



OCCC Cookbook 2019





Happy Eating!

Enjoy these recipes that were made by OCCC campers in the summer of 2019.

Many of these are basic recipes that you can make your own by adding more ingredients.

Get creative!

Remember to be careful in the kitchen, use knives carefully, and make sure you have permission to use the stove or oven. Ask for help. Cooking together is a great activity for families or friends.

Surprise your friends with your creations!

Happy Eating!



Energy Balls

Ingredients:

- ★ 1 cup of oates
- ★ ½ cup of peanut butter
- ★ ⅓ cup of maple syrup
- ★ ⅓ cup of your choice of toppings (chocolate chips, raisins, etc...)

Directions

1. Mix oates, peanut butter, and maple syrup in a bowl.
2. Add toppings and mix.
3. Using a spoon, measure out rounded tablespoons and roll into balls. Place on tray.
4. Place in fridge to chill until energy balls harden.





Smoothies

Ingredients:

- ★ 2 cups of frozen fruit of your choice.
- ★ 1 cup of yogurt
- ★ ½ cup of spinach
- ★ 1 cup of liquid; milk or water
- ★ 1 banana

Directions:

1. Add all of the above ingredients into a blender.
2. Make sure the blender lid is on tightly and then blend mixture until smooth.
3. Turn of blender and unplug it.
4. Pour smoothie into glasses and enjoy!





Oatmeal Pancakes

Ingredients:

- ★ 1 ¼ cups of flour
- ★ ½ cup of oats
- ★ 2 teaspoons of baking powder
- ★ 1 ¼ cup of milk
- ★ 1 egg
- ★ 1 tablespoon of vegetable oil
- ★ Optional mix-ins: blueberries, chocolate chips, cinnamon, mashed banana, chopped apple.



Directions:

1. In a large bowl combine flour, oats, and baking powder.
2. In a separate bowl combine milk, eggs, and oil.
3. Add liquid ingredients to dry ingredients and stir until combined.
4. Add mix-ins and stir gently.
5. Heat skillet over medium heat.
6. Spray skillet with cooking spray and pour ¼ cup of batter into skillet.
7. Flip once when edges are bubbly, and cook all the way through.



Nachos

Ingredients:

- ★ Tortilla chips - enough to fill a baking sheet.
- ★ 1 cup of black beans.
- ★ ½ cup of salsa
- ★ 1 cup of cheese

Directions:

1. Preheat oven to 350°F.
2. Place aluminum foil on a baking sheet and cover with cooking spray.
3. Separate chips on baking sheet so that they are in one even layer.
4. Add toppings; black beans, salsa.
5. Top with cheese to cover the chips.
6. Bake for about 8 minutes or until cheese is melted.





Granola

Ingredients:

- ★ 3 cups of oats
- ★ ½ cup of honey or maple syrup
- ★ ½ cup of oil
- ★ ½ teaspoon of cinnamon
- ★ ½ teaspoon of salt
- ★ ½ cup of raisins



Directions:

1. Preheat oven to 325°F and line a baking sheet with parchment paper.
2. Place the oil, honey/maple syrup, cinnamon, and salt in a large bowl and whisk to combine.
3. Pour the oats into the bowl and stir until all the oats are coated.
4. Transfer the mixture to a baking sheet and spread into an even layer.
5. Bake for 20 minutes; stir halfway through.
6. Place baking sheet on a wire rack to cool.
7. Once cooled, sprinkle with raisins and enjoy!



Egg Muffin Cups

Ingredients:

- ★ 6 eggs
- ★ ½ cup of shredded cheese
- ★ ¼ cup of milk
- ★ 1 cup of your choice of vegetables
- ★ ¼ teaspoons of salt/pepper



Directions:

1. Spray muffin pan with cooking spray and set aside. Preheat oven to 375°F.
2. Crack the eggs into the bowl and whisk.
3. Whisk in the milk, salt, and pepper.
4. Mix in the cheese and vegetables.
5. Scoop the mixture into the muffin tin, filling till about ¾ of the way full.
6. Place in the oven and bake for 20-25 minutes.





Apple Peanut Butter Teeth

Ingredients:

- ★ 1 apple
- ★ ½ cup of peanut butter
- ★ 1 cup of mini marshmallows



Directions:

1. Cut the apple into thin slices.
2. Spread peanut butter onto each slice.
3. Put a row of mini marshmallows across one apple slice.
4. Sandwich the two together and press firmly until they stick.



Fruit Pizza

Ingredients:

(For the crust)

- ★ 2 cups of oats
- ★ $\frac{3}{4}$ cup of flour
- ★ 3 tablespoons of melted butter
- ★ $\frac{3}{4}$ cup of maple syrup
- ★ 1 teaspoon of vanilla extract
- ★ $\frac{1}{2}$ teaspoon of cinnamon
- ★ $\frac{1}{8}$ teaspoon of salt

(For the sauce/toppings)

- ★ 1 cup of yogurt
- ★ 1 tablespoon of maple syrup
- ★ $\frac{1}{2}$ teaspoon of vanilla extract
- ★ Cut up fruit of your choice.



Directions:

1. Preheat oven to 350°F. Spray baking pan with cooking spray.
2. In a bowl combine oats, flour, cinnamon, and salt.
3. Add the maple syrup and butter; mix.
4. Spread the mixture in the pan and press down firmly.
5. Bake for 10-12 minutes. Let cool.
6. Meanwhile, in a bowl combine yogurt, maple syrup, and vanilla.
7. Use a spoon and spread over the cooled crust.
8. Decorate with fruit toppings.



Blueberry Muffins

Ingredients:

- ★ 1 ½ cup of flour
- ★ ¾ cup of sugar
- ★ ¼ teaspoon of salt
- ★ 1 teaspoon of cinnamon
- ★ 2 teaspoons of baking powder
- ★ ⅓ cup of oil
- ★ 1 egg
- ★ ½ cup of milk
- ★ 1 teaspoon of vanilla extract
- ★ 1 cup of blueberries



Directions:

1. Preheat oven to 400°F and prepare muffin tins.
2. In a large bowl, whisk the flour, sugar, baking powder, salt, and cinnamon.
3. In a separate bowl, whisk together oil, egg, milk, and vanilla.
4. Pour wet ingredients into bowl with dry ingredients and stir together. Don't overmix.
5. Fold blueberries into batter.
6. Divide batter into muffin tin. Bake for 20 mins.



Chili

Ingredients:

- ★ 1 tablespoon of vegetable oil
- ★ 1 cup of chopped onions
- ★ 1 tablespoon of minced garlic
- ★ 1 cup of chopped bell pepper
- ★ ¾ cup of chopped celery
- ★ 2 cups of frozen corn
- ★ 1 (28 oz) can of diced tomatoes with liquid
- ★ 1 can of kidney beans
- ★ 1 tablespoon of cumin
- ★ 1 tablespoon of chili powder
- ★ 1 ½ teaspoon of dried oregano and basil



Directions:

1. Chop all vegetables. Set aside.
2. Heat the oil in a large saucepan over medium heat.
3. Saute onions and garlic until tender.
4. Stir in peppers, celery, and chili powder. Cook until tender.
5. Stir in tomatoes, kidney beans, and corn.
6. Season with cumin, oregano, and basil.
7. Bring to a boil, then reduce heat to medium low.
8. Cover and simmer for 20 minutes, stirring occasionally.



Fruit and Vegetable Bugs

Ingredients:

- ★ 1 bag celery stalks chopped into 3 inch pieces
- ★ 1 cup peanut butter
- ★ 1 cup cream cheese
- ★ Cut up fruits and vegetables of your choice (strawberries, blueberries, cherry tomatoes, cucumber, etc...)
- ★ 1 tablespoon mini chocolate chips



Directions:

1. Fill celery stalks with either peanut butter or cream cheese.
2. Decorate celery with fruits and vegetables to create your bugs. (ex. Cherry tomato head, strawberry wings. Be creative!)
3. Use chocolate chips to create bug eyes.





Fruit Salsa

Ingredients:

- ★ Cut up fruit of your choice (strawberries, bananas, blueberries, peaches, etc...)
- ★ Half a lemon
- ★ 2 tablespoons maple syrup
- ★ ¼ cup of sugar
- ★ 1 tablespoon of cinnamon
- ★ 1 tortilla



Directions:

1. Preheat oven to 375°F.
2. Add chopped up fruit of your choice to a large bowl.
3. Squeeze half a lemon into a small bowl. Add maple syrup and mix well. Pour into larger bowl of fruit and combine.
4. Place bowl of fruit salsa into fridge to chill.
5. Place sugar and cinnamon into a separate bowl, and mix with a fork.
6. Sprinkle tortilla with water and then with sugar mixture. Cut into 8 triangles.
7. Line a baking sheet with parchment paper. Add tortilla triangles to the baking sheet and place in oven,
8. Bake for 10 minutes. Let cool. Serve tortilla chips with fruit salsa.



Banana Bread

Ingredients:

- ★ Cooking spray
- ★ 3 ripe bananas - mashed
- ★ 1 teaspoon of baking soda
- ★ ½ teaspoon of salt
- ★ ⅔ cup of brown sugar
- ★ 2 eggs
- ★ 2 cups of flour
- ★ ½ cup of butter
- ★ 1 teaspoon of vanilla extract



Directions:

1. Preheat oven to 350°F and spray a square pan with cooking spray.
2. Melt butter and pour into a large bowl.
3. Add brown sugar and stir until well combined.
4. Add eggs, vanilla extract, and mashed banana. Whisk until combined.
5. In a separate bowl combine flour, baking soda, and salt. Mix.
6. Add dry ingredients to the bowl of wet ingredients and mix with a spatula.
7. Spread batter into the pan in an even layer. Bake for 20 to 25 minutes. Let cool and enjoy.



Turkey Meatballs

Ingredients:

- ★ 1 bag of ground turkey
- ★ 1 egg, beaten
- ★ 1/3 cup of bread crumbs
- ★ 1/4 teaspoon of salt
- ★ 1-4 teaspoons of spices
- ★ 1/4 cup chopped parsley



Directions:

1. Preheat oven to 375°F, and line a 9x13 inch baking dish with aluminum foil.
2. In a bowl, mix together the turkey, the beaten egg, breadcrumbs, salt, spices, and parsley using a wooden spoon. You may need to use your hands to get everything mixed together.
3. Use a spoon to measure out the meatballs, and roll them to be golf ball sized.
4. Place about 1 inch apart in the dish and flatten bottom slightly. Wash your hands after touching the meat.
5. Place in the oven and bake for 20-25 minutes or until cooked all the way through.