



My Recipe Book

Week 8

Shakes, Smoothies, and More!



Air Fryer Oreos

Ingredients:

1/3 cup milk

2 tablespoons vegetable oil

1 large egg

1/2 teaspoon vanilla extract

1 cup pancake mix

Cooking spray

**12 Oreos or cream-filled chocolate sandwich cookies,
divided**

Powdered sugar, for dusting

Instructions:

- 1. Heat an air fryer to 375°F.**
- 2. Place 1/3 cup milk, 2 tablespoons vegetable oil, 1 large egg, and 1/2 teaspoon vanilla extract in a medium bowl and whisk until combined. Slowly whisk in 1 cup pancake mix and continue whisking until the batter is completely smooth, 30 seconds to 1 minute. (The batter will be quite thick.)**
- 3. Line the air fryer basket with parchment paper and lightly coat with cooking spray. Dip and air fry 6 Oreos at a time: Dip each Oreo in the batter, making sure it is submerged. Remove from the batter with a fork and let the excess batter drip off. Place in the basket in a single layer with some room around each one.**
- 4. Air fry until golden-brown on top, 4 to 5 minutes. Flip the Oreos over with a clean fork. Air fry until the second side is lightly browned, about 2 minutes more. Remove from the air fryer. Spray the parchment paper again with cooking spray. Repeat dipping and frying the remaining Oreos. Dust with powdered sugar and enjoy while still warm, or keep warm in a 275°F oven.**

Mixed Berry Smoothie and Pancakes

Ingredients:

Smoothie:

1 cup blueberry
1 cup strawberry, sliced
½ cup blackberry
½ cup raspberry
1 ½ cups milk, of choice
1 cup plain greek yogurt

Pancakes:

1 cup all-purpose flour
2 tablespoons white sugar
2 teaspoons baking powder
½ teaspoon salt, or to taste
1 cup milk
2 tablespoons vegetable oil
1 large egg, beaten

Instructions:

Smoothie:

1. Put milk, Greek yogurt, and frozen fruit into a blender and mix until consistency is smooth.

Pancakes:

1. Combine flour, sugar, baking powder, and salt in a large bowl. Make a well in the center, and pour in milk, oil, and egg. Mix until smoothie.

2. Heat a lightly oiled griddle or frying pan over medium-high heat. Pour or scoop batter onto the griddle, using approximately ¼ cup for each pancake; cook until bubbles form and the edges are dry, 1 to 2 minutes. Flip and cook until browned on the other side. Repeat with remaining batter.

Milkshakes and Churros

Ingredients:

Churros:

1 sheet puff pastry, thawed

¼ cup unsalted butter (1/2 stick)

½ cup sugar

2 teaspoons ground cinnamon

Milkshake:

Ice Cream

¼ cup of milk

Instructions:

Milkshake:

- 1. Put milk and ice cream into a blender and mix until consistency is smooth.**

Churro:

- 1. Preheat oven to 450F degrees. Line a baking sheet with parchment paper.**
- 2. Carefully unfold thawed puff pastry sheet and lay it out on a cutting board or your counter.**
- 3. Make a horizontal cut across the puff pastry (using a pizza cutter or sharp knife)**
- 4. Then make several vertical cuts into the pastry until you have 1-inch wide strips.**
- 5. Carefully place the dough strips onto your parchment-lined baking sheet.**
- 6. Bake for about 10 minutes or until golden brown.**
- 7. While the churros are baking, start getting your butter and cinnamon sugar ready.**
- 8. Melt butter in a bowl.**
- 9. In a separate bowl, combine cinnamon sugar.**
- 10. Then lay out some parchment paper or wax paper.**
- 11. As soon as they come out of the oven you are going to get to work dipping them.**
- 12. Dip each baked churro, one at a time, in the melted butter. Coat all the sides.**
- 13. Then roll the churro in the cinnamon sugar. Spinning it around so you coat all sides. Continue with this process until all the churros are coated.**

Smores Panini

Ingredients:

2 slices bread

2 tablespoons chocolate spread

1 jumbo marshmallow

Instructions:

- 1. Spread one side of the bread with chocolate spread. Add your toasted marshmallow, top with the other piece of bread**
- 2. Spray your panini press with cooking spray on the top and bottom and add the panini. Close and cook for a five minutes or until the panini press indicates it is done. Enjoy immediately.**

Candy Sushi

Ingredients:

1 tablespoon Butter
10 large marshmallows
2 cups Rice Krispies
2 fruit roll-ups
4 gummy worms

Instructions:

- 1. Melt the butter in a medium saucepan. Add the marshmallows and stir until completely melted. Remove from heat. Add Rice Krispies and stir until they are coated with gooey stuff.**
- 2. Lay out two fruit roll-ups on a cutting board, spread 1 cup of the Rice Krispie treats onto each of the roll-ups. Place two gummy worms in the center of each roll, then roll up each one tightly. Use a serrated knife to cut them into rolls. Eat! And use chopsticks!!**