

Spooky Halloween Treats

NEED KITCHEN EQUIPMENT AND UTENSILS:

- Blender
- Mason Jar (or glass cup)
- Markers - Permanent or any kind! They all wash off.
- Knife - Chef Knife or Pairing Knife
- Baking Sheet
- Parchment Paper
- Toothpicks

PREP FOR CLASS:

It is extremely important to be prepped and ready for class if you plan on cooking simultaneously with the chef. Please pre-measure ALL ingredients and have cooking equipment ready. This includes measuring dry ingredients, wet ingredients, prewashing produce, and peeling the carrot(s). Ingredients should be in bowls and ready to go.

Frankenstein Smoothie

Yield: 2 Smoothies (one for you and one for Mom and Dad!)

Prep time: 5 minutes

Cook time: 2 minutes

INGREDIENTS:

- 2 cups frozen mixed fruit (Chef Danielle likes tropical blend with pineapple, mango, and strawberries!)
- Banana
- Cup Fresh Spinach
- 1 Tsp. Chia Seeds
- 1 Cup water, milk, or milk alternative
- 1 Tsp. Honey
- Fresh Blackberries (about 5-8)

DIRECTIONS FOR AVOCADO RANCH DIP:

1. Using a marker, draw a Frankenstein face on mason jar/glass cup.
2. Blend all ingredients, except for the blackberries, until smooth.
3. Pour the smoothie into your jar/glass and top with blackberries.