

# In The Kitchen

## Spring Break Fun

Spending time in the kitchen is a great way for youth to learn more about cooking and food safety as well as spend time with family.

### **Recipe: Cookie Ice Cream Sandwiches**

\*Recipe can be adjusted depending on how many sandwiches you make.

**Getting Started:** Work with your parents to obtain permission and supervision in the kitchen. Don't forget to wash your hands and surfaces before beginning and to wash again when finished.

**Cookie Recipe:** Dig out your favorite family cookie recipe (i.e., snickerdoodle, chocolate chip, etc.) and bake at least a dozen cookies. If you don't have a recipe at home to use, you can also utilize a cookie mix or cookie dough from the store. Bake cookies according to the recipe and then let them cool.

**Ice Cream:** Pick out a favorite ice cream flavor to use. Once cookies have cooled, set the ice cream out till it starts to soften. Place a scoop of ice cream on each cookie. Then apply a top cookie and press down till the ice cream spreads out. \*Optional: You can roll the cookies on edge in sprinkles or mini toppings or press toppings into the side, such as chocolate chips or licorice pieces.

Place the sandwiches onto a lined (parchment paper) cookie sheet or flat tray and serve immediately, or cover them with freezer wrap and place in the freezer until later.

### **Math Fun:**

- Measure the diameter of each cookie (place a ruler across the middle)
- Measure how deep or thick the cookie sandwich is
- How many sandwiches do you have if you cut them all in half?
- Use a thermometer to measure how cold your freezer is