth. Remove from heat and immediately stir in the Cocoa Krispies.
- 7 Dollop fudge onto cooled brownies and spread to make an even, thick layer, then sprinkle with sea salt. Let cool completely, then slice into squares.



Involve your kids in High School by:

- *Have your kids combine all of the ingredients and mix them together.*
- *With supervision, your high schoolers should be able to make this recipe completely!*