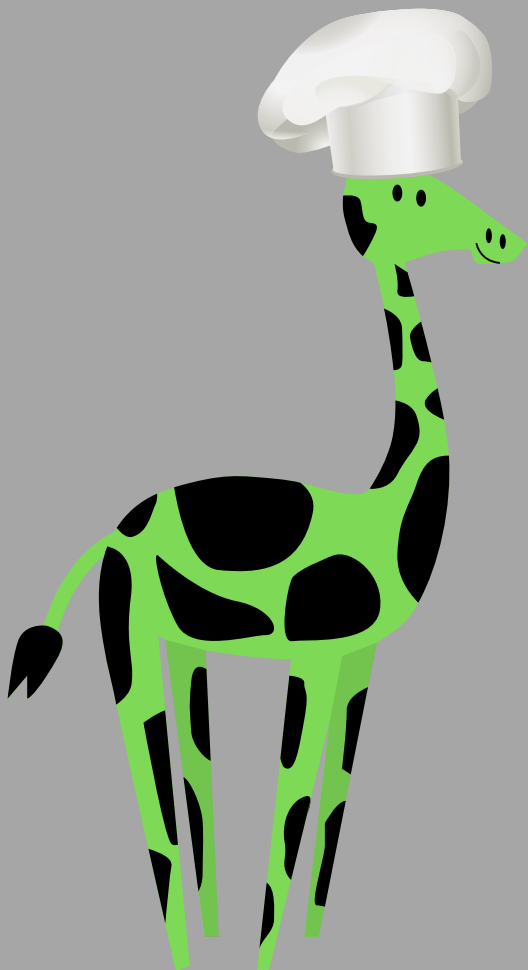


# FREE KIDS COOKING CLASS



## WEEK 2 MENU & INGREDIENT LIST

### Scrambled Eggs

Eggs  
Milk  
Butter (or alternative)  
Kosher salt

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### Black Bean & Cheese Quesadillas

Soft flour tortilla  
Canned seasoned black beans (or unseasoned)  
Shredded Monterrey jack cheese (or any shredded cheese or cheese alternative)  
Optionally green bell pepper (or any color)

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### Homemade Lemonade

Lemons (or bottled lemon juice)  
Granulated Sugar  
Water  
Ice

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### Ham & Cheese Cookie Cutter Sandwiches

Sliced sandwich bread or flour tortillas  
Deli ham (or any deli meat or you can omit)  
Deli sliced cheese (or cheese alternative)  
Optionally mustard, mayo or butter  
Various cookie cutters

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### Chocolate Fondue Party

Semisweet Chocolate Chips  
Heavy Whipping Cream  
Vanilla Extract  
Kosher Salt  
Banana, Strawberries, Pineapple, Orange Slices, Pretzels, Marshmallows, Graham Crackers, Pound Cake (I would suggest you pick 4-5 things to dip into your fondue)

**THE GREEN GIRAFFE EATS**