



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!

MELTED CRAYON CANVAS

SUPPLIES

- Canvas
- Box of crayons
- Mod Podge
- Pencil
- Blank white paper
- Ball point pen
- Black contact paper
- Scissors
- Hair dryer



DIRECTIONS

1. Think about what you would like your melted crayon canvas to look like. Watch the video for inspiration. You have black contact paper to add a silhouette to your canvas if you would like. The crayons will melt around the contact paper. You could add a silhouette of a person, an animal, a shape—anything! This example shows a whole family!
2. Arrange your crayons however you would like. They can be placed along the top of the canvas in a rainbow pattern or whatever arrangement you prefer. Think about how the crayons will melt and how you would like them to look. Decide whether you will leave the wrappers on or take them off.
3. Move your crayons off the canvas, being careful to keep the arrangement you've chosen.
4. Use your brush to apply Mod Podge to the part of the canvas where you want your crayons to be.
5. Work quickly to put your crayons on the Mod Podge to glue them to the canvas. Press them down firmly. Allow them to dry. Rinse out your brush immediately.
6. If you would like to add a black silhouette to your canvas, use your blank white paper and a pencil to draw your design. Don't make it bigger than your piece of black contact paper.
7. When you are happy with your design, cut it out. Use your ballpoint pen to trace your design on your black contact paper. Cut it out.
8. Peel the backing off your contact paper and place on your canvas. Press it down to remove any air bubbles.
9. Spread newspaper out under your canvas and prop up your canvas at an angle. Be careful to protect your surface from melted crayon—which is hard to remove if you get it on the wall, floor, etc.!
10. Turn on your hair dryer and use the heat to melt your crayons. Holding your hair dryer at different angles will affect how your crayons melt. Stop when you are happy with your canvas.
11. Clean up and admire your masterpiece!

ORIGAMI CROWN AND RINGS

SUPPLIES

- Origami paper



DIRECTIONS

Watch the videos to learn how to fold your origami paper to make a crown for your head and rings for your fingers. You may have to watch the videos a couple times, or start and stop them to practice this ancient art form. Origami is a fun way to wear your art!

TIN FOIL PAPER MACHÉ CELEBRATION SCULPTURE

SUPPLIES

- Tinfoil
- Scissors
- Newspaper
- Mod Podge
- Small bowl from home
- Glue
- Cardboard
- Paints
- Paint Brush
- Water in a small container to rinse paint brush
- Fine Tip Markers



DIRECTIONS

1. Think about how people look when they have something to celebrate. How do their bodies show their happiness and excitement?
2. Hold your tinfoil with one of the short edges closest to you. Use your scissors to make two cuts in the top short edge 6 inches deep.
3. Make one cut in the bottom short edge of the tinfoil 6 inches deep.
4. Form a head from the middle piece at the top.
5. Form two arms on either side of the head.
6. Form the legs of your person.
7. Make sure either one leg or one arm is able to be glued to your piece of cardboard as a stand, but don't glue it yet.
8. Arrange the arms and legs of your person into a celebration pose.
9. Rip a sheet of newspaper into long strips. Cover your workspace with another full sheet of newspaper.
10. Pour mod podge into your small bowl. Put the newspaper strips one at a time into the Mod Podge and smooth the pieces around your tin foil person until it is covered. Set aside to dry completely.
11. When your sculpture is dry, paint your sculpture. Give it clothing, shoes, and accessories, if you would like. Rinse out your brush between colors. Use your markers to add detail, making sure to give your person an appropriate facial expression.
12. When you're satisfied with your person and the paint is completely dry, glue an arm or a leg to your piece of cardboard.
13. Clean up and admire your celebration sculpture!

PENDULUM PAINTING

SUPPLIES

- 3 3-foot bamboo poles
- Squeeze Bottle with twist top
- Scissors
- Hole Punch
- Jute Twine
- Water-soluble paint
- Large pieces of paper
- Newspaper
- THIS IS AN OUTSIDE ACTIVITY! Be sure to choose a large enough outside space to paint with your pendulum set-up without getting paint on anything that will get messed up!



DIRECTIONS

1. Watch the video so you know what the pendulum paint set-up looks like
2. Make a tripod out of your 3 bamboo poles by lashing them together with some jute twine. You'll have lots of twine left over.
3. Ask an adult to help you to carefully cut off the bottom of your squeeze bottle
4. Use the hole punch to make two holes near the cut-off bottom edge of your bottle, on opposite sides
5. Cut a piece of twine about 6 feet long, and feed the twine through the holes in the bottle.
6. Tie the twine around the top of the tripod so that the bottle hangs upside down, about 2 inches above the floor.
7. Take your pendulum set-up OUTSIDE! Find a flat place you can set it up, and place newspaper over the ground under your pendulum. Choose your site carefully so you won't mess up anything with paint. Place a piece of paper under the tripod.
8. Make sure the twist top on your bottle is closed. Pour paint into the bottle. Add an equal amount of water to the paint and stir with a stick from outside. You want the paint thin enough that it will be able to come through the twist-top when you open it.
9. Carefully open the twist-top and give the bottle a gentle swing.
10. Notice how the pattern changes as the pendulum changes direction and slows down. Experiment!
11. Clean up EVERYTHING when you're finished painting.

MACRAME FLOWER POT HANGER

SUPPLIES

- Jute Twine
- Ruler
- Scissors
- 4" flower pot (you can use the one in your kit, OR, if you come to in-person CAA, the one you will make there also works great!)
- Markers for decorating your flower pot, if you'd like
- Plant of your choice from home



DIRECTIONS

1. Use your ruler and scissors to measure and cut 40 inches of jute twine. Use this first piece of twine as a guide to cut 7 more pieces of the same length, for a total of 8 pieces of jute, each 40 inches in length.
2. Find a comfortable place to work with your twine, where you'll have plenty of room, such as a kitchen table.
3. You have a flower pot in your kit to use with your macrame hanger, or you can substitute another planter of your choice, as long as it is a similar size. If you come to in-person Christian Arts Academy, the one you will make there will also work fine.
4. Follow along with the video instructions for tying knots to make your macrame plant hanger. You might want to watch the video through completely one time to make sure you understand the steps. When you're ready to begin, you can pause the video to make sure you complete each step before you move on to the next one. Take your time.
5. If you'd like to add some decoration to your flower pot, use your markers to draw designs, pictures, or even add words.
6. Find a plant or some seeds and some soil to put in your planter. Water thoroughly, let dry over the sink so it doesn't drip on the floor.
7. Find a place indoors to hang your macrame plant holder where it will get an appropriate amount of light. You may want to read about the particular plant or the type of seed you're using to see how much light it needs to grow well.
8. You'll want to keep an eye on your plant once you've hung it up to make sure it doesn't dry out.
9. Clean up and admire your new macrame plant hanger!