



Happiness Is Homemade

COOKING FUN AND ACTIVITIES
FOR ALL AGES



ILLUSTRATED RECIPES

From Lasagna Roll Ups to
Blueberry Smoothies, everyone
can follow these easy guides!



GAMES AND MORE!

Coloring pages, Connect the Dots,
Contests and more!

COOKING WITH KIDS

BY SUSAN CALDWELL.
FOUNDER & CEO

We had so much fun creating this activity guide for you!

Cooking with kids teaches children (& adults!) so many life skills. It's amazing when I walk into one of our many franchise locations and am greeted with huge smiles, hugs and LAUGHTER! Isn't it amazing what joy those sweet voices bring to our everyday lives? We are so grateful and thankful to be part of your lives for 12 years! We can't wait to see you soon in one of many locations!

Susan & the Flour Power Family



**"CHOCOLATE CAN
MELT FASTER
COMPARED TO
OTHER SWEETS"**

Many thanks to the following amazing team members for helping us bring this activity guide to life!

Samantha Ruehl,
Flour Power Graphic Designer

Sherri Ragazzo,
Flour Power Business Manager

Flour Power Franchises



Flour Power Kids Cooking Studios is a fast growing nationwide hands-on culinary entertainment and educational franchise. Founded by mom of two and special needs advocate, Susan Caldwell, the educational program takes children on exciting imaginative culinary adventures in a locally owned whimsical kitchen studio, built with lil chefs in mind! Each program Flour Power offers consists of proven themed hands-on exciting curriculum, all designed to stir up a ton of fun while learning life-long skills. From kitchen chemistry to food art to etiquette, we keep the excitement and creative learning sizzling in our studios every day with camps, classes, kids night out, special needs classes, private events, adult classes, birthday parties, field trips, off site enrichment classes, team building events, corporate events, family style events and more. The creative fun never ends in our studios! With kitchen studios decorated in whimsical features and bright colors, the Flour Power Kids Cooking Studios franchise opportunity features a business full of opportunities to make a positive impact in your community and in many children's lives. Currently, we have locations in North Carolina, South Carolina, Texas, Pennsylvania, Michigan, Tennessee, Colorado! Are you next? We'd love to talk to you!



www.FlourPowerStudios.com

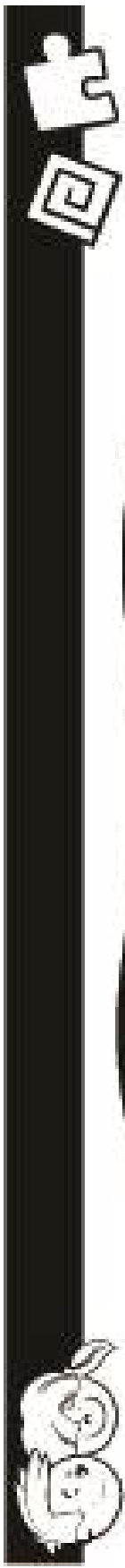


**WIN
FREE
STUFF**

HERE'S HOW!

- 1) Work on the activities and recipes in this book.
- 2) Post your pic on social media doing an activity.
- 3) Tag us #FlourPowerStudios on Insta or FB

We will choose 3 people each week to win a \$25 gift card



BACON EGG CUPS

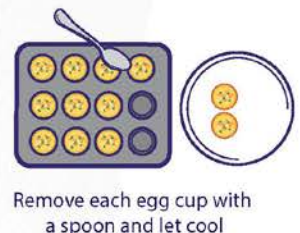
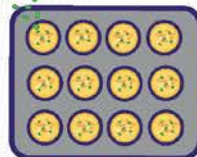
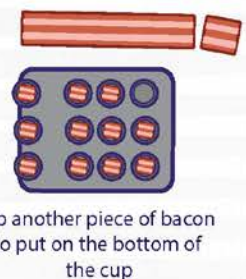
*** INGREDIENTS ***



*** TOOLS ***



*** INSTRUCTIONS ***



★ Adult help needed



Always **wash your hands**
before cooking!



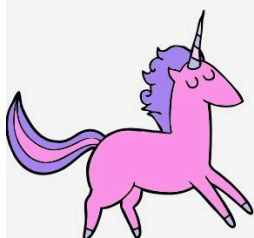
RAINBOW SLIME

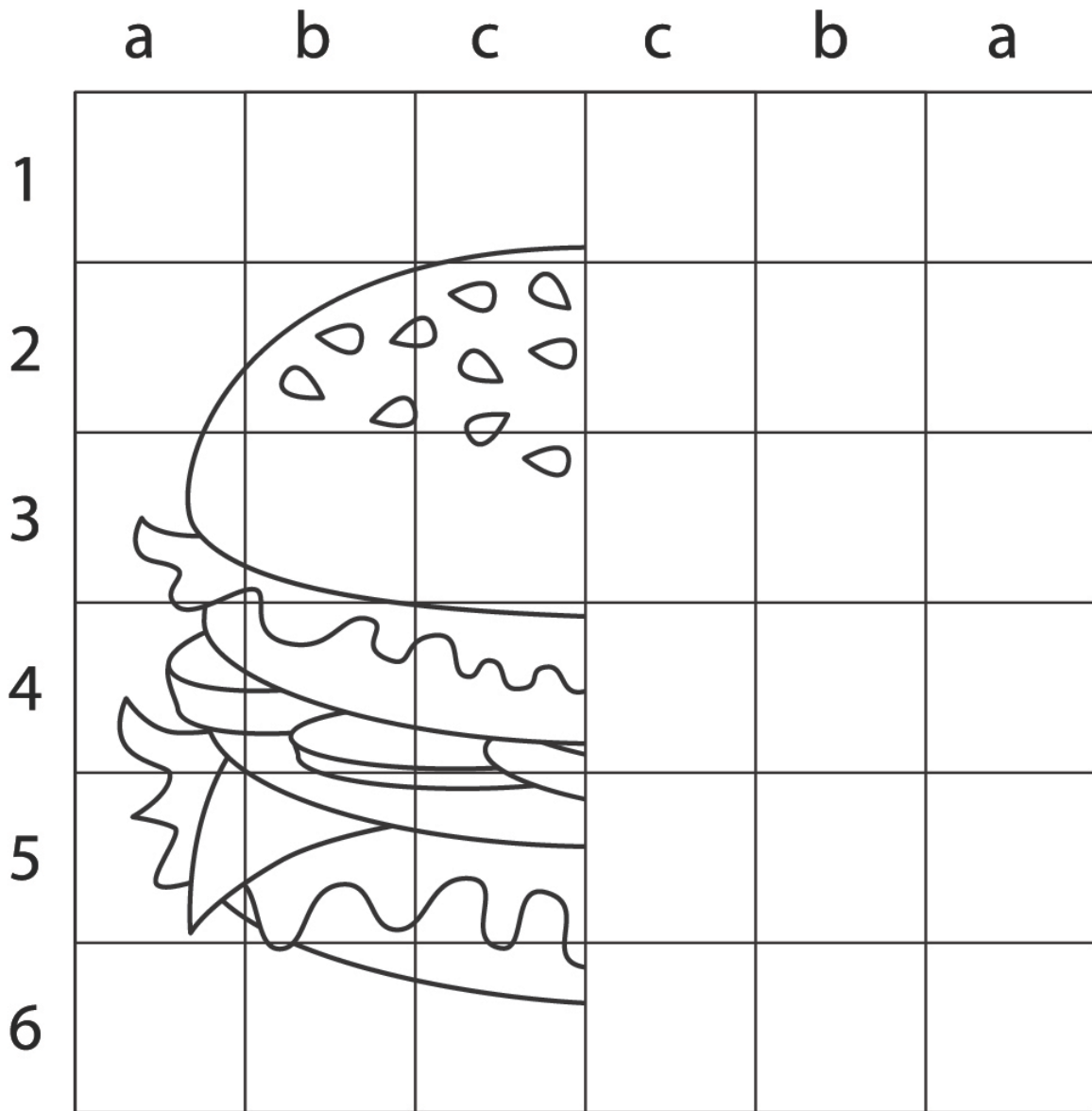


**1 BOTTLE OF ELMER'S GLITTER GLUE (6 OZ)
(PINK, YELLOW, BLUE)
COLORFUL GLITTER
½ TSP BAKING SODA
1 ½ TBSP CONTACT LENS SOLUTION
(MUST HAVE BORIC ACID)**

**POUR 6OZ ELMER'S GLITTER GLUE INTO THE
BOWL. ADD BAKING SODA AND MIX WELL.
ADD YOUR GLITTER IN AND MIX. SLOWLY MIX
IN CONTACT LENS SOLUTION.**

**MIX UNTIL YOUR SLIME FORMS AND BEGINS
TO HARDEN. TAKE IT OUT AND KNEAD FOR
AT LEAST FIVE MINUTES. IF YOU FIND IT TO
BE TOO STICKY, ADD LOTION OR BABY OIL
TO YOUR HANDS.**





Copy the picture using the grid.

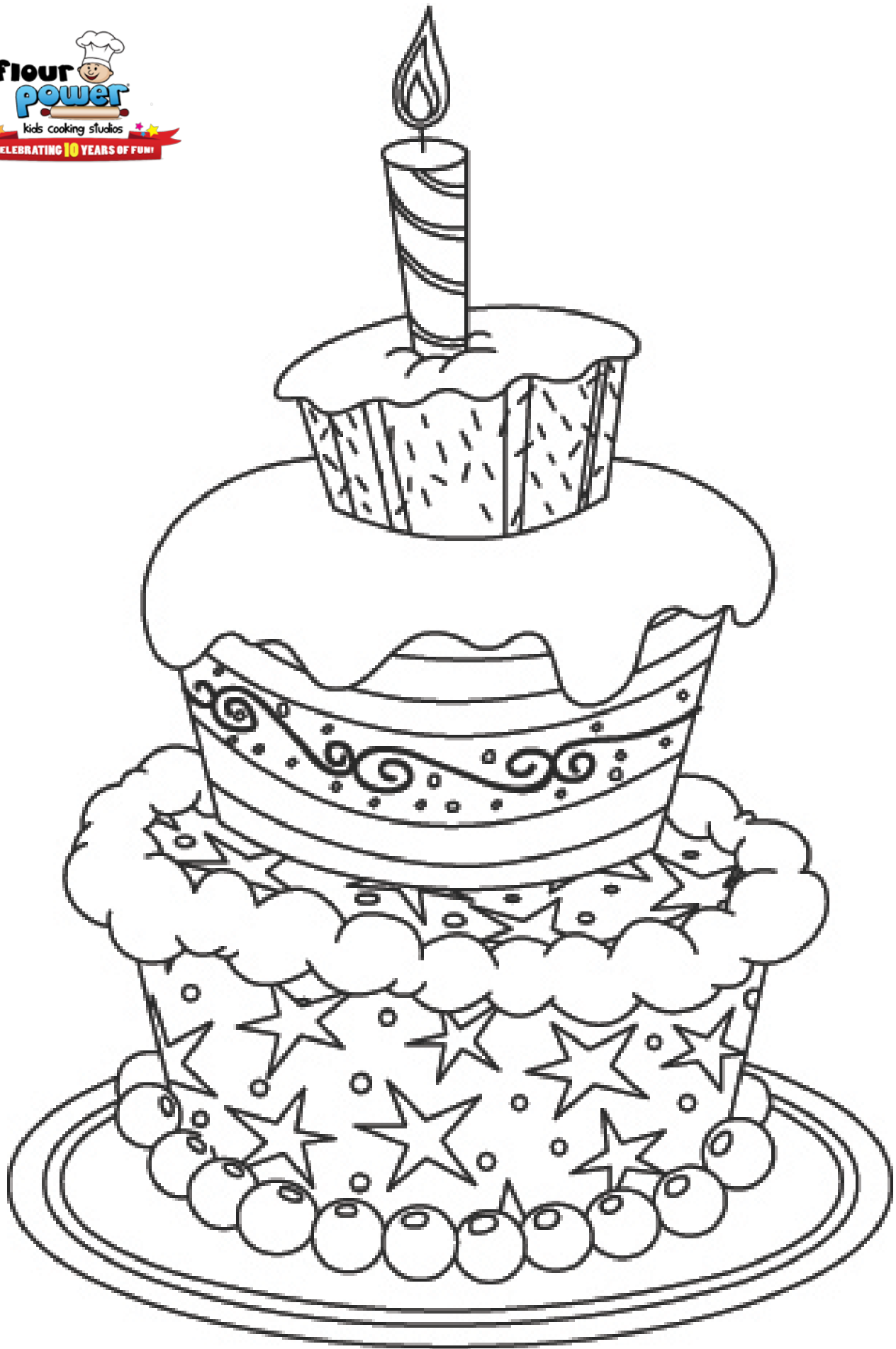
Jelly Tarts



- 2 1/3 cups flour
- 1 teaspoon salt
- 3 teaspoons sugar
- 6 oz. unsalted butter
- 4 oz chilled water
- 24 teaspoons jam
- Additional fruit to add to the top



Mix flour, salt, sugar and butter until coarse crumbs are formed. Add the water slowly and continue to blend until a ball is formed. Chill for 30 minutes. Spray 2 shallow tart trays with non stick spray and roll out the pastry on a floured surface until it is thin. Cut out circles with a cutter and place into tart tins. Bake at 180 degrees for 10 minutes. Remove and spoon a spoonful of jam per circle, and put back in the oven for an additional 8 minutes. Let cool for 15 minutes and additional fruit to the top, as desired!





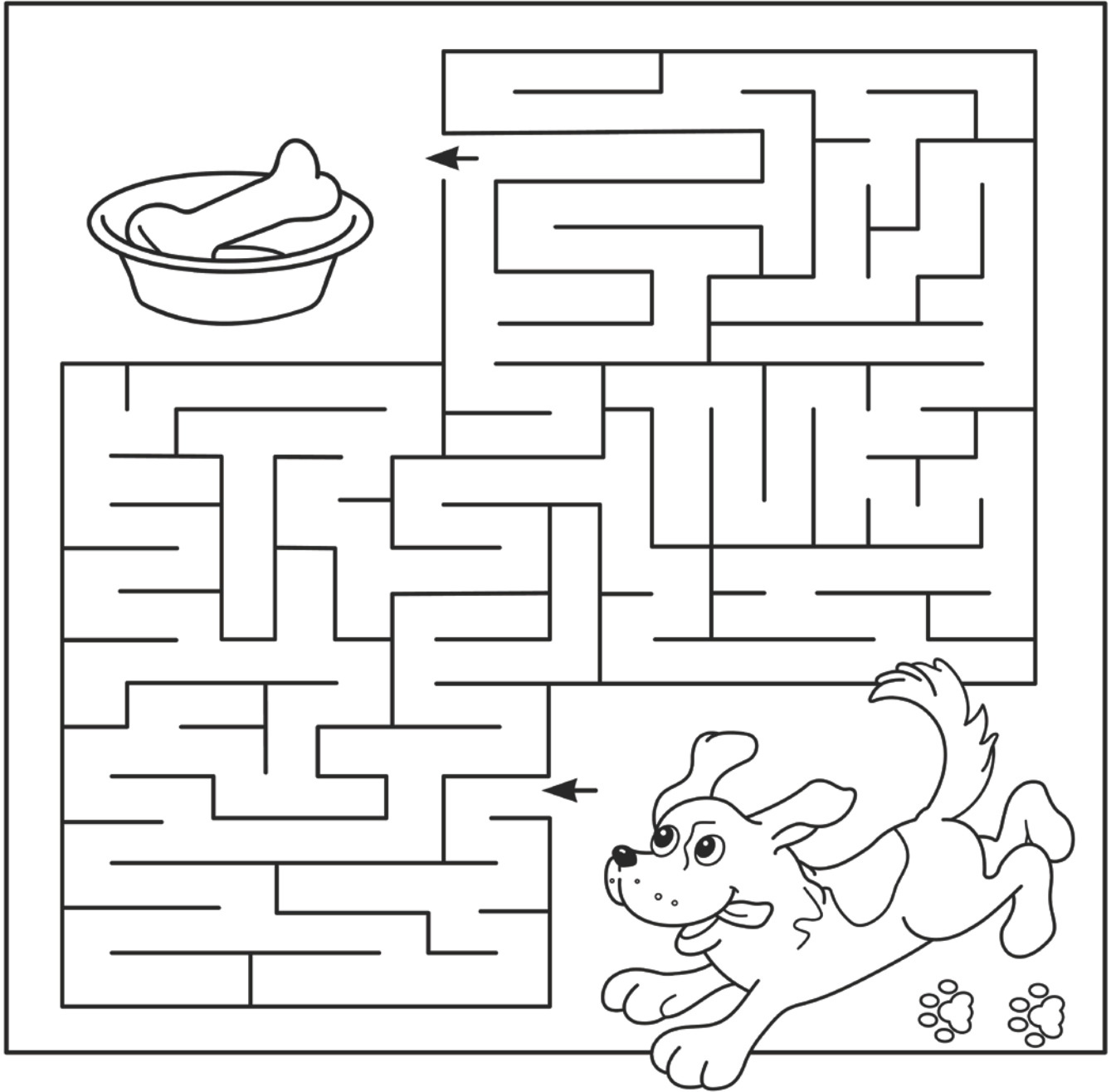
Marshmallow Fondant

1 bag mini marshmallows
2 - 3 tbsp. water
5 – 6 cups powdered sugar

Place mini marshmallows in bowl, add water and microwave for 1 minute. Let sit 1 minute.

Microwave again 1 minute. Stir with spoon sprayed with cooking spray. Stir until melted and smooth. Sift powdered sugar until blended. Use hands to finish kneading dough. Roll out and have fun!



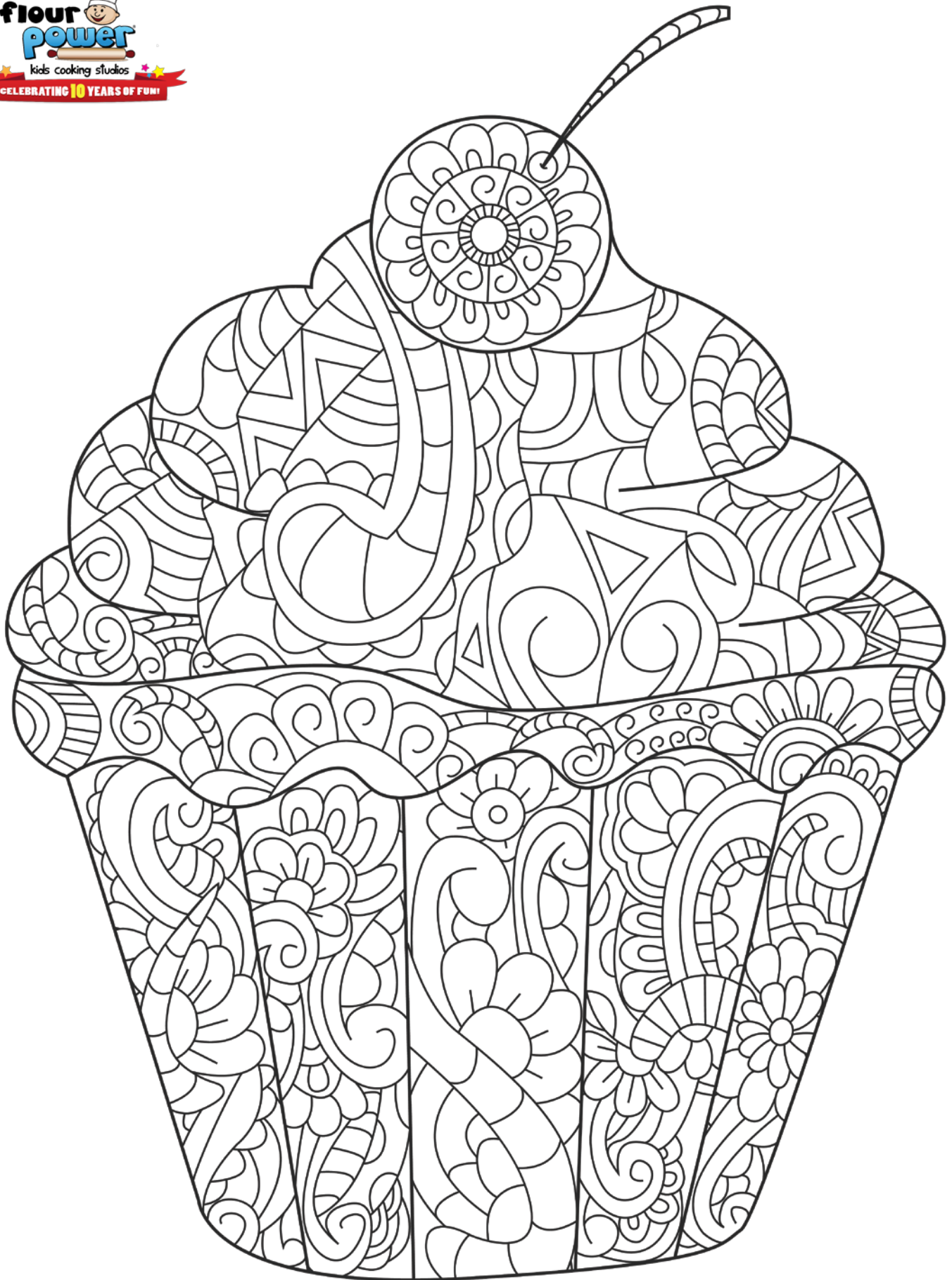




kids cooking studios

CELEBRATING 10 YEARS OF FUN!

**Make Sure Eggs are Fresh
If you're unsure of an egg's
freshness, see how it
behaves in a cup of water:
Fresh eggs sink; bad ones
float.**



Blueberry Banana Smoothies

★ Always wash your hands before working with food! ★

★ ★ ★ INGREDIENTS ★ ★ ★



1 cup blueberries, fresh or 1 cup frozen blueberries



1 large banana, sliced medium



1 ½ cups milk



1 cup plain yogurt

★ ★ ★ TOOLS ★ ★ ★



measuring cup



blender



Always unplug power cords when you are done!

LET'S GET STARTED.

- Combine all ingredients into the blender & blend until smooth!

It's that simple!

Eat, Enjoy and Share!

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Koolaid Finger Paint

$\frac{1}{4}$ cup flour
1 pkt koolaid, any color
4 tbsp warm water



Mix together the flour, koolaid & water.
Depending on what flavor you select
depends on the colors you have!



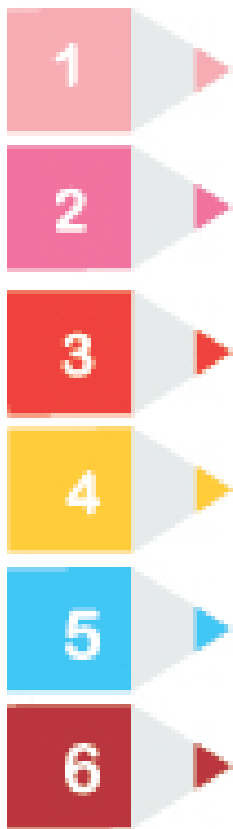
Buttercream Icing

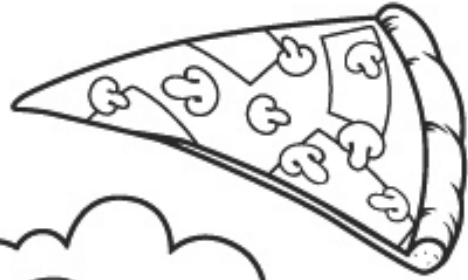
$\frac{1}{2}$ cup butter softened
5 cups powdered sugar
2 tsp vanilla
5 tbsp heavy cream



In medium bowl combine butter, powdered sugar, vanilla and heavy cream. Beat 5 - 7 minutes until light and fluffy. Use on completely cooled cakes and cupcakes!

Color by numbers





- 1 a e
- 2 b d
- 3 d t
- 4 h t
- 5 m e
- 6 p a
- 7 c y
- 8 g e
- 9 d s
- 10 c d



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Gourmet Flatbread Pizzas

TOOLS



Always wash your hands
before working with food!



Adult Help Needed

INGREDIENTS



TRY SAYING
THESE WORDS IN
ITALIAN:
Cheese: formaggio
Dough: impasto

LET'S GET STARTED

Start Here



Preheat oven to 425°



Combine 1 cup flour, yeast, sugar,
and salt in a large bowl; add water and oil



Mix together until
well blended



Gradually add $\frac{1}{2}$ cup flour
until soft dough ball is formed;
add additional flour if needed



Knead on a floured surface adding
additional flour if needed, until
smooth and elastic (about 4 minutes)



With floured hands, press dough
out to fill greased pizza pan



Top as desired with pizza sauce,
toppings, and cheese



Bake in oven for 12-15 minutes
until cheese is bubbly and crust is
light brown

Show us your creations
on Social Media!
#flourpowerstudios

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Eat, Enjoy
and Share!









FLUBBER!

Ingredients:

- 3/4 cup cold water
- 1 cup Elmer's glue
- liquid food coloring
- 1/2 cup hot water
- 1 teaspoon borax (found in the laundry aisle)

Directions:



In bowl 1

Mix together the cold water, glue and food coloring. Set aside.



In bowl 2

Mix together the hot water and borax, until the borax is completely dissolved.



Slowly add glue mixture to borax mixture, mix well. Pour off excess water.

Storage and Safety Guidelines:

Store Flubber in an airtight container for about 3 weeks of use. Flubber is non-edible. When you are through with it, discard in a trash container. Do not wash down the drain.

Grab a straw like Sky and make a giant bubble by blowing into the straw!

- Did you know? -

Flubber is a polymer and the word polymer in Greek means "many parts". Polymers are large molecules and when they touch they stick together. When playing with Flubber, you're actually playing with millions of molecules all stuck together.



CELEBRATING 10 YEARS OF FUN!

Share your creations with us on
Social Media!
#flourpowerstudios

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6 Herbs Sky Grows Year-Round Inside

1 Basil

Start basil from seeds and place the pots in a south-facing window - it likes lots of sun and warmth.

2 Thyme

Thyme likes full sun but will grow in an east- or west-facing window.

3 Chives

Plant clumps of up to six chive bulbs 5 to 8 inches apart. They can grow 18" tall!

4 Oregano

Your best bet is to start with a tip that has been cut from an outdoor oregano plant. Then, place it in a south-facing window.

5 Parsley

Parsley likes full sun, but will grow slowly in an east- or west-facing window.

6 Rosemary

Rosemary grows best in a south-facing window. Your kitchen will smell like a natural air freshener all year!



Show us your herb garden
on Social Media!

#FlourPowerStudios

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for
 kids

DOT-TO-DOT



**flour
power**

kids cooking studios

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FOOD ART



Did You Know?

Fresh berries are an excellent source of vitamin-C which is also a powerful natural antioxidant.

Little Lady Bugs

Ingredients:

- 1 grape
- 1 strawberry
- 1 toothpick
- 6 chocolate chips

Directions:

- 1 Thread the strawberry, with the stem, onto a toothpick.
- 2 Thread the grape so that it sits on the stem of the strawberry.
- 3 Press chocolate chips into strawberry.

ENJOY!

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Lasagna Roll-ups

TOOLS



medium bowl



cooking spray



measuring cups
& measuring spoons



aluminum foil



9 inch square
baking dish



skillet



spoon

Always remember to
wash your hands
before cooking!

INGREDIENTS



1/4 pound
ground beef



1 egg,
lightly beaten



1/4 teaspoon
onion powder



1 jar spaghetti sauce
or homemade marinara



1 tablespoon
minced fresh parsley



1/4 cup grated
parmesan cheese



1 1/4 cups small curd
cottage cheese, drained



8 lasagna noodles, cooked,
drained & cut in half



1/2 cup shredded
mozzarella cheese

Start Here



Preheat oven to 375°



In a skillet, cook beef until
meat is no longer pink & drain



Add tomato sauce &
simmer for 10 minutes



Spoon half of the meat sauce
into greased 9 inch square baking dish



Combine cottage cheese,
parmesan cheese, egg, parsley,
in medium bowl



Spread 1/4 cupful on
each lasagna noodle



Carefully roll up & place
seam-side down over meat sauce



Top with remaining meat sauce
& sprinkle with mozzarella cheese



Cover with aluminum foil &
bake for 30-35 minutes

★ Adult Help Needed

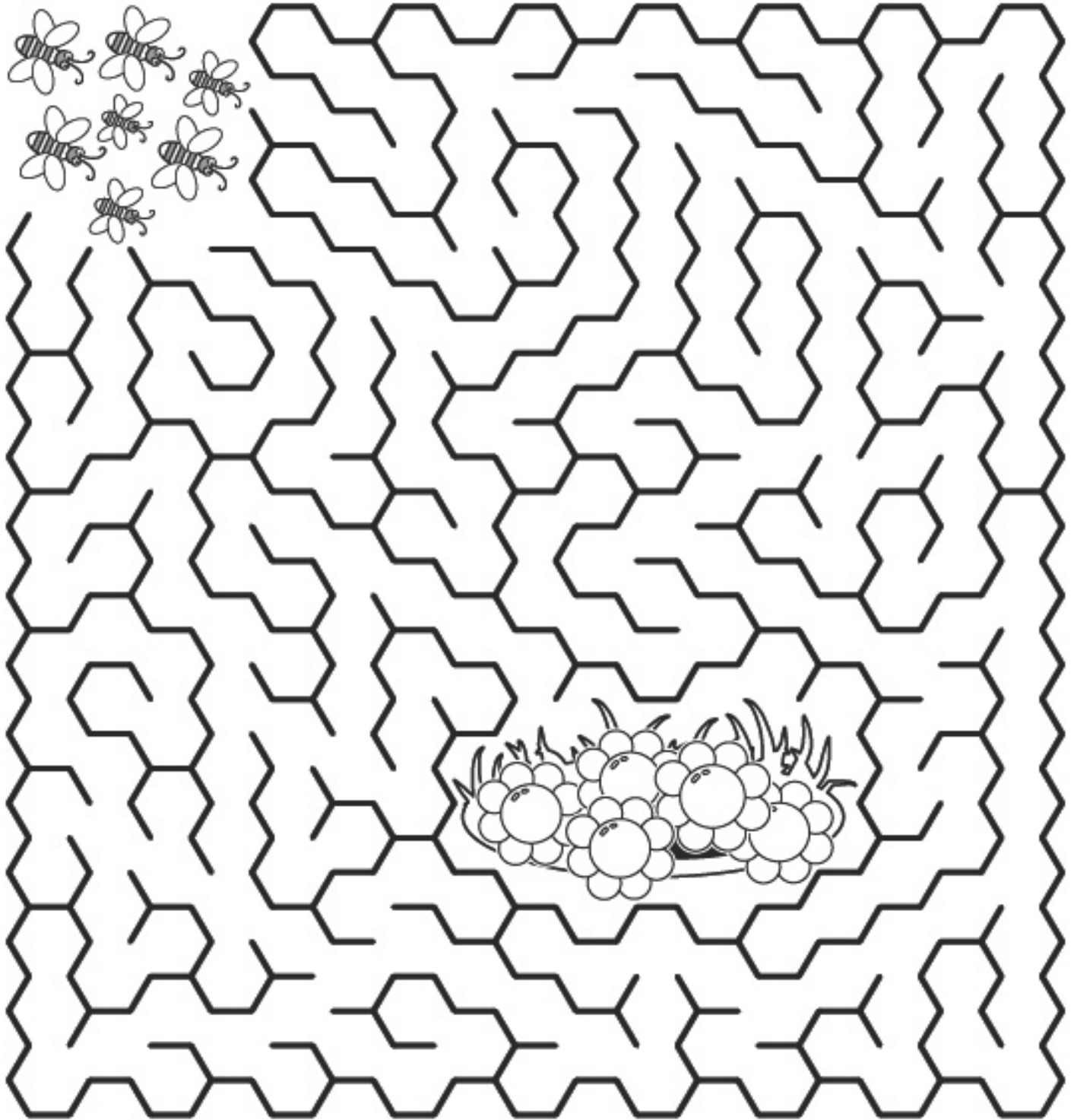
Let it sit for 10 minutes
before serving to cool!



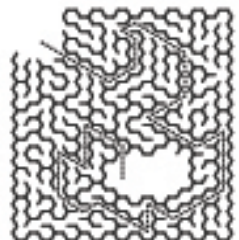
Eat, Enjoy
and Share!

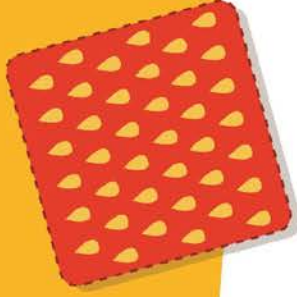


Help the bees get to the flowers.

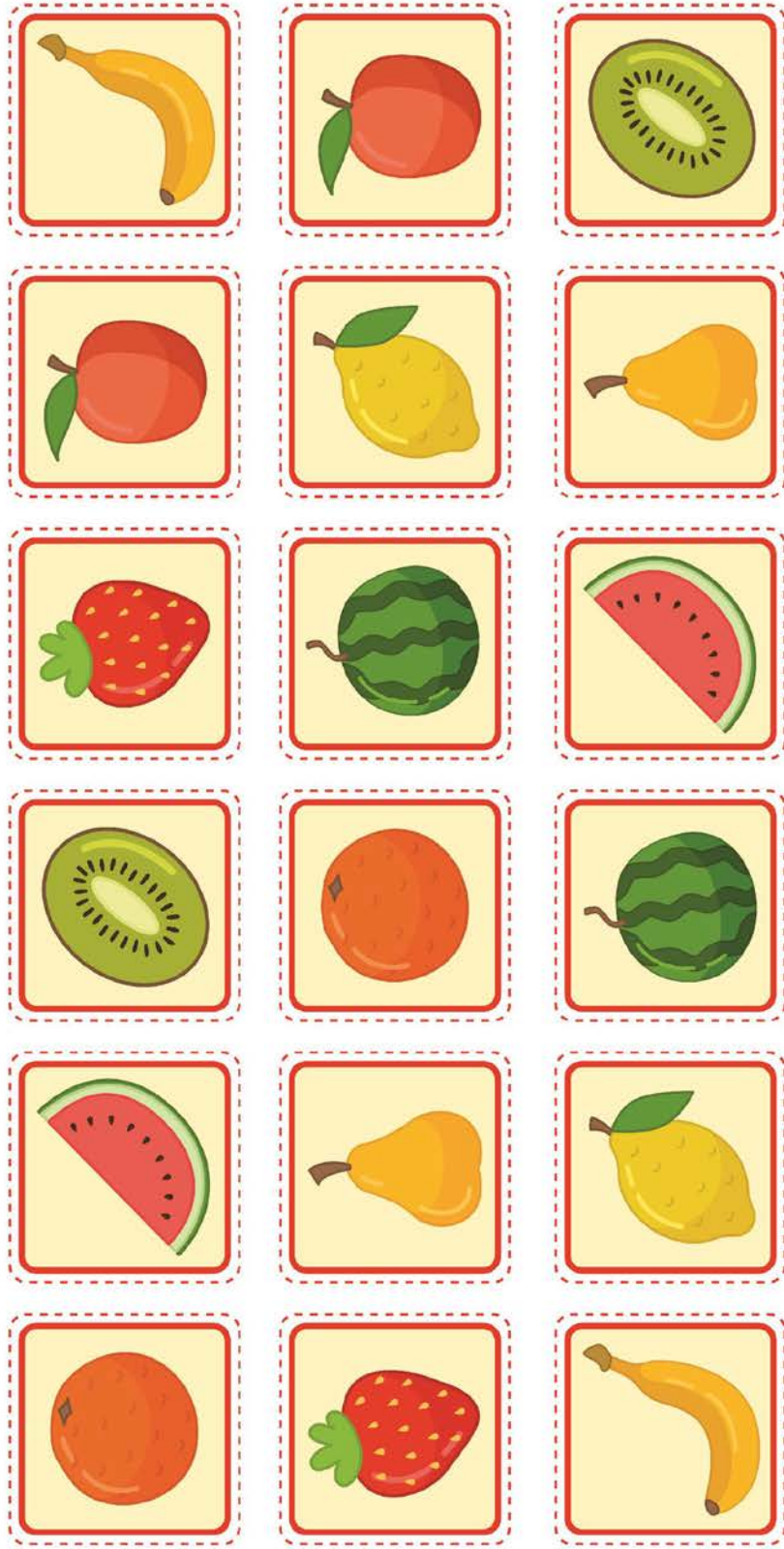


ANSWER:





MEMORY GAME



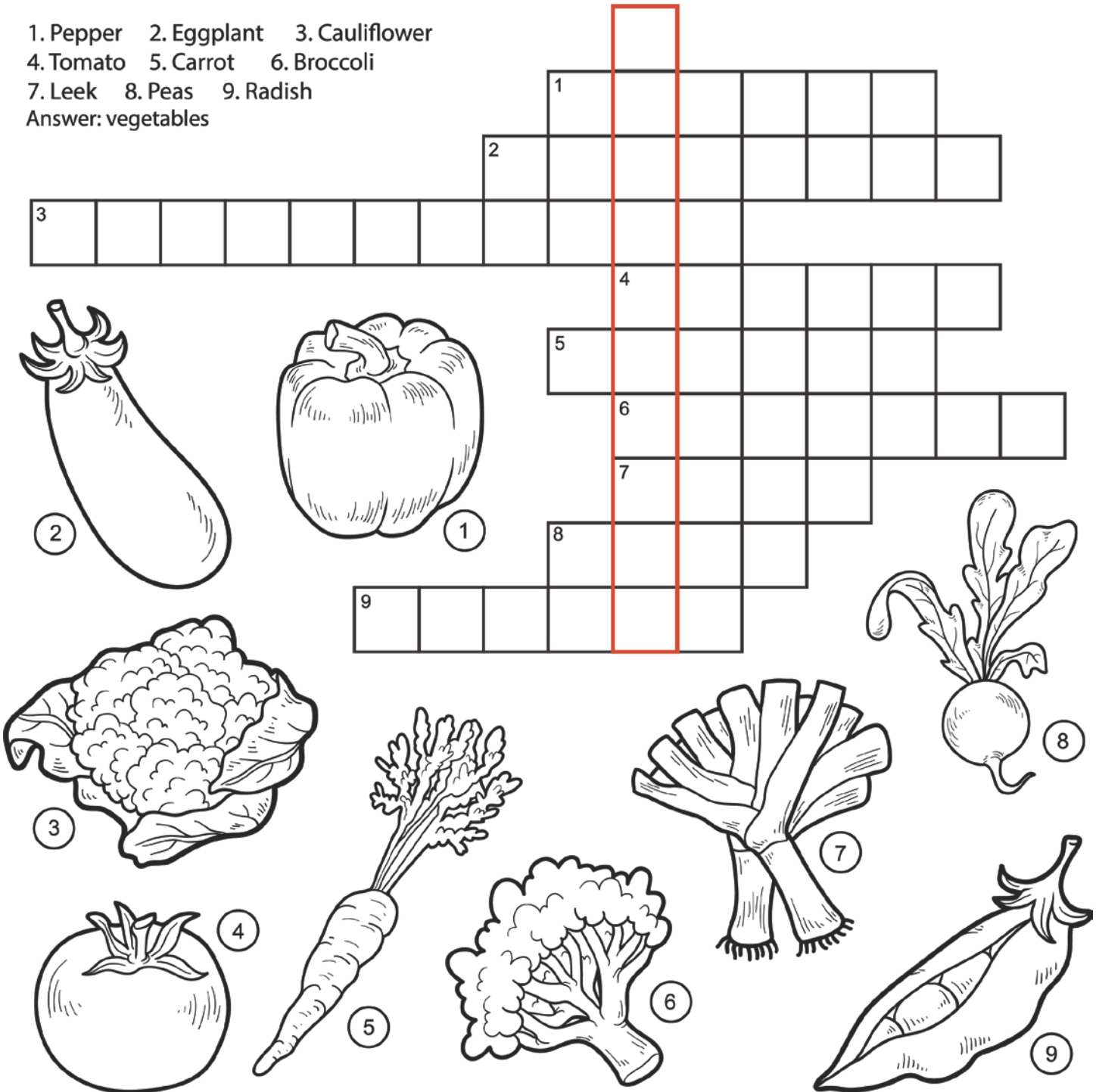
- 1
- 2
- 3
- 4
- 5

[illegible]

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1. Pepper 2. Eggplant 3. Cauliflower
 4. Tomato 5. Carrot 6. Broccoli
 7. Leek 8. Peas 9. Radish

Answer: vegetables



WORD SEARCH PUZZLE

R	P	E	P	P	E	R	M	Q	B
A	L	C	U	C	U	M	B	E	R
D	Y	A	G	X	A	N	E	G	O
I	P	B	W	C	O	R	N	G	C
S	U	B	Q	A	U	Z	R	P	C
H	M	A	K	R	J	N	A	L	O
E	P	G	D	R	S	O	L	A	L
A	K	E	C	O	G	W	B	N	I
C	I	Z	R	T	O	M	A	T	O
O	N	I	O	N	N	C	J	Y	E

