Creamsicle
Ingredients: Orange Juice, Seltzer, Vanilla Soft Serve, Whipped Cream.
Preparation: Fill cup 2/3 of the way with orange juice. Add seltzer water ("soda") and some vanilla ice cream. Stir. Finish with whipped cream on top if you're so inclined.

Mocha Shake
Ingredients: Vanilla Soft Serve, Chocolate Syrup, Coffee
Preparation: Fill the cup with ice cream until you've got about an inch of space left. Pour on about ½ inch of chocolate syrup and then just a bit of coffee. (You usually have to fiddle with the amount of coffee to get the consistency just right)

Cinnamon Milkshake
Ingredients: Vanilla Soft Serve, Milk, Powdered Sugar, Powdered Cinnamon, Coffee
Preparation: Fill a cup almost to the top with ice cream then fill it ¾ the way with milk. Add as much sugar and cinnamon as desired. Finish with a bit of coffee. Mix it up and enjoy.
Lemon Ginger Tea
Ingredients: Two or Three Lemon Slices, One Spoonful of Honey, and a Pinch of Ground Ginger (found at the stir-fry station)
Preparation: Squeeze the juice from a lemon slice or two into a mug or to-go hot liquids cup. Squeeze the juice from the last lemon slice into the mug or cup, and then put the slice into the mug or cup. Pour in the spoonful of honey and pinch of ginger. Stir. Pour in hot water (the red lever at the coffee machine). Stir. After 30 seconds, discard the lemon peel. Drink.

Apple and Honey Iced Tea
Ingredients: Boiling Water, 1 Tea Bag, Honey, Apple Juice
Preparation: Steep tea bag in hot water for 5 minutes. Strain out tea bag, and stir in honey and juice. Mix until honey is dissolved. Chill and serve over ice.

Mint Mocha
Ingredients: Coffee, Hot Chocolate, Mint Tea
Preparation: Put mint tea bag into mug. Fill mug with half coffee, half hot chocolate and stir. Let it sit for a little. Enjoy.

BREAKFAST

Cottage Toast

Yogurt Parfait
Ingredients: Yogurt, Granola, Assorted Berries (the kind they serve in syrup)
Preparation: Put Yogurt in a bowl. Put fruit on top of it. Put in another layer of yogurt and sprinkle granola on top.

Waffle Burger
Ingredients: 1 Fried Egg, 1 slice of American cheese, 1 Sausage Patty, and Half of a Waffle made from the waffle machine.
Preparation: Take one quarter of the waffle and lay it flat. Place the sausage patty on top of it. Then place the cheese on top of that. Follow that with the fried egg. Finally place the final quarter of the waffle on top of all of it. Eat.

**Peanut Butter Waffle**
*Ingredients:* Waffle Batter, Wheat Germ, Peanut Butter, Syrup (optional)  
*Preparations:* Add wheat germ to waffle batter. Cook Waffle. Spread peanut butter on top of waffle. Pour syrup if desired.

**Yogurt and Cereal Mix**
*Ingredients:* Mueslix, Bran Flakes, Honey Nut Cheerios, Flavored Yogurt, Raisins  
*Preparation:* Mix all ingredients together in a bowl. Eat

**Honey Cinnamon Tortilla Shell**
*Ingredients:* honey, tortilla, cinnamon, raisins, granola, apples (optional)  
*Preparation:* Smear honey on a tortilla. Place in a bowl. Sprinkle with cinnamon, raisins, and granola (apple pieces also an option). Heat in the microwave approximately 2 minutes or until honey mixture is slightly bubbly.

**Cottage Toast**
*Ingredients:* Cottage Cheese, 2 Pieces of Wheat Toast, Honey, Wheat Germ, Bananas  
*Preparation:* Spread cottage cheese thickly on toast. Drizzle with honey and top with sliced bananas and wheat germ.

**Apple Raisin Oatmeal**
*Ingredients:* 1 Apple, Brown Sugar, Oatmeal, Raisins, Wheat Germ, Bananas  
*Preparation:* Slice up one apple (peel if you have time), place in empty bowl with raisins. Pour oatmeal on top of fruit and mix. Top with brown sugar and wheat germ.

**Apple Granola**
*Ingredients:* Applesauce, Granola, Cinnamon  
*Preparation:* Combine ingredients to taste. Eat cold or microwave.

**English Cottage Muffin**
*Ingredients:* English Muffin, Cottage Cheese, Cinnamon, Raisins, Apple  
*Preparation:* Spread cottage cheese on toasted English muffin. Sprinkle on cinnamon and fruit. Eat.
**Branergy**
Ingredients: Bran Flakes, Grape Nuts or Granola, Banana, Raisins, Milk, Cinnamon
Preparation: Combine cereal, milk raisins, and sliced banana in a bowl. Sprinkle cinnamon on top. Microwave for 1 minute. Stir. Microwave for another minute.

**LUNCH/DINNER**

**SALADS:**

**Balsamic Chicken Salad**
Ingredients: Chicken, Mixed Greens, Cherry Tomatoes, Onions, Cucumbers Feta Cheese, Balsamic Vinegar
Preparation: Slice chicken into strips. Toss with vegetables, cheese and dressing.

**Carrot Raisin Orange Salad**
Ingredients: Yogurt, Shredded Carrots, Raspberry Jam, Raisins, Orange Slices
Preparation: Scoop a spoonful of yogurt into a bowl of shredded carrots. Add raspberry jam, raisins, and cut orange slices. Mix together.

**Chicken Caesar Salad**
Ingredients: Chicken, Lettuce, Croutons, Shredded Cheese, Caesar Salad Dressing
Preparation: Chop up chicken. Add lettuce, croutons, cheese and dressing. Toss. (Also can be served in tortilla wrap.)
Broccoli Salad
Ingredients: Broccoli, Onions, Bacon bits, Raisins, Almonds, Mayonnaise, Sugar, White Vinegar
Preparation: Cut broccoli and onions into bite size pieces. Combine with bacon, raisins, and almonds and mix. Mix mayonnaise, sugar and vinegar in separate bowl and until smooth. Stir into salad.

BBQ Chicken Salad
Ingredients: Lettuce, Chicken, Tomato, Onion, Mozzarella, Ranch Dressing, BBQ Sauce, Bell Pepper (optional), Cucumber (optional)
Preparation: Cut Chicken into strips. Toss with vegetables, cheese, bbq sauce and ranch dressing.

SANDWICHES/WRAPS:

(Honey Chicken Panini)

Ham and Turkey Panini
Ingredients: 2 Pieces of Wheat Bread, Turkey, Ham, American Cheese, Russian Dressing, Red Onions
Preparation: Spread Russian dressing on bread. Place turkey, ham, American cheese and red onions on bread and grill.

Honey Chicken Panini
Ingredients: Chicken, Onion Bun, Pesto, Red Peppers(found in lighter side mixed vegetables), Onions, Tomatoes, Provolone Cheese, Honey, Spicy Brown Mustard
Preparation: Put the honey and mustard into a small bowl and mix. Spread honey mustard on bottom bun and pesto on top bun. Put in tomatoes, then chicken, then onions, then peppers then cheese. Grill until cheese melts and bun is brown. Cut in half and eat.
Triple Bonus Grilled Cheese
Ingredients: 3 Pieces of Canadian White Bread, Six Slices of American Cheese, Pesto, Tomatoes
Preparation: Place two slices of cheese on each piece of bread. Apply a half-dollar sized amount of pesto on top of the cheese on ONE piece of bread (pesto is delicious but take care not to overdo it or sogginess may ensue.) Put another piece of bread on top of the pesto, cheese-side down, so the pesto stays between the cheese and touches neither piece of bread. Your sandwich should now read, bread-cheese-pesto-cheese-bread. Go to the tomato slices and take two or three, then cut them up into more bite-sized pieces. Place them on top of the sandwich and then cover them with the final piece of bread (cheese side down). Your sandwich now reads, bread-cheese-pesto-cheese-bread-tomato-cheese-bread. Panini Grill. Since the sandwich is so tall, you need to stay at the grill and hold the top part of the press down manually, because otherwise it leans and only half of the sandwich gets toasted. Once light brown grill marks have appeared on the sandwich, flip it over and rotate it 90 degrees. The second set of grill marks comes much more quickly and makes a cross-hatch pattern that lends a very pleasant texture to the sandwich. Cut diagonally with a knife and enjoy!

Bagel Tuna Melt
Ingredients: Everything Bagel, Tuna Salad, Two Slices of Cheese, Tomatoes (optional), Mustard (optional)
Preparation: Sandwich tuna salad between two slices of cheese and place in sliced bagel. If adding mustard and tomatoes spread top bagel slice with mustard and place tomatoes between cheese and tuna. Grill bagel until cheese has melted.

Chicken Caesar Sandwich
Ingredients: Chicken Breast, Bulkie Roll, Lettuce, Shredded Mozzarella, Caesar Salad Dressing
Preparation: Spread desired mozzarella over chicken breast. Microwave for 45 seconds. On a separate plate, put some lettuce on the roll, then drizzle the Caesar dressing over the lettuce. Then, transfer the chicken breast with the melted cheese onto the roll, on top of the lettuce and dressing.

Tuna-Luna
Ingredients: Dry Tuna, Red Onions, Garbanzo Beans, Lemon, Olive Oil
Preparation: Put 2-3 scoops of tuna into a bowl. Add about 1/3 cup of red onions. Add 2-3 scoops of garbanzo beans. Squeeze two lemon wedges worth of lemon juice onto everything. Lastly add olive oil to taste.
**Big Mac**
Ingredients: 2 Hamburgers, American Cheese, Sesame Seed Bun (2 bottoms, 1 top), Russian Salad Dressing, Lettuce, Tomatoes, Onions, Pickles
Preparation: Toast the bun. Place the toasted bun on a plate with the 2 bottoms facing up. Spread Russian dressing onto the two bottoms (Russian salad dressing is very similar to the McDonald’s special Big Mac Sauce). Put onions on top of sauce (still on both buns), then place lettuce over onions and pickles over lettuce. Place one slice of American cheese on ONE of the buns. Put one hamburger on each of the bottom buns. Take the bun without the cheese (the middle of the big mac) and place it on top of the bun with cheese. Place the top of the sesame bun on top of the burger.

**French Tuna Sandwich**
Ingredients: 1 Roll, Onions, Red Wine Vinegar, Dry Tuna, Black Olives, Olive Oil, Tomatoes, Lettuce, Salt, Pepper
Preparation: Take out some of the bread from the middle of the roll then toast roll. Drizzle roll with olive oil. Mix together 1 tbs onions, a splash of red wine vinegar, a scoop of dry tuna, 2 tbs of black olives, a generous splash of olive oil and some salt and pepper. Line roll with lettuce and pile on marinated tuna topped with two tomato slices.

**Chicken Wrap**
Ingredients: 1-2 chicken breasts from the lighter side, 1 whole wheat tortilla, small bunch of spinach (no more than 10 leaves), 4-6 cucumbers, pesto, vinaigrette, balsamic vinegar, shredded mozzarella
Preparation: Slice chicken into long strips. Place the tortilla flat on a plate and pour in one scoop of pesto. Spread pesto evenly. Place chicken on top of pesto and spread it out evenly. Place 4-6 cucumbers on top of the chicken. Then drop the spinach on top of the cucumbers. Drizzle pesto over the top to weigh down the spinach and keep the ingredients together. Put less than a full scoop of vinaigrette on top. Very lightly drizzle balsamic vinegar on top for added flavor. Very lightly sprinkle shredded cheese on top, which will help seal the sandwich together when melted. Fold the tortilla in half, like a quesadilla. Try to keep the ingredients half an inch back from the edge of the tortilla, so that it doesn't spill while cooking. Place the sandwich in the sandwich press for 2-3 minutes on each side.
Buffalo Chicken Wrap
Ingredients: Tortilla, Chicken Fingers or Patty, Lettuce, Tomato, Carrots, Sprouts, Tabasco Sauce, Blue Cheese Dressing
Preparation: Cut up chicken into small pieces and pour some Tabasco sauce over them. Put vegetables onto tortilla and then the chicken. Add blue cheese dressing. Roll up wrap and enjoy.

Turkey Bacon Bleu Wrap
Ingredients: Turkey, Bacon, Shredded Cheese, Bleu Cheese Dressing, Spinach, Tomato, Tortilla
Preparation: Put the all ingredients onto tortilla and wrap. Place wrap on grill until cheese melts.

Sweet Crunch Wrap
Ingredients: Peanut Butter, Whole Wheat Tortilla, Granola, Honey

Pita Pizza
Ingredients: Pita, Pasta Sauce, Pepperoni, Shredded Mozzarella, Onions, Spinach, Olives

Chicken Bean Wrap
Ingredients: Flour or Wheat Tortilla, Chicken, Refried Beans, Rice, Shredded Cheese.
Preparation: Put all ingredients into tortilla. Wrap and grill.
**Quesadillas:**

*Spinach Veggie Quesadilla*

Ingredients: Tortilla, Mushrooms, Spinach, Shredded Mozzarella, Feta Cheese, Black Beans, Onions, Green Peppers  
Preparation: Place some mozzarella on half of the tortilla and cover with mushrooms, spinach, onions and green peppers. Then place the rest of mozzarella and the feta on top. Fold tortilla in half. Grill.

*Olive Quesadilla*

Ingredients: Black Olives, Shredded Mozzarella, Salsa  
Preparation: Put filling on half the tortilla, but not right up to the edge. Fold the tortilla in half. Grill.

*Hefty Quesadilla*

Ingredients: 2 Tortillas, Chicken, Mozzarella Cheese, Red Onions, Spinach, Tomatoes, Black Olives, Sour Cream, Pesto  
Preparation: Cut everything up into pieces and put on one tortilla. Put another tortilla on top. Grill.

*Turkey Quesadilla*

Ingredients: Flour or Wheat Tortilla, Turkey, Shredded or Sliced Cheese  
Preparation: Put ingredients on one half of the tortilla. Grill.
**PASTA:**

(Pasta Supreme)

**Pasta Supreme**
Ingredients: Whole Wheat Pasta (from the lighter side), Pesto, Peas (when offered as a vegetable side dish), Dry Tuna, Feta Cheese (optional)
Preparation: Put one heaping serving of pasta onto a plate. Add two ladles of pesto, one serving of peas, and one heaping scoop of dry tuna. Mix together. Add feta cheese to taste. (Also can be served hot by heating up in microwave or stir frying)

**Mediterranean Pasta**
Ingredients: Pasta of your choice, Dry Tuna, Feta Cheese, Black Olives, Olive Oil, Garlic Powder, Italian Seasoning
Preparation: Add tuna, feta and olives on top of pasta. Drizzle mixture with a bit of olive oil, then sprinkle with garlic powder and Italian seasoning to taste.

**Cheesy Pasta**
Ingredients: Pasta, Grated Mozzarella Cheese, Grated Parmesan Cheese, Olive Oil, Italian Seasoning, Sour Cream (optional), Chicken (optional)
Preparation: Mix up pasta in a bowl with lots of mozzarella and drizzle with olive oil. Add parmesan, mixed herbs and cut up chicken (if you want). Microwave for 1-1:30 minutes. Mix in a little sour cream. Eat.

**Chickpea Pesto Pasta**
Ingredients: Chickpeas, Beans (optional), Whole Wheat Pasta
Preparation: Mash chickpeas and/or beans into pesto. Add whole wheat pasta. Eat.

**Broccoli Pasta with Hot Peppers**
Ingredients: Pasta (preferably spirals or shells), Broccoli, Crushed Red Pepper, optional: Olive Oil, Butter, Garlic Powder, Cheese, Chicken
Preparation: Put broccoli in a bowl with a tablespoon of water and place another bowl or small plate on top. Microwave until broccoli is soft. Mix steamed broccoli together with pasta and red pepper flakes. Melt butter in microwave. Add butter, olive oil, garlic powder, cheese and chicken if desired.

**Spinach Tomato Pasta**
Ingredients: Pasta, Tomato Sauce, Spinach, Tomatoes, Black Olives, Feta Cheese, Olive Oil, Chicken (optional)
Preparation: Add tomato sauce to pasta. Drizzle olive oil over pasta and add generous amount of feta. Tear up spinach, and cut up tomatoes. Add spinach, tomatoes and olives to pasta. Mix well. Microwave for 45 seconds. Add more feta. Add cut up chicken if desired.

**Mac and Cheese**
Ingredients: Cheese, Skim Milk, Pasta
Preparation: Melt cheese in a bowl with about half a cup of skim milk (depending on how thick you want your sauce). Pour cheesy sauce over pasta. Eat.

**RICE:**

**Rice Beans and Cheese**
Ingredients: Black Beans, White or Brown Rice, Cheddar or Feta Cheese, Salsa (optional)
Preparation: Put beans in bottom of a bowl and then add cheese. Cover with rice. Put salsa on top if desired. Microwave for 1 minute.

**Spicy Brown Rice and Chickpeas**
Ingredients: Brown Rice, Chickpeas, Shredded Carrots, Bean Sprouts, Butter or Oil, Garlic Powder, Onion Powder, Cayenne Pepper, Italian Seasoning, Soy Sauce
Preparation: Mix rice, beans, sprouts, and carrots in bowl. Add olive oil or butter. Add spices to liking. Stir. Put in microwave for 1-1:30 minutes.

**Spanish Rice Mix**
Ingredients: Rice, Beans, Shredded Cheese, Mushrooms, Green Peppers, Salsa, Peas
Preparation: Mix all ingredients together. Microwave for about 2-3 minutes.
STIR FRY:

Chili Green Beans
*Note: These can only be made when Valentine Serves Straight-Cut Green Beans
Preparation: Turn heat on medium-high and cover most of the bottom of the pan with sesame seeds. Toast sesame seeds until they become fragrant or start to brown slightly. Add onions and stir a few times. Add 2 tbs of Korean Teriyaki Sauce. Add 2 shakes of Worchester sauce. Add ½ a packet of sugar. Stir fry the onions until they become soft and translucent. Add green beans and turn heat to highest setting possible stirring constantly. Add a dash of chili flakes, garlic powder, onion powder and curry powder. Stir fry for around 2 minutes on high heat. Serve.

Chicken and Veggie Pasta Stir Fry
Ingredients: Chicken, Whole Wheat Spaghetti, Broccoli, Mushrooms, Onions, Cucumbers, Salt, Pepper, Red Pepper, Curry Powder, Garlic Powder, Onion Powder, Ginger Powder
Preparation: Put vegetables in stir fry first and let them cook for a little bit. Add chicken and pasta. Add enough teriyaki sauce so that everything is marinated but not so much that you have excess liquid. To add more flavor put in salt, pepper, red pepper, and curry powder. Also add a bit each of garlic powder, onion powder, and ginger powder. Stir until well-cooked. Eat hot.
**Tuna Wrap Stir Fry**
Ingredients: Plain Tuna, Onions, Peppers, Black Beans, Mushrooms, Milk, Tortilla, Franks Hot Sauce, Garlic Powder
Preparation: Cook onions and peppers in water and Franks Red Hot Sauce. Add tuna and beans. Add garlic powder and salt. Add a little milk and more hot sauce if desired. Serve in tortilla.

**Chicken and Veggie Rice Stir Fry**
Ingredients: Chicken (or Tofu), Green Peppers, Broccoli, Carrots, Brown Rice (from the lighter side), Onions, Korean Teriyaki Sauce, Sesame Seeds, Curry Powder

**Curried Chicken with Rice**
Ingredients: Chicken, Yogurt, Cinnamon, Raisins, Rice, Onions, Korean Teriyaki Sauce, Curry Powder, Chili Powder, Garlic Powder
Preparation: Cut up one chicken breast or an equivalent amount of deli meat of your choice. Next, mix in one scoop of plain white yogurt, enough to cover the chicken. Add several shakes of the cinnamon container, a handful of raisins, a dash of chili powder, a squirt of mustard, and a handful of raisins. Set aside and get a bowl of brown or white rice and red onions. Bring ingredients to the stir fry station. Begin by heating up the pan to medium-high heat. Once the pan is hot, add the red onions and stir fry until the onions are soft and translucent. Add Korean teriyaki sauce if the pan gets too dry. While you are waiting the onions to cook, add liberal amounts of curry powder (2 large shakes of the container or more) along with a little garlic and onion powder. Mix. Once the onions are done, add the chicken and yogurt mixture. Do not stir, but let sit until chicken has browned (around 2 minutes). Turn chicken to the other side. Once both sides have browned slightly, stir-fry the onions with the chicken and 1 tablespoon more of the Korean teriyaki sauce. Make sure not too much is added otherwise the mixture will turn soupy. Once the chicken and onions are done, remove from pan and onto plate. Add the rice into the same pan with a dash of chili powder, garlic powder, and a teaspoon of the Korean teriyaki sauce. The flame should be as high as the burner will allow. Stir-fry quickly for a little over a minute until the rice has incorporated the ingredients and has maybe browned very slightly. Turn off the heat and transfer to plate.
Lemon Tofu Stir Fry
Ingredients: 10 Lemon Slices, Brown Rice, Onions, Peppers, Mushrooms, Tofu
Preparation: Squeeze lemons into pan. Cook onions, peppers, mushrooms, and tofu in lemon juice and add water if it dries out. Season well with salt, pepper, garlic powder and herbs. Mix in rice. Serve.

Bulgogi Stir Fry
Ingredients: Bulgogi, Broccoli, Carrots, Onions, Mushrooms, Green Peppers, Korean Teriyaki Sauce
Preparation: Put meat and vegetables into hot stir fry pan. Add teriyaki sauce. Cook until broccoli is bright green.

SNACKS/SIDES

(Ants on a Log)

Hummus and Pita Chips
Ingredients: Pita, hummus, olive oil, garlic powder (optional)
Preparation: Cut pita into wedges (3 per half works well). Toast. Drizzle olive oil then distribute thinly and evenly. Sprinkle chips with garlic powder if desired. Dip chips into hummus and eat.

Spicy Chili Corn
Ingredients: Corn, Salt, Pepper, Red Pepper, Hot Sauce, Cayenne Pepper, Garlic Powder (optional), Onion Powder (optional)
Preparation: Put corn in a bowl. Add liberal amounts of salt and pepper. Add red pepper, hot sauce and cayenne pepper depending on how spicy you want it to be. For extra tang, add garlic powder and onion powder. Mix well.
**Deviled Egg**

Ingredients: Hard-Boiled Egg, Mayonnaise, Mustard, Relish, Salt, Pepper, Cayenne Pepper

Preparation: Peel egg and cut in half, removing egg yolks. In an empty bowl mash yolks while mixing in about 1 tbs each of mayonnaise, mustard and relish. Add pepper and salt to taste. Replace yolk mixture into empty white halves. Sprinkle with Cayenne Pepper. Eat.

**Lemon Broccoli**

Ingredients: Broccoli, Lemon Wedge (found in fridge by coffee/tea), Water, Salt (optional), Pepper (optional)

Preparation: Put broccoli in a bowl. Add about a tablespoon of water. Cover with another bowl. Microwave for approximately 1-1:30 minutes. Drain broccoli. Squeeze lemon over broccoli and add pepper and salt if desired.

**Garlic-Olive Oil Broccoli**

Ingredients: Broccoli, Garlic Powder, Olive Oil, Water, Salt

Preparation: Put Broccoli in a bowl. Drizzle about a tablespoon of olive oil on top and sprinkle with garlic powder. Add a teaspoon of water. Mix. Cover with a small plate. Microwave for 1:30 minutes. Sprinkle salt.

**Ants On a Log**

Ingredients: Celery, Smooth Peanut Butter, Raisins

Preparation: Spread peanut butter on celery. Place raisins atop peanut butter. Enjoy.

**PBJ Apple**

Ingredients: Peanut Butter, Raspberry Jam, Green Apple

Preparation: Cut apple into slices. Dip apple slices into peanut butter and jam and eat.
DESSERT

(Apple Waffle A La Mode)

Apple Waffle a La Mode
Ingredients: Granny Smith Apple, Waffle, Vanilla Soft Serve, Cinnamon, Butter
Preparation: Start a waffle cooking. As it cooks slice your apple into wedges. For best flavor, sauté your apple slices in a stir fry pan with some butter and lots of cinnamon. Arrange apple slices on waffle. Top waffle with vanilla soft serve and cinnamon.

Green Tea Frozen Yogurt
Ingredients: Green Tea Bag, Water, Vanilla Soft Serve or Frozen Yogurt
Preparation: Steep a green tea bag in a teaspoon of hot water for 10-20 minutes until the water is as dark as possible. Stir into a cup of vanilla frozen yogurt or soft serve. Make sure the ice cream doesn’t turn into slush as you do this.

Peanut Butter Chocolate Tortilla
Ingredients: Peanut Butter, Chocolate Syrup, Vanilla Soft Serve, Tortilla
Preparation: Smear peanut butter and chocolate over tortilla. Microwave for approximately 30 seconds. Top with ice cream.

S’more Ice Cream
Ingredients: Vanilla Soft Serve, Golden Grahams, Chocolate Syrup
Preparation: Put the cereal in the bottom of a cup, then the soft serve, then the syrup.
Congo Crunch
Ingredients: Peanut Butter, Vanilla Soft Serve, Banana, Cocoa Krispies, Whipped Cream, Chocolate Sauce
Preparation: Put soft serve in a bowl. Top with sliced banana and cocoa krispies, Add whipped cream and chocolate to taste.

Dessert Applesauce
Ingredients: Applesauce, Cornflakes, Vanilla Soft Serve
Preparation: Microwave applesauce. Top with cornflakes and soft serve.

Bananas Foster Waffle
Ingredients: Banana, Brown Sugar, Cinnamon, Butter, Waffle Batter, Vanilla Ice Cream, Honey (optional)
Preparation: Peel and slice banana. Make a waffle at the waffle station. Remove waffle and put on a large plate. Put the butter slice on the waffle. Immediately start the next step. At the stir fry station heat a pan to the hottest setting. When the pan is hot, pour in about two spoonfuls of water. Let the water evaporate a little and pour in the banana, brown sugar and honey if you desire. Stir/sauté the ingredients and pour the mixture directly onto the waffle. Pour some vanilla ice cream on top of the bananas and waffle. Sprinkle a little cinnamon on top of everything. Eat

Cinnamon Apples
Ingredients: Apple, Cinnamon Sugar, Vanilla Soft Serve (optional)
Preparation: Slice apple and peel if you have time. Sprinkle lots of cinnamon sugar on the slices. Microwave. Top with vanilla soft serve if desired.

Pear Stir Fry
Preparation: Slice pears into small cubes. Add water to the stir fry pan and turn up the heat to a high setting. Wait until water is steaming to add pears. After adding pears add cinnamon, brown sugar, raisins, and apple sauce if desired. When fruit is soft put on plate. Add peanut butter, ice cream, or whipped cream if desired.

Sugar Bomb
Ingredients: Tortilla, Raspberry Jam, Brown Sugar, Raisins
Preparation: Cover tortilla with layer of jam. Coat with brown sugar to taste and raisins.
Apple Cakes
Ingredients: Rice Cakes, Applesauce, Cinnamon, Raisins(optional)
Preparation: Spread a spoonful or two of applesauce on top of a rice cake. Sprinkle cinnamon to your liking and place 10-15 raisins on top if desired. Microwave the cake for approximately 30-40 seconds. Eat.

Ice Cream Pie
Ingredients: Granola, Peanut Butter, Honey, Vanilla Soft Serve
Preparation: Remove raisins from granola. Add 1 tbs honey and 1 tbs peanut butter. Mix so that all cereal is coated. Press mixture into bottom of bowl with spoon. Top with vanilla soft serve.

Swirly Pudding
Ingredients: Chocolate Pudding, Vanilla Pudding, Peanut Butter, Whipped Cream
Preparation: Mix all ingredients in a bowl until smooth. Eat.

Brownie Sundae
Ingredients: Brownie, Ice Cream, Chocolate Syrup
Preparation: Microwave brownie. Top with ice cream and chocolate syrup.

Apple Grapenut Ice Cream
Ingredients: Grape Nuts, Honey, Peanut Butter, Applesauce, Vanilla Ice Cream
Preparation: Put grape nuts, honey and peanut butter into a cup or bowl and mix until well coated. Add apple sauce and mix. Top with vanilla ice cream.

Sauces/Dressing

Oil and Vinegar Dressing
Ingredients: Olive Oil, Red Wine Vinegar, Dijon Mustard, Salt, Pepper
Preparation: Mix 2 parts olive oil, 1 part red wine vinegar, 1 squirt Dijon mustard. Add salt and fresh cracked pepper to taste.

Sour Dressing
Ingredients: Balsamic Vinegar, Brown Sugar, Spicy Brown Mustard, Dijon Mustard, Mixed Herbs, Olive Oil
Preparation: Mix all ingredients in a bowl. You want there to be enough mustard so that the dressing thickens a bit and is lighter in color.
**Peanut Sauce**

Ingredients: Peanut Butter, Water, Brown Sugar, Soy Sauce, Cayenne Pepper, Garlic Powder

Preparation: Mix all ingredients together in following proportions: 1 part peanut butter, 1 part water, 1/3 part brown sugar, ¾ part soy sauce, cayenne pepper and garlic powder