



**BONUS  
ACTIVITY  
SECTION**

## How to...

# Try these spring recipes!

From breakfast to lunch, plus drinks and treats, these fresh dishes are fun to create in the kitchen.

## SEASONAL VEGGIE PUFF PASTRY TART

### Ingredients

- 10 ounces goat cheese, softened
- ¼ cup heavy cream
- 8 basil leaves, finely chopped
- 4 sprigs mint, leaves plucked and finely chopped
- Zest of 1 lemon
- Kosher salt
- Black pepper
- 1 (14- to 17-ounce) package puff pastry, thawed
- 2 small Roma tomatoes, thinly sliced
- 8 asparagus spears, halved
- ¾ cup sugar snap peas, halved crosswise
- 2 tablespoons olive oil

### Instructions

1. Heat oven to 400° F and line 2 baking sheets with parchment paper.
2. In a medium bowl, blend the goat cheese, heavy cream, basil, mint, and lemon zest. Season with salt and pepper. Set aside.



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

3. On a lightly floured cutting board, use a pizza cutter to slice the puff pastry into 8 even rectangles. Arrange 4 of the rectangles on each prepared baking sheet. Use a paring knife to score a line around each rectangle ¼ inch from the edge.
4. Working within score lines, top each pastry with an even layer of cheese mixture. Add tomatoes, asparagus, and snap peas, then drizzle with oil.
5. Bake the tarts until golden and crispy around the edges, about 15 minutes. Serve immediately. Makes 8 servings.



## OATMEAL COOKIE OVERNIGHT OATS

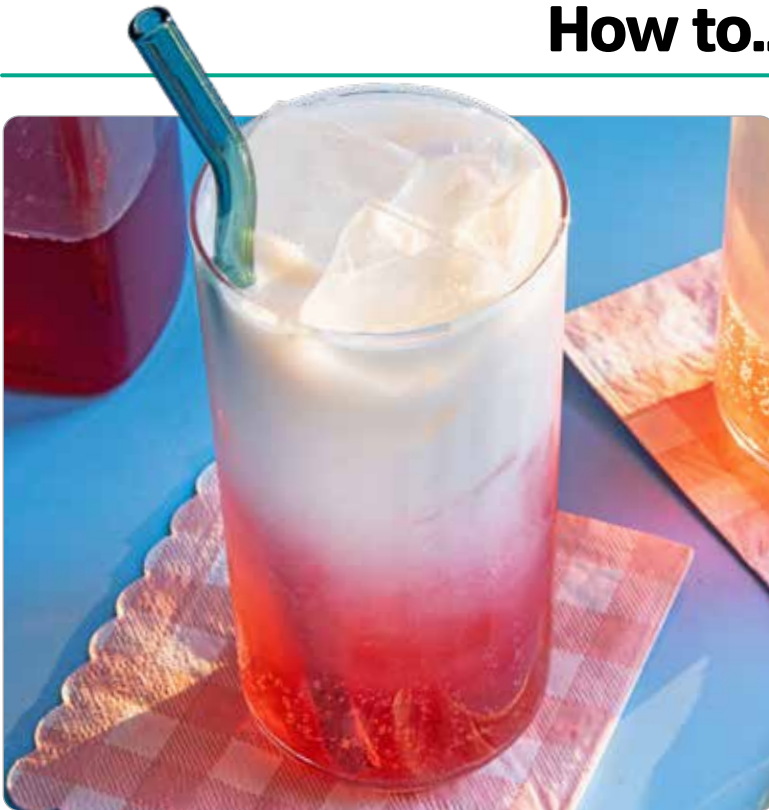
### Ingredients

- 2 cups rolled oats
- 2 cups oat or rice milk
- ¾ teaspoon vanilla extract
- 4 teaspoons light brown sugar
- 1¼ teaspoons ground cinnamon
- Pinch of ground nutmeg
- ½ cup golden raisins
- Vanilla yogurt (optional), for serving
- Walnuts (optional), for serving

### Instructions

1. In a large bowl, stir together the oats, oat milk, vanilla, sugar, cinnamon, nutmeg, and raisins.
2. Evenly divide the mixture between 4 (12- to 16-ounce) lidded jars or serving containers. Seal and refrigerate overnight or up to 5 days.
3. If you like, top with a dollop of vanilla yogurt and a sprinkle of walnuts before eating. Makes 4 servings.

**BREAKFAST  
IS SERVED**  
Overnight oats are oats that are left to soak during the night instead of being cooked in the morning.



## RASPBERRY ITALIAN CREAM SODA

### Ingredients

- 1 cup granulated sugar
- 1½ cups raspberries
- ½ teaspoon vanilla paste
- Plain seltzer
- Heavy cream

### Instructions

1. Combine the sugar, raspberries, and vanilla paste in a medium saucepan with 1 cup water. Bring to a simmer and let cook until the sugar is dissolved, about 3 minutes. Remove from the heat and let cool completely.
2. Strain the syrup through a mesh sieve into a lidded jar and discard the solids. Keep syrup refrigerated until you are ready to use. (Makes about 1½ cups of syrup, which can be stored up to 2 weeks in the refrigerator.)
3. To make each drink, spoon 2 tablespoons syrup into a small glass. Fill with ice, then add 1 cup seltzer. Add 2 tablespoons heavy cream and stir to combine. Drink immediately.

**BERRY BONANZA**  
There are more than 200 different varieties of raspberries, with colors like red, purple, black, and gold.

## DILL PICKLE DIP

### Ingredients

- ¼ cup panko breadcrumbs
- 1 tablespoon olive oil
- 1½ cups sour cream
- ¼ cup mayonnaise
- 1 garlic clove, grated
- 3 tablespoons chopped fresh dill, plus more for serving
- ¾ cup chopped dill pickles
- 2 tablespoons ranch dressing seasoning
- 2 tablespoons pickle brine
- Potato chips, for serving

### Instructions

1. Ready a small bowl. In a small skillet over low heat, combine the panko and olive oil. Stir frequently, toasting crumbs until golden brown, then transfer immediately to the bowl.
2. In a large bowl, combine the sour cream, mayonnaise, garlic, 3 tablespoons dill, ½ cup chopped pickles, the ranch seasoning, and the pickle brine. Stir to combine. Keep refrigerated until ready to eat.
3. To serve, spoon the dip into a bowl and top with the panko, the remaining chopped pickles, and chopped dill. Serve with chips. Makes 4 to 6 servings.





# How to...

## CREAMY TOMATO PASTA

### Ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 3 garlic cloves, chopped
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1½ teaspoons sweet paprika
- 1 (15-ounce) can tomato sauce
- 2 sprigs fresh basil
- 1 (28-ounce) can whole tomatoes
- 1 pound rotini pasta
- 1 tablespoon sugar
- ½ cup heavy cream
- Grated Parmesan, for serving
- Fresh chopped basil, for serving

### Instructions

1. With an adult's help, heat oil in a large skillet over medium heat. Add the onion and cook until softened, about 3 minutes. Add the garlic and cook 1 minute more.
2. Add the salt, pepper, paprika, tomato sauce, and basil. Add the whole tomatoes, breaking

them into smaller pieces once you place them in the pan.

3. Bring the mixture to a simmer and cook until reduced slightly, about 10 minutes. Meanwhile, cook the pasta according to the package directions. Set aside.

4. With an adult's help, use an immersion blender to blend sauce until smooth. Add sugar and cream and stir for about 3 minutes.
5. Add pasta and stir to coat with sauce evenly. Serve immediately with Parmesan cheese and basil for sprinkling. Makes 6 servings.



**NOODLES WITH A TWIST**  
Spiral pasta shapes like rotini, fusilli, and cavatappi cling well to creamy sauces.



## BANANA SPLIT SMOOTHIE

### Ingredients

- ¾ cup frozen cherries
- ½ cup frozen strawberries
- 1 ripe banana, halved
- 1½ cups almond milk
- ½ teaspoon vanilla extract
- 1 tablespoon dark cocoa powder
- Vanilla yogurt (optional), for serving
- Chopped walnuts (optional), for serving

### Instructions

1. In a blender, combine the cherries, strawberries, banana, almond milk, vanilla, and cocoa powder. Blend ingredients until smooth.
2. Divide evenly between two small glasses. If you like, top with a dollop of yogurt and a sprinkle of walnuts. Serve immediately. Makes 2 servings.

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## 3D RAINBOW CUPCAKES

### Ingredients

- 12 vanilla or chocolate cupcakes
- 2 cups white frosting
- Blue food coloring
- 6 strips rainbow sour tape candy, cut into 2½-inch strips
- White pearl sprinkles
- White nonpareils

### Instructions

1. In a medium bowl, tint the white frosting blue with the food coloring.
2. Working with one cupcake at a time, top it generously with an even layer of blue frosting. Press a strip of sour tape into place to form a rainbow, as shown. Sprinkle each end of the rainbow with pearl sprinkles and nonpareils.
3. Repeat above steps with the remaining cupcakes, frosting, candy, and sprinkles. Makes 12 cupcakes.

## NO-EGG CINNAMON TOAST STICKS

### Ingredients

- Half large loaf or a whole small loaf whole grain bread, slightly stale
- ¾ cup chickpea flour
- ½ cup almond milk
- 2 teaspoons ground cinnamon
- Generous pinch ground nutmeg
- 1 tablespoon granulated sugar
- 2 tablespoons coconut oil
- Confectioners' sugar, for serving
- Maple syrup, for serving

### Instructions

1. Heat oven to 200° F. Slice the loaf into 1-inch-thick sticks, trimming away the crust if desired.
2. In a baking dish, use a fork to whisk together the flour, milk, cinnamon, nutmeg, and sugar with ¾ cup water.
3. In a large skillet over medium heat, warm 2 teaspoons oil. Dredge 4 of the sticks in the flour mixture. With an adult's help, place them in the pan and cook until golden brown on the underside, about 3 minutes. Flip and cook until golden on the remaining three sides, about 3 minutes more per side.
4. Transfer sticks to a baking sheet and place in the oven to keep warm. Repeat the steps with the remaining bread, flour mixture, and oil.
5. Sprinkle toast sticks with confectioners' sugar and serve warm with maple syrup. Makes 4 to 6 servings.



### NICELY SPICED

Cinnamon is native to Sri Lanka and was one of the first spices to be traded internationally.