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# Cookbook

Annika Lee – Gold Award  
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## Strawberry Smoothie

What you will need:

8 Strawberries

½ Cup low-fat milk

½ Cup plain yogurt

2 Teaspoons vanilla extract

6 Ice cubes, crushed

What to do:

In a blender, combine strawberries, milk, yogurt, and vanilla

Add ice

Blend until creamy

Pour into glasses and enjoy!

## Cheesecake Crackers

What you will need:

3 ounces of cream cheese

3 tablespoons strawberry jam

A few sheets of graham crackers

What to do:

Break the graham crackers into halves

Soften the cream cheese for 10 seconds in the microwave

Mix the cream cheese with the jam

Spread the mixture on top of each graham cracker

Chill for 30 minutes, or enjoy right away!

## Ants on a Log

What you will need:

5 Celery Stalks

½ Cup Peanut Butter, Sun Butter, or Cream Cheese

¼ Cup Raisins

What to do:

Spread Peanut/Sun Butter/Cream cheese evenly into the crevice of the celery

Press raisins into the spread

Enjoy!

## Fruit Salad

What you will need:

- 1 Cup fresh strawberries
- 1 Cup seedless grapes
- ½ Small cantaloupe
- 1 Banana
- ¼ Cup orange juice

What to do:

- Cut the strawberries and grapes in half
- Cut the cantaloupe into bite-sized chunks
- Slice the banana
- Put all the fruit into a bowl
- Pour the orange juice over the fruit
- Toss to coat the fruit
- Serve as a snack or right before a meal!

## English Muffin Pizzas

What you will need:

- 1 English muffin
- 2 Tbps marinara sauce
- ½ Cup shredded mozzarella

What to do:

- Preheat oven to 375 degrees
- Split the English muffin
- Shred mozzarella
- Spread marinara sauce on muffin halves
- Evenly place mozzarella over the sauce
- Bake for 10 minutes
- Let cool and eat!