

Ham Apple Cheddar Wraps with Dip

Prep Time: 15 minutes Makes: 12 wraps

QUANTITY	INGREDIENT
1	Crunchy apple
3	Slices of pre-cut aged cheddar cheese
6	Slices of deli ham
¼ cup	Yoghurt (vanilla or plain)
2 to 3 teaspoons	Honey mustard

EQUIPMENT LIST:

- Knife
- Apple corer
- Cutting board
- Small bowl
- Measuring spoons
- Mixing spoon

1. CUT apple in to 12 slices using a knife or apple corer. You may need an adult to help you with this step.
2. CUT or tear each cheese slice in to 4 pieces. You should end up with 12 pieces in total.
3. CUT or tear each slice of ham in half. You should end up with 12 pieces in total.
4. ASSEMBLE the wraps as follows: place an apple slice on a slice of cheddar. Carefully use a piece of ham to wrap the apple and cheddar together. Set wraps aside while you make the dip.
5. MEASURE yoghurt in to small bowl.
6. MEASURE honey mustard and add to yoghurt, stirring well to combine.
7. SERVE the ham apple cheddar wraps with dip on the side. Enjoy!

Cranberry Oat Cereal Bars

Prep Time: 1 hour 10 minutes Cook Time: 5 minutes Makes: 24 1-inch bars

QUANTITY	INGREDIENT
4 Tablespoons	butter
1 package (10 ounces)	Miniature marshmallows
3 teaspoons	Vanilla extract
½ teaspoon	Salt
6 cups	Toasted oat cereal

EQUIPMENT LIST:

- Large pot
- Mixing spoon
- Measuring spoons
- Baking pan or baking sheet
- Knife

1. MEASURE butter. Place in a large pot on the stove. Have an adult help you with this step!
2. MELT the butter over medium-low heat.
3. ADD the marshmallows and stir to combine with butter. Have an adult help you!
4. ADD the vanilla extract, stirring to combine. Have an adult help you!
5. ADD the salt to the marshmallow mixture and combine well. Turn off the stove and remove the pot from the stove.
6. MEASURE out the oat cereal. Add to the marshmallow mixture.
7. MEASURE out the cranberries and add to the pot.
8. MIX everything until the oat cereal and cranberries are well coated with marshmallow mixture.
9. TRANSFER mixture to a baking pan or sheet. Press firmly and even out the mixture.
10. PLACE baking sheet or pan in to fridge and let chill for 1 hour.
11. CUT the bars in to 24 1-inch squares. Enjoy!

Crunchy Roasted Chickpeas

Prep Time: 15 minutes Cook Time: 30 to 35 minutes Makes: 3 ½ cups

QUANTITY	INGREDIENT
2	15-ounce cans of chickpeas (garbanzo beans)
2 Tablespoons	Olive oil
½ to 1 teaspoon	Seasonings Some good combinations: *1 tsp salt + squeeze of lemon or lime *1 tsp cinnamon + 1 tsp sugar *¼ tsp cumin + ¼ tsp paprika + ½ tsp garlic + dash cayenne pepper (careful, it's very spicy!)

EQUIPMENT LIST:

- Sieve or colander
- Can opener
- Large Bowl
- Measuring spoons
- Mixing spoon
- Baking sheet
- Oven mitts
- Timer or watch

1. **PREHEAT** oven to 400oF. Have an adult help you with this step!
2. **GET** out a sieve or colander, a can opener and a large bowl.
3. **OPEN** the cans of chickpeas with the can opener.
4. Place the chickpeas in the sieve or colander and let them drain for a few minutes.
5. **ADD** the drained chickpeas to a large bowl.
6. **MEASURE** out 2 Tablespoons of olive oil and add to the drained chickpeas.
7. **GENTLY** toss the chickpeas with oil, using a spoon or your hands.
8. **SPREAD** the chickpeas on to the baking sheet in one layer.
9. **PUT** the chickpeas in the oven. Have an adult help you with this step!
10. **SET** the timer for 15 minutes.
11. **WHEN** the timer goes off, carefully remove the chickpeas from the oven. Have an adult help you with this step. Carefully shake the baking sheet to turn the chickpeas over.
12. **PUT** the chickpeas back in the oven. Have an adult help you with this step! Set the timer for another 15 minutes.
13. **WHEN** the timer goes off this time, remove the chickpeas form the oven. If they are not cooked to desired crunchiness, place them back in the oven for 5 minutes.
14. **SEASON** the chickpeas as you wish, and enjoy! To store chickpeas, cool them completely. Crunchy chickpeas will keep for 3 to 4 days on the counter in an airtight container.

