



Chocolate Banana Smoothie

Use a combination of fruit, yogurt, and hot chocolate mix to make your own smoothie in a blender or mix with a bowl and spoon. It's a perfect snack you can drink!

Ingredients

- 1 banana
- 1 serving of vanilla yogurt
- 2 tsps. of hot cocoa mix
- 2 ice cubes

Supplies

- Blender OR bowl and spoon for mixing
- Knife
- Fork
- Glass

Directions

1. Use your knife to slice banana, then mash with your fork.
2. Place mashed banana in blender or mixing bowl.
3. Scoop out all the yogurt from its container and add to banana.
4. Measure out 2 teaspoons of hot cocoa mix and add to banana and yogurt.
5. Add 2 ice cubes, if you are using a blender. If using a bowl and spoon, crush your ice cubes before adding.
6. Blend or mix well. Pour into your glass and enjoy!
7. Wash your bowl or blender, spoon, knife, fork, and glass.

Dressed Up Nachos

Nachos are the perfect snack food. You can make them in so many ways and can add or subtract ingredients to suit your family's tastes. Make sure to have an adult help you with the oven. Enjoy!

Ingredients

3 handfuls of tortilla chips of your choice

1 cup grated Monterey Jack cheese

6 olives

1 handful of arugula

1 tomato, diced

1 tablespoon chopped onion

Salsa of your choice

Directions

Preheat the oven to 350*

Place parchment paper on a cookie sheet

Place chips on the parchment paper

Sprinkle other ingredients, except salsa, over the chips

Bake for 10 minutes

Remove from the oven and serve with the salsa.





Granola

Try this homemade granola, and you'll never want to eat store-bought again! This recipe can be modified to suit your family's tastes, as well as any allergies your family has.

Ingredients

- 1 ½ cups old fashioned oats
- 2 cups of mixed nuts and seeds (Mr. Doug uses cashews, pumpkin seeds and sunflower seeds)
- Small amount of thickener, such flour, or mixed tapioca and ground chia seeds (Optional)
- 6 Tbs. sweetener of your choice (Mr. Doug uses 3 Tbs. each of brown sugar and maple syrup)
- 2 Tbs. oil, ghee, or melted butter from your kitchen
- Baking spray from your kitchen
- 1-2 cups of a mix of your favorite granola add-ins (Mr. Doug suggests mini M&Ms, dried fruit such as raisins, currants, or mango, and candied ginger)

Supplies

- Big Bowl
- Spoon
- Shallow baking pan
- Oven mitt

Directons

1. Preheat your oven to 250°
2. Add oats, nuts and seed, thickener (if used), sweetener and oil or butter to your bowl. Mix thoroughly with spoon.
3. Lightly spray your baking pan with baking spray.
4. Pour out the ingredients from your bowl onto your baking pan and spread out.
5. Place in preheated oven and bake for 1 hour and 15 minutes.
6. Use an oven mitt to remove the pan from the oven. Set aside to cool for an hour or two.
7. Break up your baked granola with a spoon or your hands.
8. Pour into a bowl and mix in your favorite add-ins.
9. Enjoy in a bowl of milk, or by the handful. Store leftovers in an airtight bag or container.
10. Don't forget to clean up!

Cosmic Lemonade



Cosmic Lemonade doesn't just look cool; it's packed with science! Most liquids are an acid or a base and the pH scale measures these two essential chemicals on a scale of 0 to 14.

Using a pH indicator will visually inform you if a liquid is an acid or base by changing color. Our experiment uses Butterfly Pea Flower Tea, which contains Anthocyanin—a natural pH indicator. Refreshing and STEM-packed? Now, that's our kind of experiment!

Let's jump into the scientific method, you always start with a question. For Cosmic Lemonade, you might ask, what would the color be if no acid was added? What would happen if limes were used rather than lemons? Would a hot or cold day affect the outcome?

After you have your question, you can head to the [Learn page on the Betty Lab website](#) to study up and form your hypothesis, which just means what do you think the answer to your question will be?

Now it's time to test your hypothesis!

Ingredients

- 1 Butterfly Pea Flower Tea Bag
- 1 cup hot water
- Ice
- 4 cups Lemonade made with your lemonade mix packets and cold water

Supplies

- ¼-cup and 1- cup measuring cups
- Mug
- 4 glasses
- Straw or spoon for stirring

Directions

Step 1

Start by making your lemonade, adding both packets of lemonade mix to 4 cups of cold water. Let it chill in the refrigerator for about 3 hours.

Step 2

Next, heat enough water to fill your mug to near-boiling. **Make sure an adult is present to handle the hot water!**

Step 3

Add your teabag to your mug and pour the near-boiling water over the teabag. Let it steep for 3-4 minutes or until the tea is a deep blue color.

Step 4

Next, fill four glasses with ice and fill them with one cup of lemonade each.

Step 5

Add ¼ cup of the tea you have made to each glass of lemonade.

Step 6

Now it's time to watch the color change!

Step 7

Serve with reusable or paper straw and enjoy. Don't forget to clean up!

Draw Your Conclusion

Examine how it worked! What worked? What didn't work? What could you change next time to alter your results? Will you try again?

Flatbread Pizza

Isn't pizza the best food EVER?! You can make pizza at home using flatbread or naan and your favorite pizza toppings. You can even make individual pizzas for each member of your family with the toppings they like best. Make sure to have an adult help you with the oven. Enjoy!

Ingredients

Two flatbreads or naan

Pizza sauce

Mozzarella cheese

Parmesan cheese

Pepperoni slices

Arugula or spinach or other toppings of your choice



Directions

Preheat oven to 400*

Cover a cookie sheet with parchment paper

Place flatbread on the cookie sheet

Cover with ½ cup of pizza sauce

Put toppings on the flatbread

Put cheeses over the toppings

Bake for 12-15 minutes or until cheeses are melted and bubbling.

Remove from the oven. Allow to cool slightly. Enjoy!

Spicy Peanut Butter Ramen

Adding peanut butter to instant ramen is a great way to boost the flavor of this favorite comfort food. You can adjust the added flavors to suit your own tastes, and add chopped green onion, a lime wedge, and chicken or another protein, if you would like. Give it a try!

Ingredients

- 1 peanut butter packet
- 1 packet of hot chili sauce (you don't have to use the whole packet if you would like your ramen to be less spicy)
- 1 soy sauce packet
- 1 brown sugar packet
- 1 3oz. packet instant ramen (seasoning discarded)
- ¼ cup measuring cup from your kitchen



Instructions

1. Combine the peanut butter, hot chili sauce, soy sauce, and brown sugar in a bowl until it forms a smooth paste.
2. With an adult's permission and help, bring a small pot of water to a boil over high heat. Once boiling, take ¼ cup of the water and stir it into the peanut-chili paste until it forms a smooth, pourable sauce.
3. Carefully add your ramen noodles (without seasoning packet) to the boiling water and cook for 2-3 minutes, or until the noodles are tender.
4. Drain the noodles, then return them to the pot with the heat turned off. Pour the peanut sauce over top and stir to combine. Top with optional sliced green onions, a slice of lime, and protein of your choice, if desired.
5. Serve immediately and enjoy!
6. Don't forget to clean up!.

Triple Chocolate Cake in a Mug

Ingredients

- 2 tablespoons baking mix
- 1 tablespoon unsweetened baking cocoa
- 1 tablespoon granulated sugar
- 1 tablespoon white vanilla baking chips
- 1 tablespoon milk chocolate chips
- 2 tablespoons milk from your kitchen
- 1 teaspoon vegetable oil from your kitchen
- Tablespoon measuring spoon from your kitchen
- Small mug from your kitchen
- Spoon from your kitchen



Directions

1. Pour all the dry ingredients from the plastic container in your kit labeled **Mug Cake** into a small mug from your kitchen.
2. Add a tablespoon of milk and a tablespoon of vegetable from your kitchen into the mug.
3. Stir all ingredients with a spoon until well blended.
4. Microwave uncovered on High for 1 minute. Let stand for 2-3 minutes.
5. Enjoy!
6. Clean up the kitchen.

Haman's Hat Cookies

Haman's Hat Cookies are yummy baked treats that look like the tri-cornered hat Haman wears in the story of Esther. Bake up a batch to share with family and friends, and tell them the story of Esther and how her bravery and faith helped her overcome Haman's evil plan to get rid of her people!

Ingredients

3 eggs

1 cup sugar

$\frac{3}{4}$ cup vegetable oil

2 $\frac{1}{2}$ teaspoons vanilla

$\frac{1}{2}$ cup orange juice

5 $\frac{1}{2}$ cups all-purpose flour

1 tablespoon baking powder

1 cup fruit preserves, any flavor



Directions

Preheat oven to 350*. Grease cookie sheets or cover with parchment paper.

In a large bowl, beat the eggs and sugar until light and fluffy.

Stir in the oil, vanilla and orange juice.

In a separate bowl, combine the flour and baking powder.

Stir into the liquid batter and stir until there is a stiff batter. If the dough is not stiff enough to roll out, add more flour.

On a lightly floured board, roll the dough out to $\frac{1}{4}$ inch thick.

Cut in circles using a glass or cookie cutter.

Place circle two inches apart on the cookie sheet. Spoon about $\frac{1}{2}$ teaspoon of jam into the center of each circle. Pinch the edges to for three sides.

Bake for 12-15 minutes or until lightly browned.

Remove from the oven and allow to cool for one minute before removing the cookies from the cookie sheet to cool.

Enjoy!



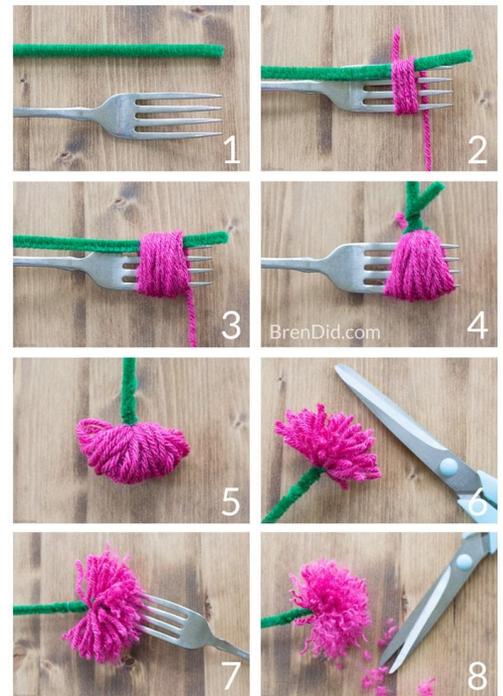
TASSEL FLOWER CROWNS

SUPPLIES

- Yarn, any color
- Pipe cleaners, any color
- Scissors
- Fork from home

TASSEL DIRECTIONS

1. Place a pipe cleaner along one side of your fork.
2. Wrap the fork and pipe cleaner with yarn. Be careful to keep the yarn area about 1 inch wide.
3. Wrap the yarn 25-30 times around the fork. Twist pipe cleaner closed around yarn.
4. Twist the pipe cleaner together around the end of the yarn.
5. Remove flower from fork. Wrap the excess pipe cleaner down the stem until it is secure (you do not want to see it).
6. Cut the loops of the yarn with scissors.
7. Use a fork or metal tool to fray the yarn slightly.
8. Fluff the top of your flower and trim any pieces that are too long.
9. Repeat steps above to make 12 tassel flowers.



CROWN DIRECTIONS

1. Lay one flower flat on a table and place a second flower so the stems are perpendicular (they form a plus sign).
2. Wrap the top pipe cleaner under the bottom stem and up.
3. Continue to wrap the pipe cleaner toward the bottom flower.
4. Continue to wrap the pipe cleaner back over itself until both stems are parallel.
5. Repeat steps 2-5 with another flower (wrapping all lower stems).
6. Repeat steps 2-5 with flowers until the crown is the desired size.
7. Trim all stems except the last stem until they are 1 1/2 - 2 inches long.
8. Shape the flower chain into a circular crown and use the last stem to secure it (use the same wrapping motion as in steps 3-5).
9. Wrap the pipe cleaner stem around the chain several times to make sure it is tight.

Make sure to clean up, and enjoy your flower crown!

ROYAL SCEPTER

All kings and queens need a royal scepter to go with their royal crown. Learn how to make one here!

SUPPLIES

- Styrofoam ball
- Food coloring
- Glue
- Scissors
- Sequins, Ribbon, Trim
- Wooden dowel
- Paint brush
- Paper plate



DIRECTIONS

1. Decide what color you would like your Styrofoam ball to be. Squeeze about a tablespoon of glue onto your paper plate, and add a few drops of food coloring to the glue to make that color. Stir thoroughly.
2. Push your wooden dowel into your Styrofoam ball.
3. Use your paint brush to paint your Styrofoam ball with the colored glue mixture. Set aside to dry.
4. When your paint is totally dry, use your sequins, ribbon, and other trim to decorate your royal scepter. Make it fancy!
5. Clean up and admire your royal scepter!

***GOD IS LIKE* PLACEMATS & HOMEMADE PLAYDOUGH**

Make your own laminated placemat to use at meal time or anytime to play with your own homemade playdough!

PLACEMAT SUPPLIES

- 12" X 18" white paper
- Glue
- Construction paper
- Scissors
- Markers
- Glitter glue pens
- Clear contact paper



PLACEMAT DIRECTIONS

1. Close your eyes and think about what God is like. Are there pictures that pop into your head that describe Him or how He makes you feel? Use your markers, paper, glue, and glitter glue to decorate your white paper to make a reusable placemat that shows what God is like.
2. After your pictures are complete and your glue and glitter glue have completely dried, use your clear contact paper to put a protective plastic coating on your placemat so you can use it to play with your playdough or use at the dinner table. It helps to have an adult, sibling, or friend help to peel off the backing of the contact paper so you can carefully cover the front and back of your placemat.
3. Smooth out any air bubbles under the contact paper by pressing down and sweeping your hands toward the outer edges of your placemat.

PLAYDOUGH SUPPLIES

- 1 cup salt
- 3 cups flour
- 1 TBSP vegetable oil (from your kitchen)
- Food coloring
- 1 cup water (from your kitchen).
- Bowl (from your kitchen)
- Spoon (from your kitchen)
- Wax paper, parchment paper, or another protective layer for your workspace
- Quart Size Ziploc bag

PLAYDOUGH DIRECTIONS

1. Mix the salt and flour together in your bowl and add oil. Stir together with your spoon. Save the Ziploc bag from your flour to store your playdough.
2. Fill a measuring cup with 1 cup of water. Add drops of food coloring to the water to make your playdough the color you would like it to be.
3. Slowly add the colored water to the salt, flour, and oil. Stir to combine.
4. Keep the playdough in your bowl and knead with your hands.
5. Food coloring can stain some surfaces, so protect your counter or workspace with wax paper or parchment paper, or use the laminated placemat you have made. Dump out your playdough and knead some more. The more you knead the dough, the softer the consistency will be!
6. Enjoy playing with your playdough on your laminated placemat. You can make shapes with your playdough like the ones you made on your placemat to show what God is like.
7. When you're finished playing, put your playdough in your Ziploc bag, press out the extra air, and seal it tight. Don't forget to clean up!

MARACAS, PADDLE BOARD AND RIBBON RING

When Queen Esther saved the Jews, the people were so happy! They celebrated with noisemakers, wore masks and costumes, and danced for joy. Use your kit supplies to make maracas and a paddle board with beads to make noise. Add a beautiful ribbon ring you can hold in your hand as you dance!



MARACAS SUPPLIES

- Plastic Egg
- 2 Plastic Spoons
- Dry Beans
- Washi Tape

MARACAS DIRECTIONS

1. Place a few dry beans inside your plastic egg and close.
2. Put the two plastic spoons on either side of the egg and use your Washi tape to wrap around the egg, as well as around the spoon handles, to hold everything together. Give your maracas a shake!

PADDLE BOARD SUPPLIES

- 2 pieces of Card Stock
- Scissors
- Markers
- Tape
- Glue
- 6 Wooden beads
- Jute Twine
- Hole Punch
- Paper Straw

PADDLE BOARD DIRECTIONS

1. Look around your house to find an object that has a circle shape that will fit on a sheet of your card stock. Trace around that object to make a circle on your paper. Repeat on your second sheet of card stock. Cut out the circles.
2. Place several pieces of rolled tape around the edges of one of your circles. Place your paper straw on your circle and tape it down so a long piece is extending out as a handle. Place the other circle on top and press down to tape them together. Your straw should be sandwiched in between the two circles.
3. Use your markers to decorate both sides of the paddle.
4. Use your hole punch to make 6 holes around the edge of your paddle. Be careful not to punch your hole too close to the edge.
5. Cut six pieces of twine that are a little longer than the width of your paddle. Thread a wooden bead through each piece of twine. Then thread the piece of twine through a hole on your paddle. Tie in a knot. Repeat with each of your remaining pieces of twine and wooden beads.
6. Twist your paddle back and forth to make music!

RIBBON RING SUPPLIES

- Wooden Ring
- 6 pieces of Ribbon, any color
- Small Bells
- Jute Twine
- Scissors

RIBBON RING DIRECTIONS

1. Tie or loop each piece of ribbon around your wooden ring.
2. Cut a piece of twine for each bell that you want to add to your ribbon ring. Make sure it's long enough for you to tie around the wooden ring.
3. Thread the twine through a bell and tie to the wooden ring. Repeat with your remaining bells.
4. Dance and twirl with your beautiful ribbon ring!

CELEBRATION MASK

SUPPLIES

- Blank Mask
- Markers
- Glitter Glue
- Feathers, Sequins, Ribbon, Trim
- Scissors
- Glue



DIRECTIONS

1. Use supplies from your kit to decorate a mask like the one the Jews may have worn to celebrate Purim in the story of Esther. Make it fancy!
2. Use your markers to color your mask
3. Add glitter glue, if you want to. Allow glitter to dry.
4. Add feathers, sequins, and pieces of ribbon to your mask. It's completely up to you how you would like to decorate it.
5. Get some help from an adult to put your mask on when you have finished it.
6. Don't forget to clean up!