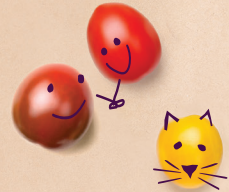




C IS FOR COOK



E P I C U R E™



TUTTI FRUITY PANCAKES



TOTAL TIME: 30 min



MAKES: 8 servings



COST PER SERVING:
\$0.92 CA/\$0.82 US

Pancakes are fun to make! You can do all the measuring and stirring. Get your parents to help with the cooking part.

- 1 cup **Gluten Free Bagel, Pancake & Waffle Mix**
- $\frac{3}{4}$ cup milk, your choice
- 1 egg
- 2 tbsp **Tutti Fruity Whole Food Topper**
- 1 tbsp oil + extra for greasing

Mini Pancake Mold

Toppings (optional): yogurt, maple syrup, sliced bananas, blueberries, raspberries, or strawberries

1. Measure the waffle mix and pour into a large bowl. Pour in milk, then carefully crack in egg—check for eggshell pieces!
2. Measure in Tutti Fruity and oil; whisk well.
3. Using a **Basting Brush**, oil the **Mini Pancake Mold**. This will stop the pancakes from sticking.
4. Ask an adult to cook the pancakes and always be careful around the stove. Place oiled mold in a nonstick frying pan over medium-high heat. Add a few spoonfuls of batter into each shape, filling $\frac{2}{3}$ full. Cook until bubbles form on pancake surface, about 3 min.
5. Carefully lift and flip mold over. Continue cooking until undersides are golden, about 2 more min. Reduce heat to medium to prevent burning, if needed.
6. Lift mold from pan and release pancakes. Wipe mold clean, oil, and preheat again before making more pancakes with remaining batter.
7. Choose your fave toppings, then shake on more Tutti Fruity.

Per serving (2 pancakes): Calories 100, Fat 3 g (Saturated 0.5 g, Trans 0 g), Cholesterol 25 mg, Sodium 180 mg, Carbohydrate 16 g (Fibre 1 g, Sugars 2 g), Protein 3 g.

MAC & CHEESE *with* TREES



TOTAL TIME: 20 min



MAKES: 4 servings



COST PER SERVING:
\$1.27 CA/\$1.08 US

What are trees? Broccoli florets of course! What other kinds of vegetables look like plants you might find in a forest or garden?

- 2 cups uncooked macaroni noodles
- 2 cups chopped broccoli florets
- 1/3 cup milk, your choice
- 1 pkg **Mac & Cheese Seasoning**
- 2 tbsp butter (optional)

1. In a **Multipurpose Pot**, boil noodles until tender, about 6–8 min. How do you know when pasta is cooked? Taste it—the noodles should be firm to the bite, not crunchy or gummy!

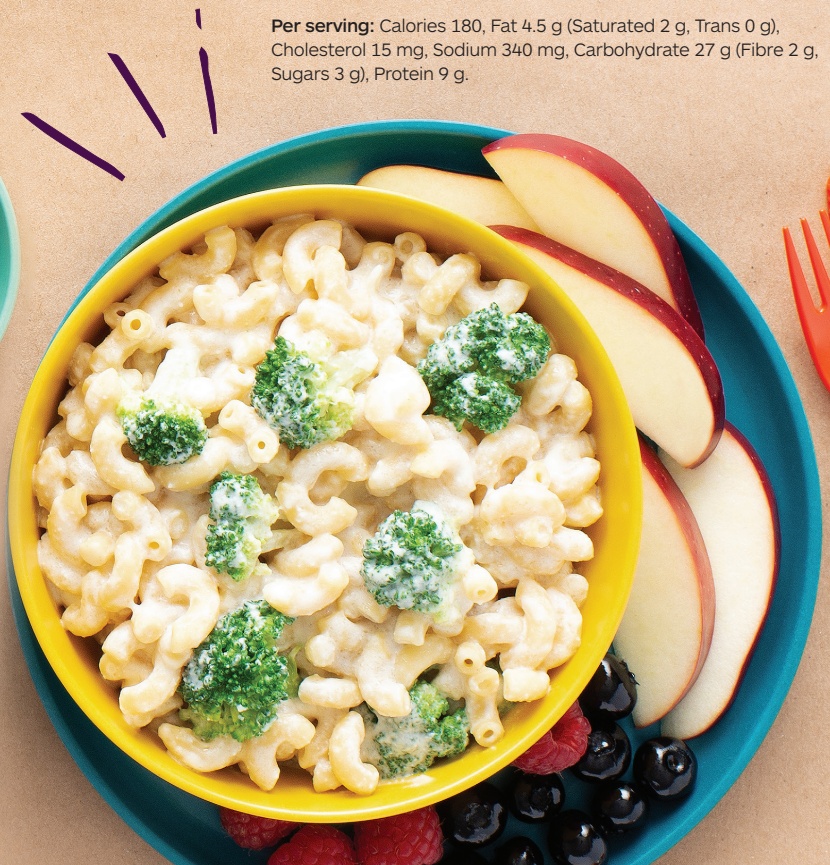
2. Add broccoli to water with noodles for the last minute of cooking. This will turn the trees bright green and take away some of the tough crunch.
3. Carefully drain, then return noodles and broccoli to the pot.
4. Time to make it cheesy! Add milk, seasoning, and butter (if using). Stir it all up until evenly mixed, then spoon into bowls and enjoy!

Per serving: Calories 180, Fat 4.5 g (Saturated 2 g, Trans 0 g), Cholesterol 15 mg, Sodium 340 mg, Carbohydrate 27 g (Fibre 2 g, Sugars 3 g), Protein 9 g.



MAKE IT A HEALTHY PLATE

SERVE WITH
MORE TREES OR
YOUR FAVOURITE FRUITS
AND VEGGIES!



CHEEKY CHICKEN NUGGETS



TOTAL TIME: 20 min



MAKES: 8 servings



COST PER SERVING:
\$2.00 CA/\$1.70 US

Put on your apron and roll up your sleeves—your hands are going to do all the work for this recipe! Be sure to have a cloth nearby for wiping crumbly fingers.

2 lbs (900 g) boneless, skinless chicken breasts
1 tbsp oil
1 pkg **Southern Baked Gluten Free Crumb Mix**

1. Preheat oven to 400° F. Line **Sheet Pan** with a **Bake & Roll**.
2. Ask an adult to cut chicken into 2" pieces—about the size of a golf ball.

3. Place chicken in a large mixing bowl; add oil, then crumb mix. Using your hands, mix to evenly coat.
4. Spread out on sheet pan. Bake until cooked through, 15–18 min.

Per serving: Calories 170, Fat 5 g (Saturated 1 g, Trans 0 g), Cholesterol 65 mg, Sodium 310 mg, Carbohydrate 6 g (Fibre 3 g, Sugars 0 g), Protein 24 g.

USE YOUR FAVOURITE EPICURE DRESSING INSTEAD OF OIL TO COAT THE CHICKEN.
TRY IT WITH **CREAMY RANCH, CAESAR, OR BALSAMIC VINAIGRETTE.**





SWAP
GROUND MEAT FOR 2 CANS
(19 OZ EACH/540 ML) LENTILS,
DRAINED AND RINSED. SKIP STEP #1 AND
SIMPLY MIX LENTILS WITH SEASONING
AND WATER IN STEP #2.



TOTAL TIME: 20 min



MAKES: 8 servings



COST PER SERVING:
\$1.24 CA/\$1.05 US

TEENY TINY TACOS

Let's taco 'bout how yummy these are! You can add any toppings you like—let your imagination run wild!

1 tsp oil
1½ lbs (675 g) ground beef, chicken, or pork
1 pkg **Taco Seasoning**
1 cup water
16 small corn or flour tortillas

Toppings (optional): grated cheese, shredded lettuce, sliced avocado, salsa

1. Ask an adult to heat oil in a large frying pan over medium-high heat. Crumble in meat; stir often, breaking up clumps, until browned, about 5 min.

2. Meanwhile, in a bowl, stir seasoning with water to make a sauce.
3. When beef is cooked, pour sauce into pan. Reduce heat to medium. Stir occasionally until thickened, 5 min.
4. Place tortillas on plates and spoon taco filling on top. Place toppings in small bowls and decorate your own tacos!

Per serving (2 tacos): Calories 350, Fat 15 g (Saturated 5 g, Trans 0 g), Cholesterol 65 mg, Sodium 120 mg, Carbohydrate 65 mg (Fibre 4 g, Sugars 1 g), Protein 28 g.



SMILEY PUDDING



TOTAL TIME: 20 min



MAKES: 6 servings



COST PER SERVING:
\$1.03 CA/\$0.88 US

For this recipe, your whisk is like a magic wand that you'll use to turn the mix into yummy pudding! Have some fun and make smiley faces on your pudding with fruit!

1 pkg **Chocolate Instant Pudding Mix**

2 cups milk, your choice

Toppings (optional): Tutti Fruity Whole Food Topper, sliced fruit like kiwi, apples, bananas, berries, or orange segments.

1. In a bowl, whisk together pudding mix and milk until blended. Whisk it really well!

2. Cover and refrigerate for 10–15 min.

3. Stir pudding, then spoon into bowls. Use the fruit toppings to make fun faces.

Per serving: Calories 90, Fat 0.5 g (Saturated 0 g, Trans 0 g), Cholesterol 0 mg, Sodium 80 mg, Carbohydrate 19 g (Fibre 1 g, Sugars 12 g), Protein 3 g.