



## DOVER COLORING BOOKS FOR CHILDREN

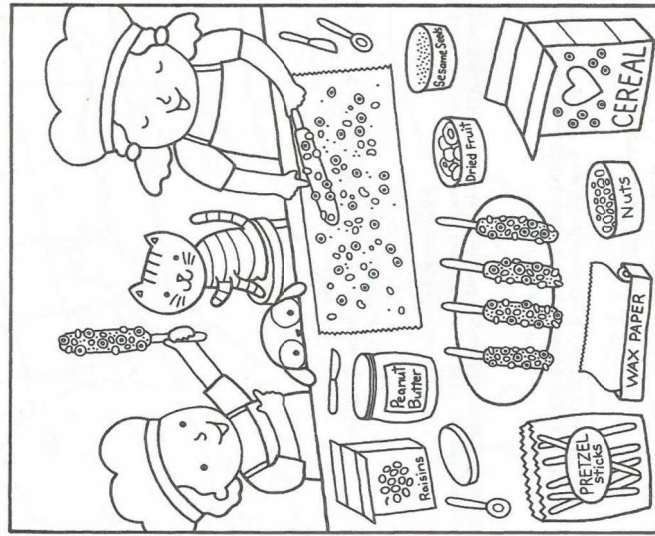
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# Color & Cook STORY COLORING BOOK

MONICA WELLINGTON



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### Note

Molly and Jack love to cook, and they want to teach you all about their favorite hobby. Not only will you learn about all the steps you need to take when preparing your ingredients, you'll also join them as they cook up all kinds of scrumptious snacks such as pancakes, chocolate cupcakes, pretzel wands, pizza, and more. The book is divided into five sections: Breakfast, Cupcakes, Healthy Snacks, Pizza, and Tea Party. You can read the whole book, or skip ahead to the sections you like best. When you're ready to try cooking in your own kitchen, ask an adult for help, and then turn to the end of each section where Molly and Jack share some of their favorite recipes with you.

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#### *Bibliographical Note*

*Color & Cook Story Coloring Book*, first published in 2013, is a new compilation of previously published Dover books by Monica Wellington. See source information below.

#### *Source Information*

*Color & Cook Cupcakes* (2009), *Color & Cook Healthy Snacks* (2009), *Color & Cook Pizza* (2009), *Color & Cook Breakfast* (2010), *Color & Cook Tea Party* (2013).

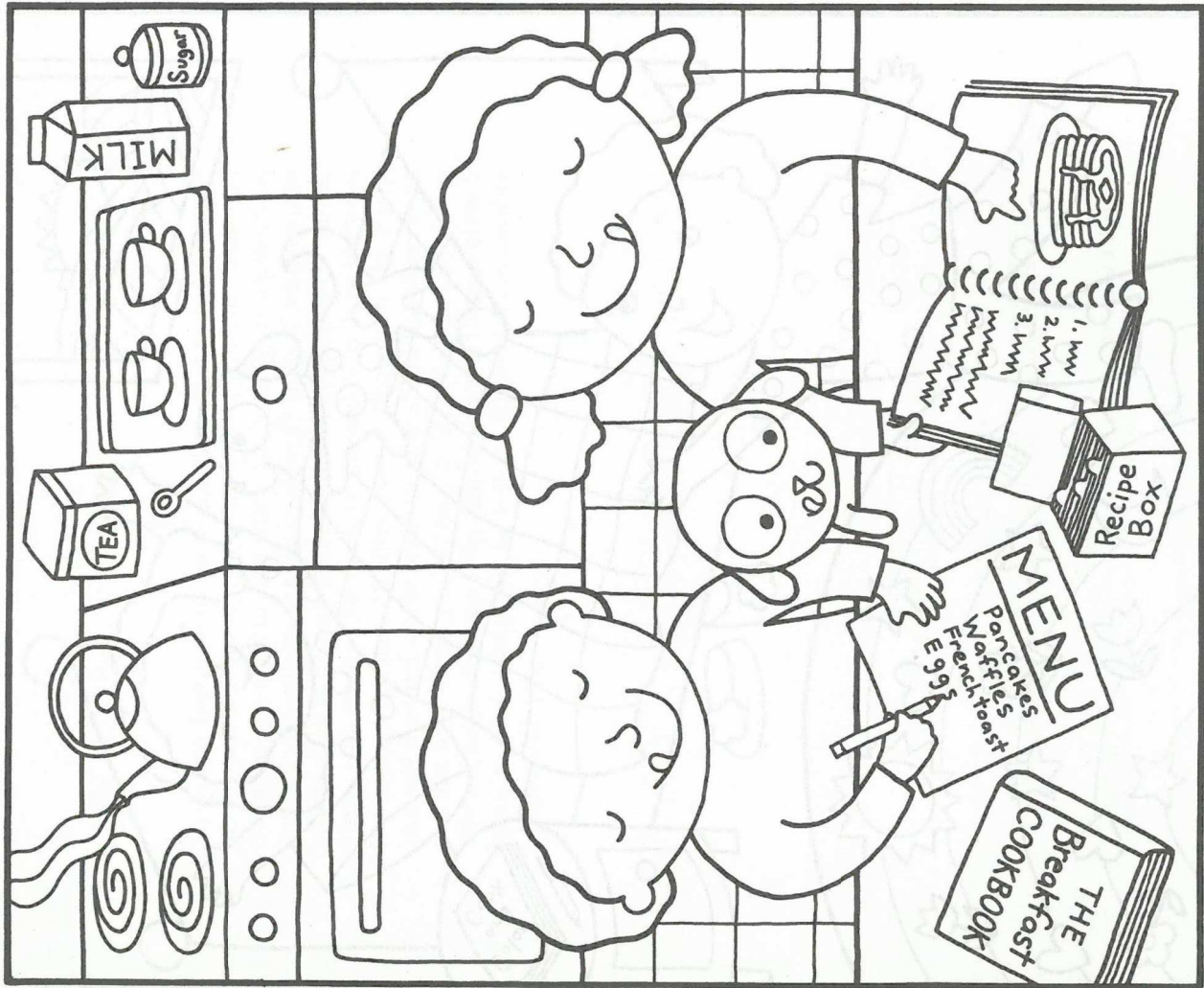
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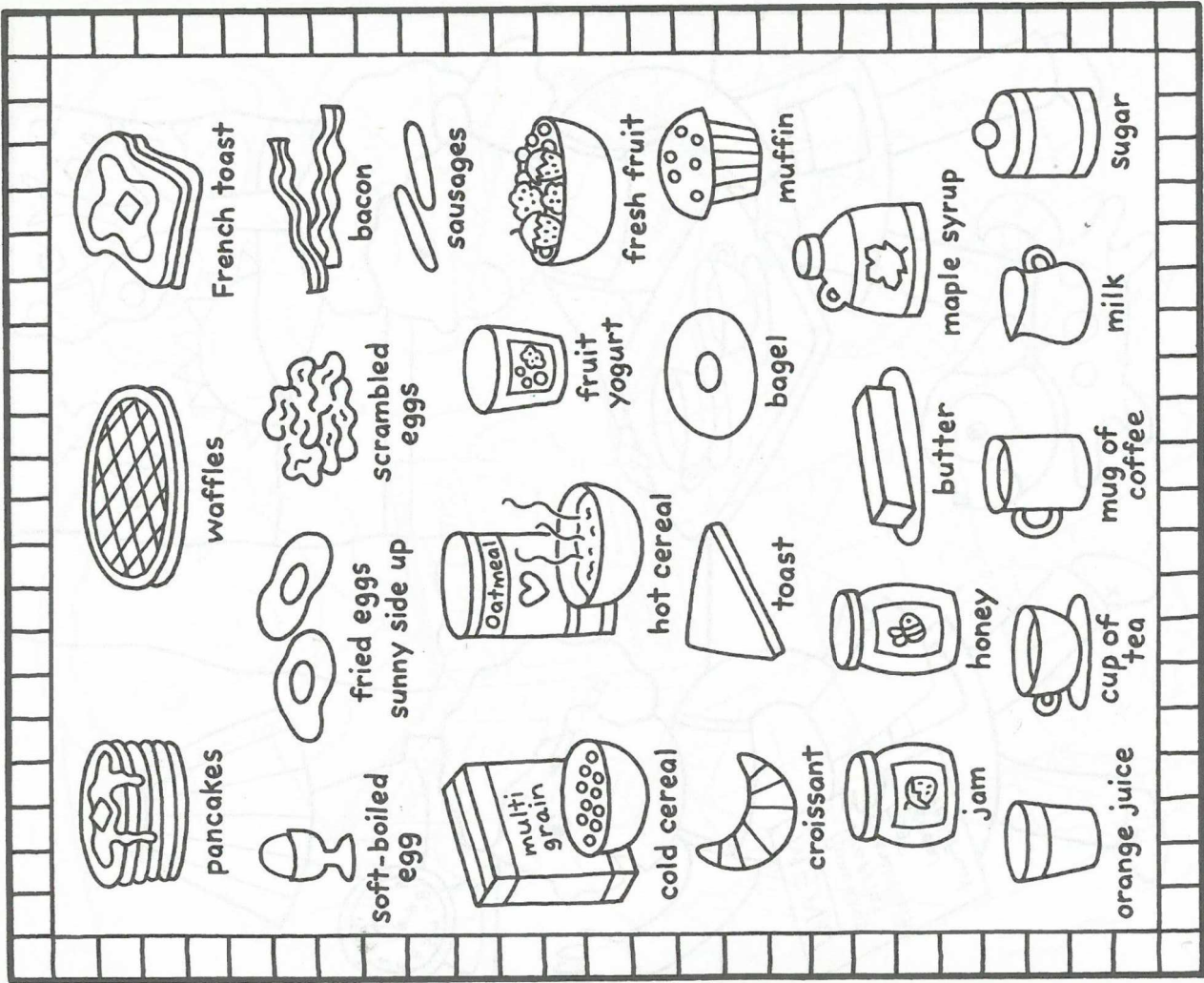
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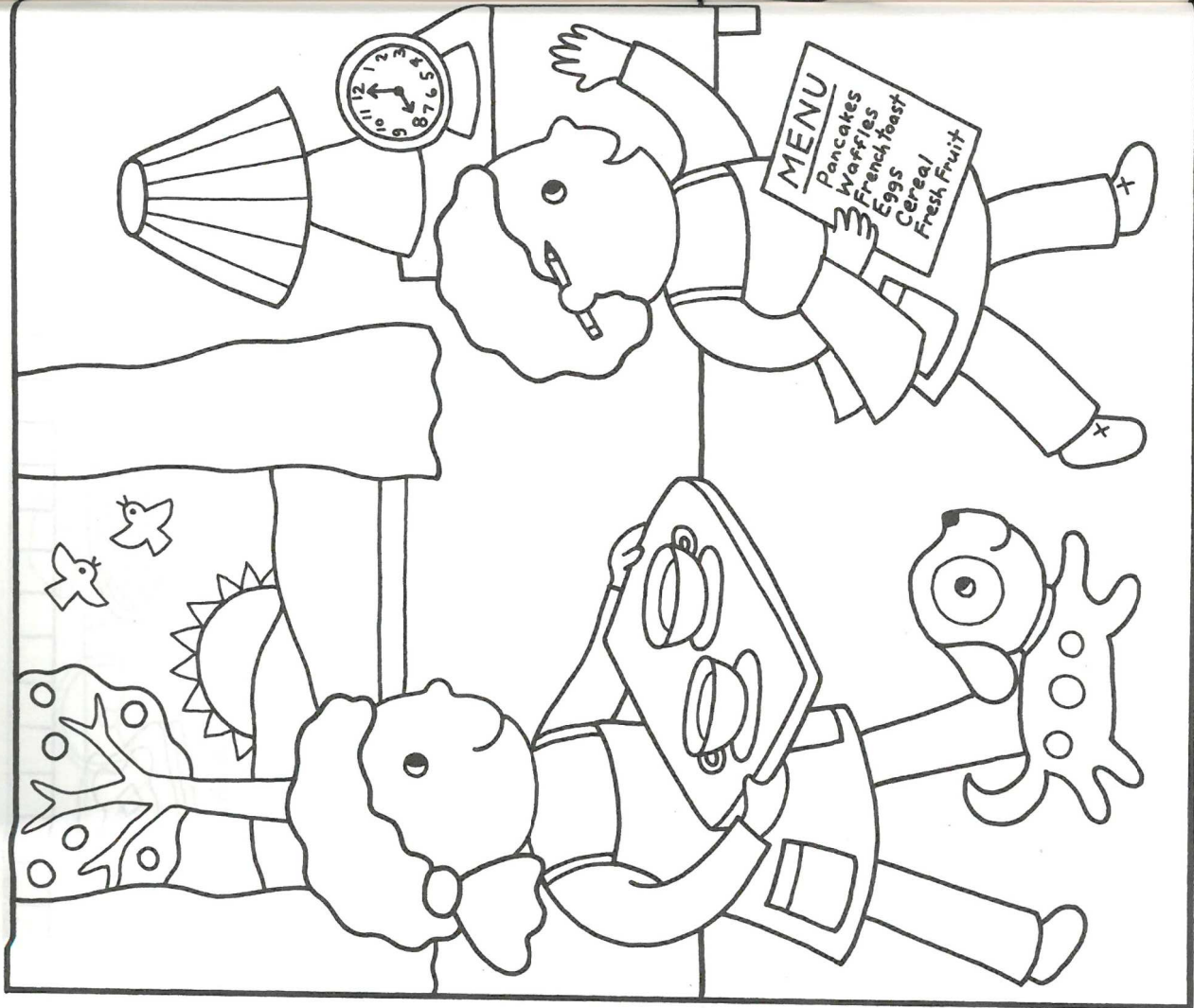
Good morning! Wake up, Molly and Jack!



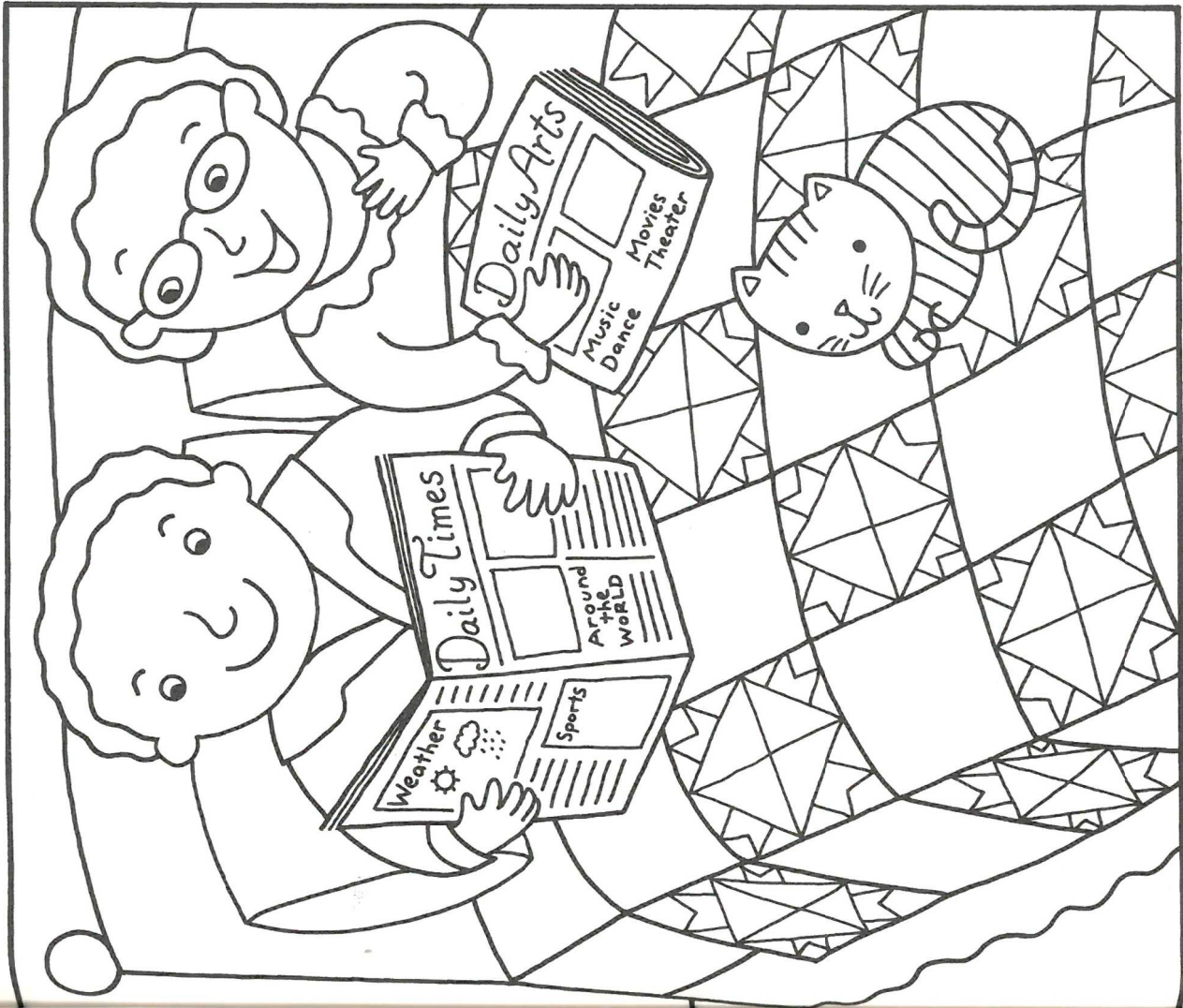
Today Molly and Jack want to make a special breakfast for Mom and Dad. First they plan the menu.



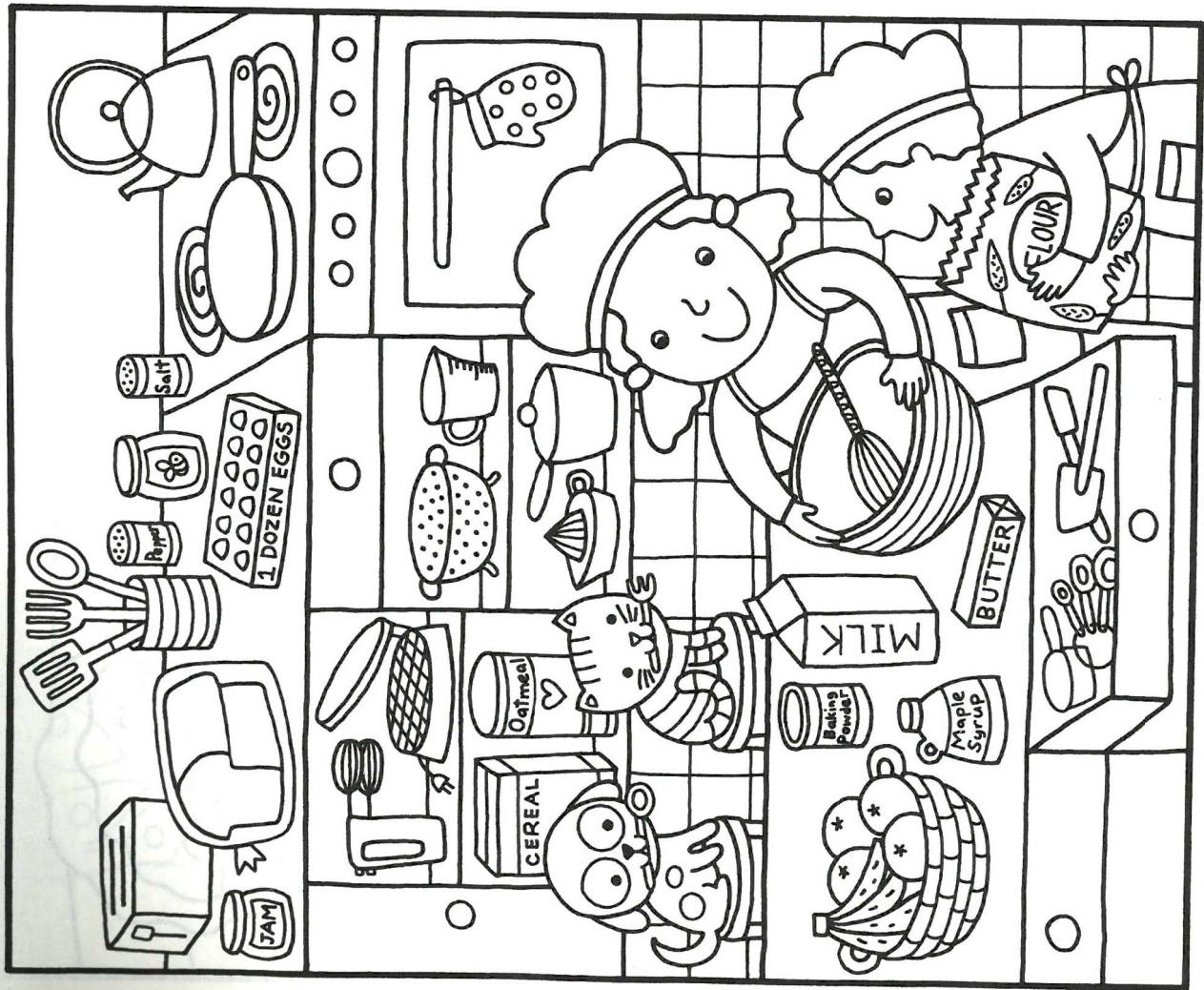
There are many delicious choices on their menu.



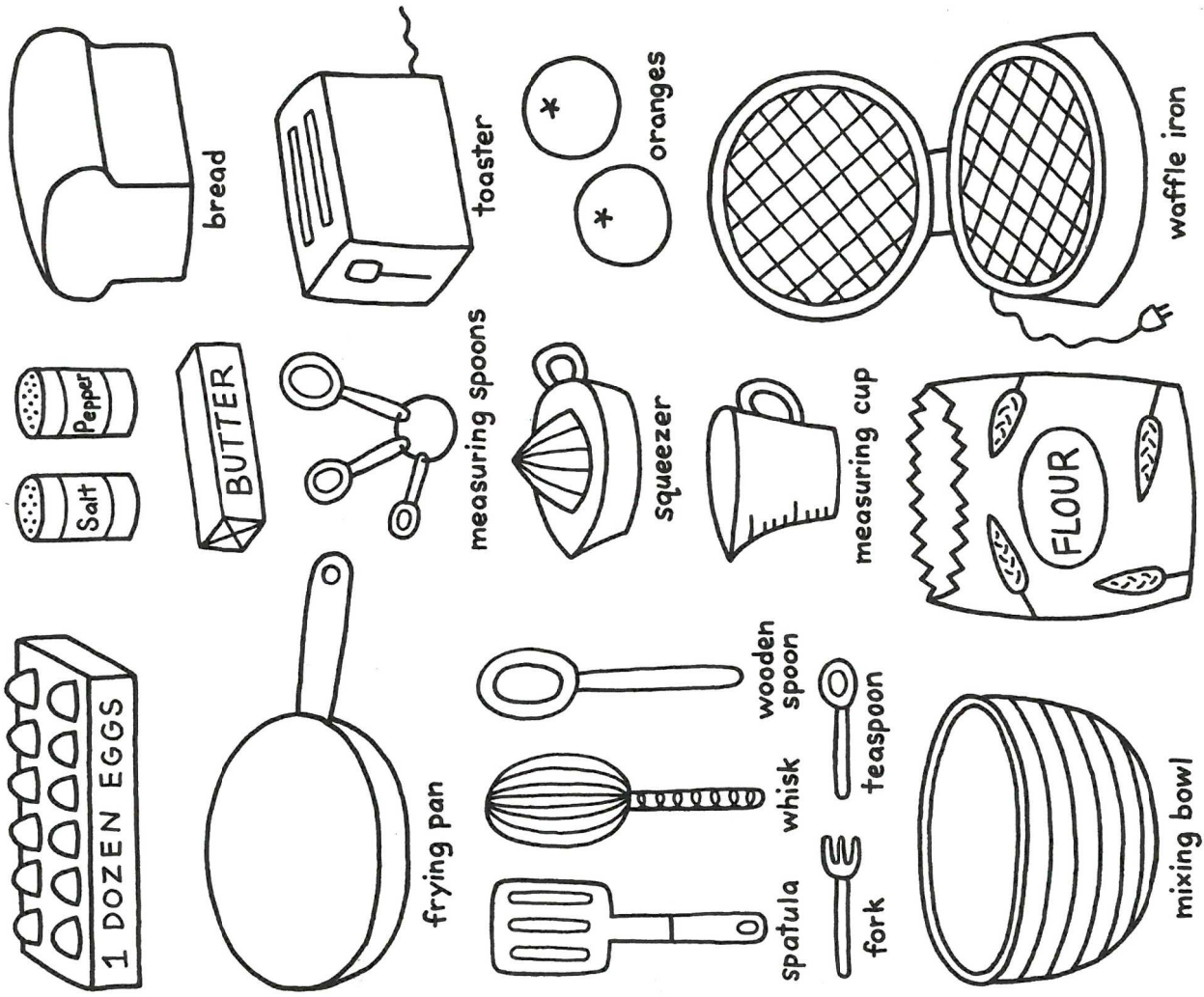
Surprise! Molly and Jack bring cups of tea to Mom and Dad. What do they want for breakfast? What will they choose from the menu?



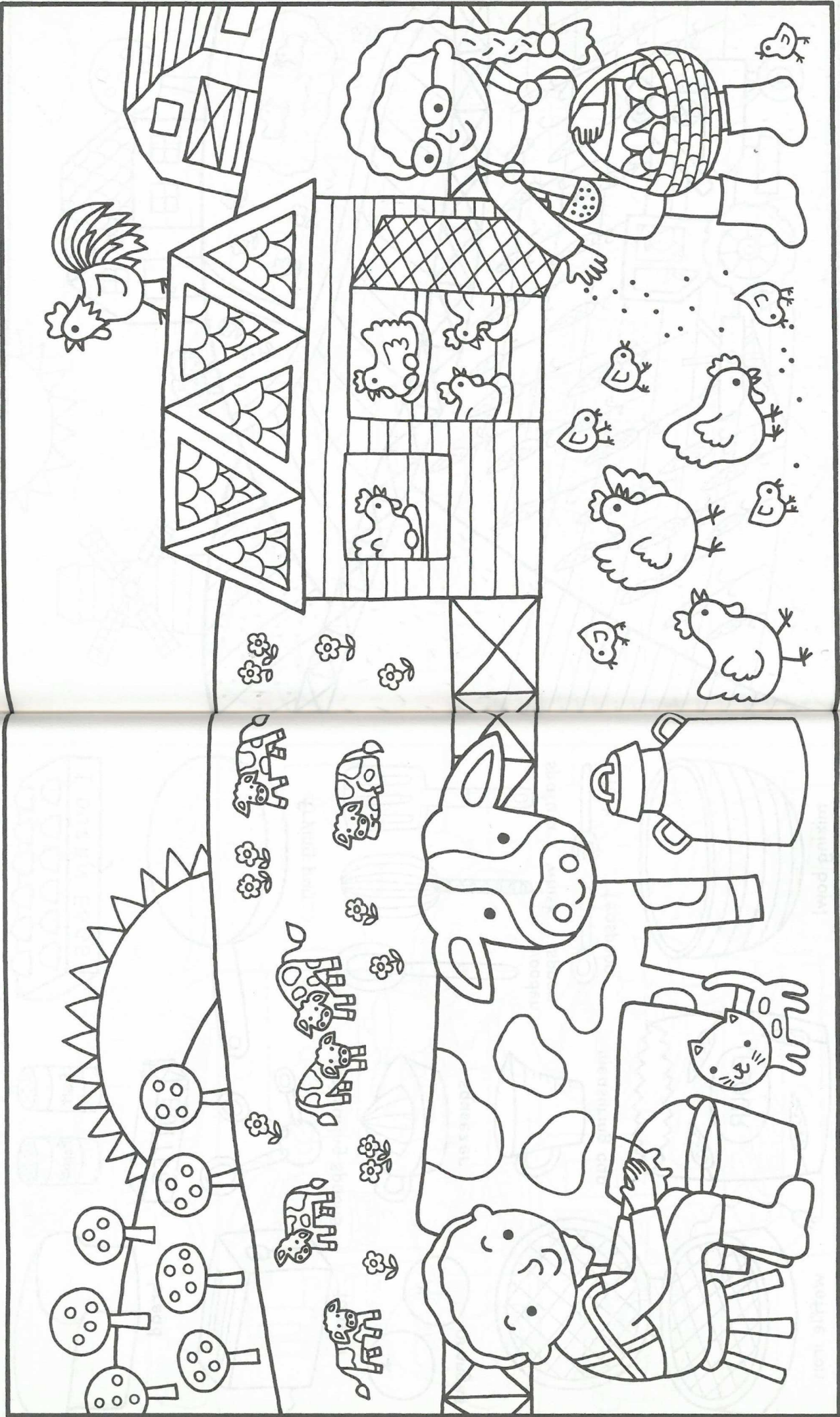
Molly and Jack are ready to take their orders.



In the kitchen, Molly and Jack organize everything they need to start cooking. They get out their ingredients and utensils.

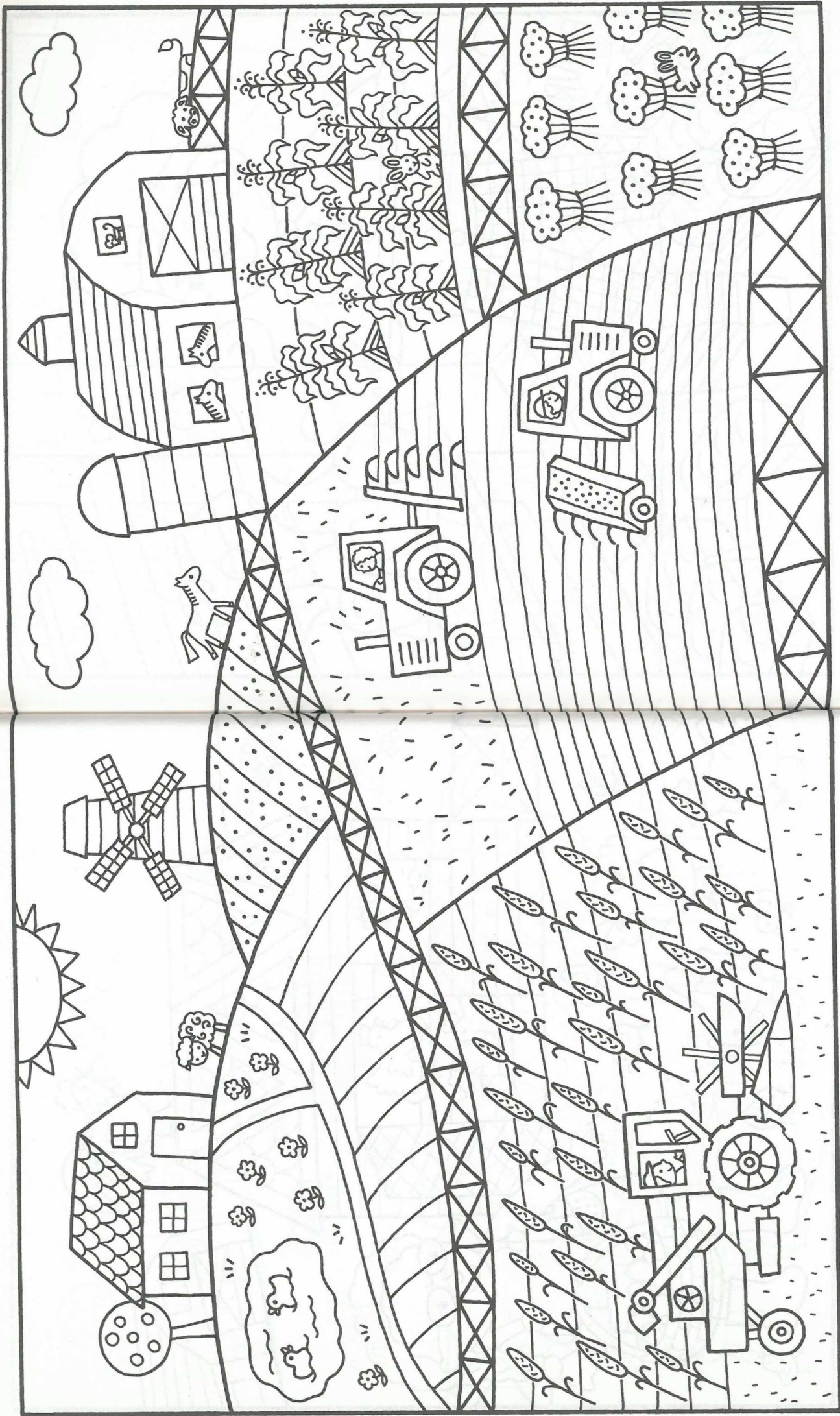


Can you help them find all these items in their kitchen?



Where do Molly and Jack's ingredients come from?  
 Where does MILK come from? It comes from the cows  
 on the farm in the countryside.

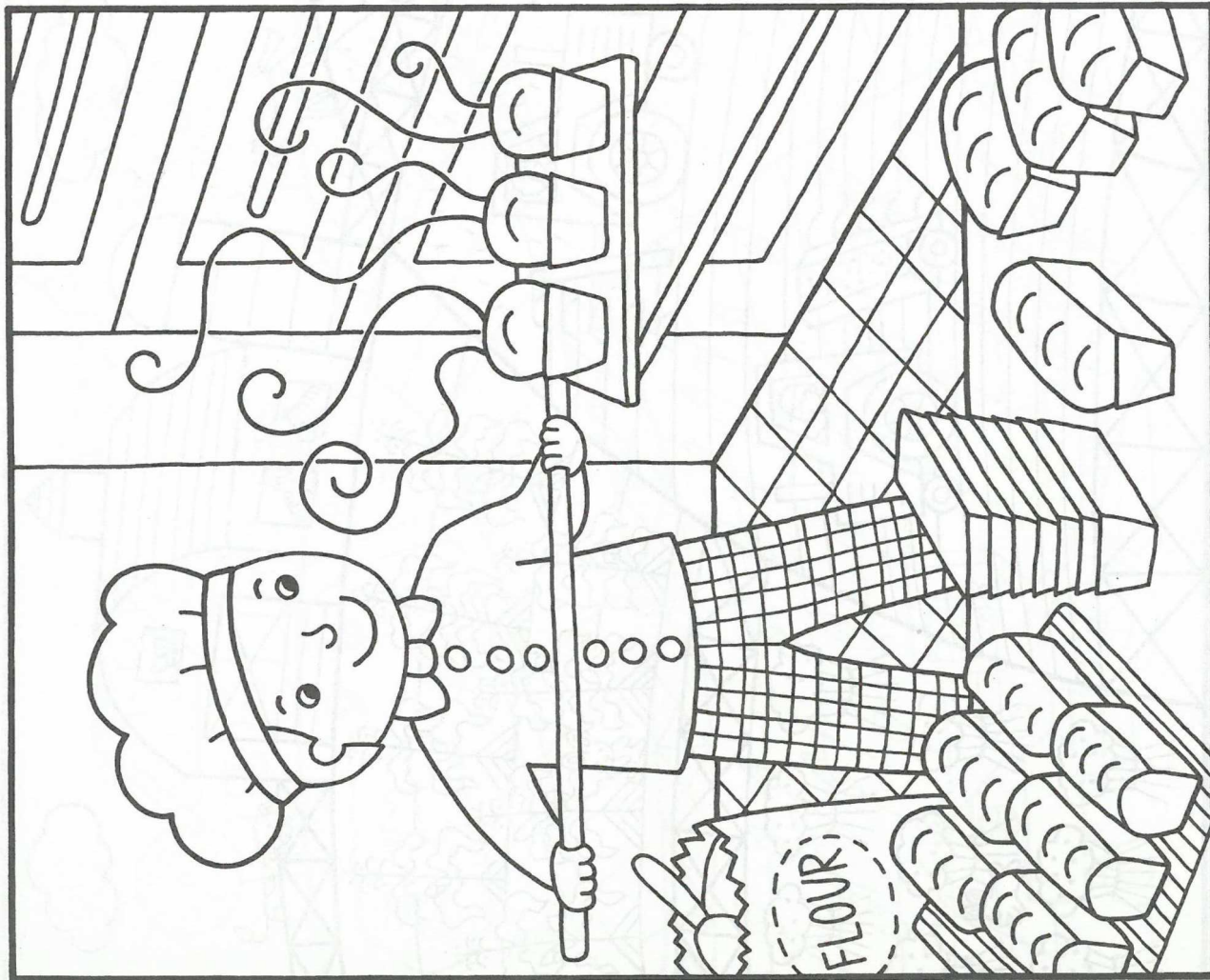
Where do EGGS come from? They come from the  
 chickens that lay eggs in the chicken coop.



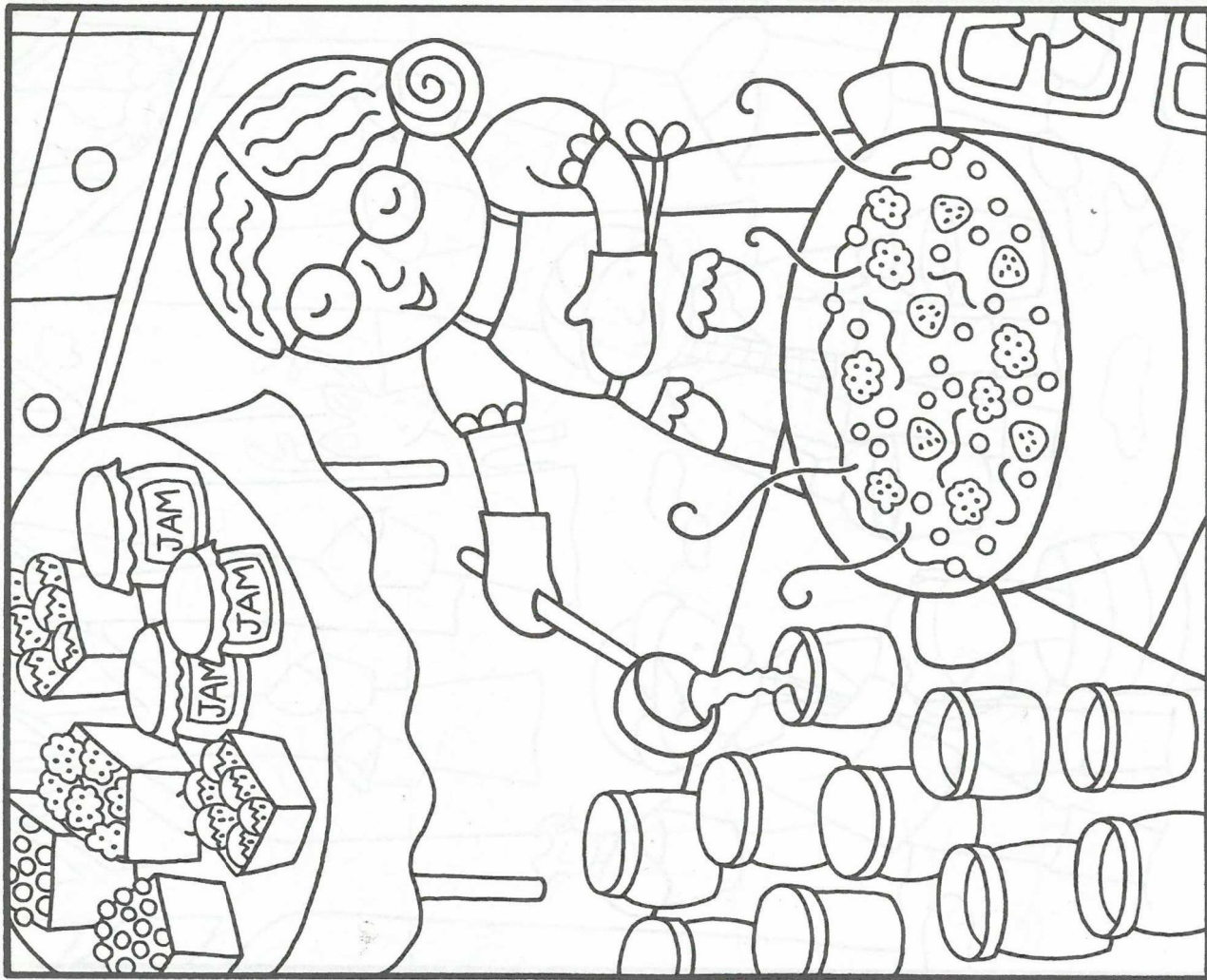
Where do WHEAT and OATS and CORN come from?

These grains are grown in fields on large farms.  
Then they are harvested with big machinery and trucks.  
Many cereals and breads are made from these grains.

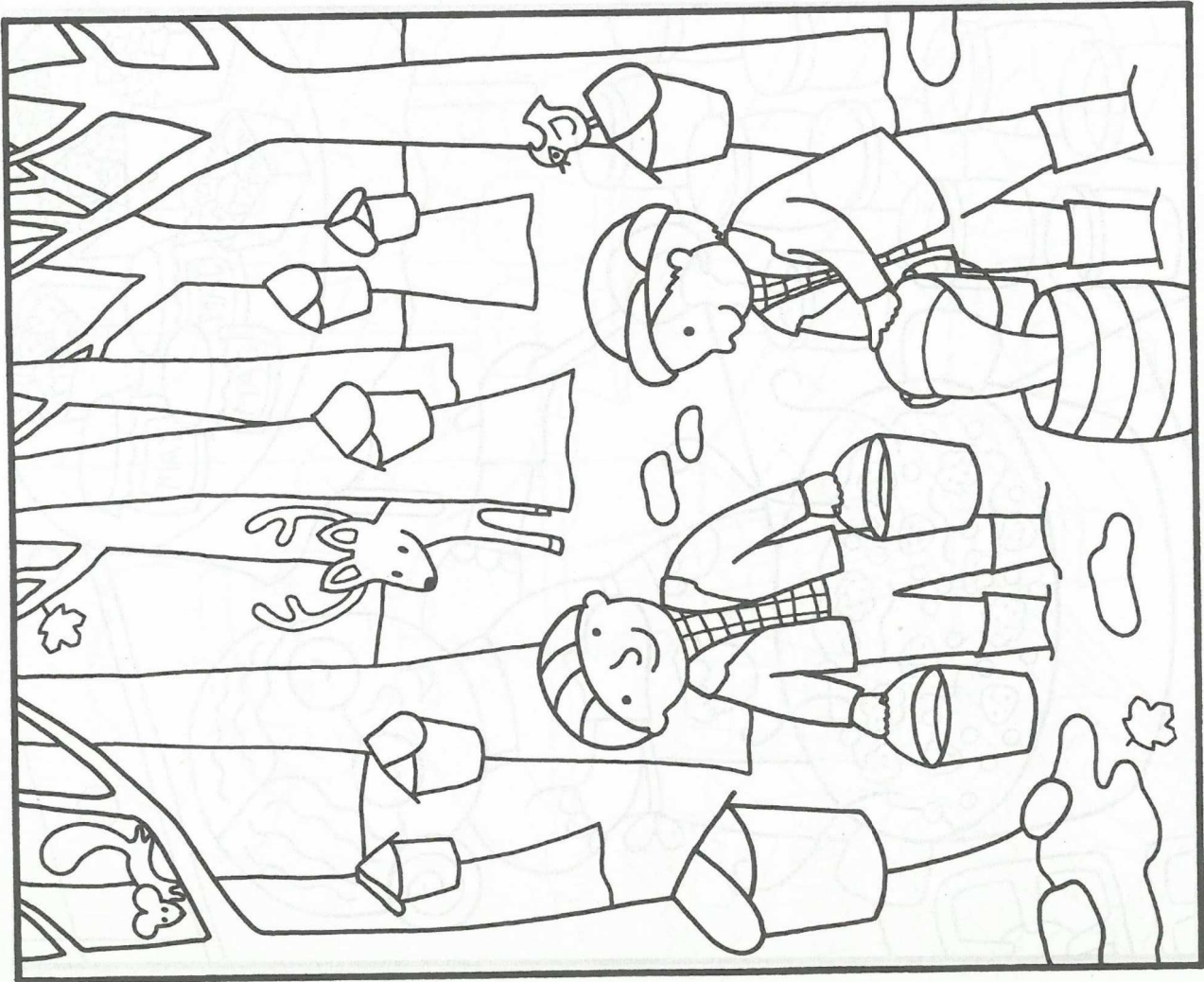




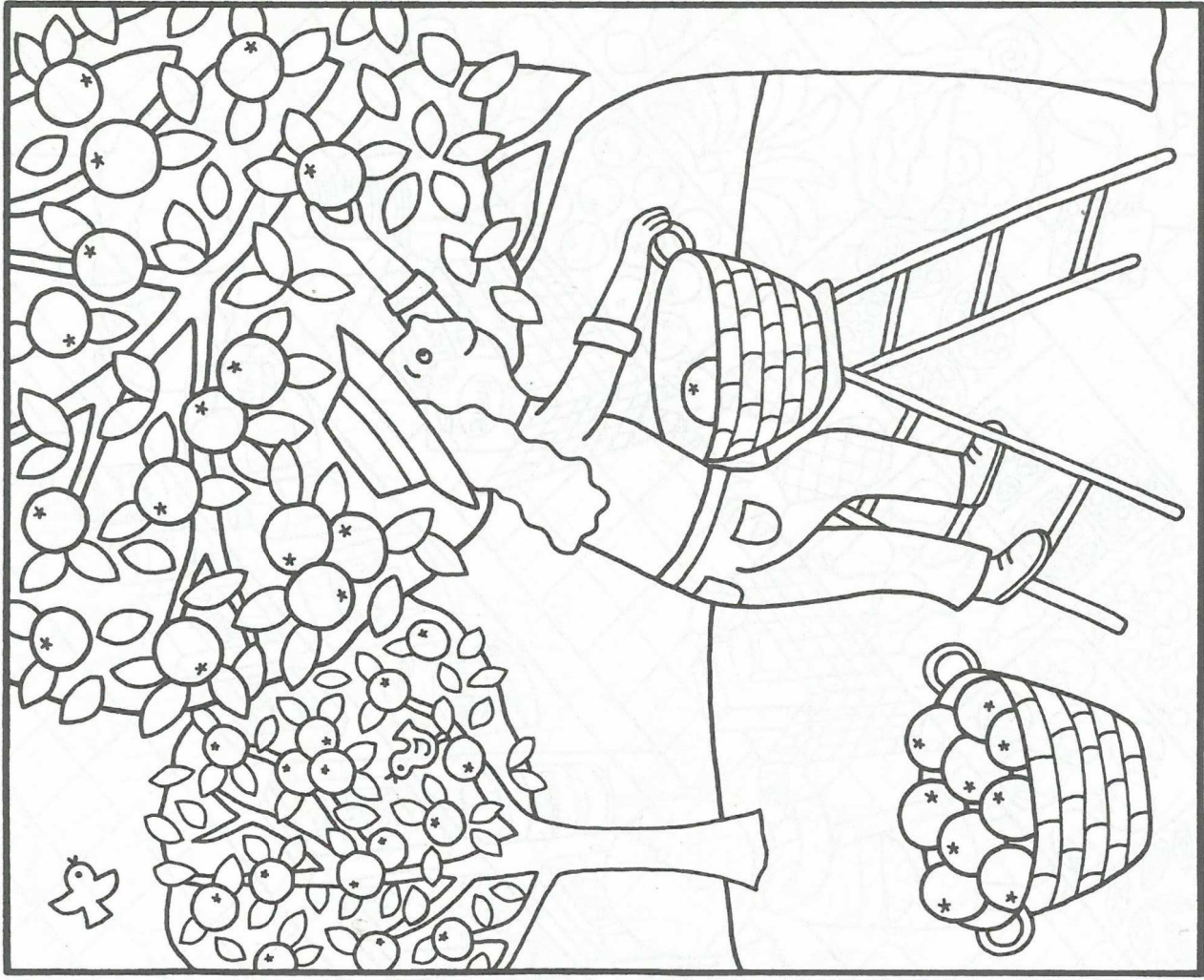
Where does BREAD come from? Wheat is milled into flour.  
Bread is made from flour and baked in hot ovens.



Where does JAM come from? Fresh fruit and berries are cooked  
with sugar into jam and then preserved in jars.



Where does MAPLE SYRUP come from? Sap is collected from maple trees in late winter and early spring in the northern United States and in Canada. The sap is boiled down into a thick, sweet syrup.

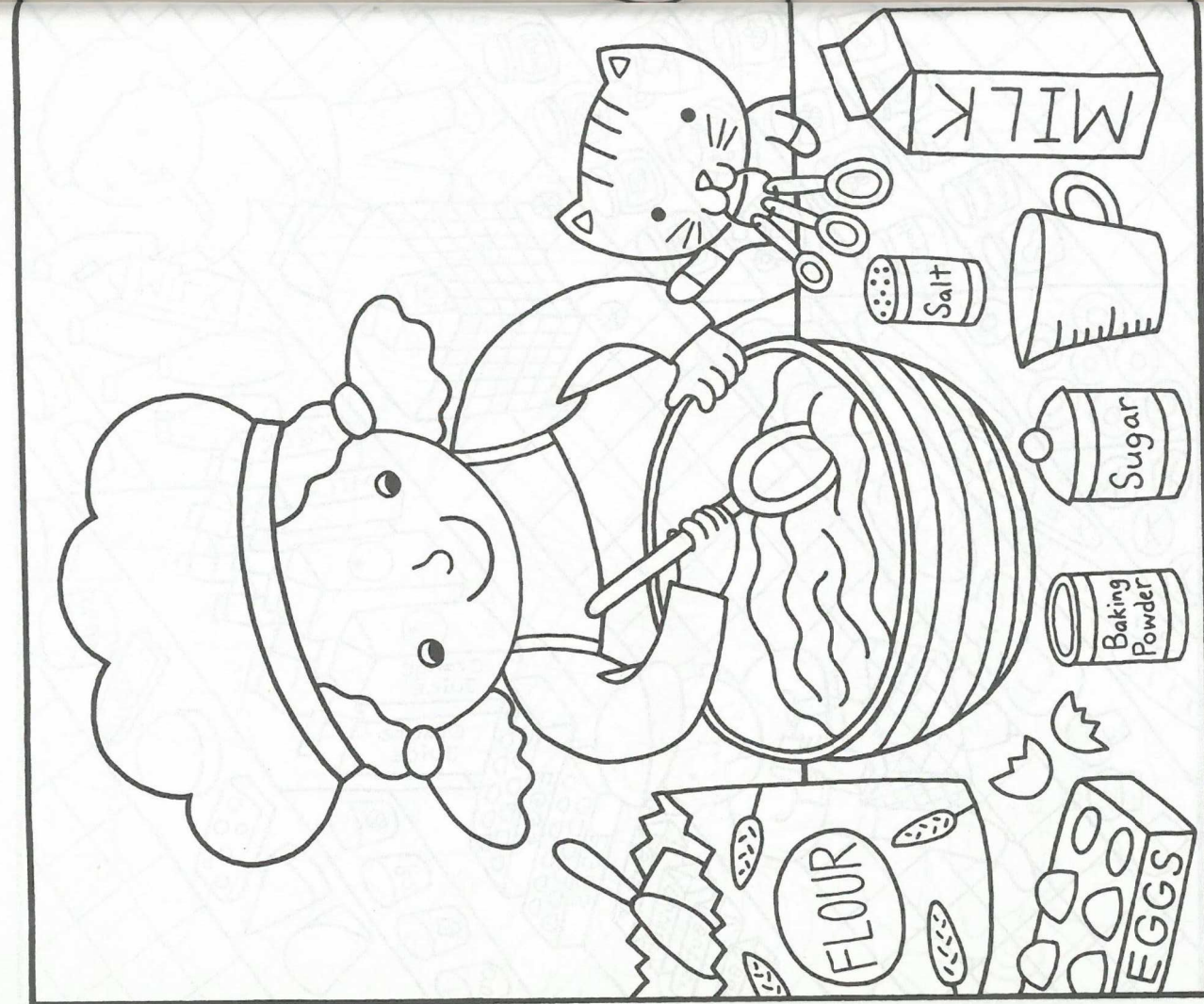


Where does ORANGE JUICE come from? It is squeezed from fresh oranges. The orange trees grow in groves in Florida, California, and some southern states.

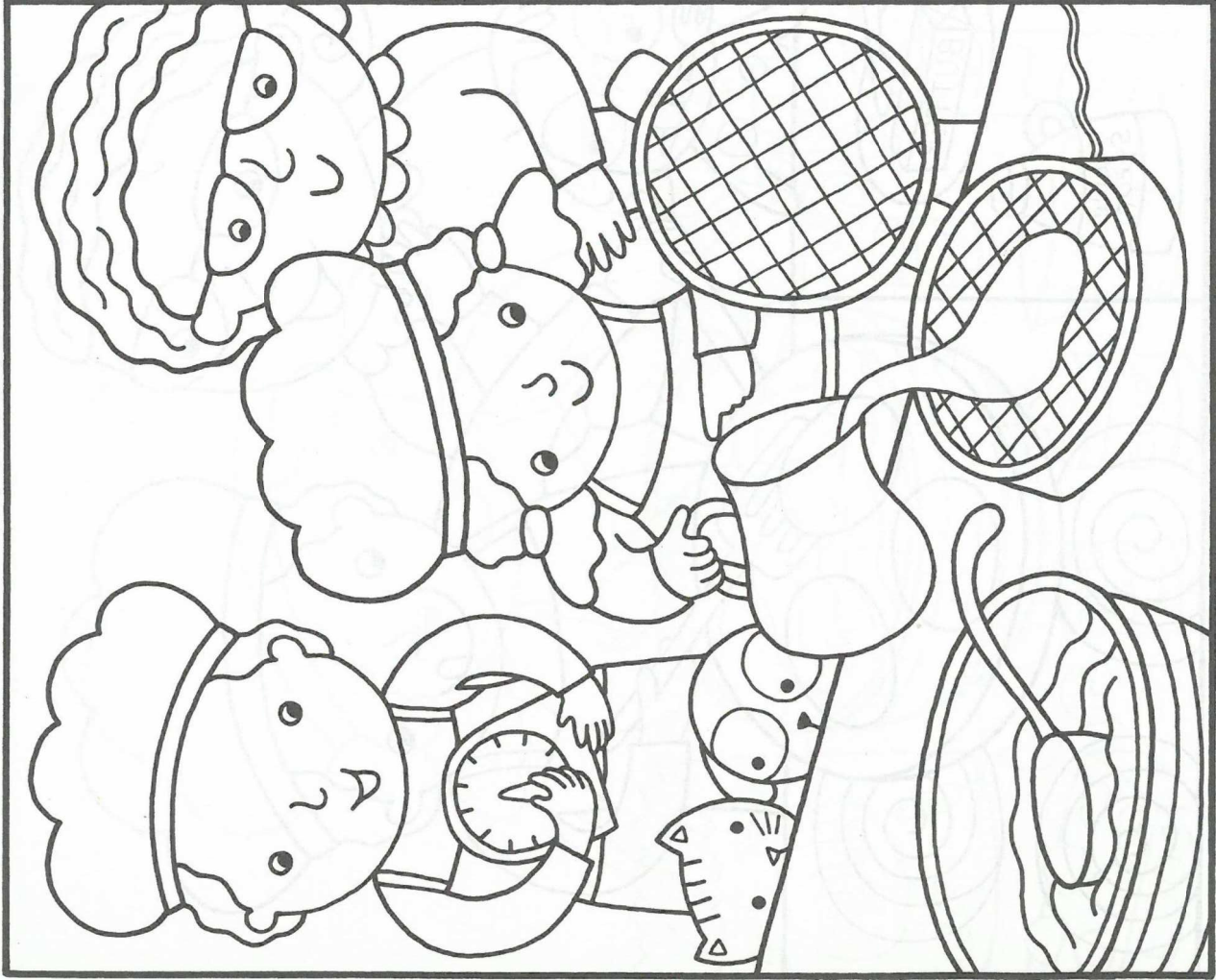




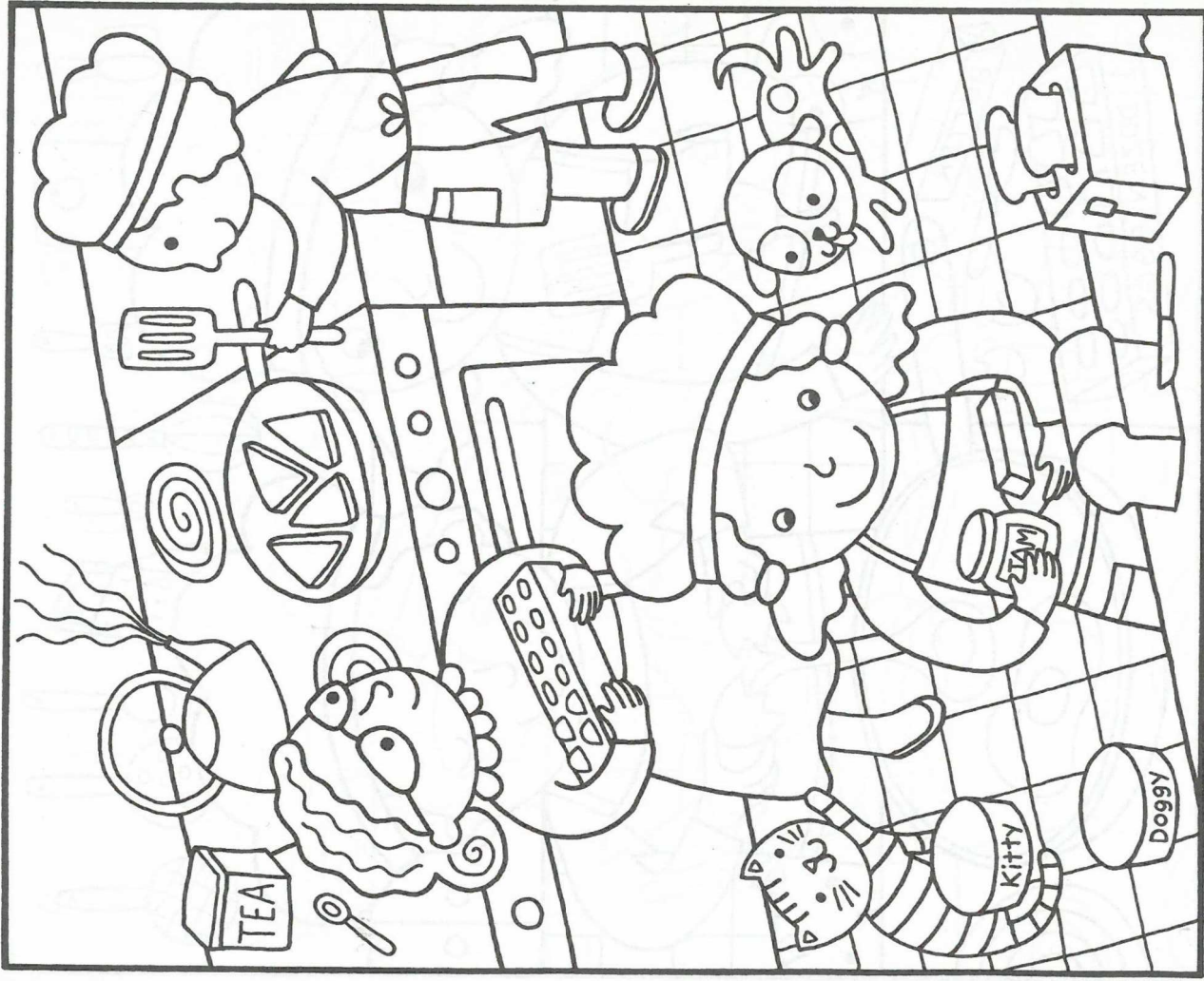
Jack cooks the pancakes in the hot frying pan.  
Grandma gives a helping hand in the kitchen.



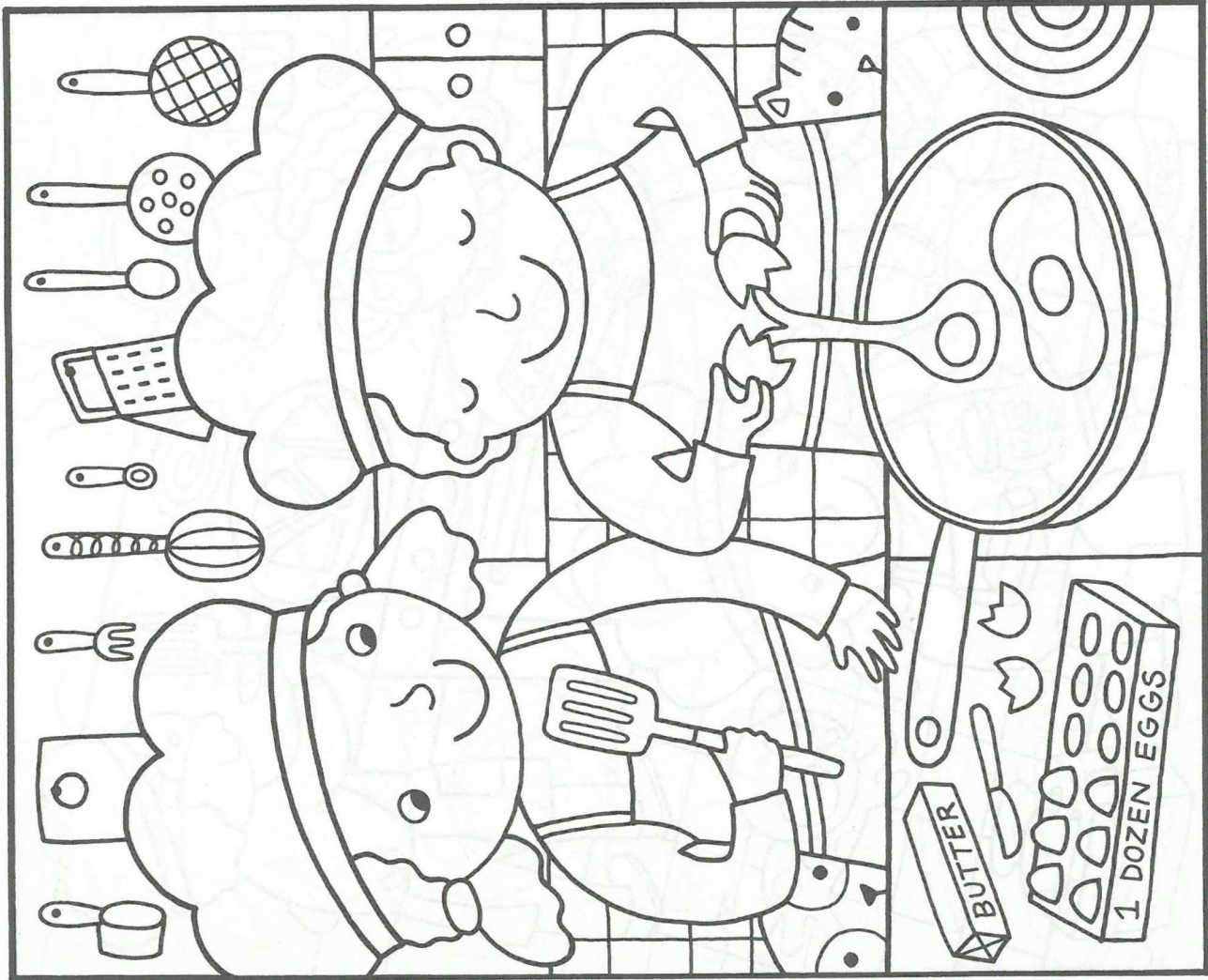
Molly and Jack have their ingredients ready. They tally up their breakfast orders.  
They start by making pancakes. They measure and count and follow their recipe.  
They mix the pancake batter from flour, milk, and eggs.



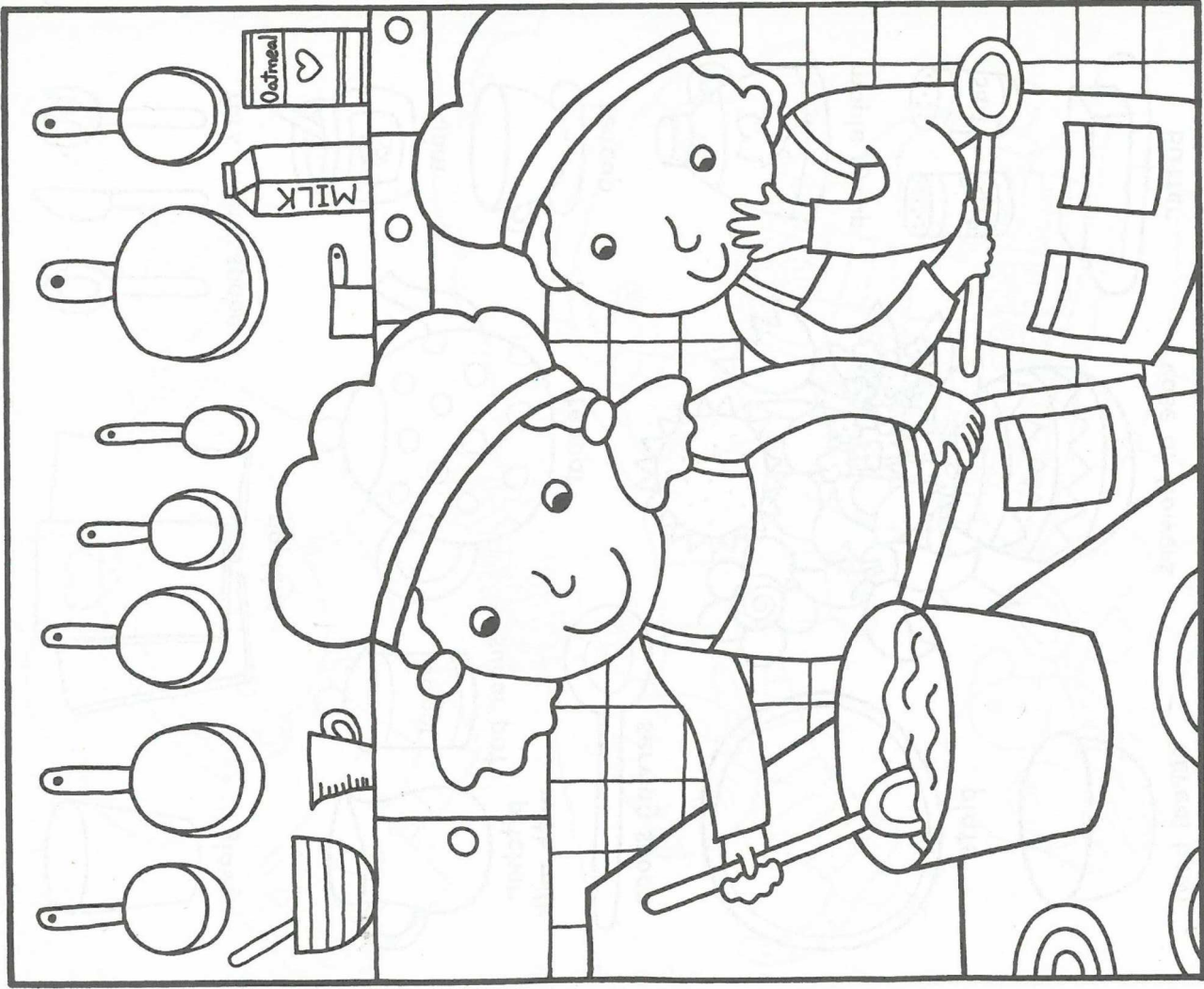
They pour batter onto the hot waffle iron and set the timer. Waffles need to cook just the right amount until they are golden brown.



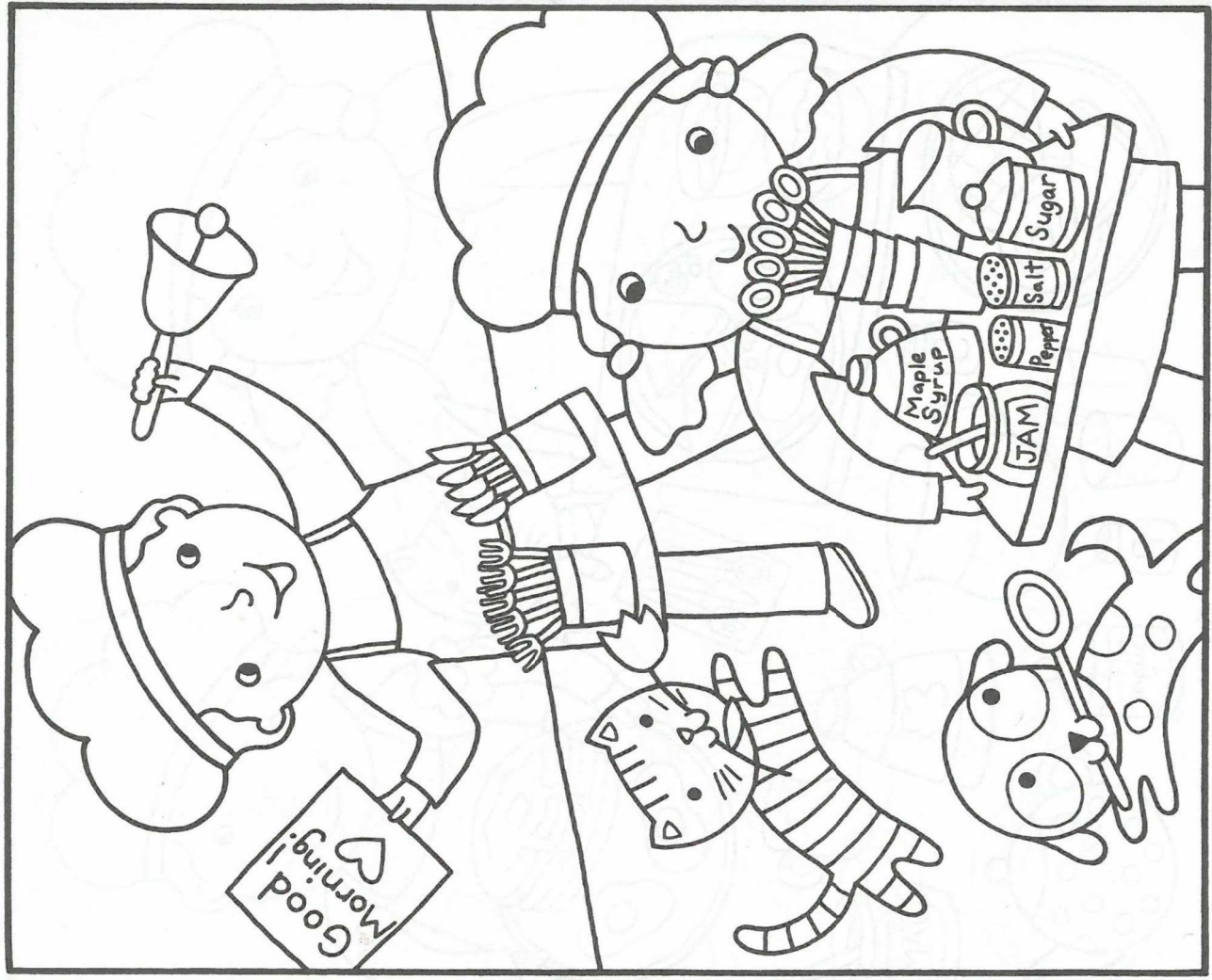
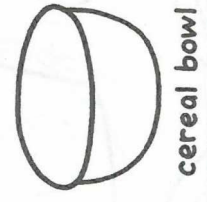
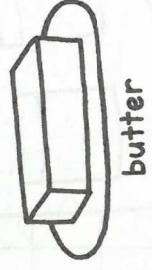
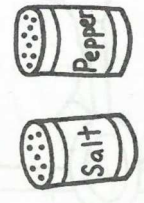
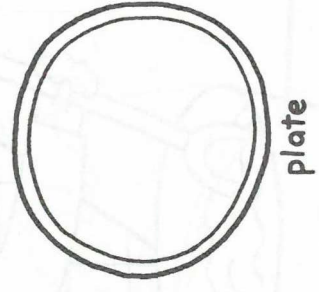
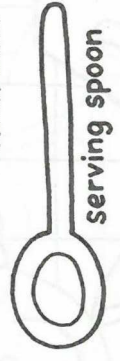
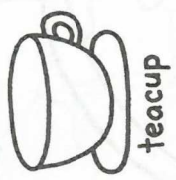
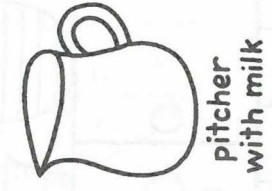
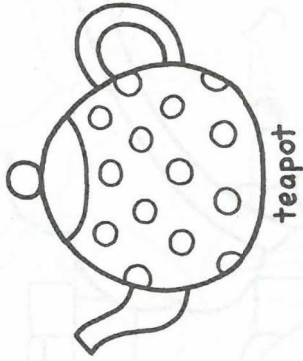
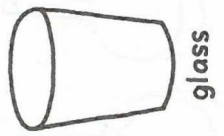
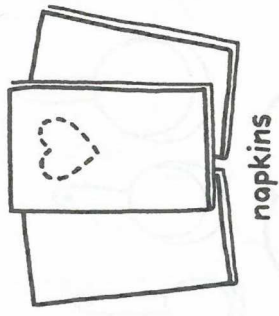
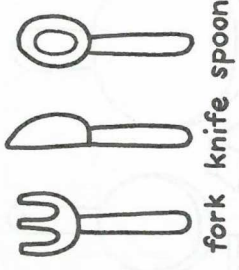
Jack makes French toast with bread soaked in an egg-and-milk mixture. Molly makes toast in the toaster and gets out butter and jam.



They check their orders. Dad wants fried eggs, sunny side up.

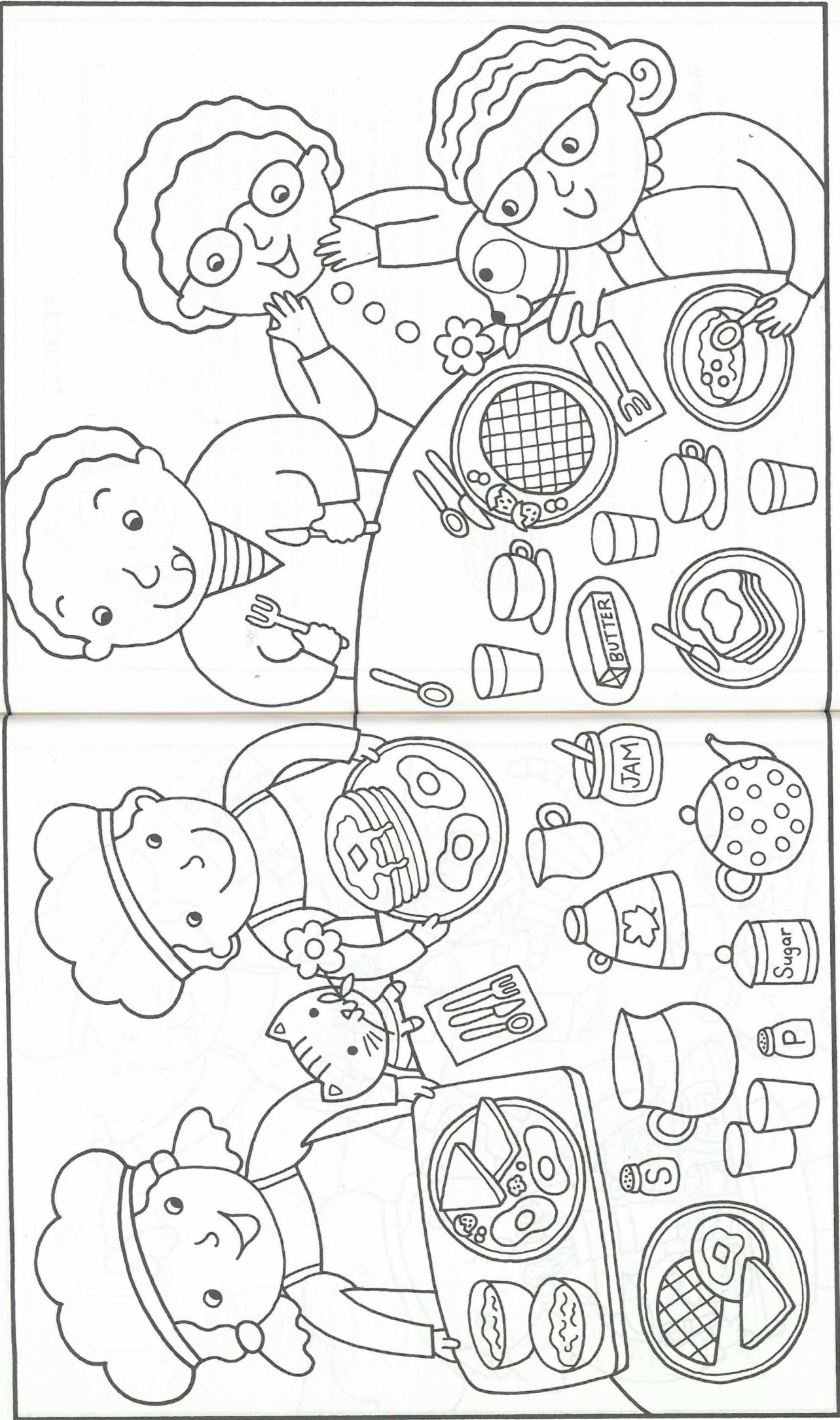


Grandma wants oatmeal. It simmers slowly on the stove.



Quick—one last thing. Molly and Jack need to set the table. Here are the things they will use.

They call Mom and Dad to the table. Breakfast is ready!



Good morning! Is everyone hungry? Eat up!

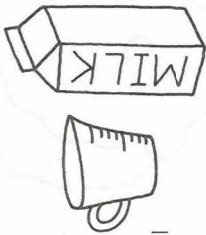
A good breakfast is a great way to start the day!



## RECIPES

### Basic Pancakes

- 1 cup all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 tablespoon sugar



1. Mix together the flour, baking powder, salt, and sugar. Set aside.
2. In another bowl, beat together the egg, milk, and oil with a fork.
3. Stir the liquid mixture into the flour mixture. Do not mix it too much—the batter will be a bit lumpy.
4. Heat the pan (griddle or electric skillet). The pan is ready when you sprinkle a few drops of water onto it and the drops spatter and bounce. If using a nonstick pan, add the butter in Step 5 to the pan before heating it.
5. Melt a small dab of butter in the pan.
6. Then drop the batter by spoonfuls onto the pan.
7. Cook until the pancakes are puffy and the bubbles start to pop. Turn the pancakes with a spatula and cook until golden brown.

Serve immediately with maple syrup. Yummy!  
(Makes about 12 pancakes)

### Buttermilk Pancakes

- 1 cup all-purpose flour
- ½ teaspoon baking soda
- ¼ teaspoon salt



1. Mix together the flour, baking soda, and salt. Set aside.
2. In another bowl, beat together the egg, buttermilk, and oil with a fork. Follow steps 3 to 7 from **Basic Pancakes** for the rest of the recipe.

Serve immediately with maple syrup. Yummy!  
(Makes about 12 pancakes)

### Waffles

Use either of the pancake recipes above. Follow steps 1 through 3.

4. Start heating the waffle iron while mixing the batter. When the waffle iron is ready, pour the batter into the center, about two-thirds full. Bring down the cover gently.
5. Cook about 4 minutes. (Or follow the manufacturer's directions. The time also varies depending on whether you like your waffles soft or crisp.)
6. When the waffle is done, lift the cover and loosen the waffle with a fork.

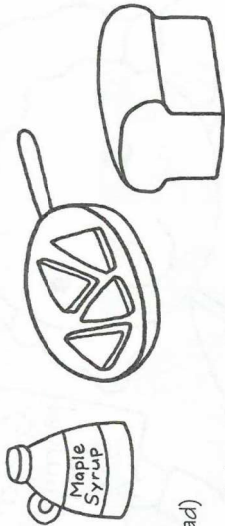
Serve immediately with maple syrup. Scrumptious!  
(Makes 2 waffles)

## RECIPES

Variation: Blueberry Pancakes and Waffles. After step #3, fold about ½ cup of fresh blueberries into the batter. Follow the same cooking instructions.

### French Toast

- 2 eggs
- ½ cup milk
- 1 tablespoon sugar
- 1 teaspoon cinnamon (optional)
- 6 slices of bread (use firmer bread)

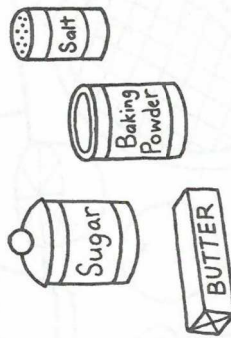


1. Break the eggs into a flat shallow dish and beat with a fork.
2. Add the milk, sugar, and cinnamon to the beaten egg. Mix together.
3. Dip the slices of bread, one by one, into the egg mixture, turning so both sides are coated.
4. Heat the pan (nonstick pan or griddle or electric skillet) and melt a dab of butter in it.
5. Cook the French toast on both sides until golden brown.

Serve immediately with maple syrup. Delicious!  
(Makes 6 servings)

### Blueberry Muffins

- ½ cup sugar
- ¼ cup butter
- 1 egg
- 1 cup milk
- 2 cups flour
- ½ teaspoon salt
- 2 teaspoons baking powder
- 1 cup fresh blueberries

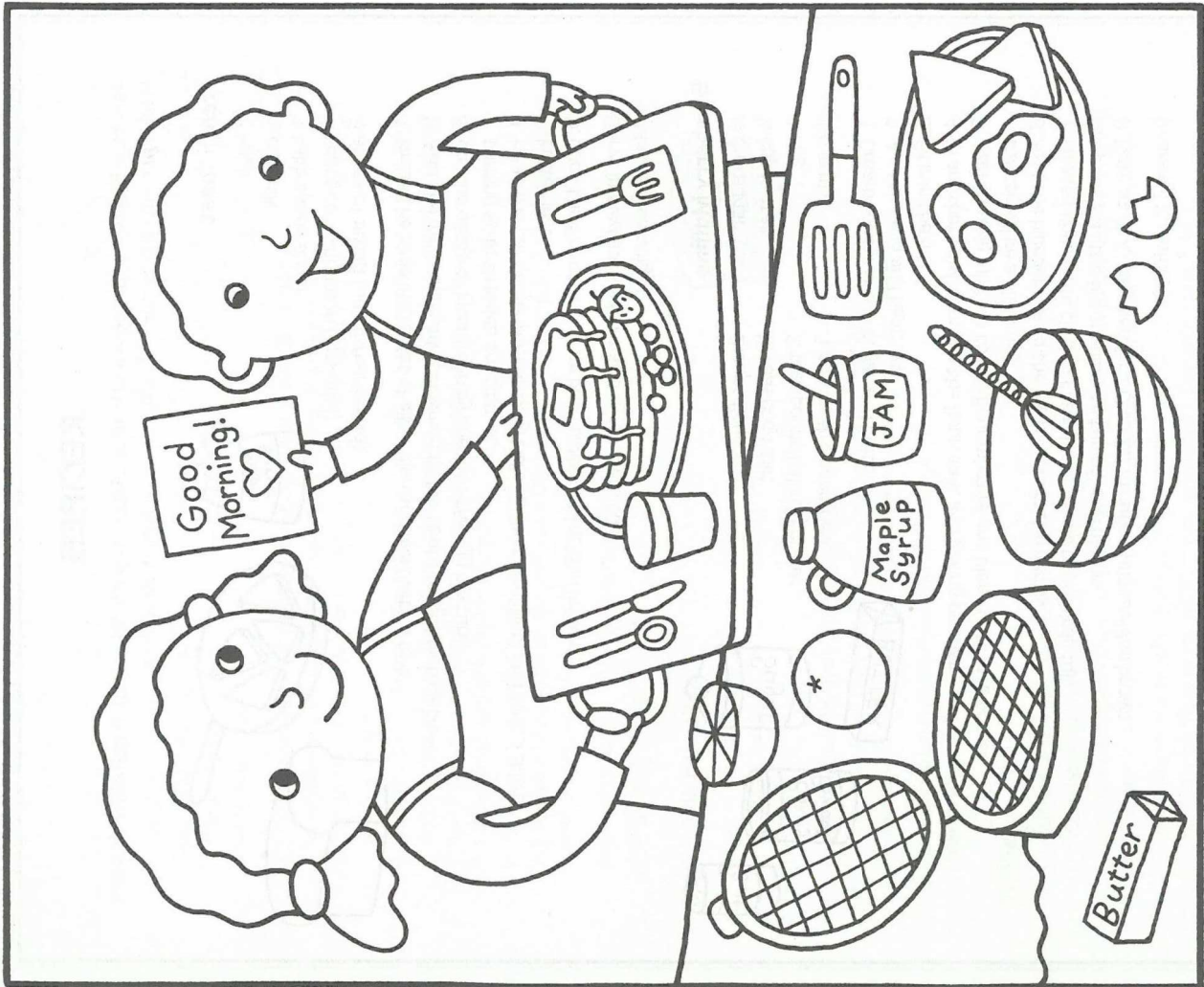
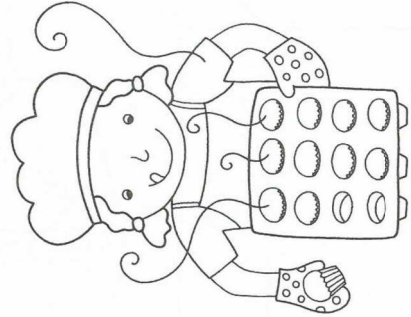


1. Cream together the sugar and butter.
2. Add the egg and beat well.
3. Stir in the milk.
4. In another bowl, combine the flour, salt, and baking powder.
5. Add the egg mixture to the flour mixture and blend until moistened. Batter will be a bit lumpy.

6. Add the blueberries to the batter and fold in gently.
7. Grease the muffin tin and fill each cup about two-thirds full.
8. Sprinkle a little bit of sugar on top of each muffin.
9. Bake at 400 degrees for 20 to 25 minutes, until golden brown.  
(Makes 12 muffins)

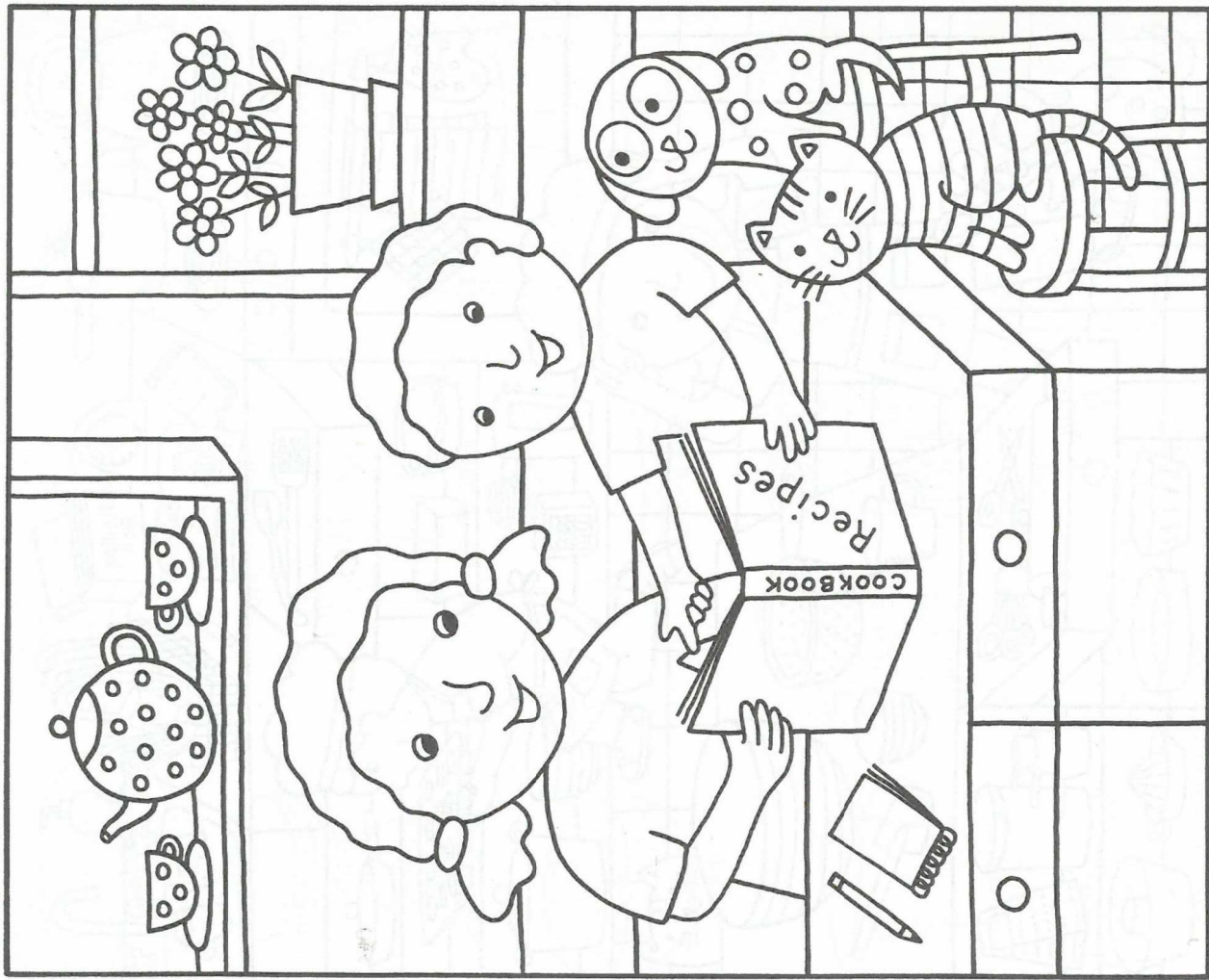
Color & Cook

# CUPCAKES



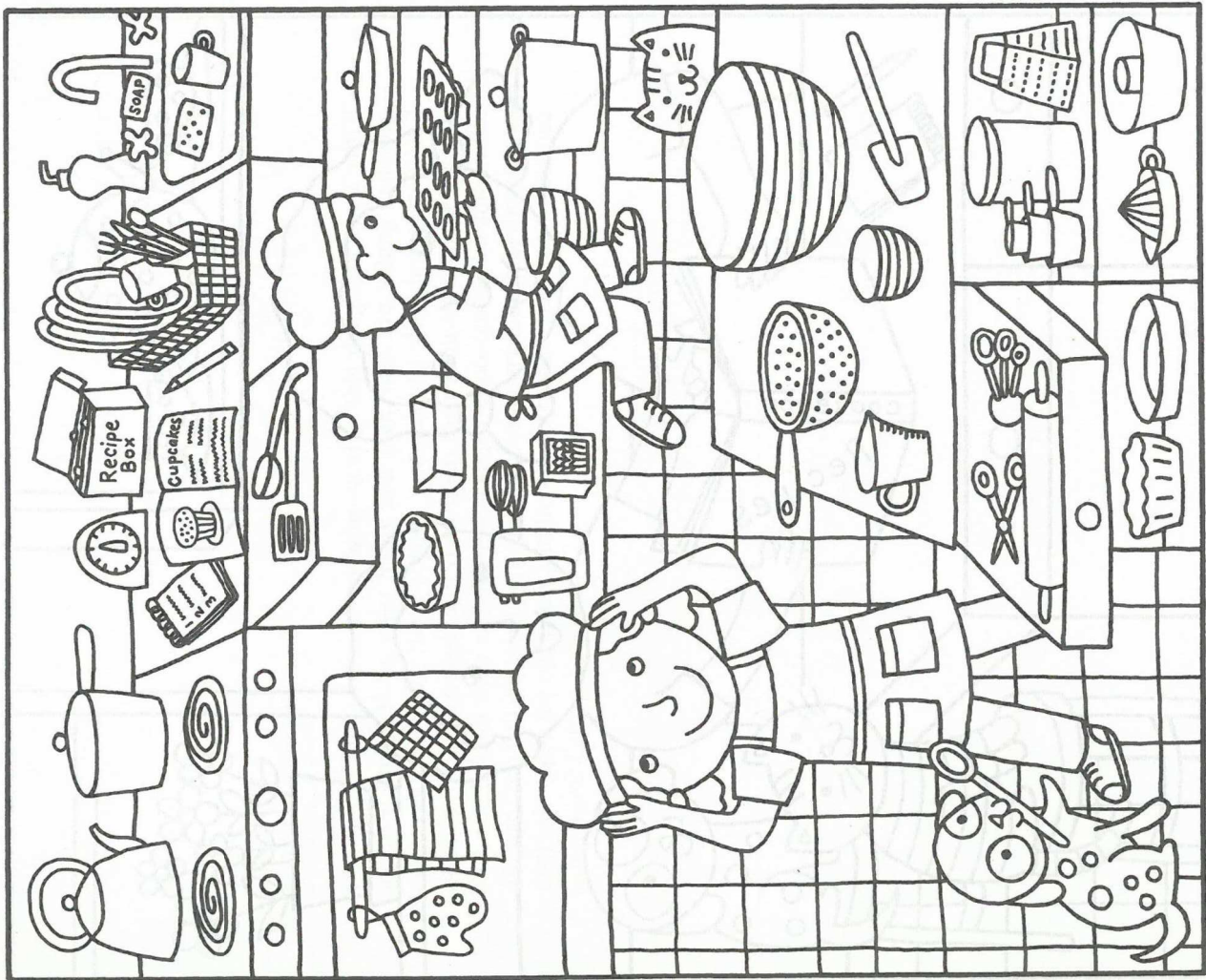
Hope you enjoyed your visit to Molly and Jack's kitchen. Please come again!

Coloring is fun, and so is cooking—and in this delightful book, you'll get to do both! First, meet Molly and Jack, who are baking delicious cupcakes. You'll see them choose a recipe, get their ingredients and cooking tools together, and then bake their cupcakes in the oven—with the help of their mother, because it's important to be safe in the kitchen. You will also find cupcake ideas for every month of the year, as well as recipes for cupcakes and frosting. Are you ready for a delicious adventure? Let's get started!

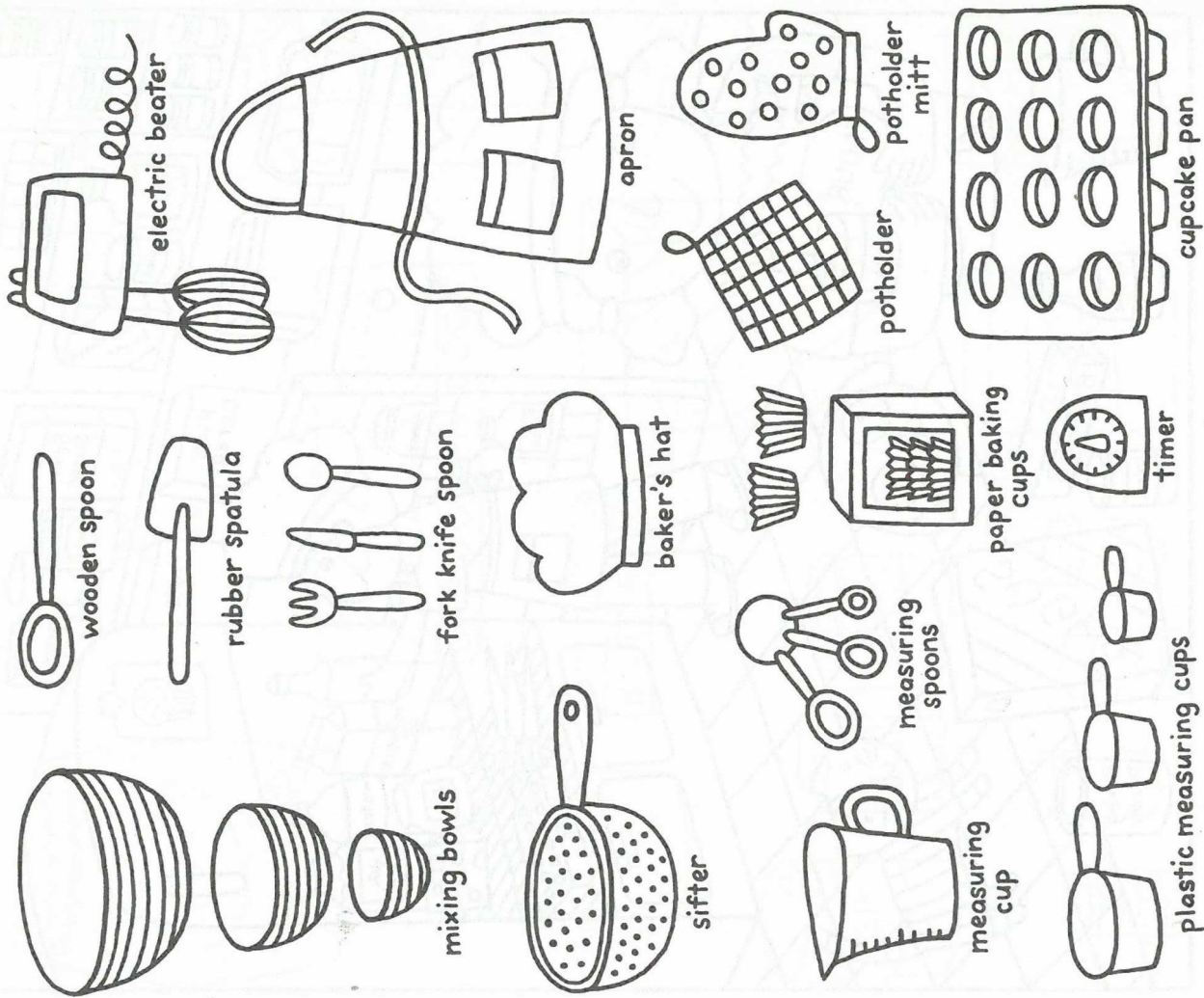


Molly and Jack love to bake!

Today they're picking a favorite cupcake recipe from their cookbook.

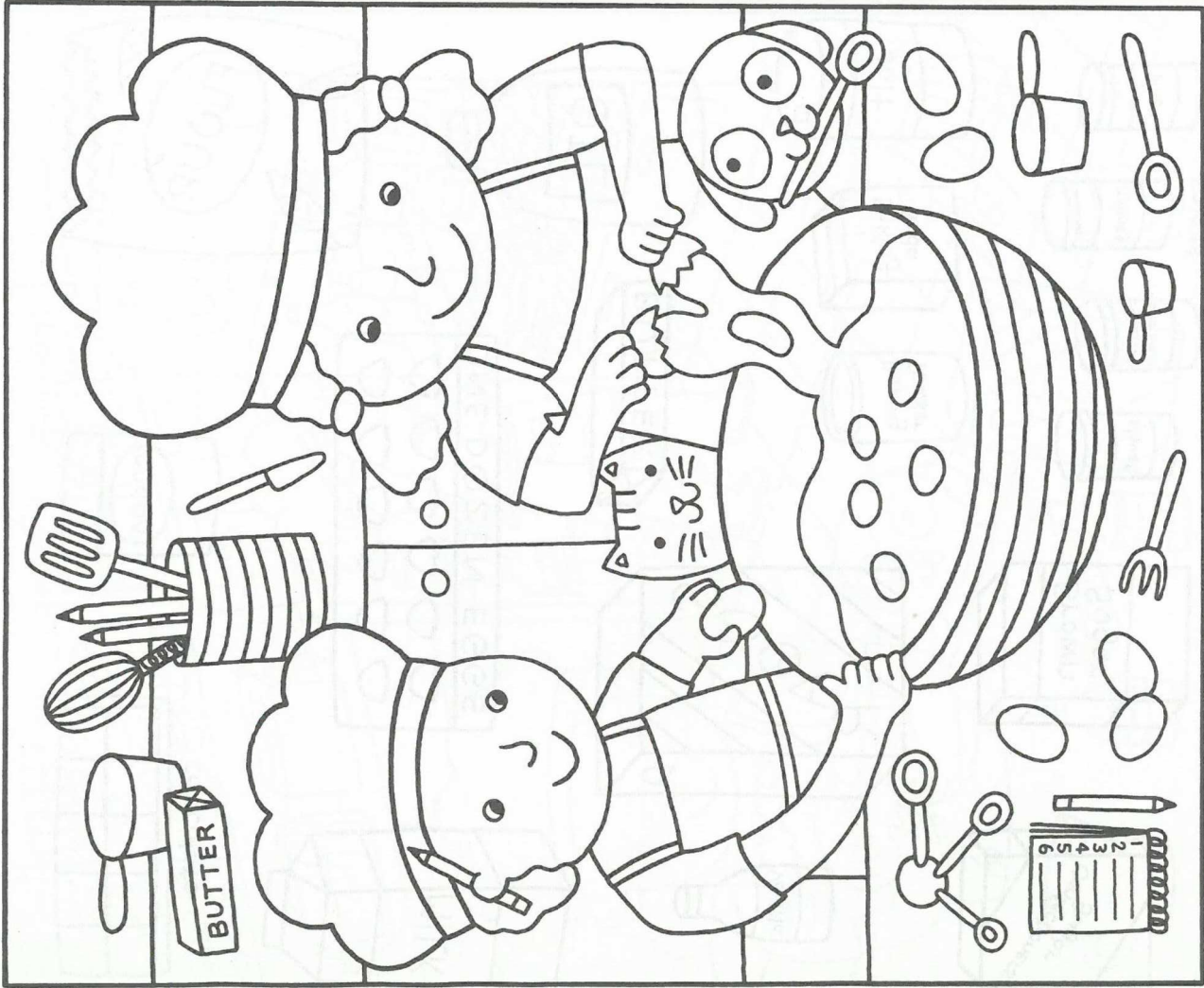


Molly and Jack get ready to make the cupcakes.  
They get out their equipment and utensils.

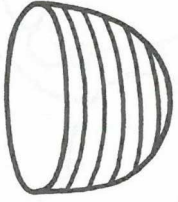


Can you help them find all of these things in their kitchen?





Jack and Molly carefully follow the steps in the recipe. They count and measure.



1 Mixing Bowl



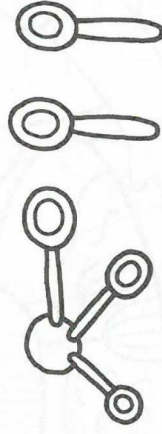
2 Hats



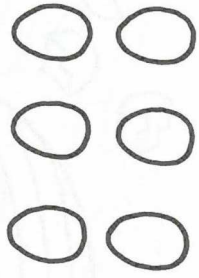
3 Measuring cups



4 Pencils



5 Spoons

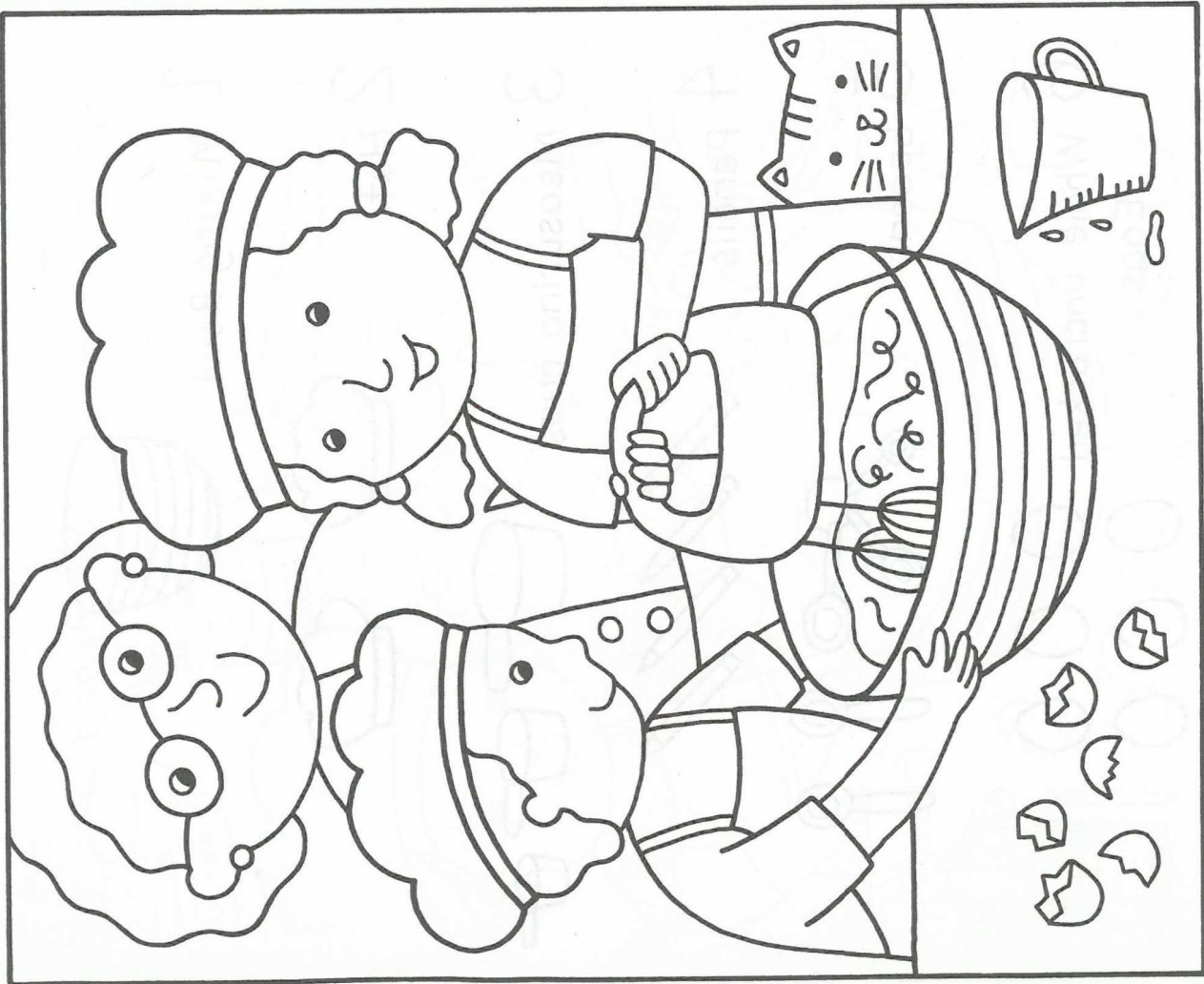


6 Whole, uncracked

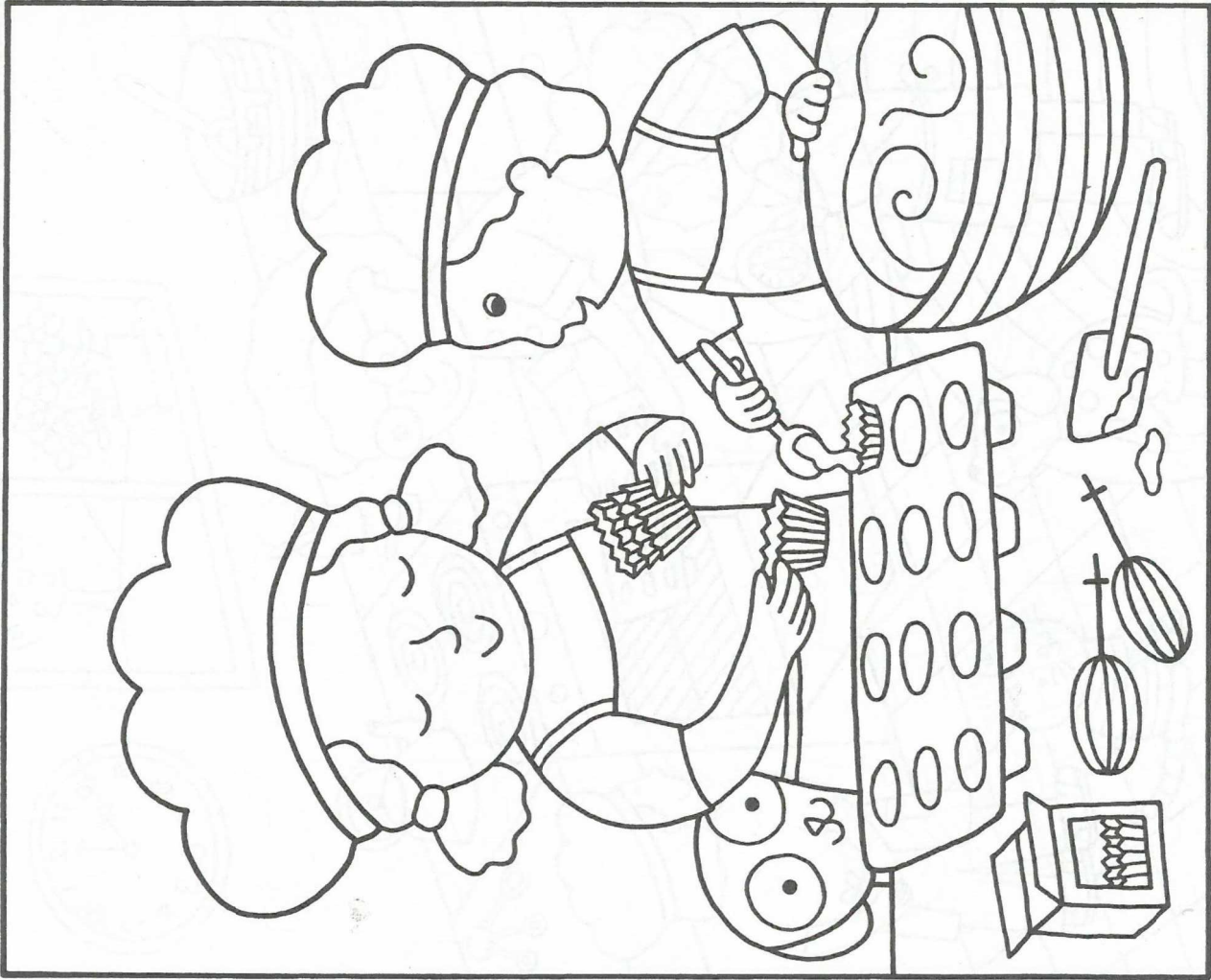


Eggs

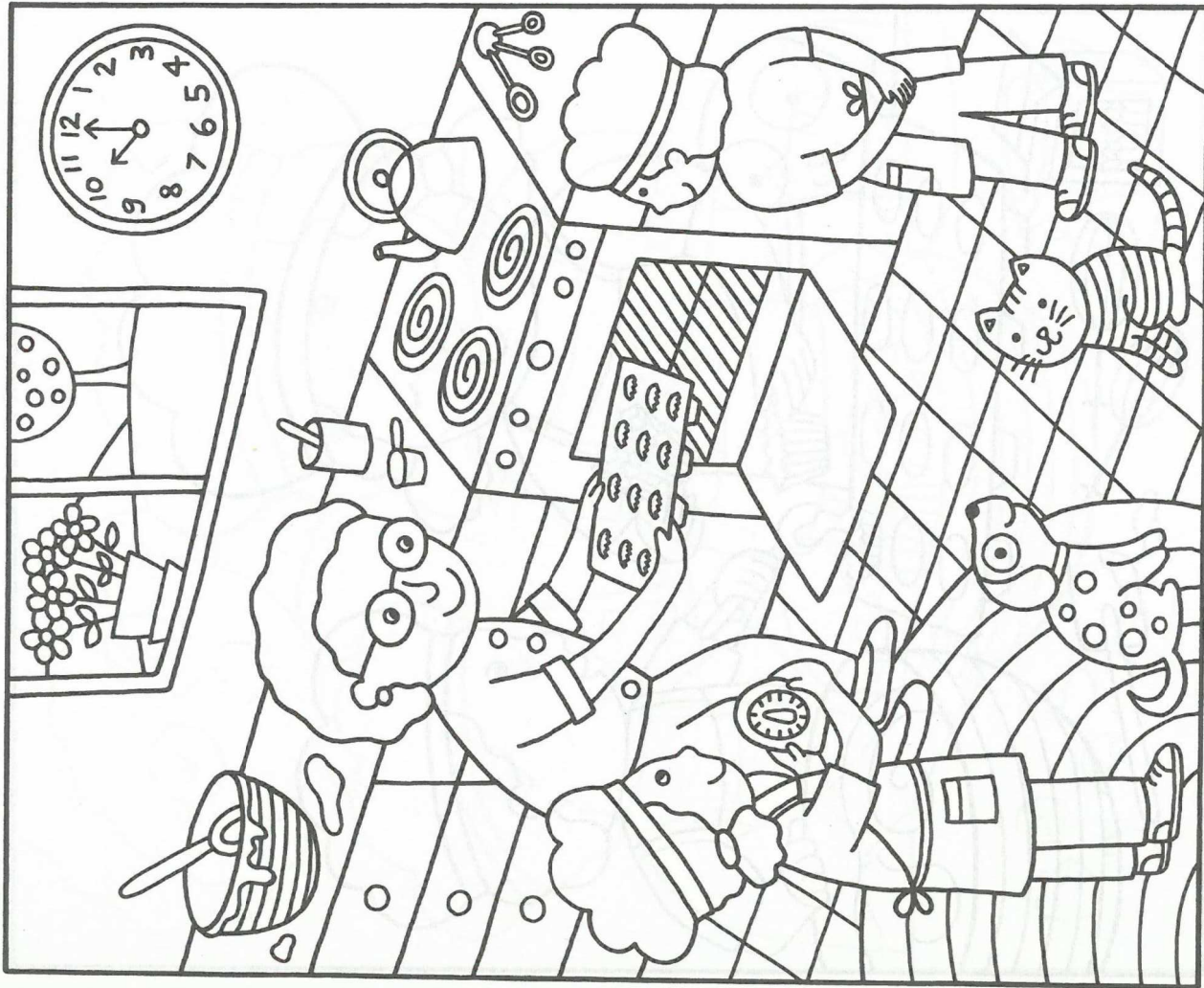
Can you find all of these items in their kitchen? Make sure you find the right number of each.



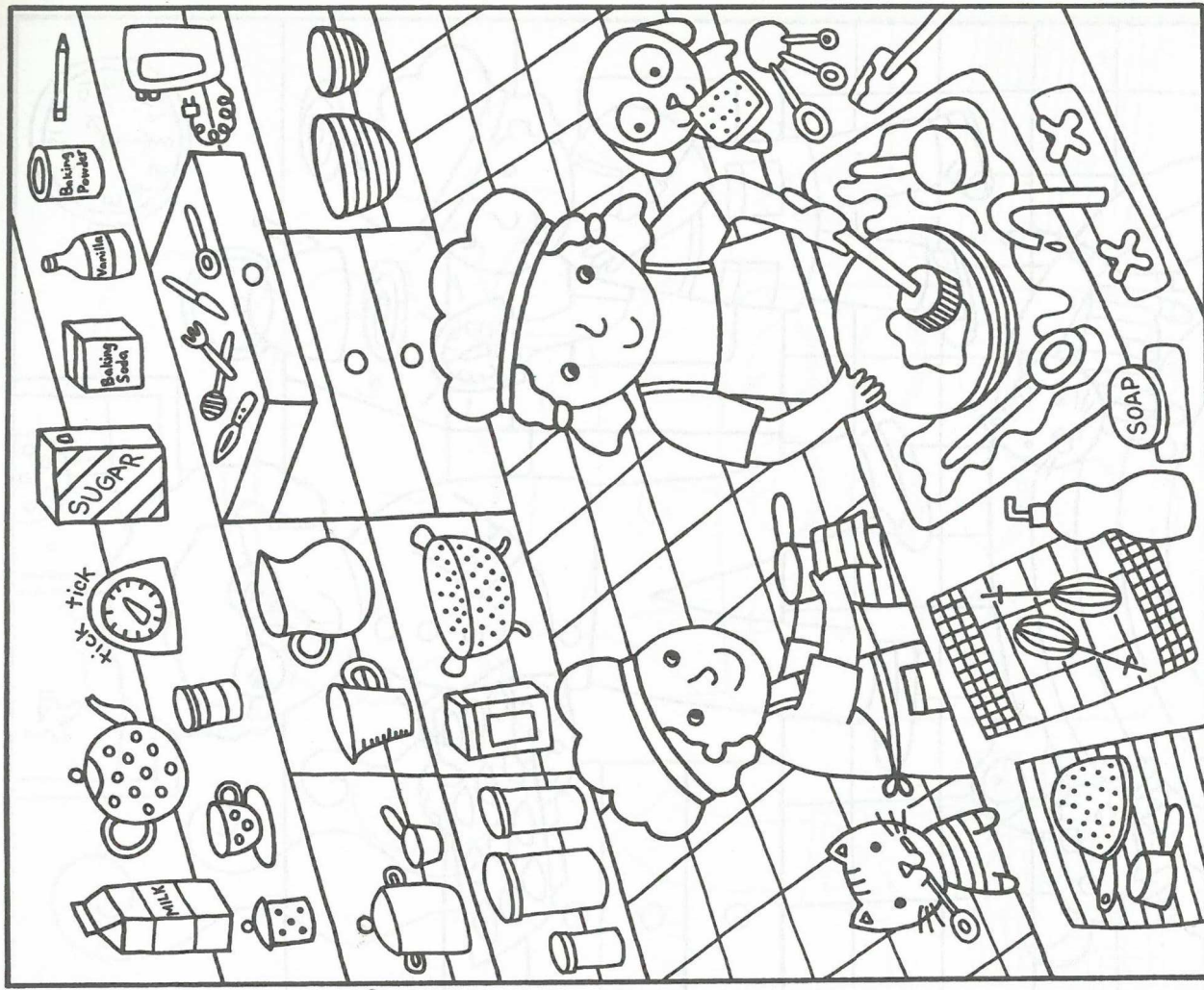
Jack and Molly use the electric beater to mix the batter until it's smooth.  
Mom keeps an eye on what they are doing in the kitchen.



Molly puts the paper baking cups into the cupcake pan.  
Jack puts a big spoonful of batter into each cup.

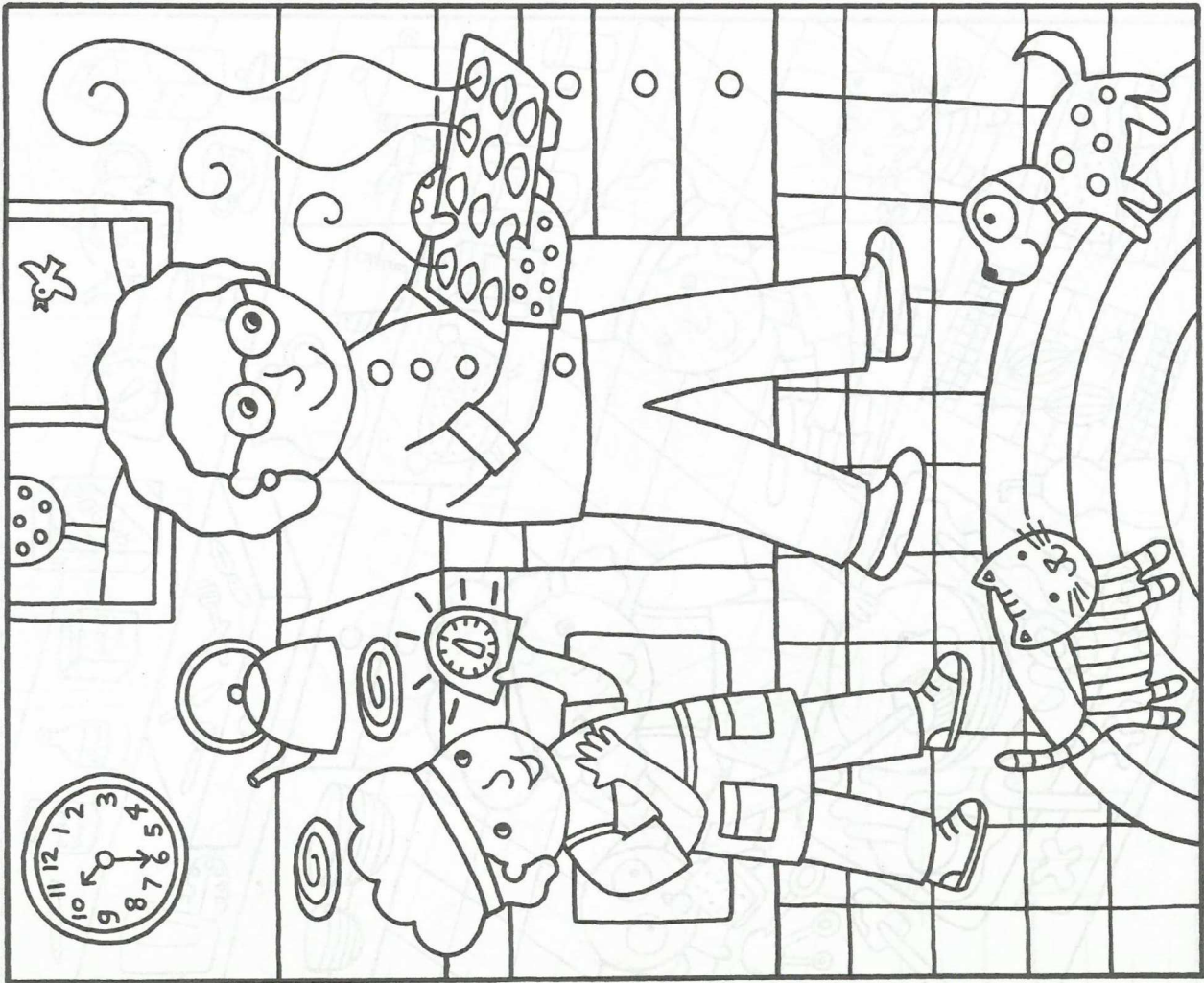


Mom helps them put the cupcakes into the oven to bake. She is careful because the oven is very hot. They set the timer.

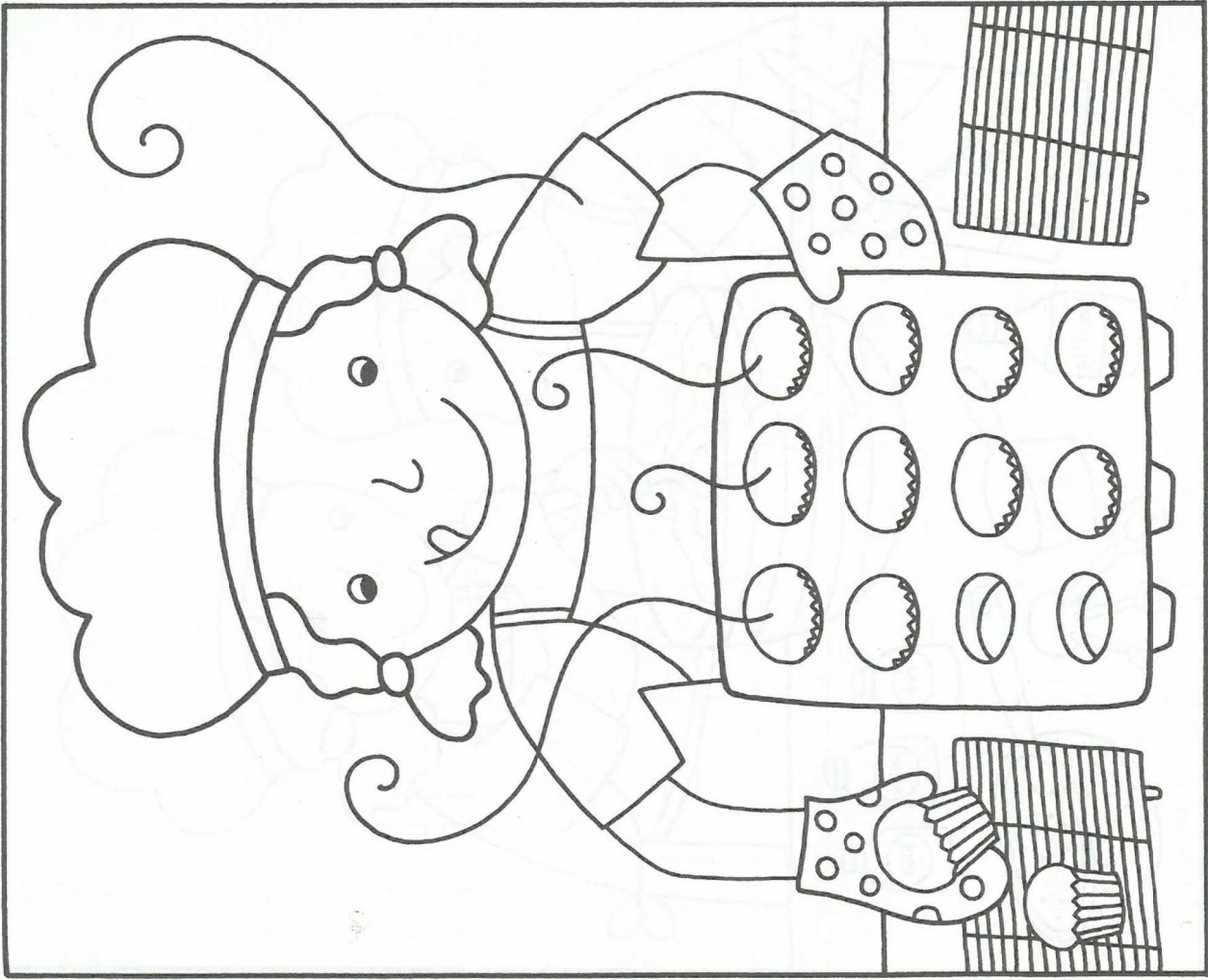


There is a lot to clean up in the kitchen. They do the dishes and put everything back in the cupboards and drawers.

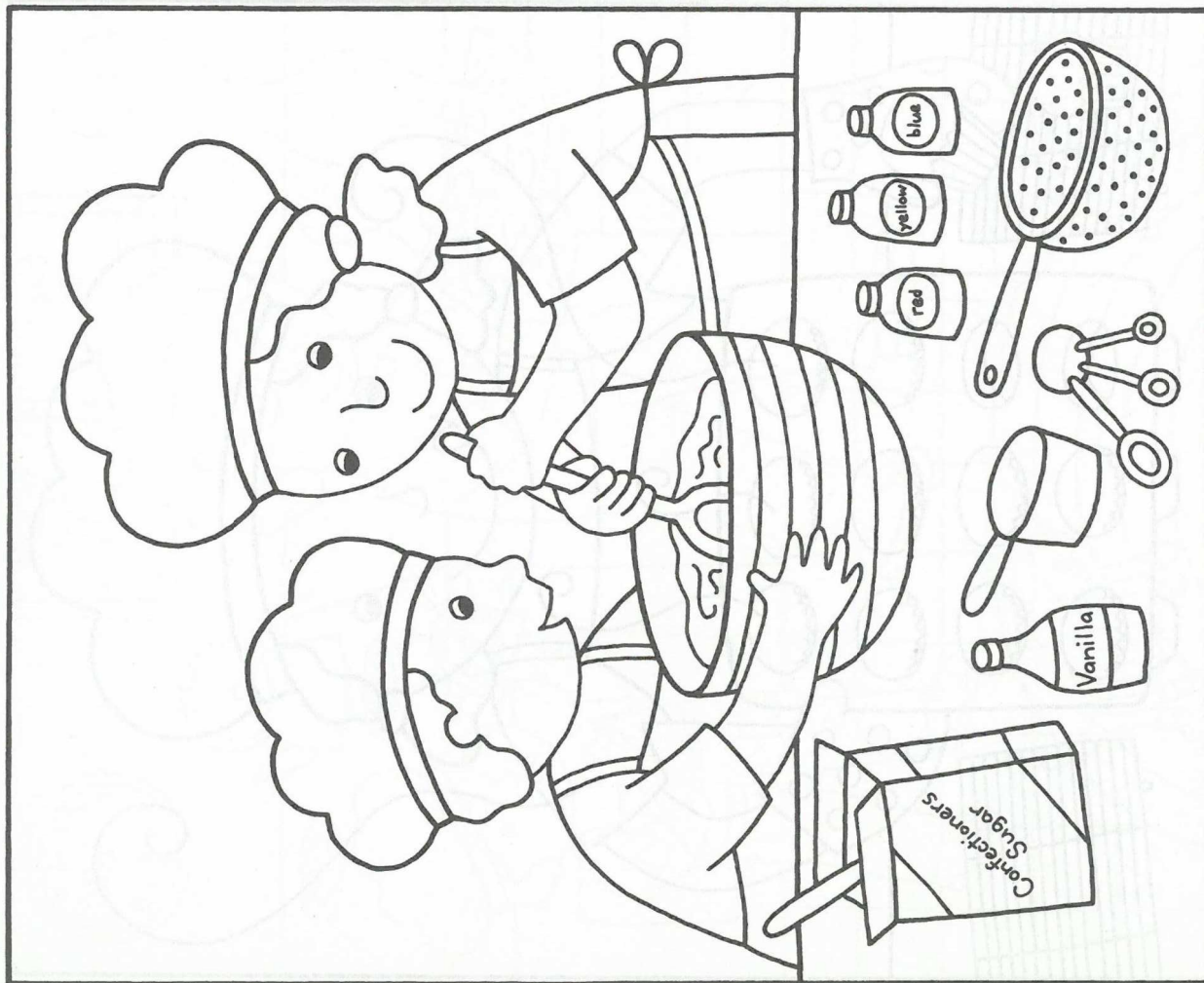




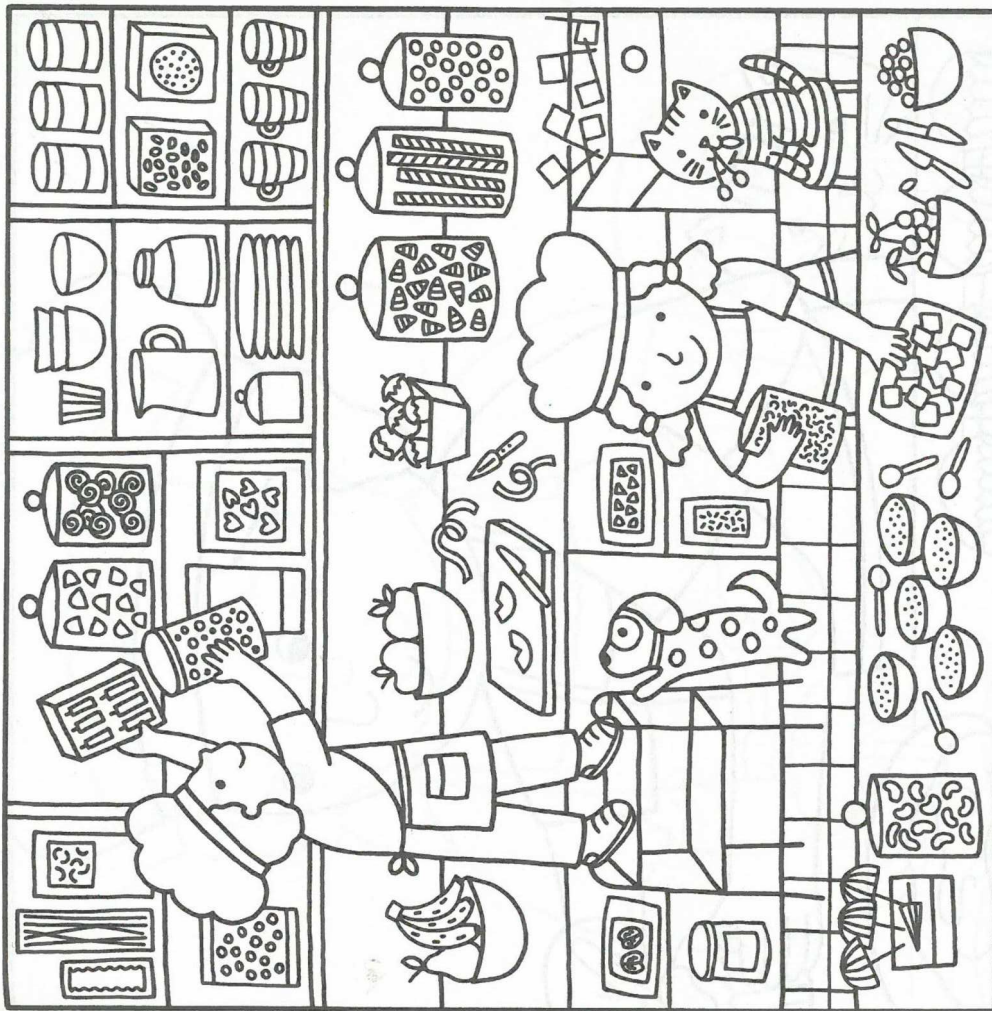
Bring-Bring! The timer goes off. The cupcakes are perfectly baked.  
Out they come from the oven, nicely browned.



Wow! They smell good!

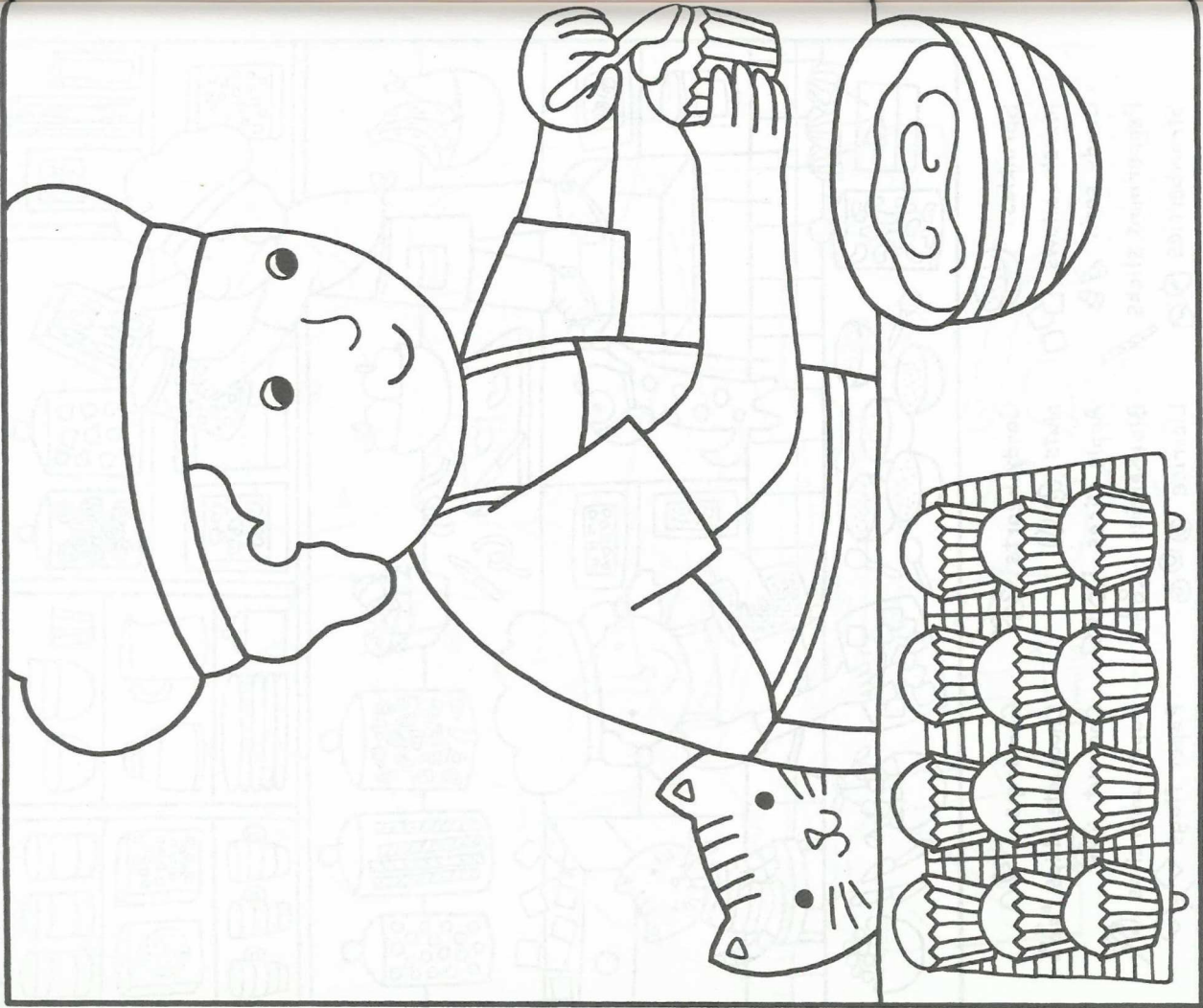


While the cupcakes cool, Jack and Molly get ready to decorate them. They make the frosting. They have lots of decorations to set out.

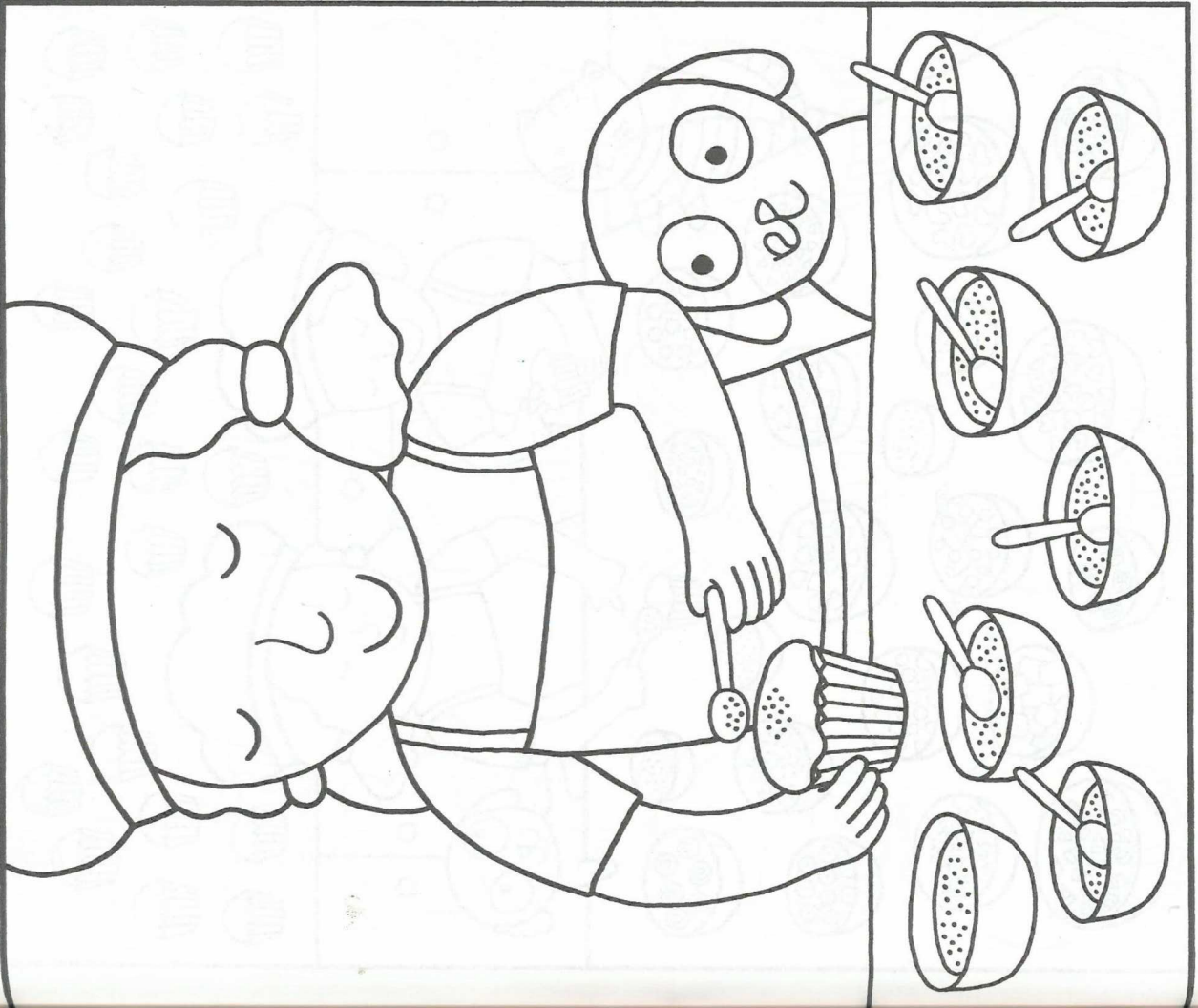


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|-------------------|--------------|-----------------|
| Sprinkles         | Candy hearts | Gumdrops        |
| Marshmallows      | Nuts         | Chocolate chips |
| Candy corn        | Apple slices | Coconut         |
| Peppermint sticks | Blueberries  | Paper umbrellas |
| Strawberries      | Licorice     | Paper flags     |
| Cherries          | Jelly beans  | Candles         |

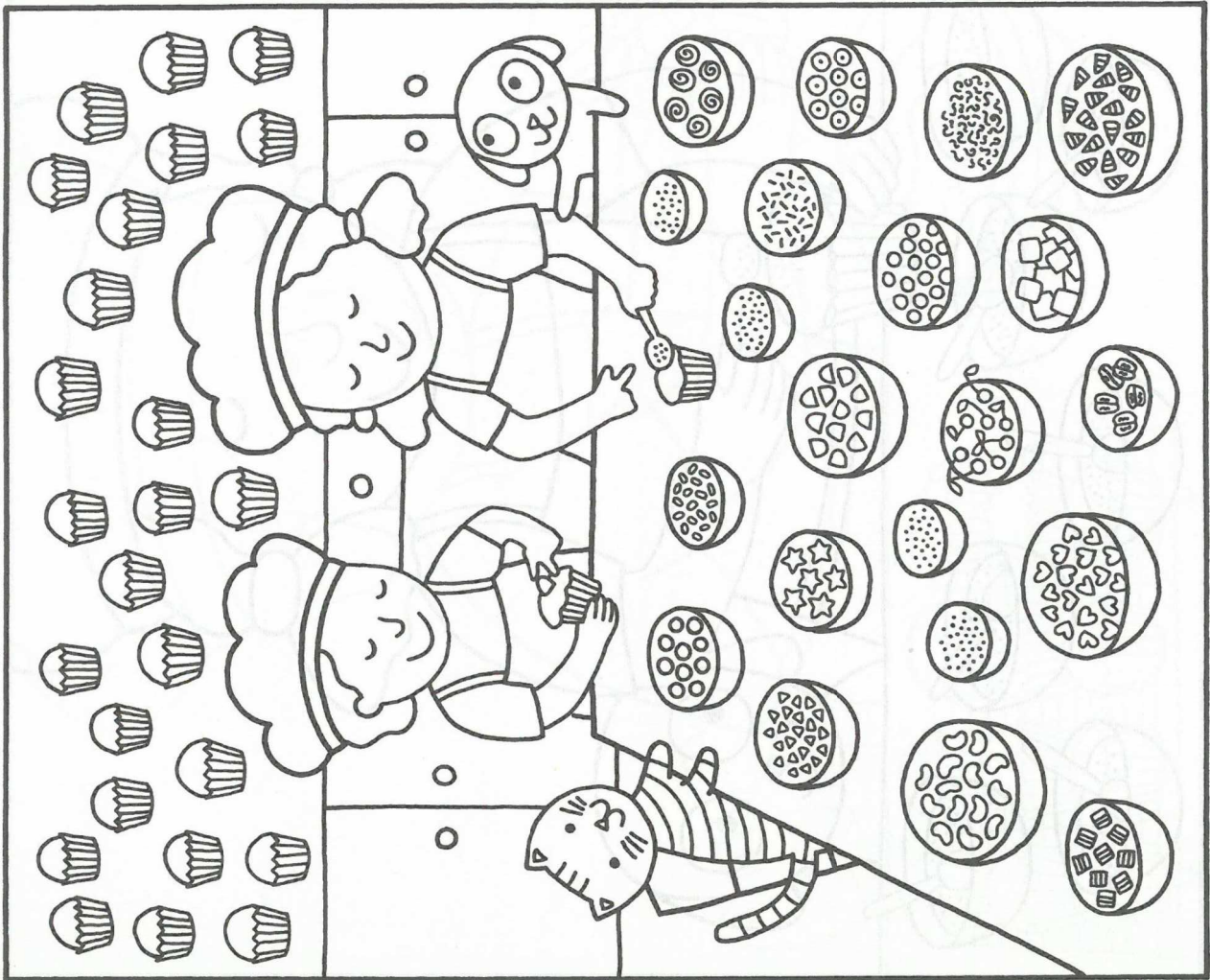
Can you help them find all of these decorations in their kitchen?



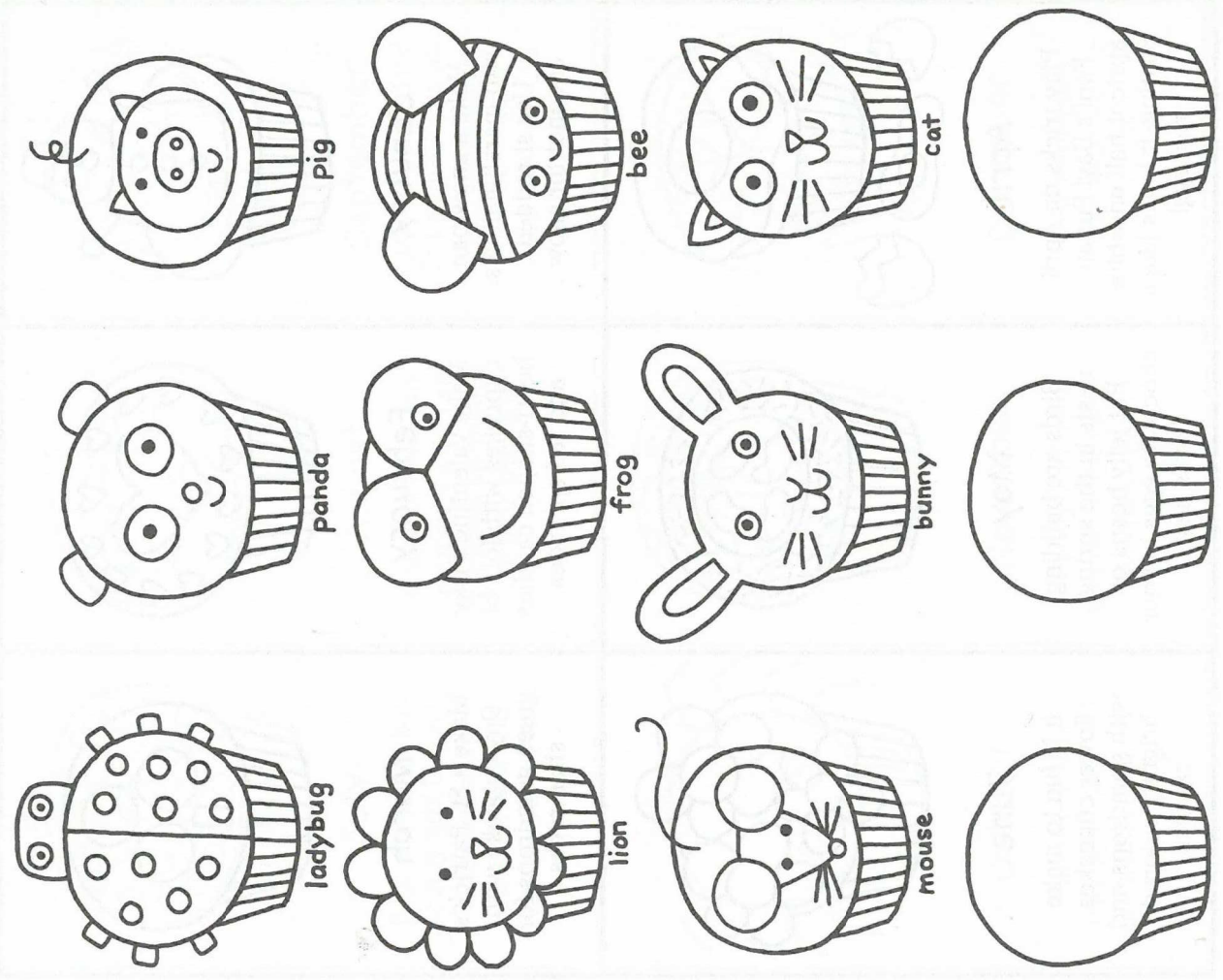
Jack starts by putting frosting on a cupcake.



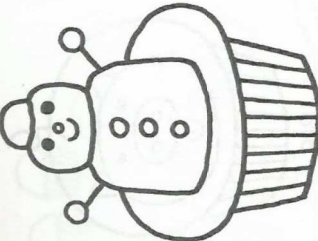
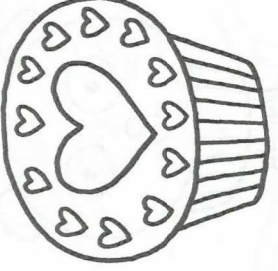
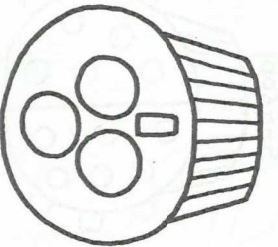
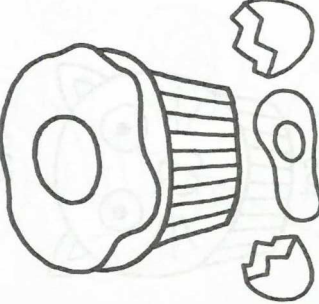

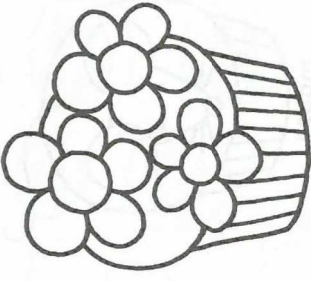
Molly decorates a cupcake with colored sprinkles.  
There are many different colors to choose from.



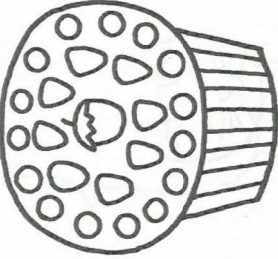
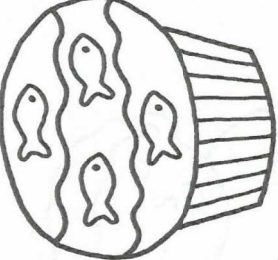
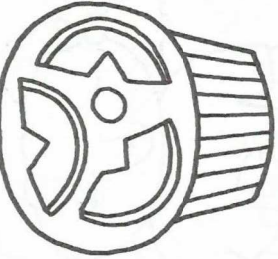
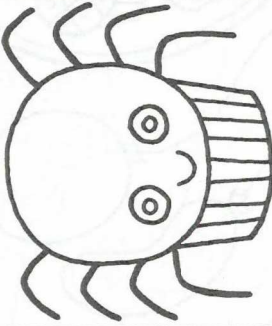
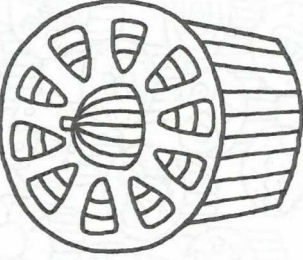
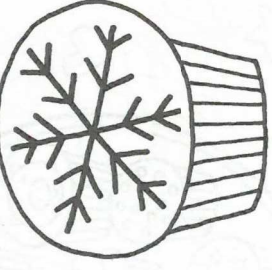
Jack and Molly have lots of ideas for decorating their cupcakes.  
Can you help them?



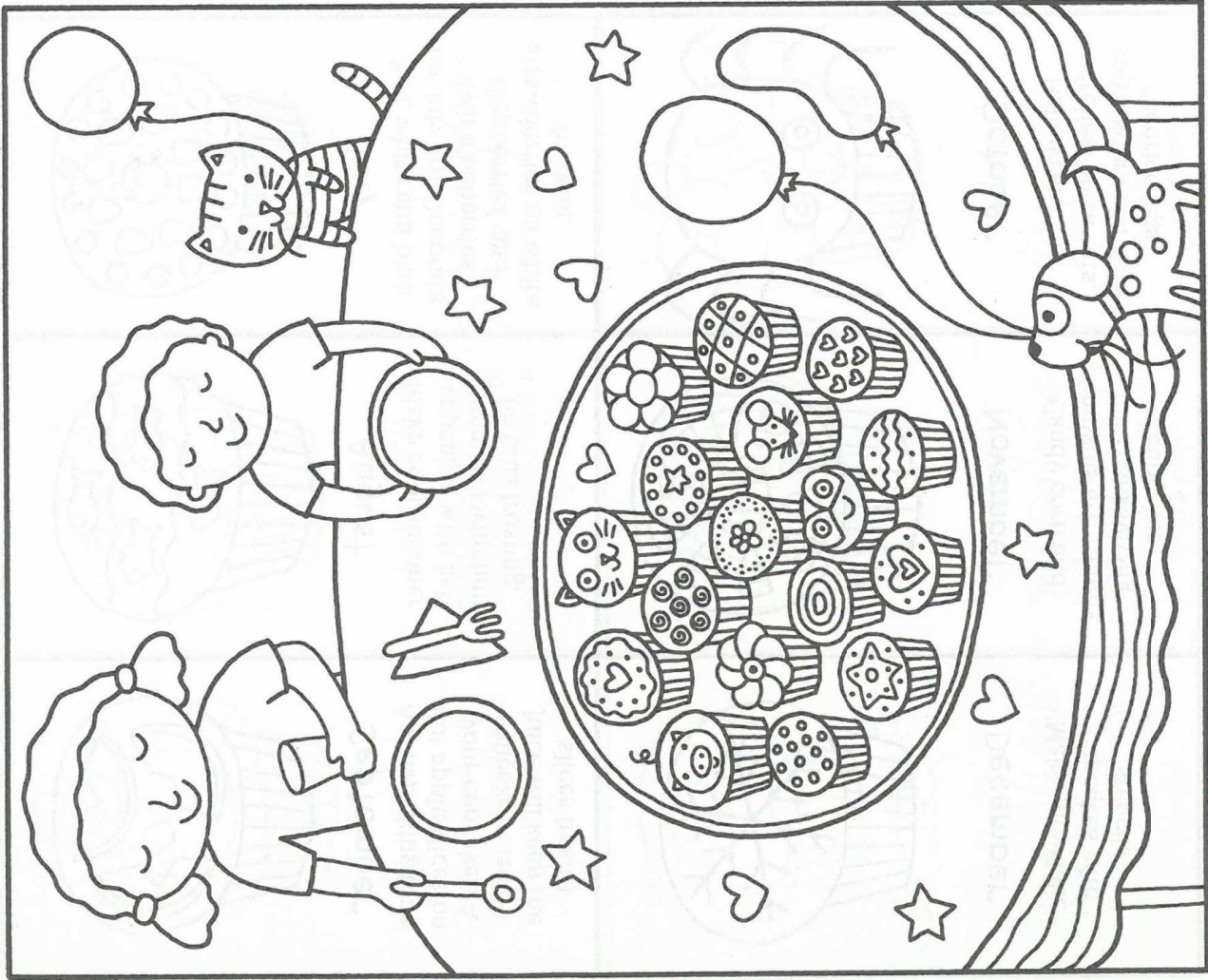
They turn the cupcakes into funny animals, using colored frosting and different decorations. Can you make some, too?

	<p><b>January</b></p> <p>Make a snowman with marshmallows. Use shredded coconut for snow.</p>
	<p><b>February</b></p> <p>Make Valentine's Day cupcakes with lots of heart-shaped candies and red sprinkles.</p>
	<p><b>March</b></p> <p>Make a St. Patrick's Day cupcake with green gumdrops for shamrocks.</p>
	<p><b>April</b></p> <p>Play tricks on April Fool's Day! Put an apricot half on white frosting. It looks like a real egg!</p>
	<p><b>May</b></p> <p>Birds are building nests in the spring. Put jelly beans or chocolate eggs in your bird's nest.</p>
	<p><b>June</b></p> <p>It is fun to make flower cupcakes with gumdrops and brightly colored candies.</p>

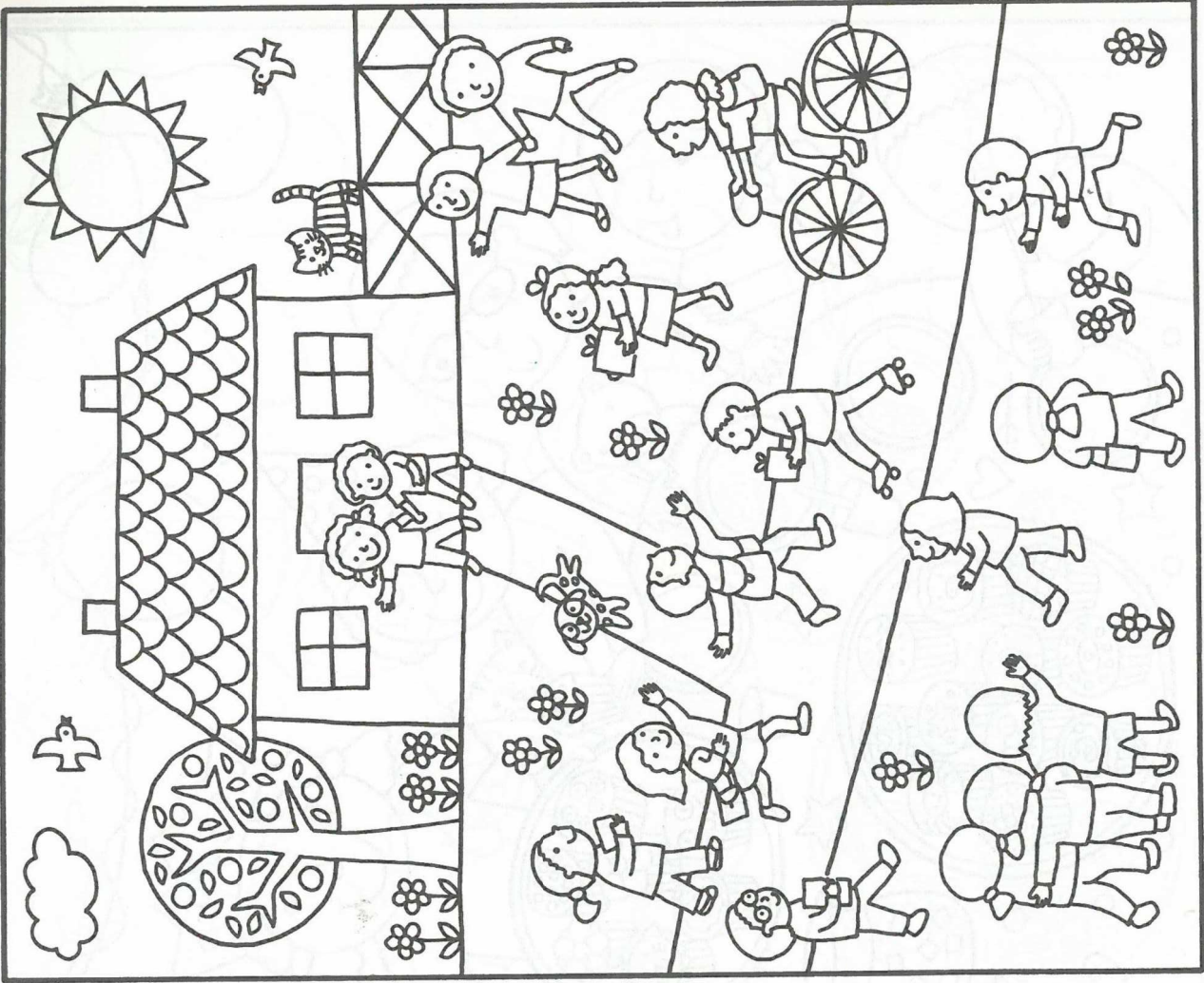
It is fun to celebrate holidays and special occasions. Jack and Molly make cupcakes for each month of the year.

	<p><b>July</b></p> <p>Red, white and blue for July 4th! Decorate with blueberries, raspberries, and strawberries on white frosting.</p>
	<p><b>August</b></p> <p>Make cool summer cupcakes with fish gummies swimming on blue frosting.</p>
	<p><b>September</b></p> <p>Apple-picking time! Put apple slices on your cupcake. (A squeeze of lemon juice will keep the slices fresh.)</p>
	<p><b>October</b></p> <p>Halloween time: witches, black cats, and spiders can have licorice legs.</p>
	<p><b>November</b></p> <p>Candy corn and pumpkins are yummy for Thanksgiving cupcakes.</p>
	<p><b>December</b></p> <p>Make snowflake cupcakes with stencils.</p>

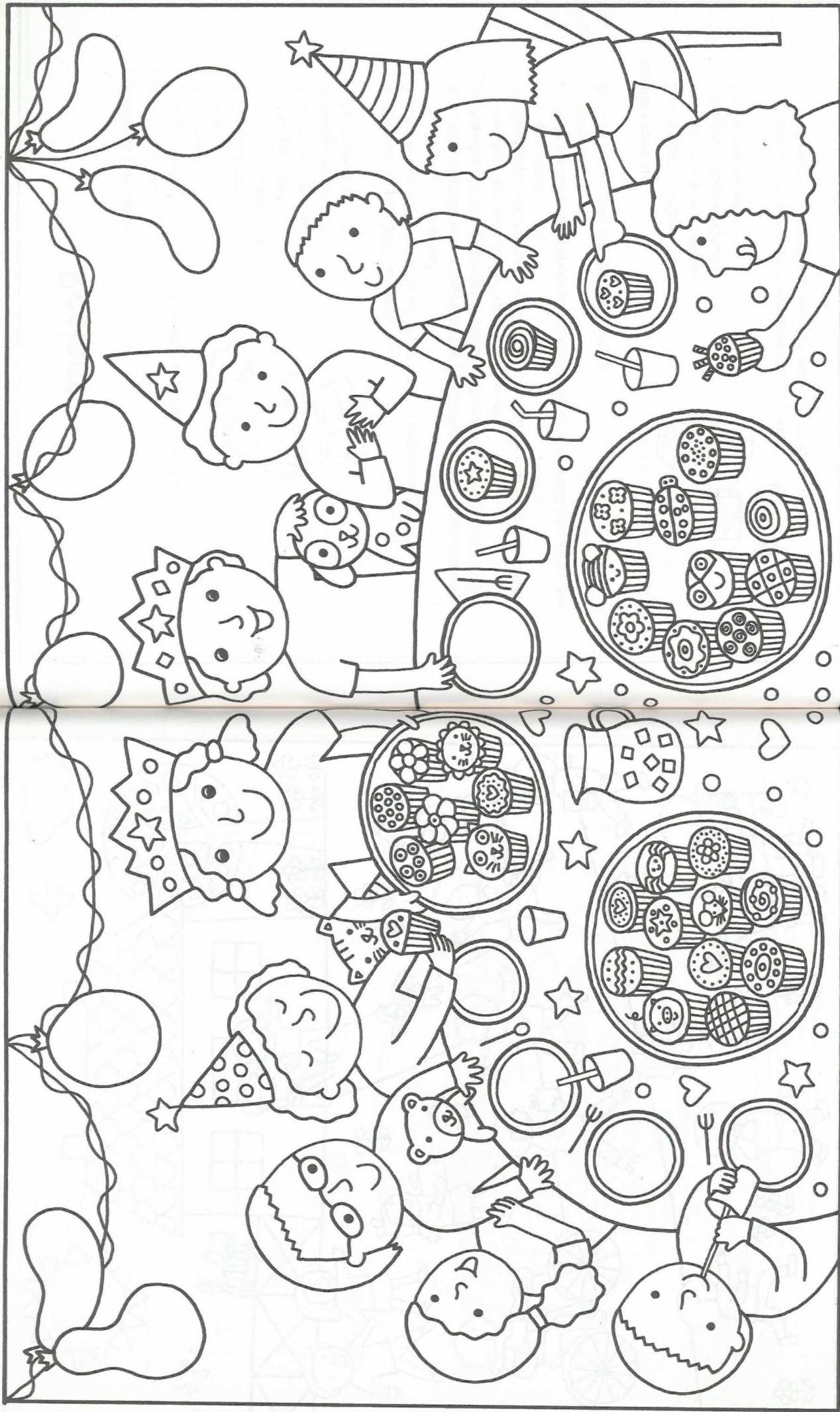
You can make up your own holiday cupcakes, too!



Molly and Jack have made lots of great cupcakes.  
What do you think they're getting ready for?



Look! Friends are coming to their house.



It's a PARTY! There are lots of cupcakes for everyone!

Which ones would you choose? Yummy! Cupcakes are delicious!

# Recipes

## Applesauce Cupcakes

(Makes 12 cupcakes)

1/2 cup softened butter (1/2 cup vegetable oil can be substituted)

1 cup sugar

2 eggs

1 1/4 cups flour

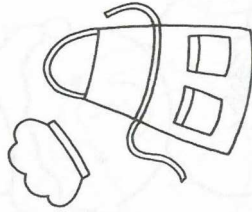
1/2 teaspoon baking soda

1/2 teaspoon salt

1 teaspoon cinnamon

1/2 teaspoon nutmeg

1 cup applesauce



1. Preheat oven to 350 degrees.
2. Cream together butter (or oil) and sugar in a large mixing bowl.
3. Add eggs and beat well.
4. In a separate bowl, mix together the flour, baking soda, spices, and salt.
5. Add dry mixture to creamed mixture alternately with the applesauce, beating after each addition and blending well.
6. Place paper baking cups into muffin tray and pour in batter until each cup is about 3/4 full.
7. Bake for 20 to 22 minutes, or until a toothpick inserted into a cupcake comes out clean.
8. Cool before icing with Vanilla Frosting.

## Vanilla Frosting

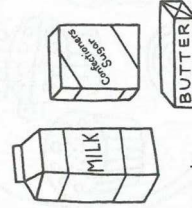
2 tablespoons softened butter

2 cups confectioners sugar

1 teaspoon vanilla extract

3 tablespoons milk

1. Cream together butter, sugar, and vanilla extract.
2. Add milk and stir well, until smooth and easy to spread.



# Recipes

## Carrot Cupcakes

(Makes 12 cupcakes)

1/2 cup softened butter (1/2 cup vegetable oil can be substituted)

1 cup sugar

2 eggs

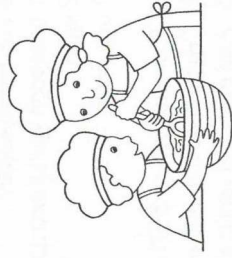
1 cup grated carrots

1 1/4 cups flour

1/2 teaspoon baking soda

1 teaspoon cinnamon

1/2 teaspoon salt



1. Preheat oven to 350 degrees.
2. Cream together butter and sugar in a large mixing bowl.
3. Add eggs and beat well.
4. Mix in grated carrots.
5. In a separate bowl, mix together the flour, baking soda, cinnamon, and salt.
6. Add dry mixture to creamed mixture, beating after each addition and blending well.
7. Place paper baking cups into muffin tray and pour in batter until each cup is about 3/4 full.
8. Bake for 20 to 22 minutes, or until a toothpick inserted into a cupcake comes out clean.
9. Cool before icing with Cream Cheese Frosting.

## Cream Cheese Frosting

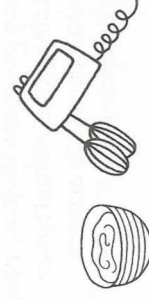
1/2 of 8-oz. package of cream cheese

1 tablespoon softened butter

1/2 teaspoon vanilla extract

1 cup confectioners sugar

1. With an electric mixer, beat cream cheese and butter until well blended.
2. Add vanilla extract and beat in.
3. Gradually add sugar, and beat until smooth and slightly fluffy.





## Recipes

### Chocolate Cupcakes

(Makes 12 cupcakes)

- ½ cup softened butter
- ½ cup white sugar
- ½ cup brown sugar
- 1 teaspoon vanilla extract
- 2 eggs
- 1 cup flour

- ½ cup unsweetened cocoa powder
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- ½ teaspoon salt
- ½ cup plain non-fat yogurt

1. Preheat oven to 350 degrees.
2. Cream together butter, white sugar, and brown sugar in a large mixing bowl.
3. Add eggs and vanilla extract and beat well.
4. In a separate bowl, mix together the flour, cocoa powder, baking soda, baking powder, and salt.
5. Add dry mixture to creamed mixture alternately with the yogurt, beating after each addition and blending well.
6. Place paper baking cups into muffin tray and pour in batter until each cup is about ¾ full.
7. Bake for 20 to 22 minutes, or until a toothpick inserted into a cupcake comes out clean.
8. Let cool before icing with Chocolate Frosting (or Vanilla Frosting or Cream Cheese Frosting).

### Chocolate Frosting

- 1½ cups confectioners sugar
- ½ cup unsweetened cocoa powder
- 2 tablespoons melted butter
- ½ teaspoon vanilla extract
- 3 tablespoons milk

1. Combine confectioners sugar and cocoa powder.
2. Create a small well in the middle of the dry mixture and add melted butter, vanilla extract, and milk.
3. Blend well, until smooth and easy to spread.



## Recipes

### Vanilla Cupcakes

(Makes 12 cupcakes)

- ½ cup softened butter
- 1 cup sugar
- 2 eggs
- ½ cup milk
- 1 teaspoon vanilla extract
- 1½ cups flour
- 1 teaspoon baking powder
- ½ teaspoon salt



1. Preheat oven to 350 degrees.
2. Cream together butter and sugar in a large mixing bowl.
3. Add eggs, milk and vanilla extract and beat well.
4. In a separate bowl, mix together the flour, baking powder, and salt.
5. Add dry mixture to creamed mixture, beating and blending well.
6. Place paper baking cups into muffin tray and pour in batter until each cup is about ¾ full.
7. Bake for 20 to 22 minutes, or until a toothpick inserted into a cupcake comes out clean.
8. Let cupcakes cool before icing with Lemon Frosting (or Chocolate Frosting, Vanilla Frosting or Cream Cheese Frosting).

### Lemon Frosting

- 1 cup confectioners sugar
- Juice and zest of ½ small lemon
- 2 tablespoons softened butter

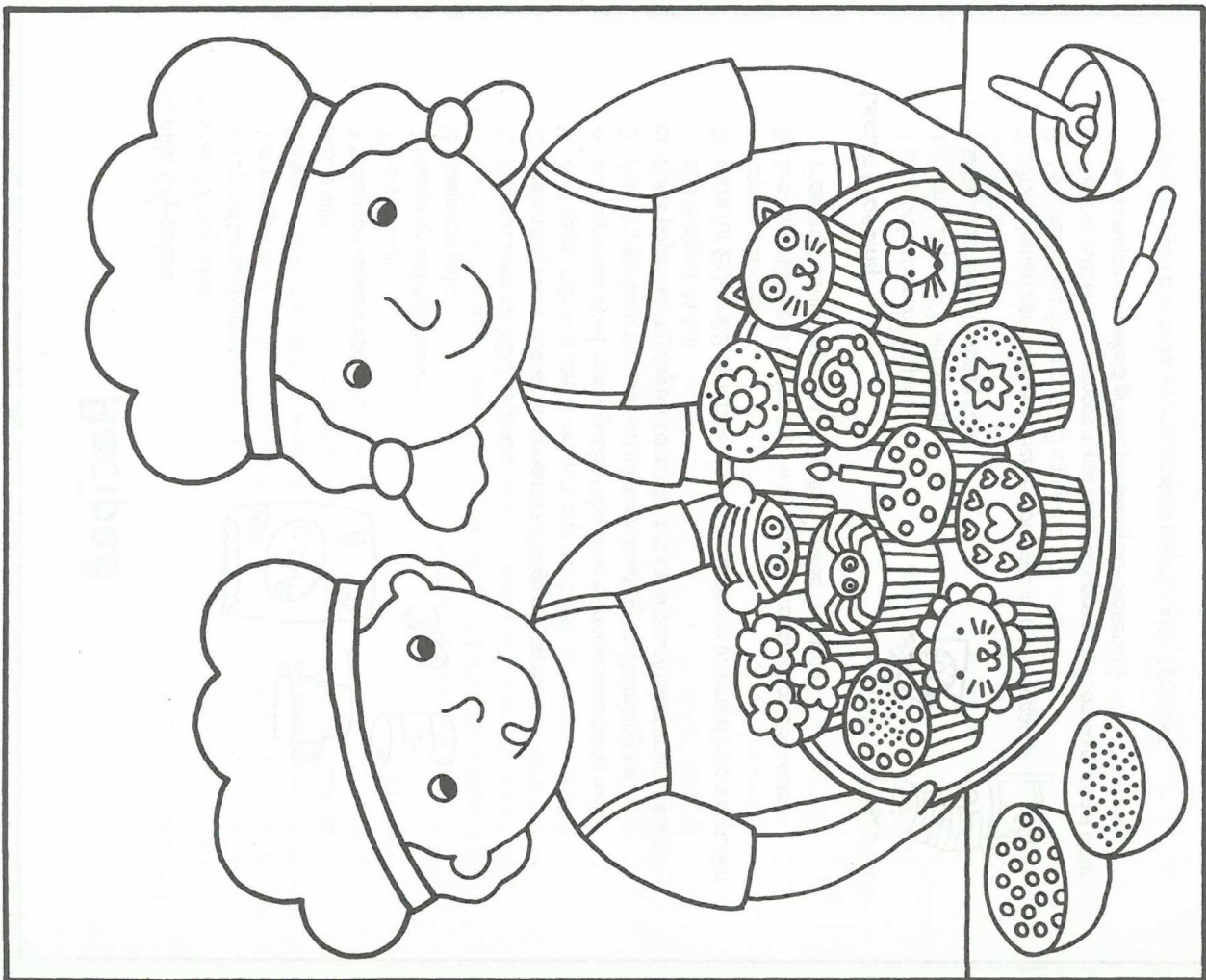
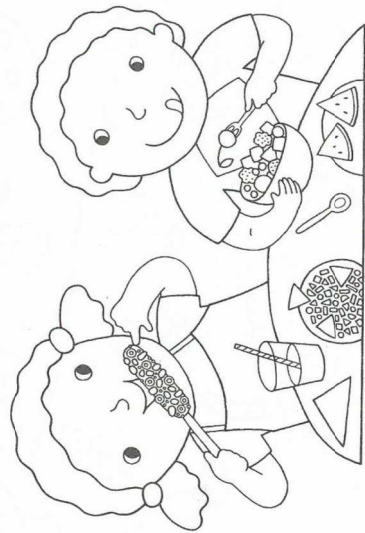
1. Grate lemon zest and squeeze lemon juice into the sugar.
2. Mix and let sit for about 15 minutes.
3. Beat in butter, until smooth and easy to spread. (If too thin, add a little more sugar to make a good spreading consistency)



If you choose, you can make your cupcakes colorful with sprinkles!

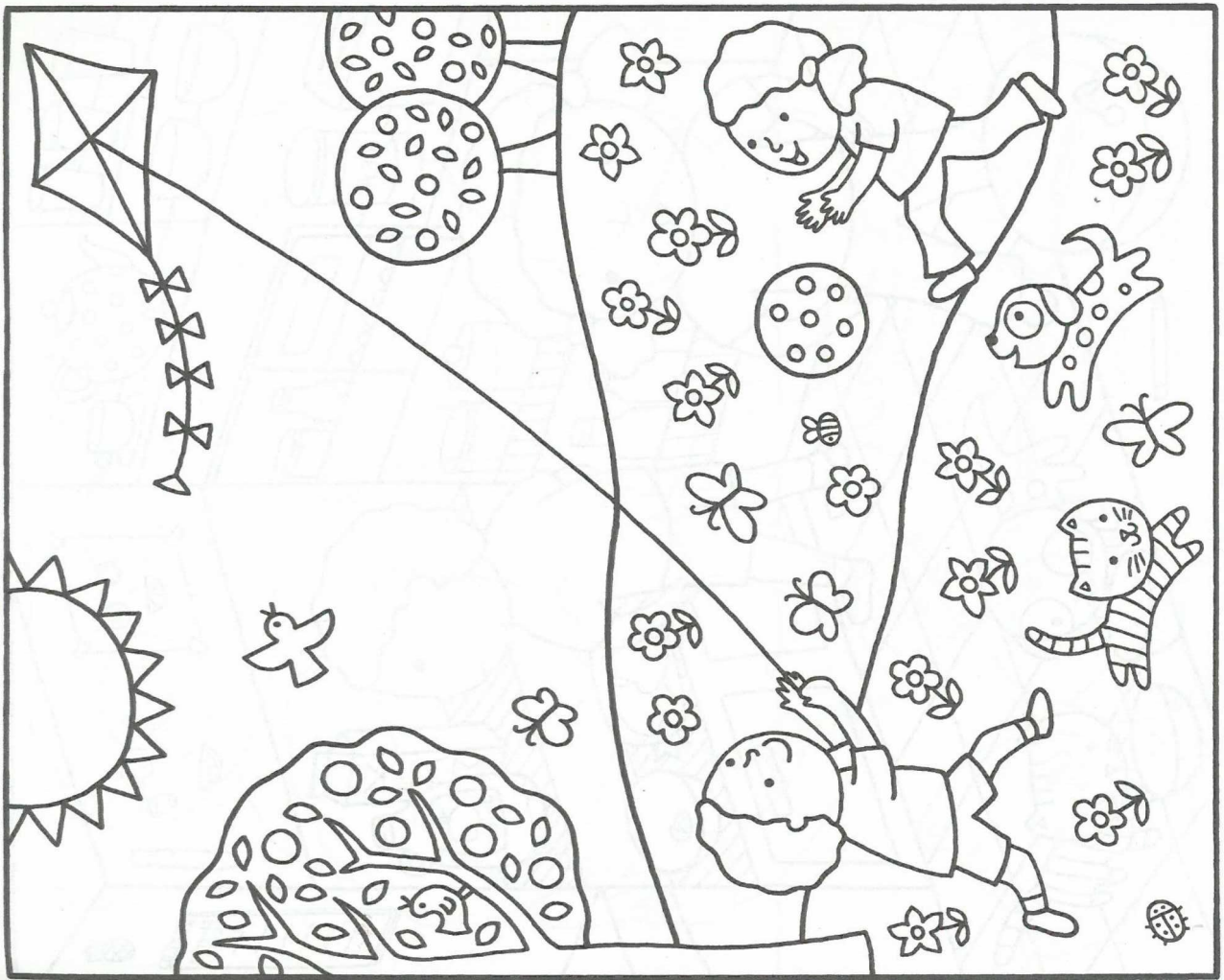
Color & Cook

# HEALTHY SNACKS

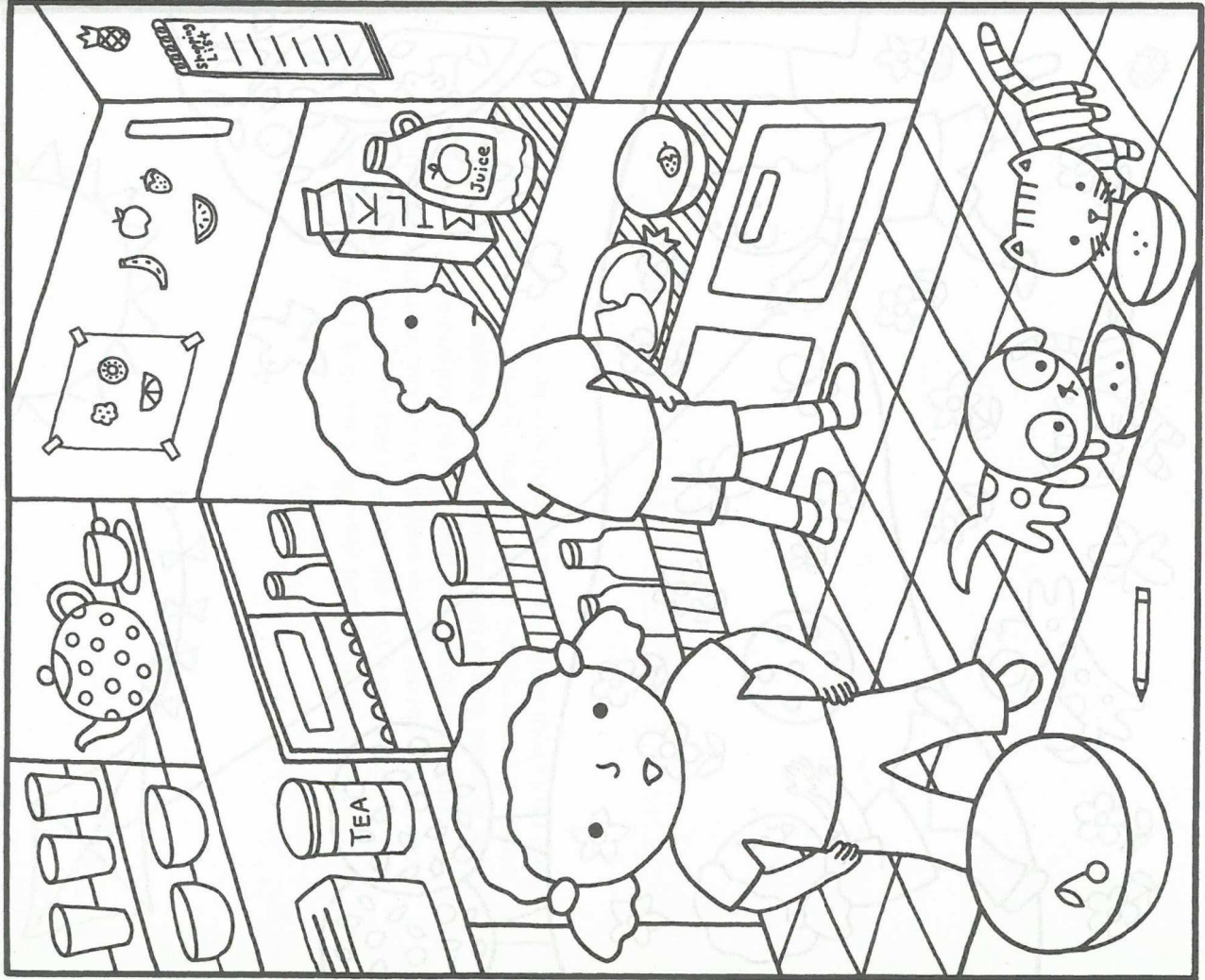


That was fun!

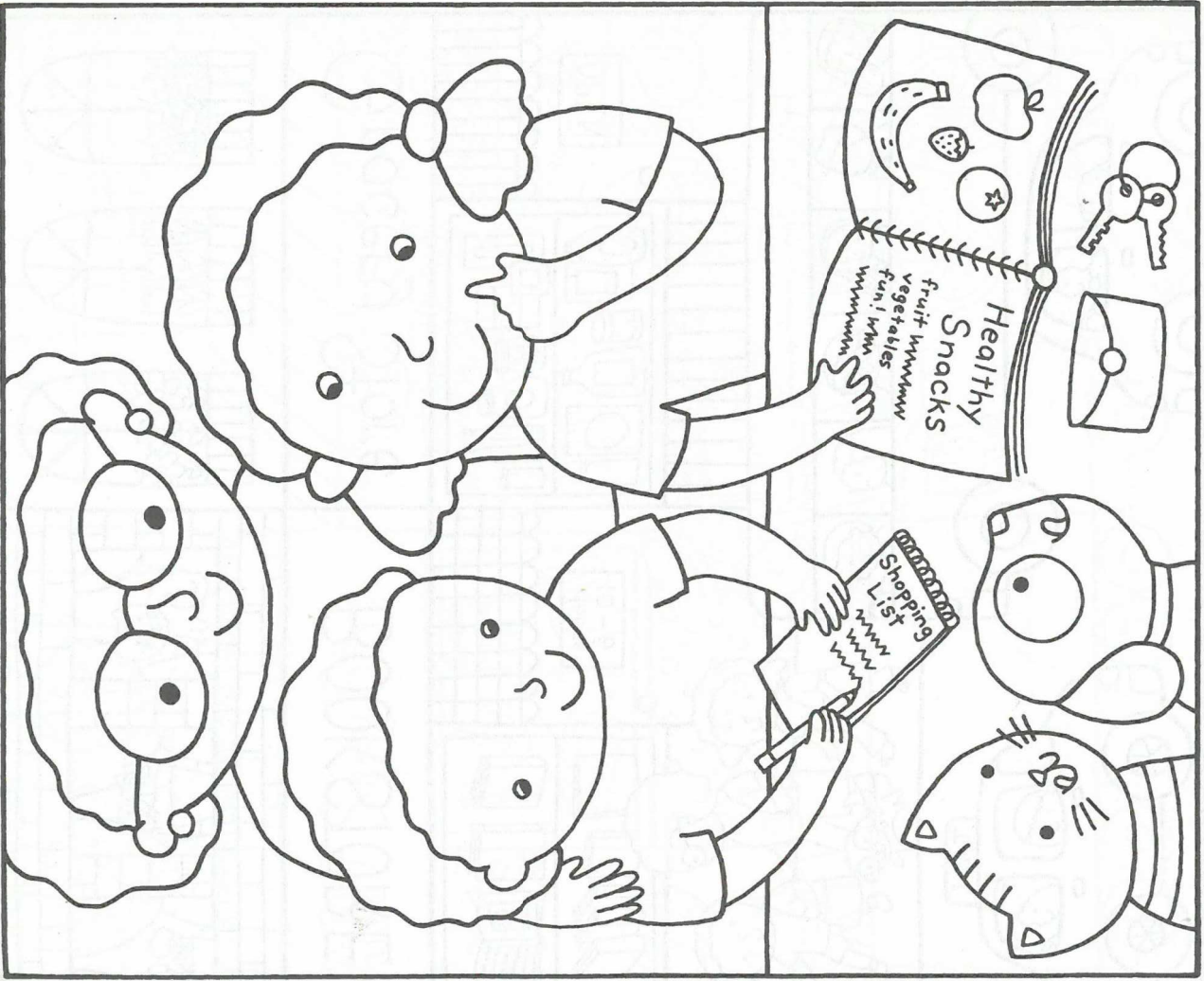
Healthy snacks are not just good for you—they taste great, too! In this delightful book, you will discover how Molly and Jack learn how easy it is to choose snacks such as fruits and vegetables and then make them into appetizing treats. As you read and color, you'll learn how to make snacks such as salsa salad, veggie chips, and pretzel wands. It's easy and it's fun! Enjoy adding color to the pages, too, as you read about Molly and Jack's extra-special day.



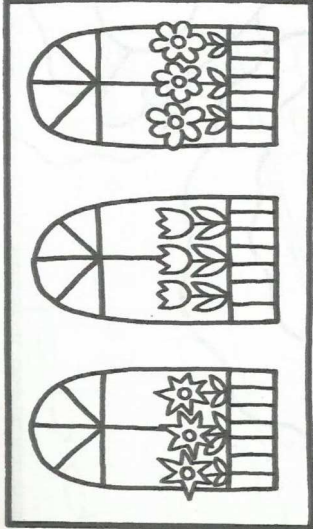
Jack and Molly enjoy playing outside. It's so much fun!



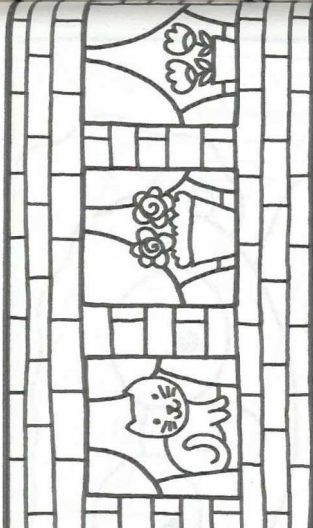
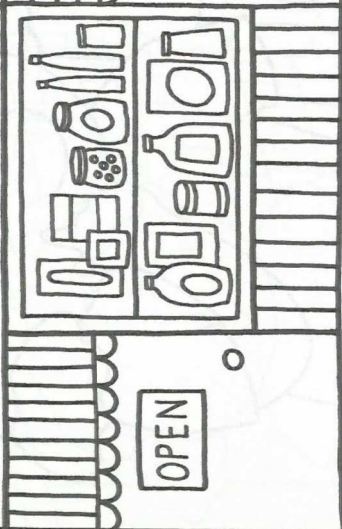
Now they are hungry for a snack. What will they have?  
They can't find any healthy snacks.



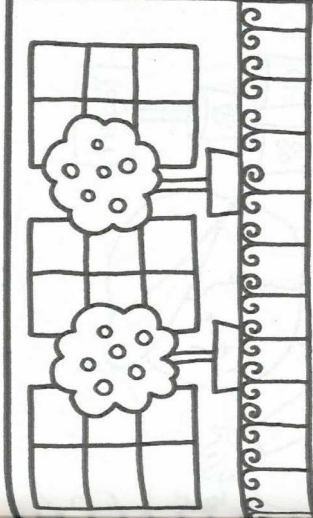
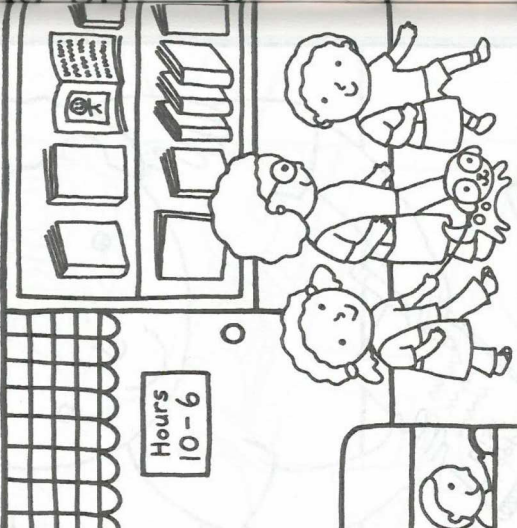
Molly and Jack look at a cookbook for some ideas.  
They make a list of what they need. Let's go shopping!



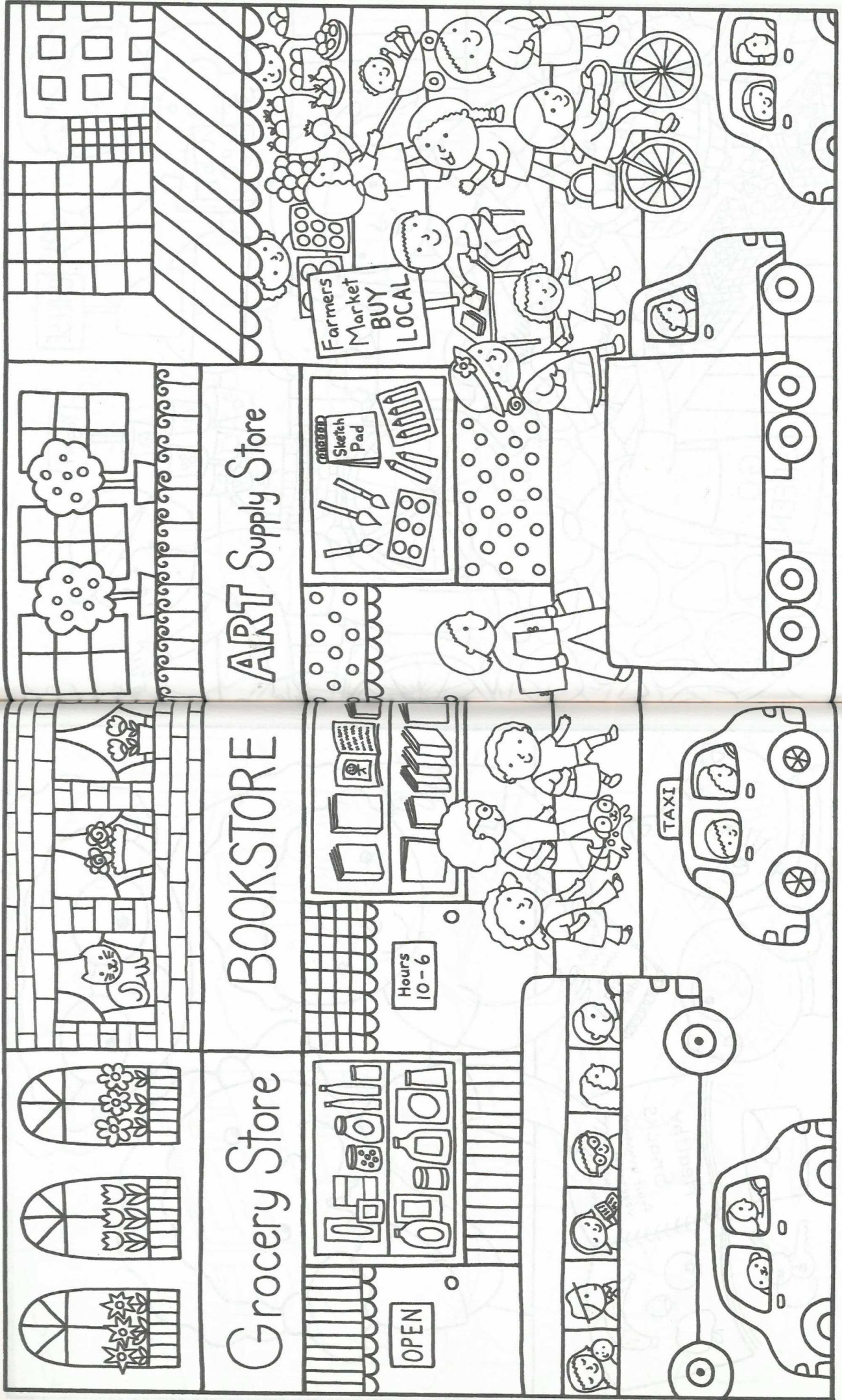
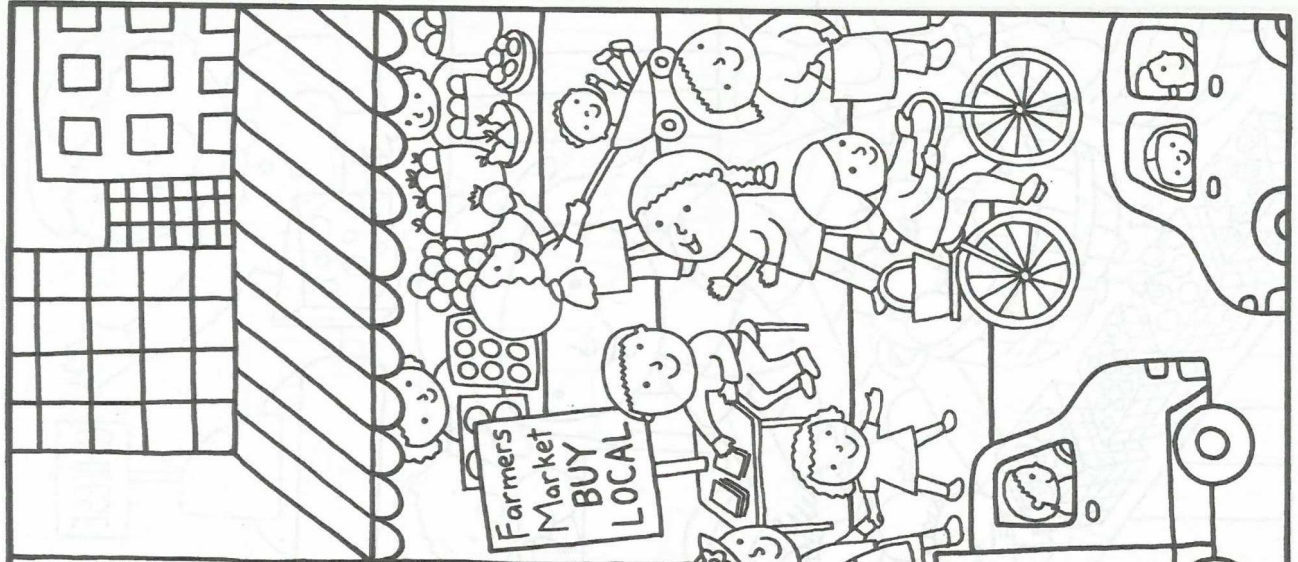
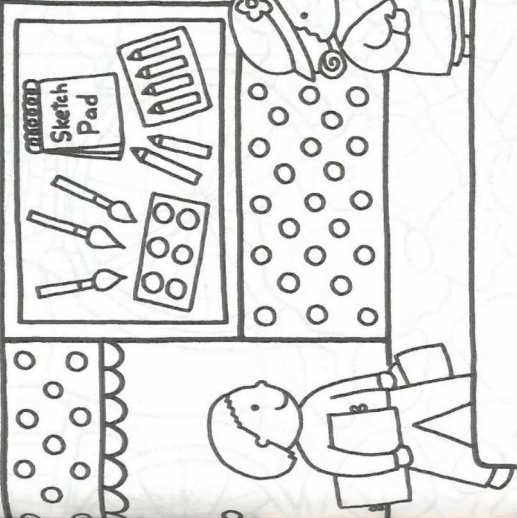
# Grocery Store



# BOOKSTORE



# ART Supply Store



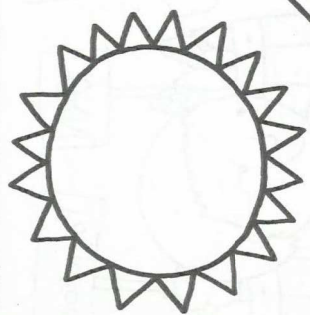
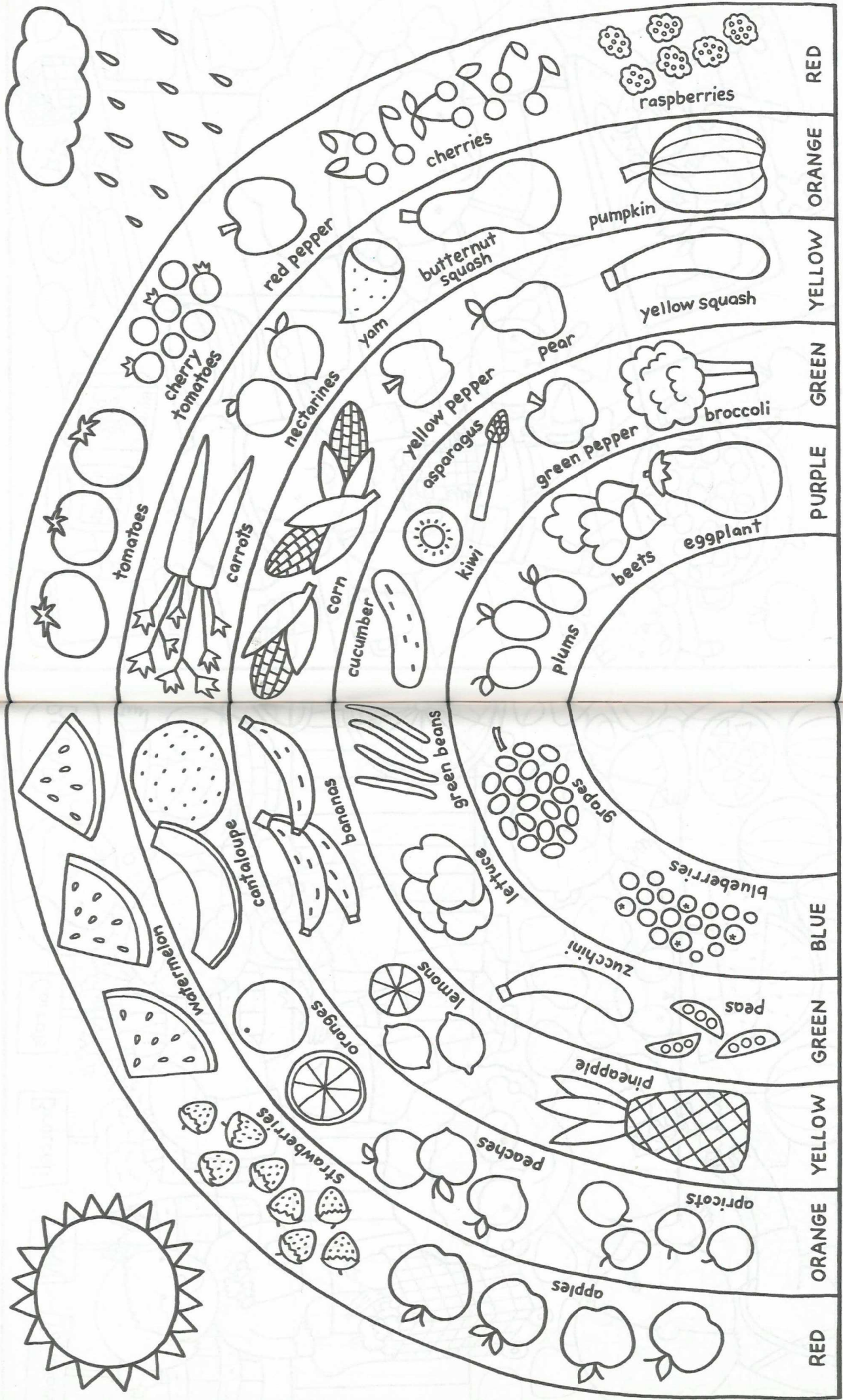
Molly and Jack go into town with their mom.

There are lots of stores, but they are going to the farmers market.



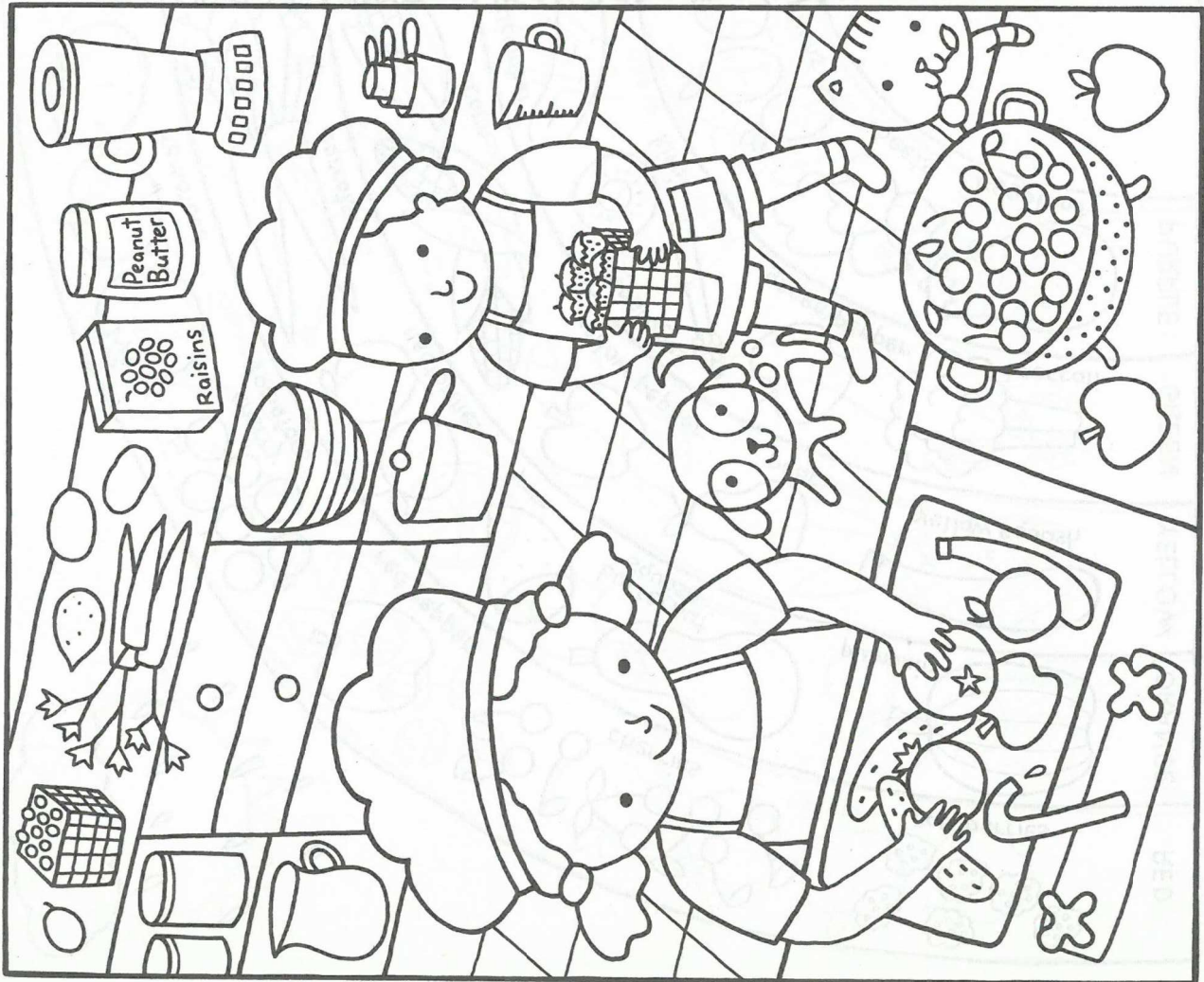
They see many different kinds of fresh foods for sale.

The fruits and vegetables are beautiful—so colorful and perfectly ripe. They smell good and taste delicious, too! Molly and Jack fill up their shopping bags.

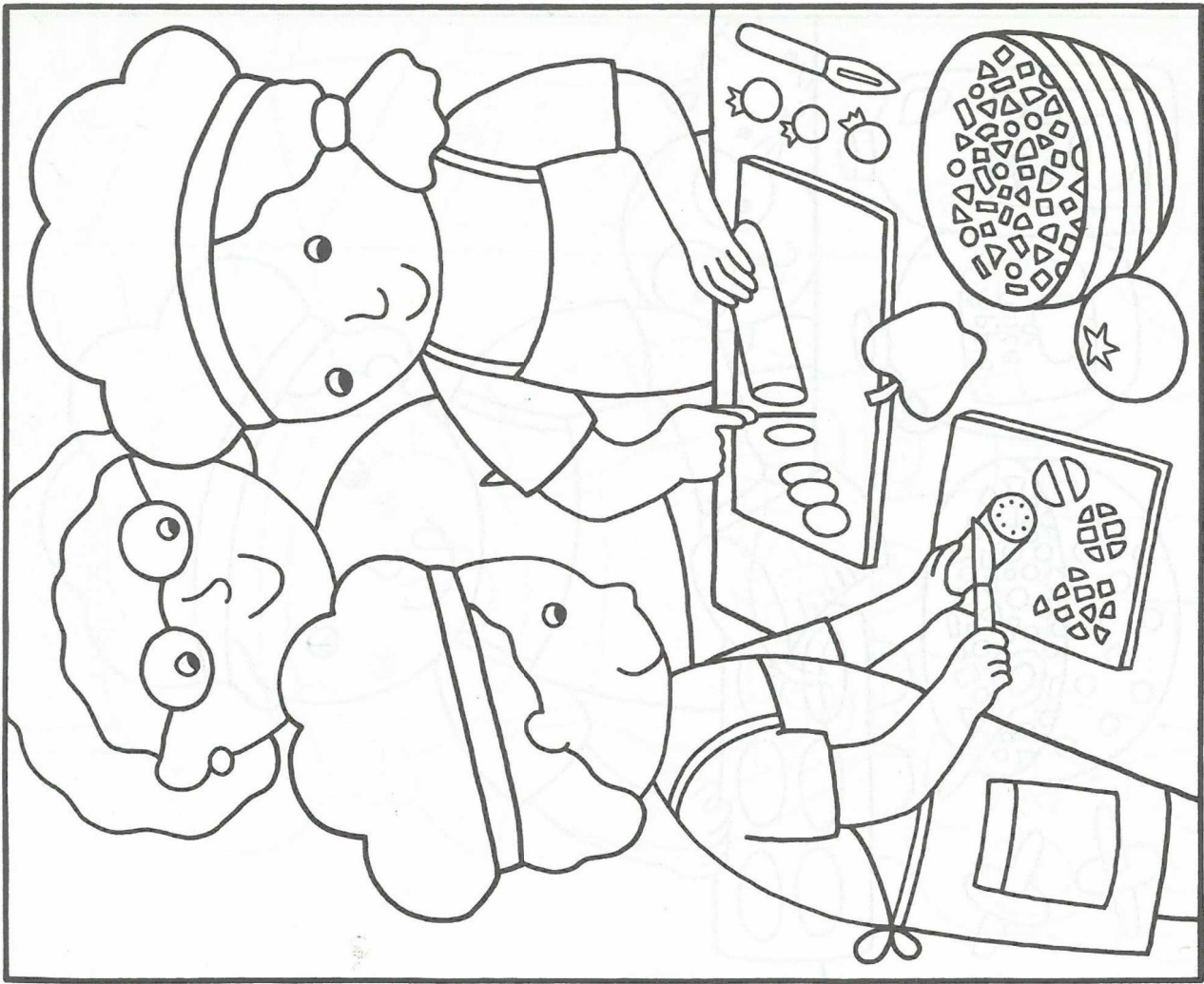


Can you color the rainbow?

At the market Jack and Molly see fruits and vegetables in many colors of the rainbow.

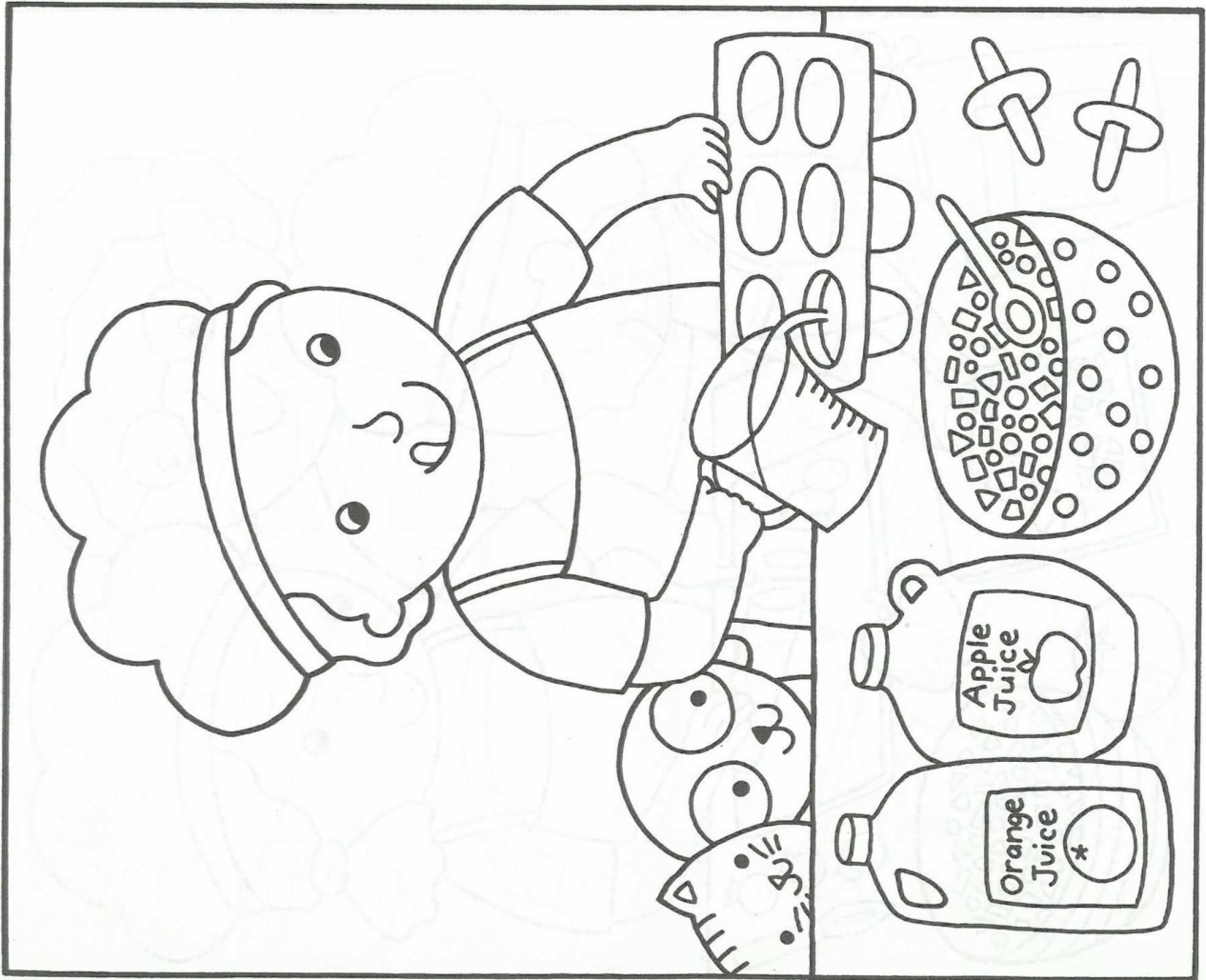


Back at home, Molly and Jack unpack everything. They wash the fruits and vegetables. They have a plan: They are going to make healthy snacks!

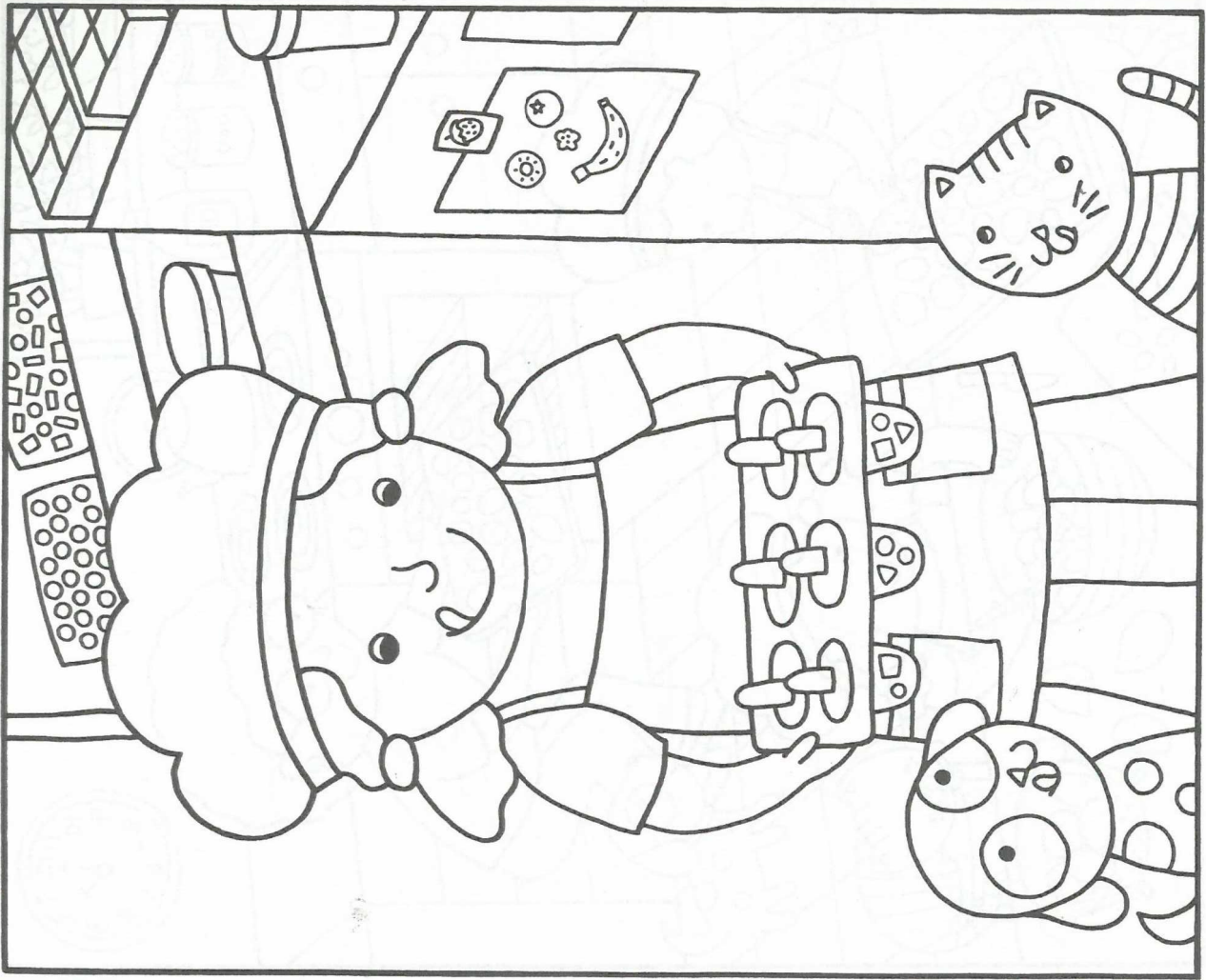


They cut and slice, peel and dice, and make a vegetable salsa salad. Mom watches as they carefully slice tomatoes, cucumbers, and peppers.

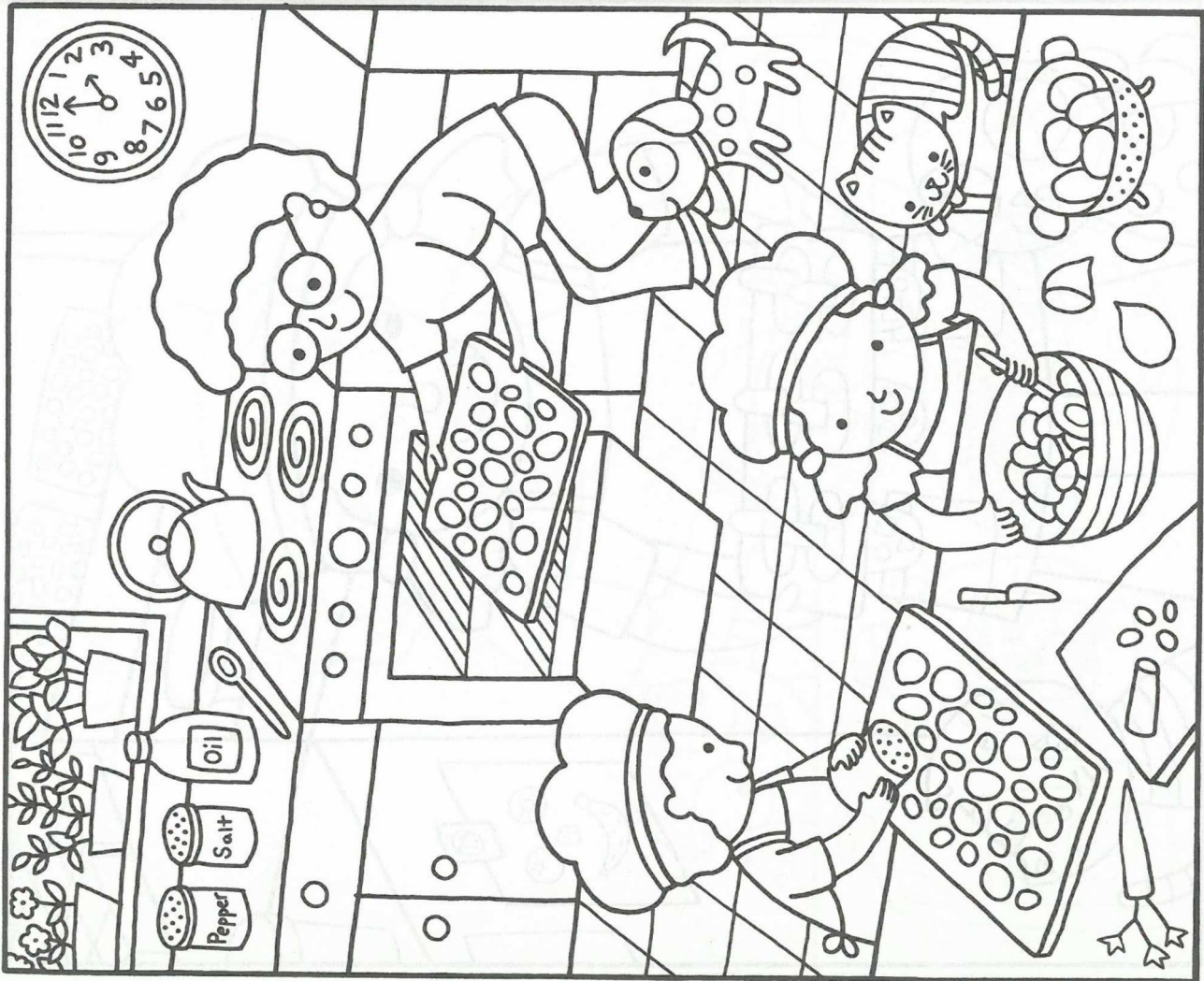




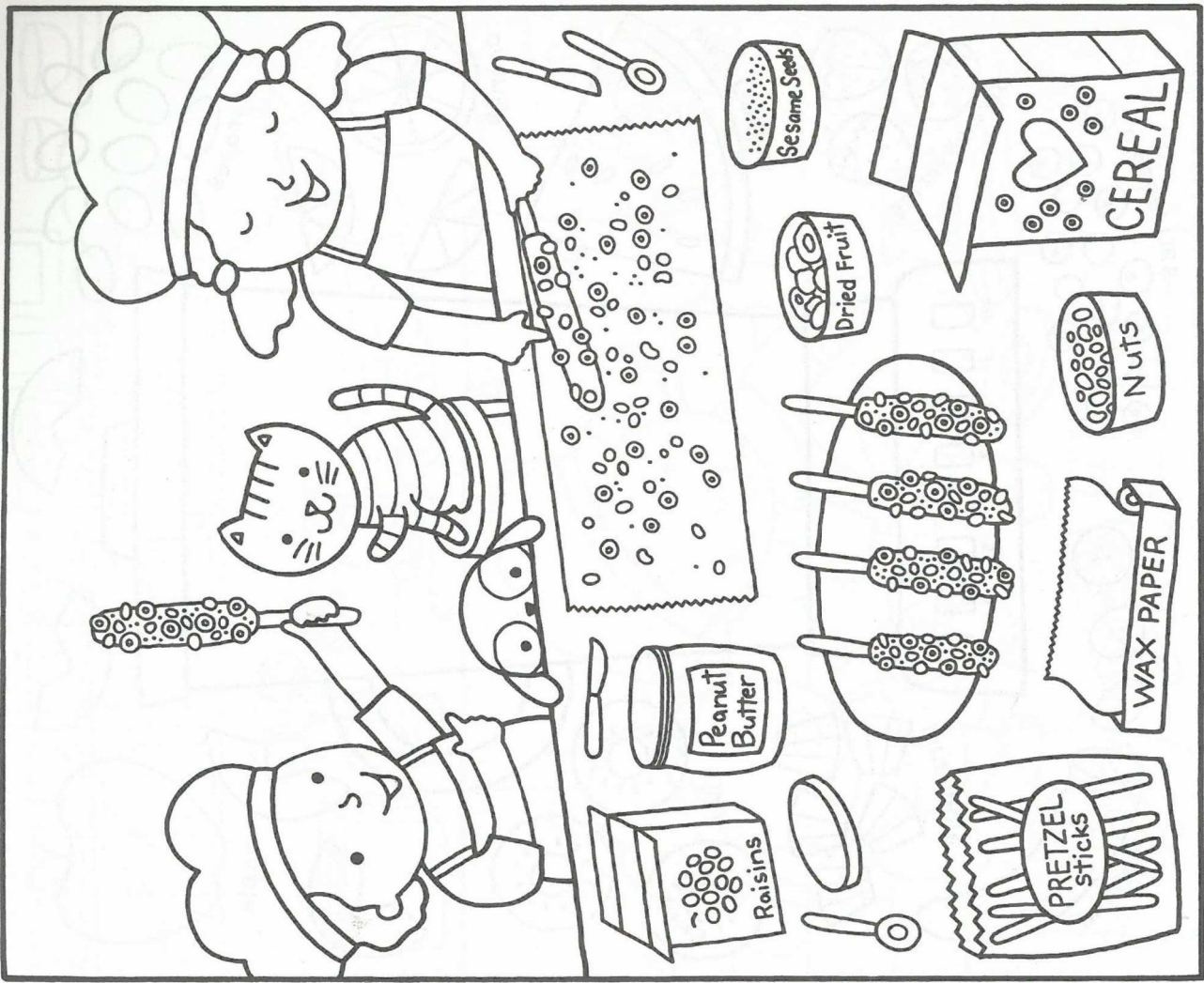
Next, they make ice pops. Jack pours juice into the molds and inserts the covers with popsicle sticks.



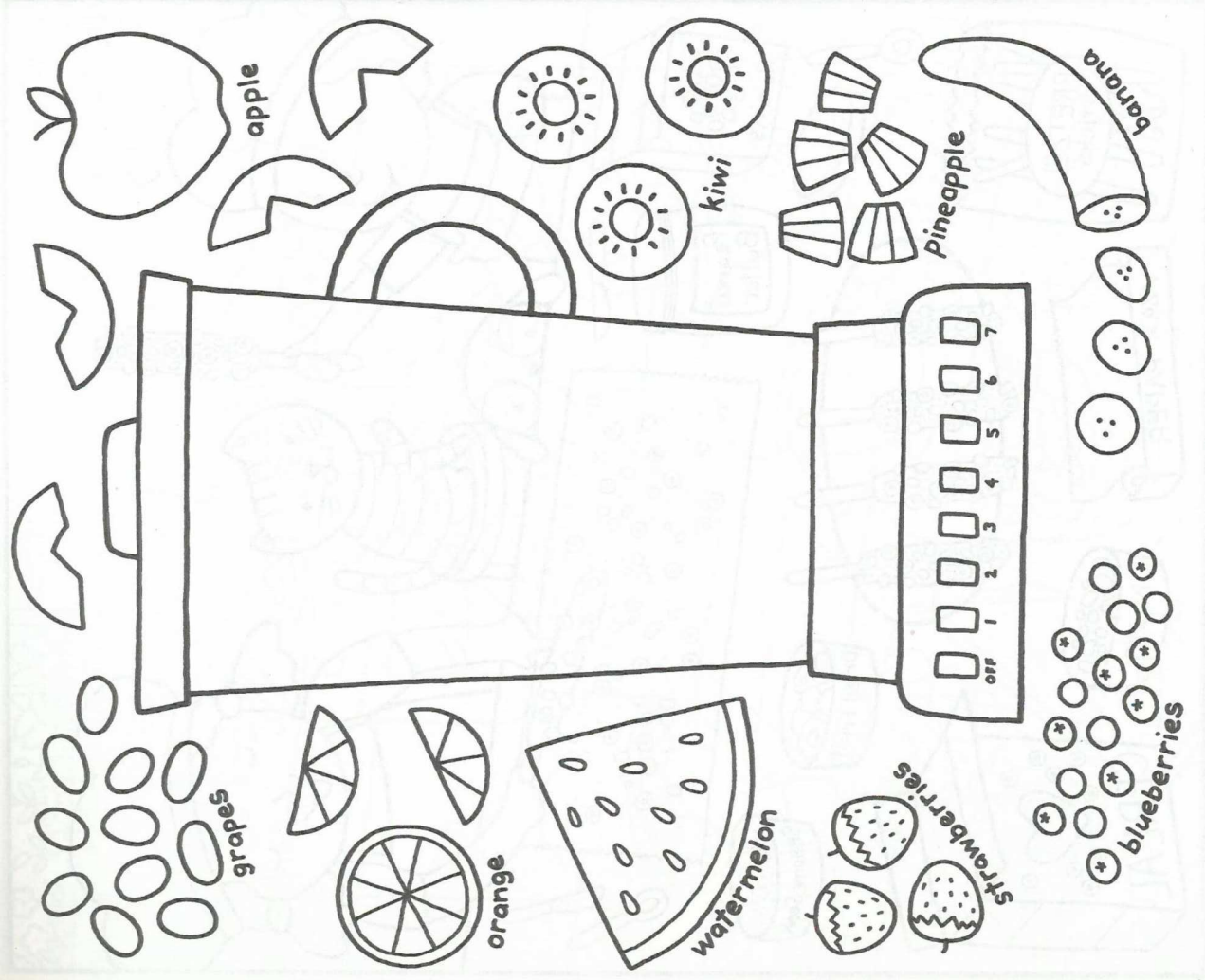
Molly adds chunks of fruit to some of the pops and puts them in the freezer.



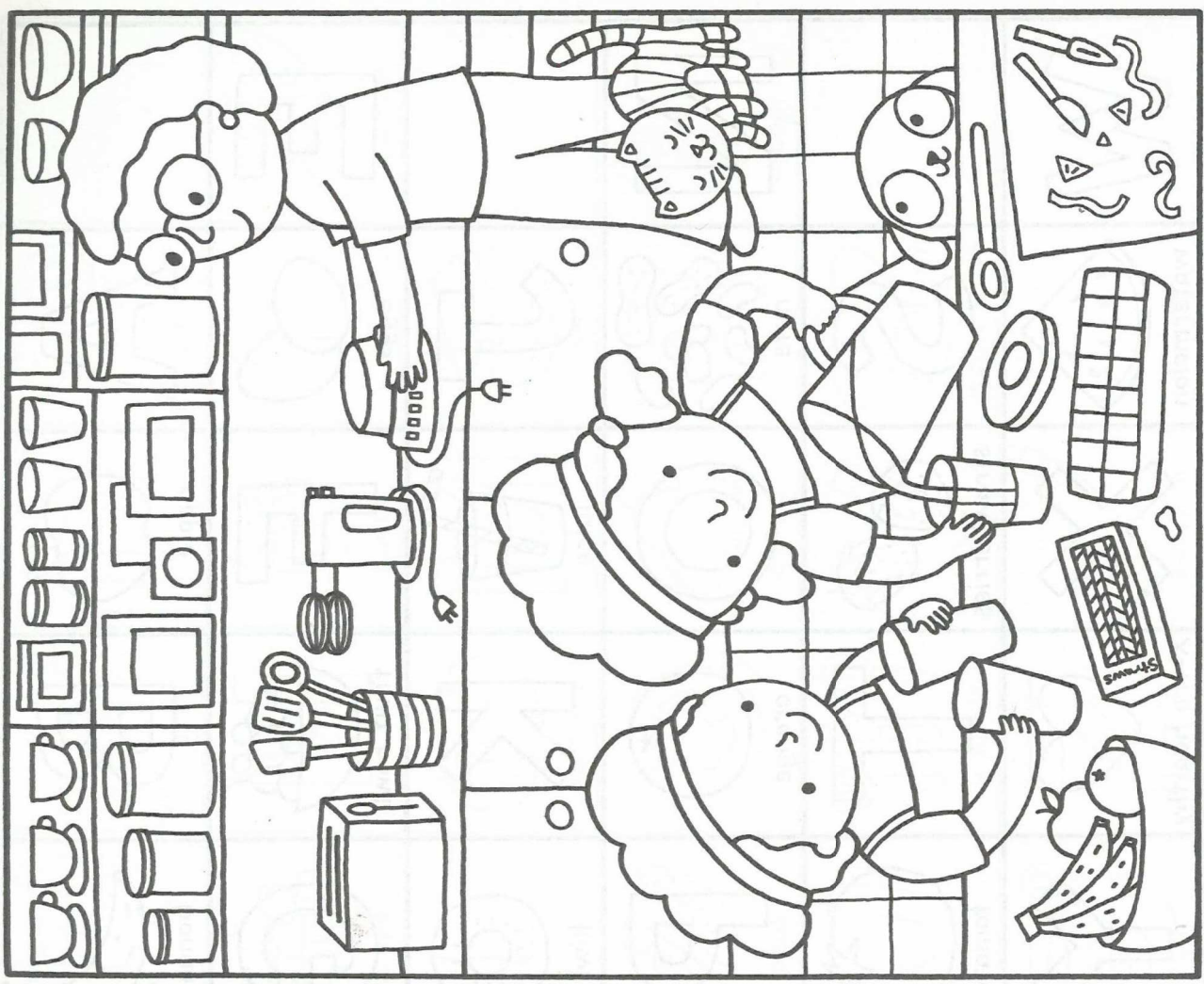
Next, Molly and Jack make veggie chips. Molly tosses the vegetable slices with oil. Jack arranges them on the baking trays and sprinkles them with a little salt. Mom puts them into the hot oven to bake until they are nice and crisp.



They make pretzel wands. What a treat! They spread peanut butter on pretzel sticks and roll them in a mixture of nuts, dried fruit, and cereal.



Now Jack and Molly are making fruit smoothies. They'll fill up the blender and make sure the lid is on tight. What fruit combination do you think will be good?

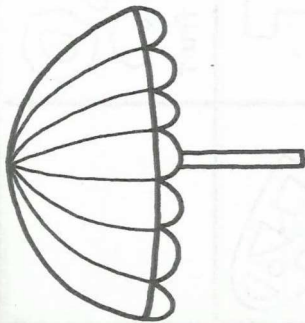


Then they blend the fruit until it's smooth—whizzzz—and pour it into tall glasses.

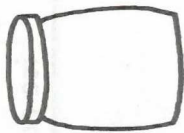
	A	apple	B	banana	C	carrot	D	dried fruit	ice pop
E	eggs	F	fruit bowl	G	grapes	H	honey	I	
J	juice	K	kiwi	L	lettuce	M	milk	N	nuts
O	orange	P	peas	Q	quince	R	raspberries	S	strawberries
T	tomato	U	utensils	V	veggie chips	W	watermelon	X	X-tra healthy
Y	Yogurt	Z	zucchini						

Molly and Jack think of a healthy food for each letter of the alphabet. Here is their Healthy Snack Alphabet.

Can you color it? You can add some of your own ideas, too.



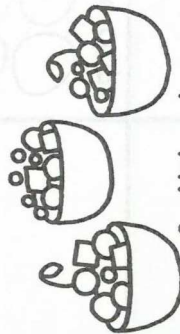
sun umbrella



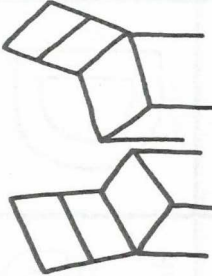
money jar



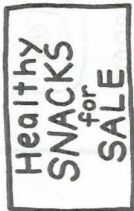
pitcher and cups



fruit bowls



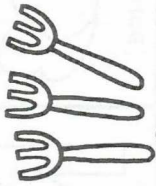
chairs



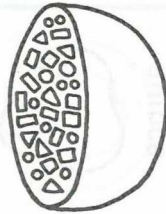
sign



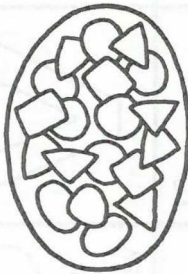
straws



forks



salsa



veggie chips

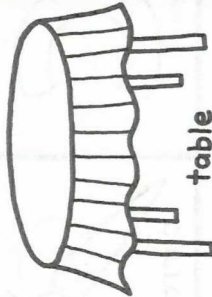


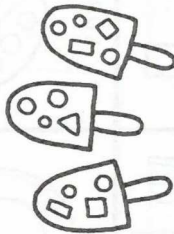
table and tablecloth



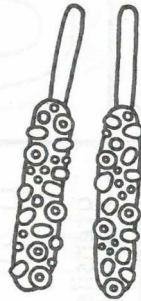
spoons



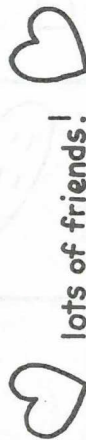
napkins



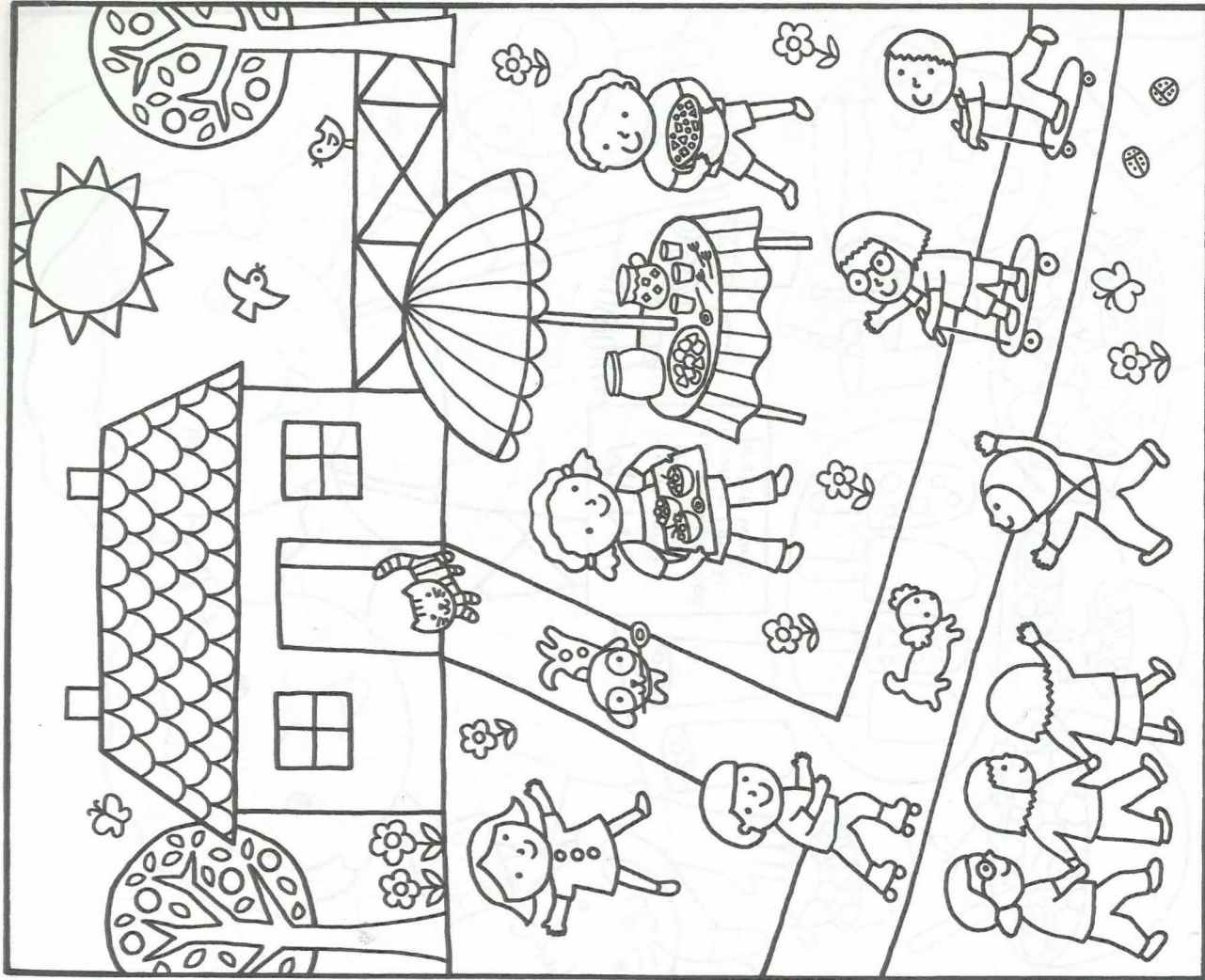
fruit pops



pretzel wands

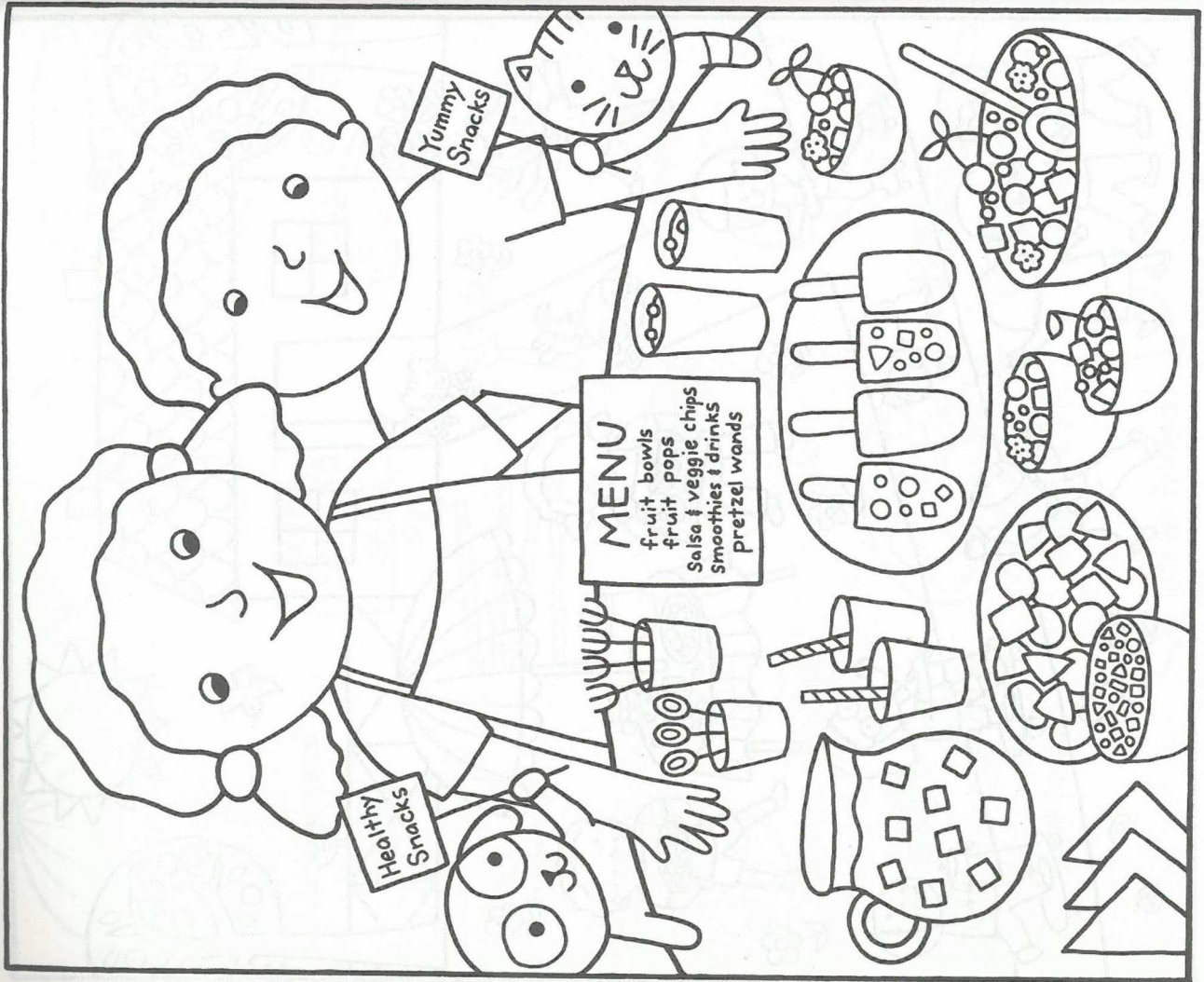


lots of friends!

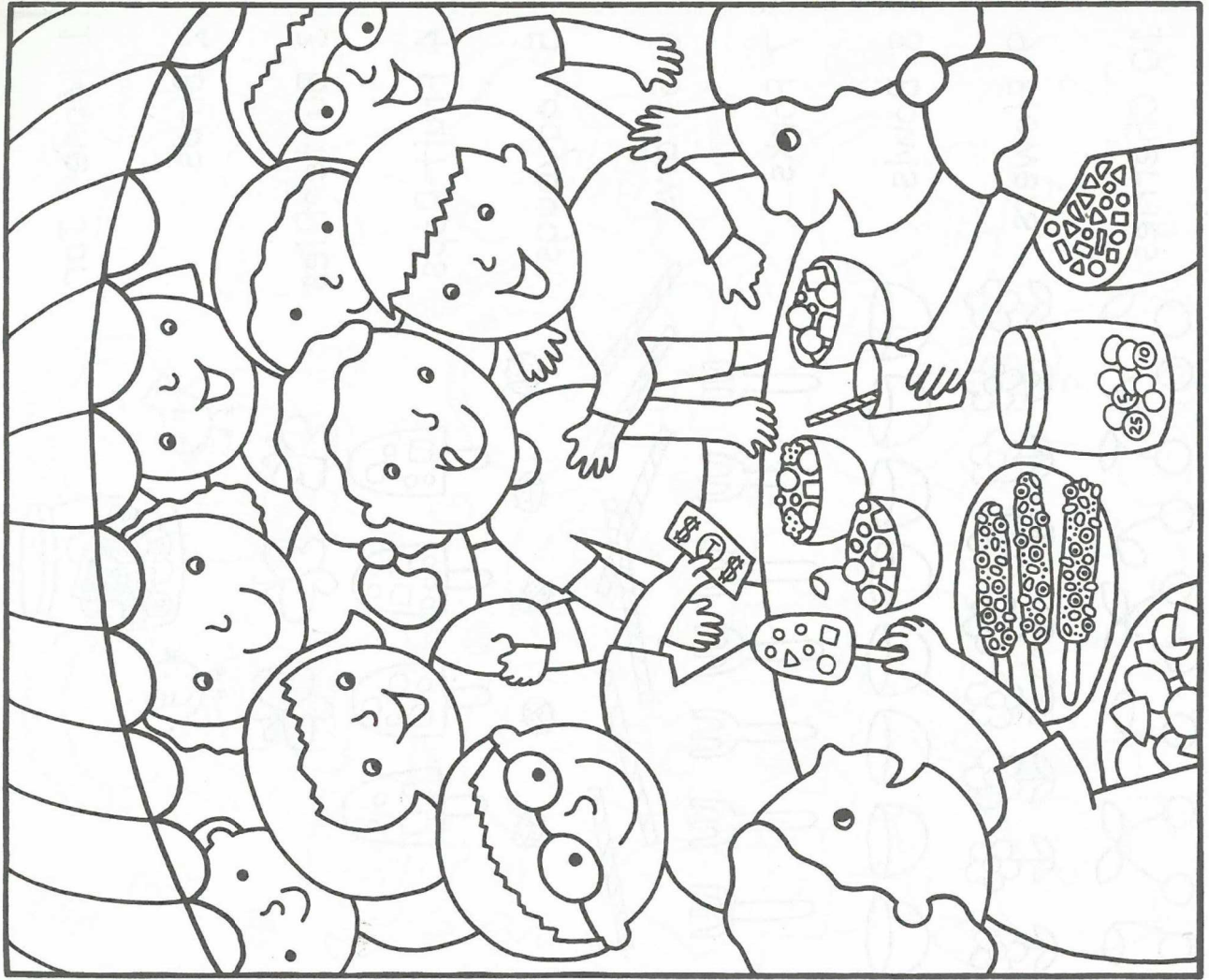


The word spreads, and soon lots of friends are coming to Molly and Jack's stand.

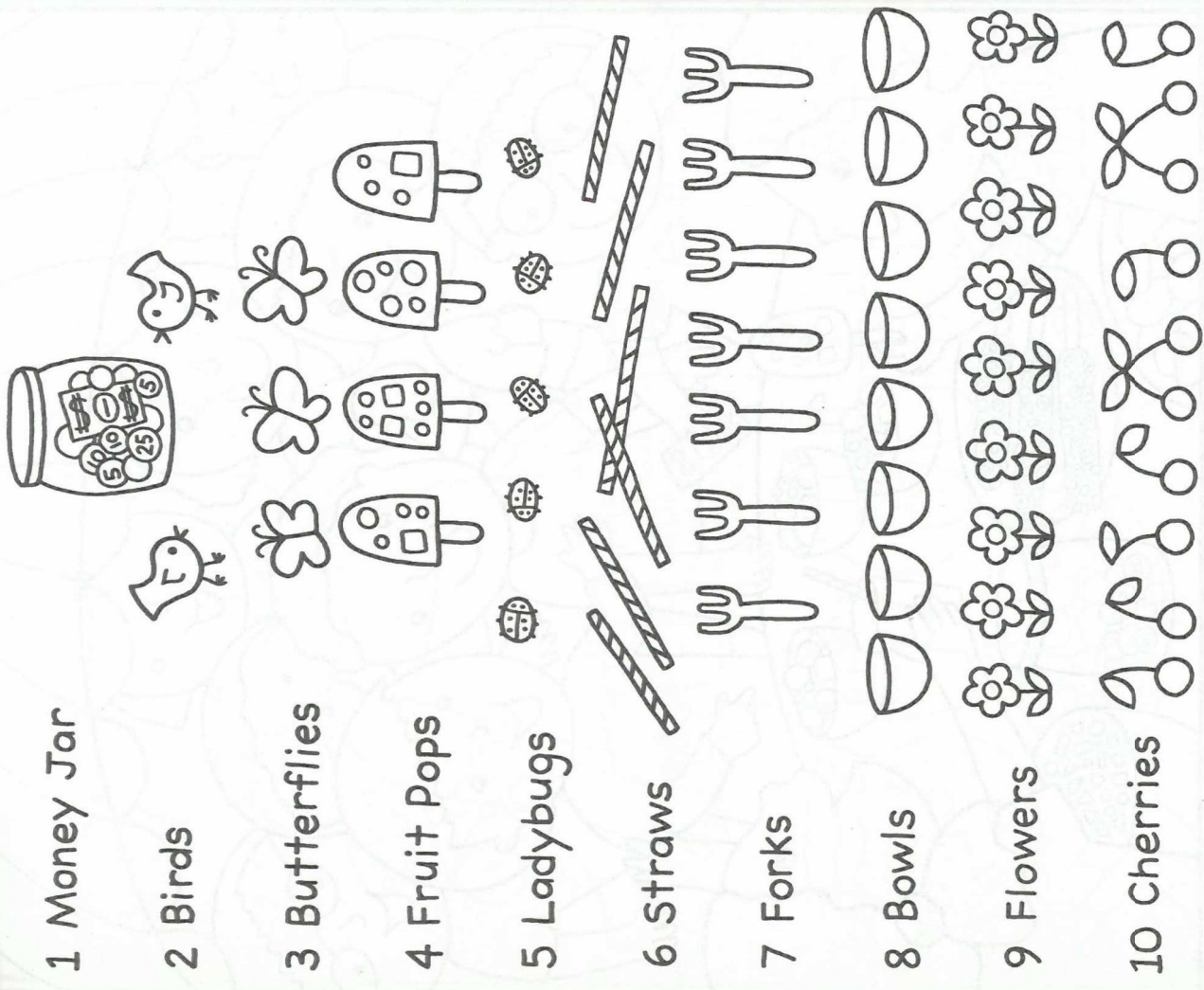
Jack and Molly have a plan—they are going to have a Healthy Snack Sale! They set up their stand. What things have they brought out? What things do they still need?



Now Molly and Jack are open for business.  
There are so many yummy choices!



Their hungry customers crowd around their stand.



1 Money Jar

2 Birds

3 Butterflies

4 Fruit Pops

5 Ladybugs

6 Straws

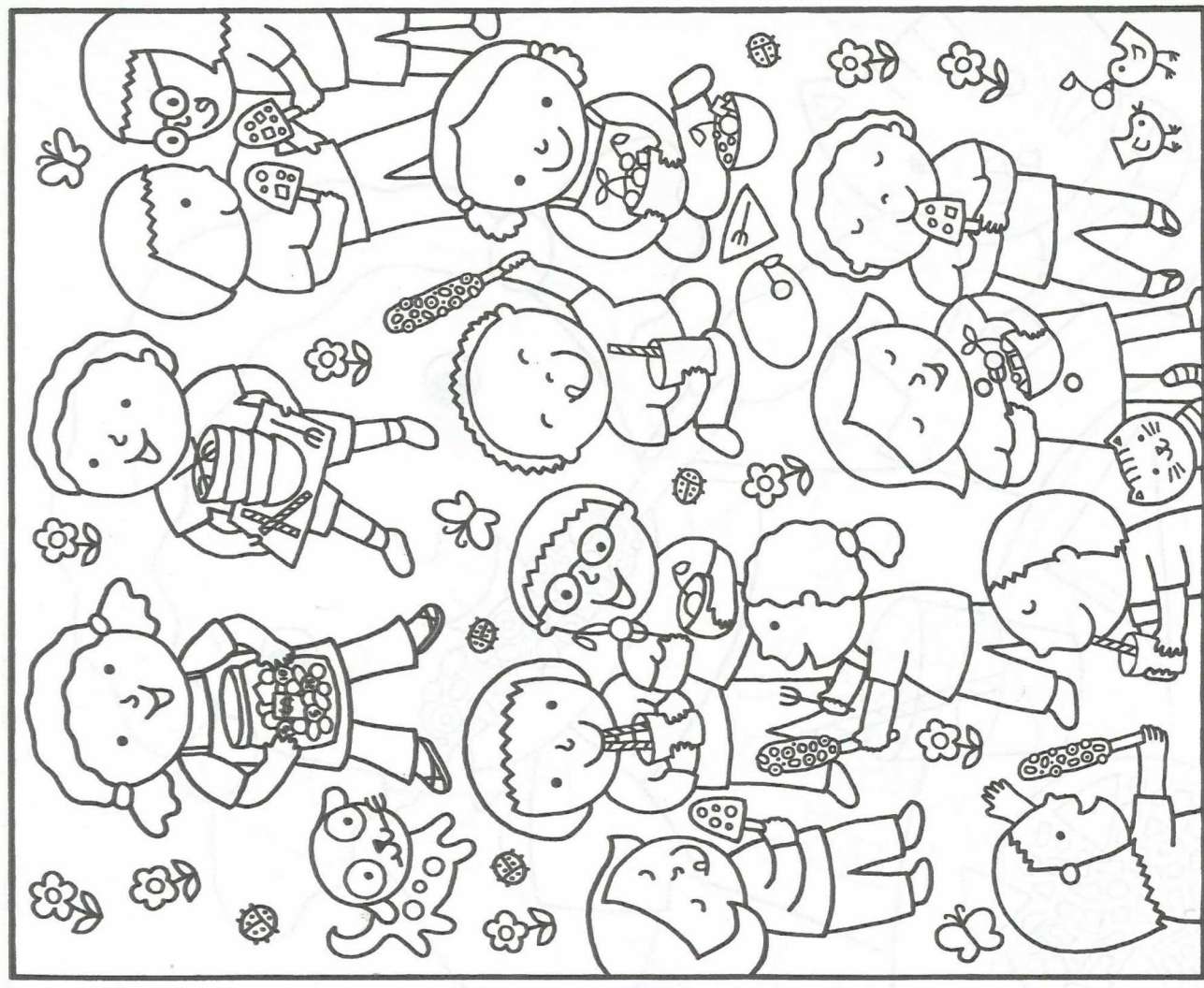
7 Forks

8 Bowls

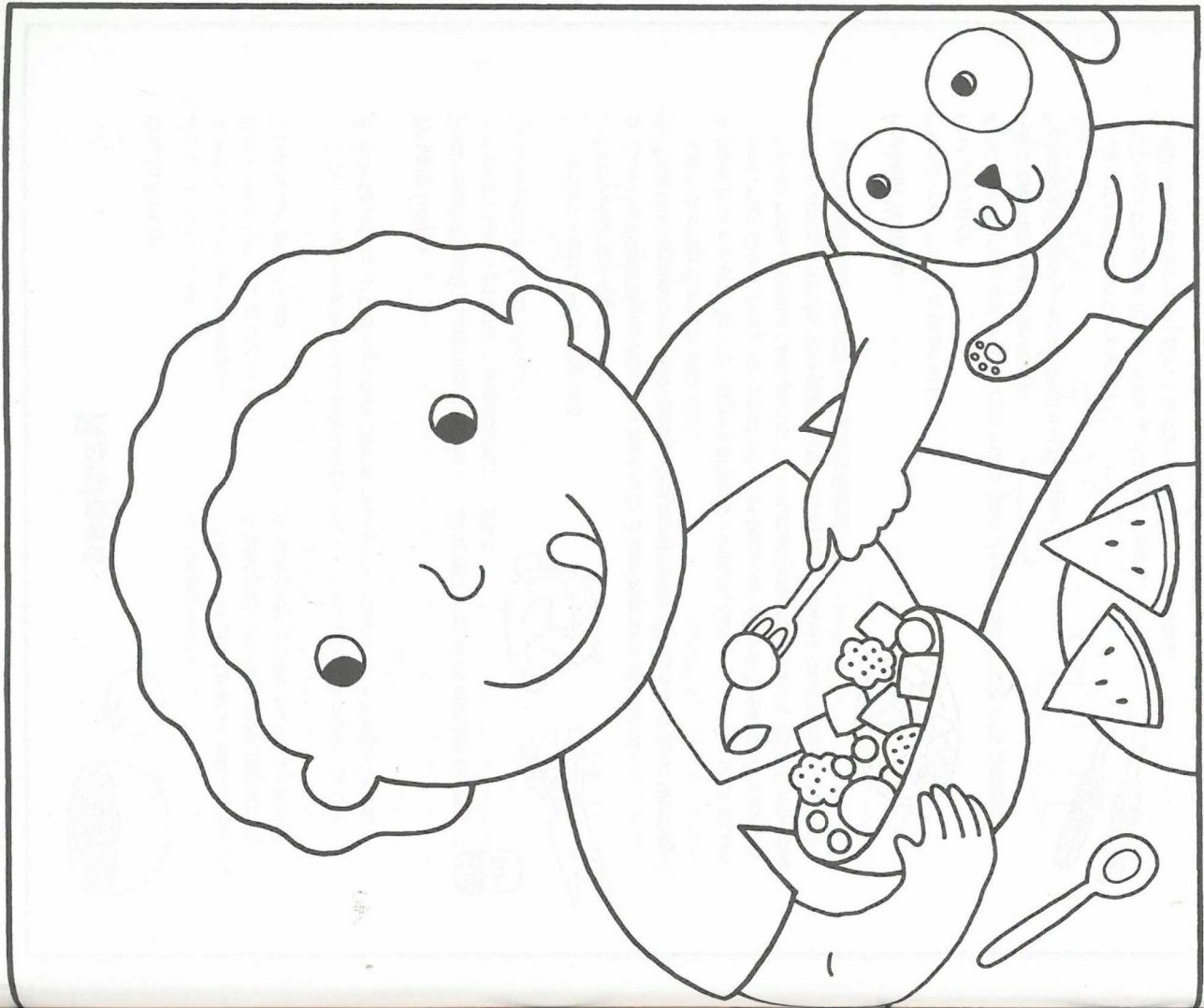
9 Flowers

10 Cherries

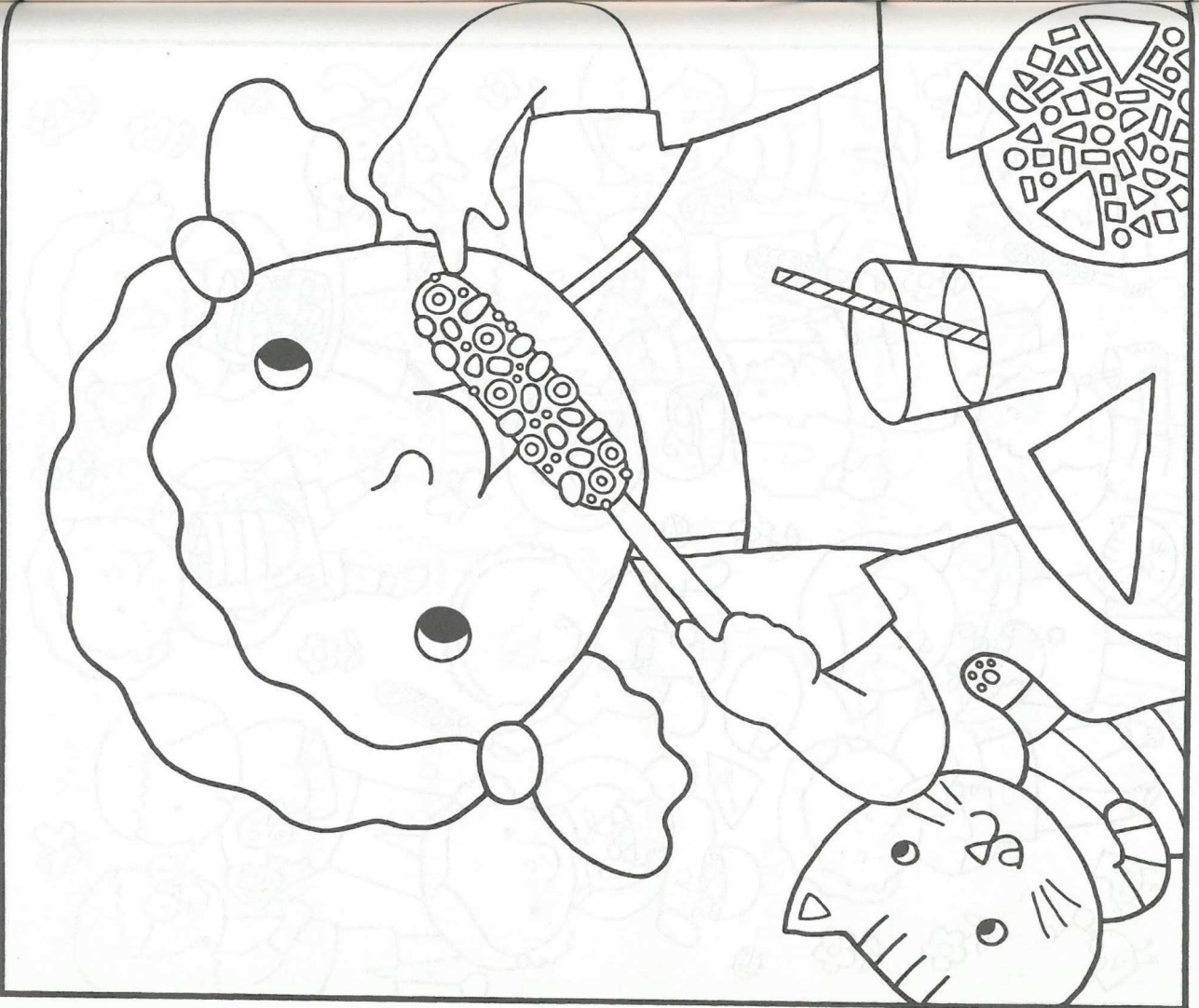
Can you find all these items in the picture?  
Make sure you count the right number of each item.



Everyone loves the healthy snacks!



Wow, everything is delicious!



At last, some snacks for Molly and Jack.



## Recipes

### Salsa Salad

- 2 medium tomatoes
- ½ red, green, or yellow pepper
- ½ cucumber or 1 Kirby cucumber
- 1 teaspoon lemon juice
- ½ teaspoon salt
- 1 tbsp. vinaigrette-style salad dressing
- ¼ teaspoon garlic powder (optional)
- ½ teaspoon ground cumin (optional)

1. Chop the vegetables into small pieces. You will have about 3 cups.
2. Stir together all the ingredients in a mixing bowl. Serve with Veggie Chips.

### Veggie Chips

- Root vegetables: 2 medium potatoes, Olive oil (or olive oil cooking spray)
- 1 medium sweet potato, 1 large carrot Salt  
(or a selection of your choice)

1. Preheat oven to 400 degrees.
2. Thinly slice the vegetables.
3. Toss the sliced vegetables in a bowl with 2 tablespoons of olive oil.
4. Place the veggies on a generously oiled cookie tray. Spread them out so they don't overlap. Sprinkle with salt.
5. Bake in the oven. Flip the veggies after 5 minutes. Continue baking until brown and crisp. Check every couple of minutes because different vegetables vary in baking time. Carrots take about 10 minutes, potatoes about 15-20 minutes.
6. When done, transfer to a plate, lined with paper towels to absorb excess oil. Cool and serve. Delicious with Salsa Salad!

### Pretzel Wands

- Pretzel rods (thick pretzel sticks)  
Peanut butter  
Raisins and other assorted dried fruits (cut larger dried fruits into pieces)  
Assorted nuts, sesame seeds  
Puff cereal (healthy versions with less sugar)

1. Lay wax paper on the counter.
2. Spread the dried fruits, nuts, and cereal on the wax paper.
3. With a knife, spread peanut butter on half of the pretzel.
4. Roll in the cereal mixture. The pretzel with the sticky peanut butter will transform into a delicious pretzel wand.

## Recipes

### Fruit Pops

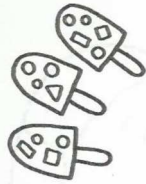
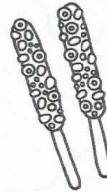
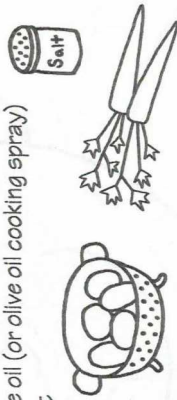
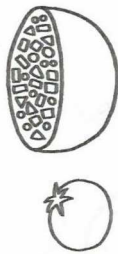
- Fruit juice (orange, apple, or any other favorite juice)
- Fruit cut into chunks (mango, strawberries, peaches, for example)
- Plastic popsicle molds, with sticks

1. Put some chunks of fruit into each mold. (If you want a plain juice pop, skip this step)
2. Pour juice into each mold, leaving about ¼ inch at the top to allow for the liquid to expand when it freezes.
3. Place covers on molds, with sticks. (If the molds do not include sticks, cover the mold with aluminum foil or clear plastic wrap and insert a popsicle stick through the foil, to hold it in place.)
4. Put in freezer for about 3 hours, or until ready to eat.

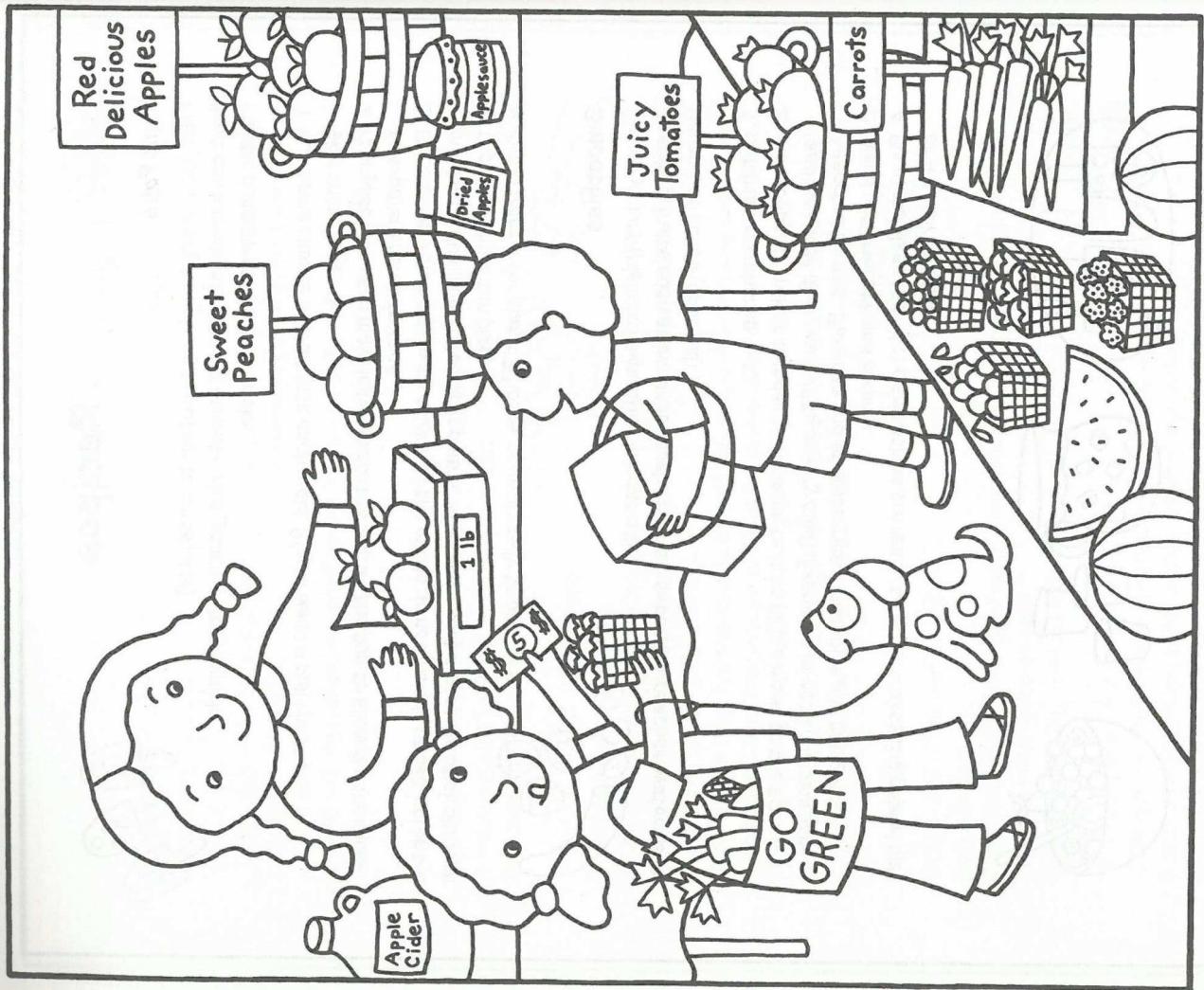
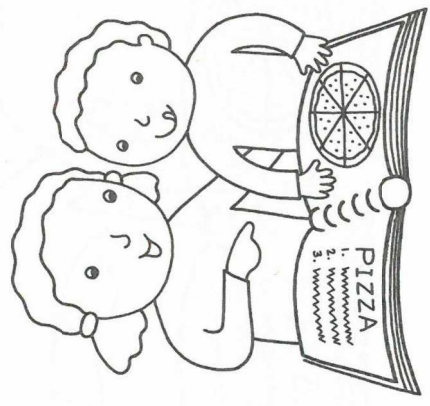
### Smoothies

- 2 cups yogurt (plain or flavored) or low-fat milk
- Assorted fruits such as bananas, blueberries, strawberries, peaches, watermelon
- Several ice cubes (optional)

1. Cut fruit into chunks.
2. Add yogurt or milk to blender and enough fruit to fill it almost to the top (add ice cubes if you want it to be very cold). Examples of good combinations: Assorted berries. Bananas and strawberries. Pineapples and mangos.
3. Blend until smooth and creamy.
4. Pour into glasses and the smoothies are ready to drink. Makes 2 big servings or 4 small servings.



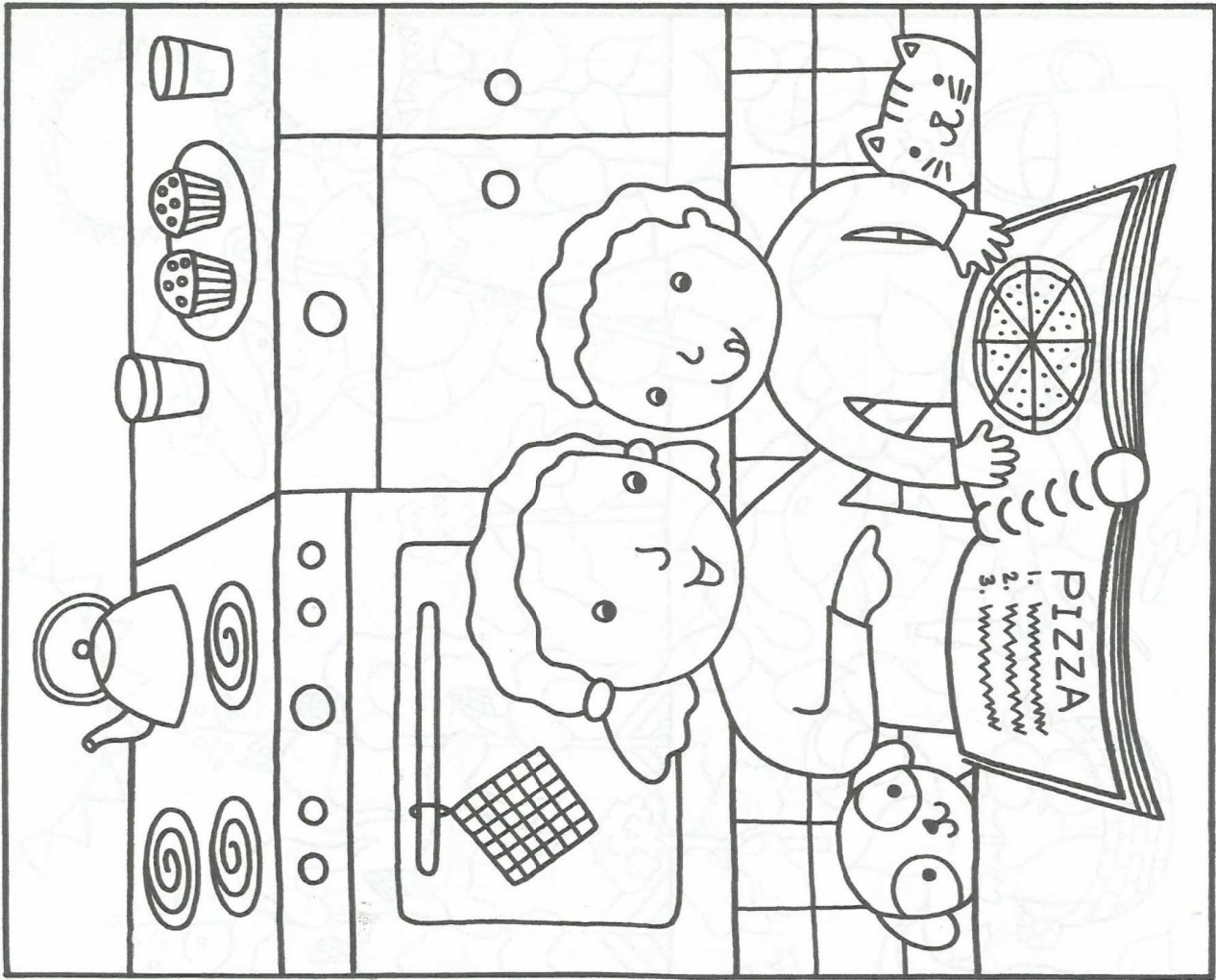
# Color & Cook PIZZA



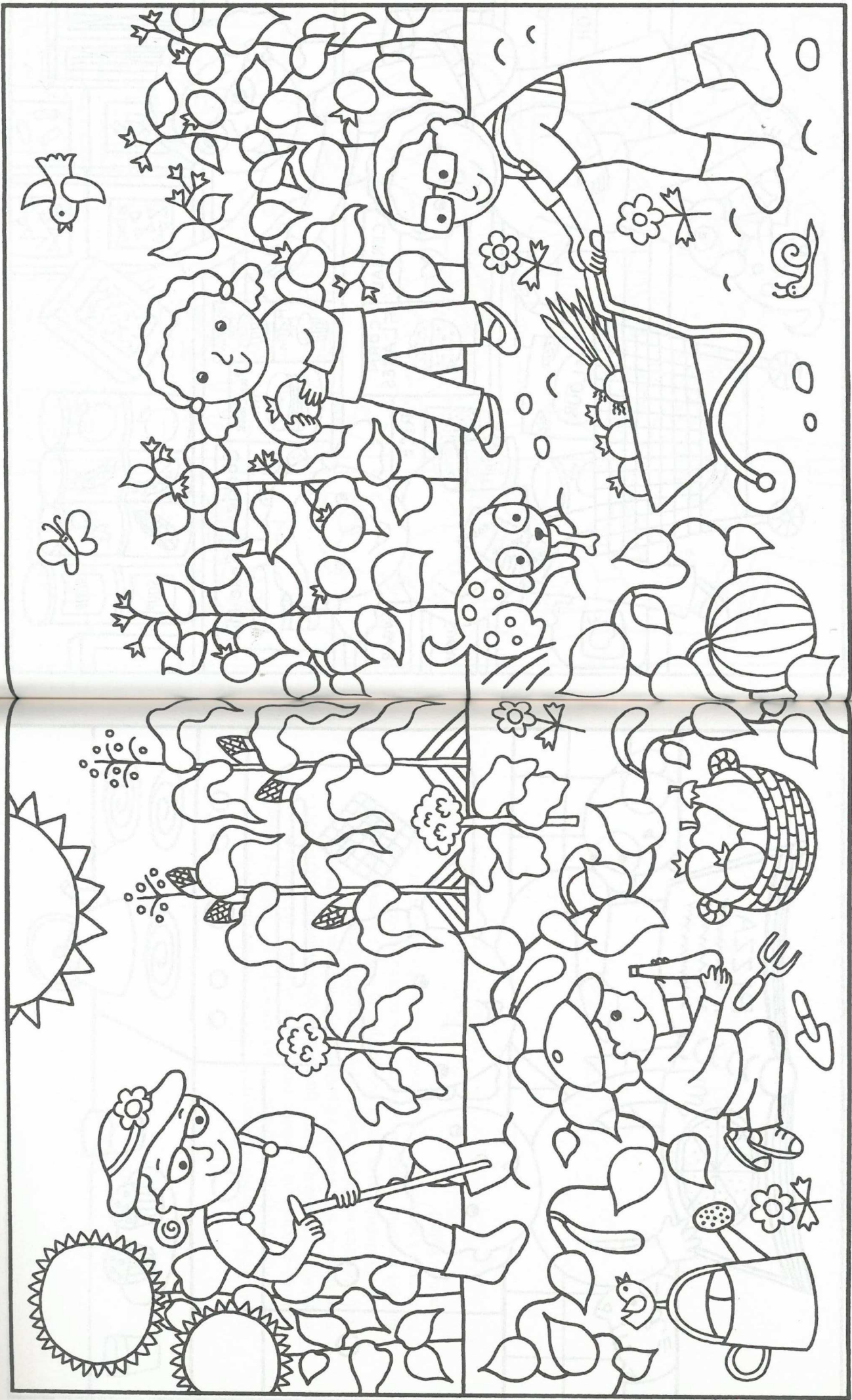
Molly and Jack can't wait to go back to the farmers market to get fruits and vegetables to make more healthy snacks!

If you ask your friends to name their favorite food, the chances are that many of them will answer "pizza." Maybe you would, too! There is nothing quite as delicious as a freshly baked slice of pizza, and there are so many ways to make it—"plain" (just cheese and tomatoes), topped with vegetables, or with sausage or pepperoni. Some pizza makers even top their pies with cooked chicken or other unusual ingredients.

In this delightful book, you'll find out how to make a pizza—and you'll also get to color, so get out your crayons, colored pencils, or markers. You'll even find some pizza recipes at the end of the book. What could be more fun? Enjoy!

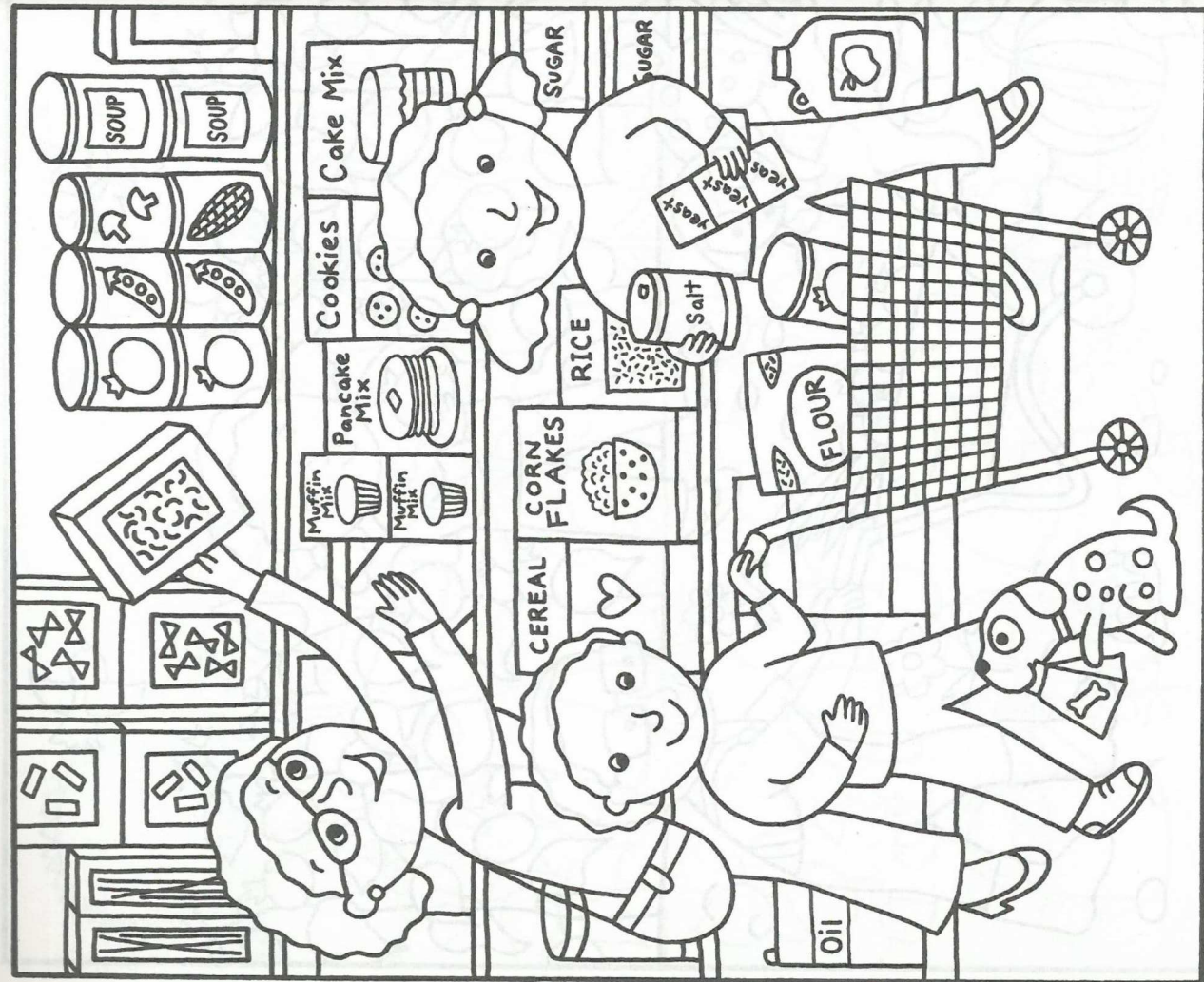


Molly and Jack are going to cook pizza for their family.  
Everyone loves pizza!

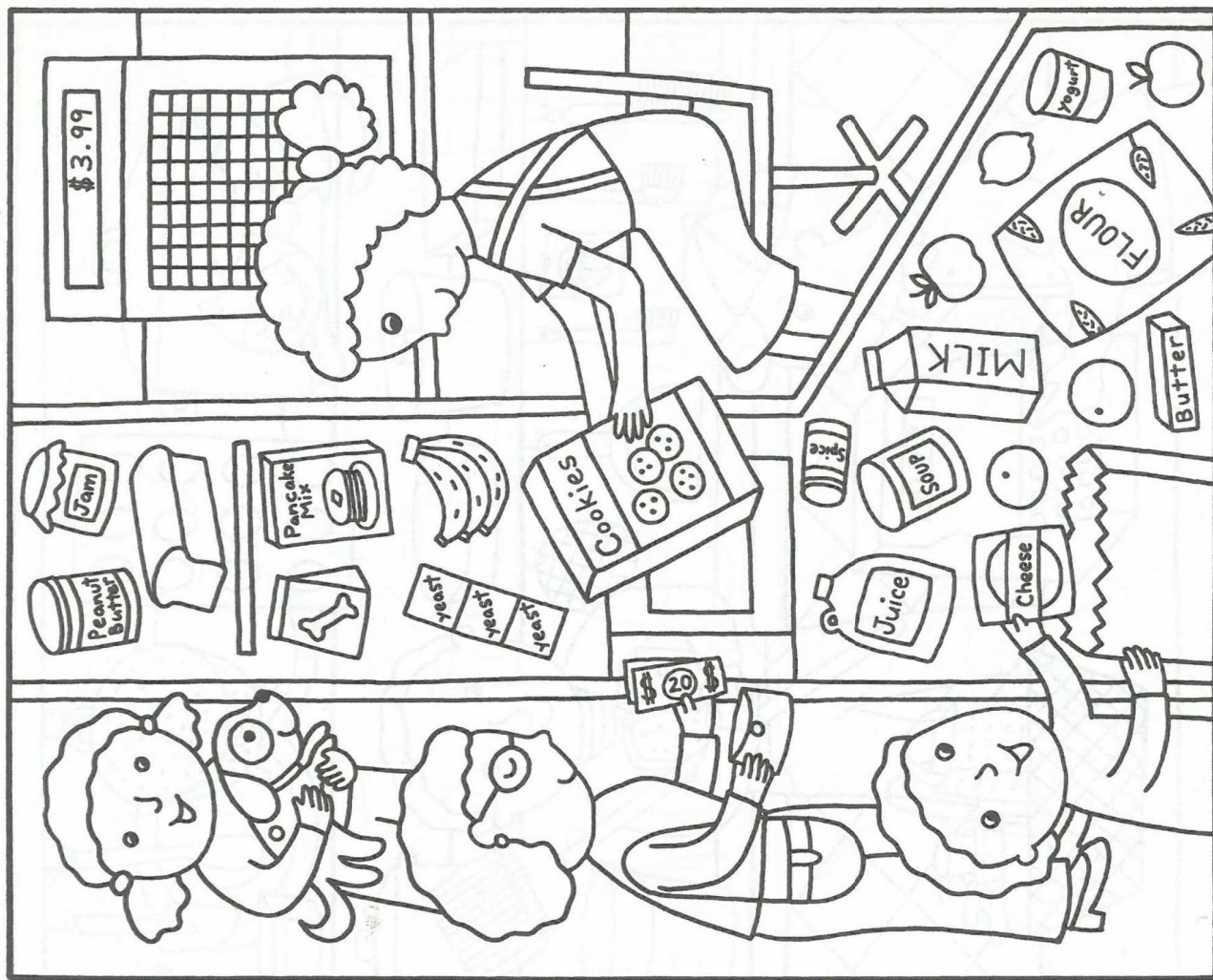


With Grandma and Grandpa they pick fresh vegetables from the garden for pizza toppings.

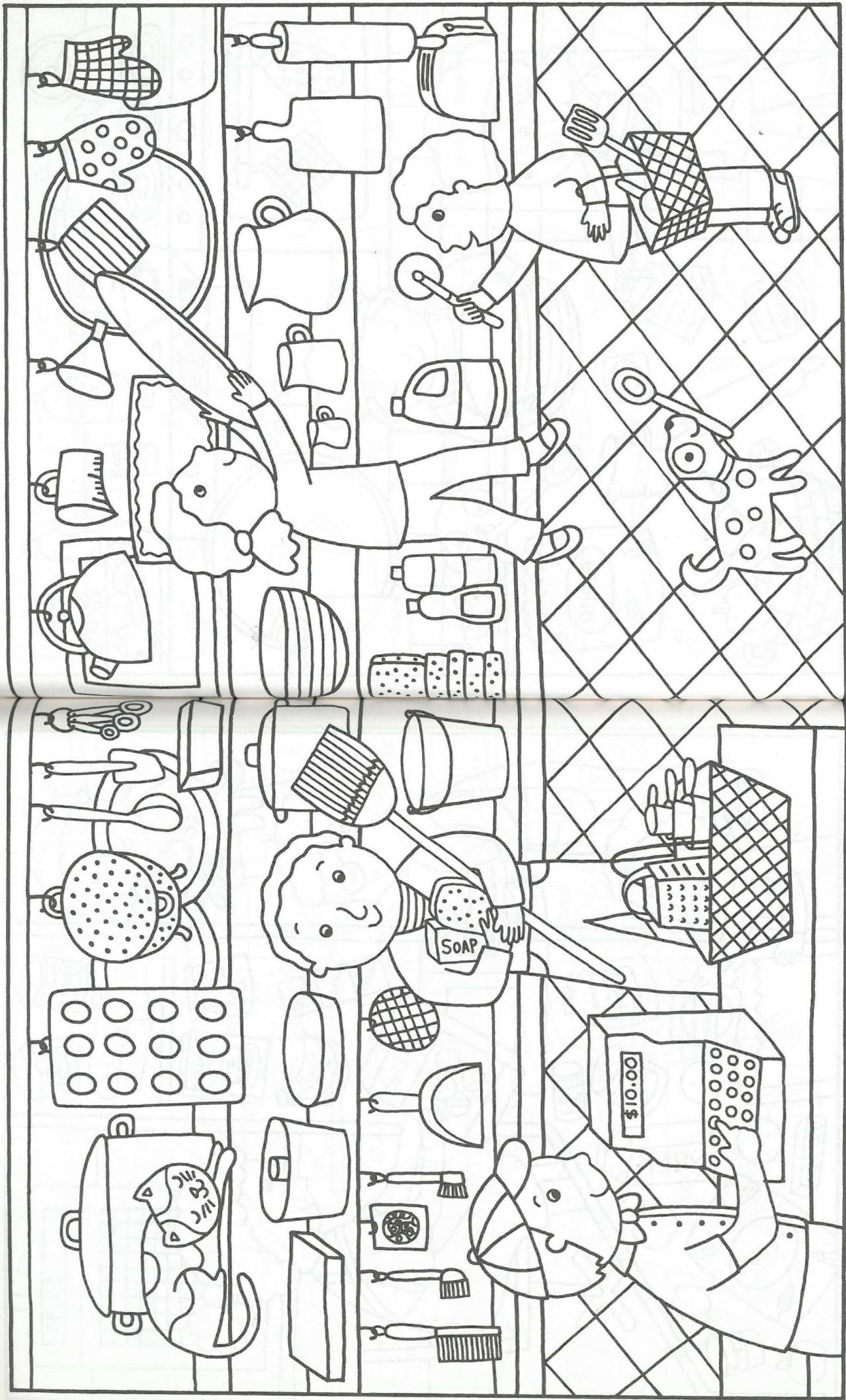
Tomatoes, zucchini, peppers, broccoli, and eggplant will be delicious!



With Mom they go to the supermarket for some more ingredients for their pizza.

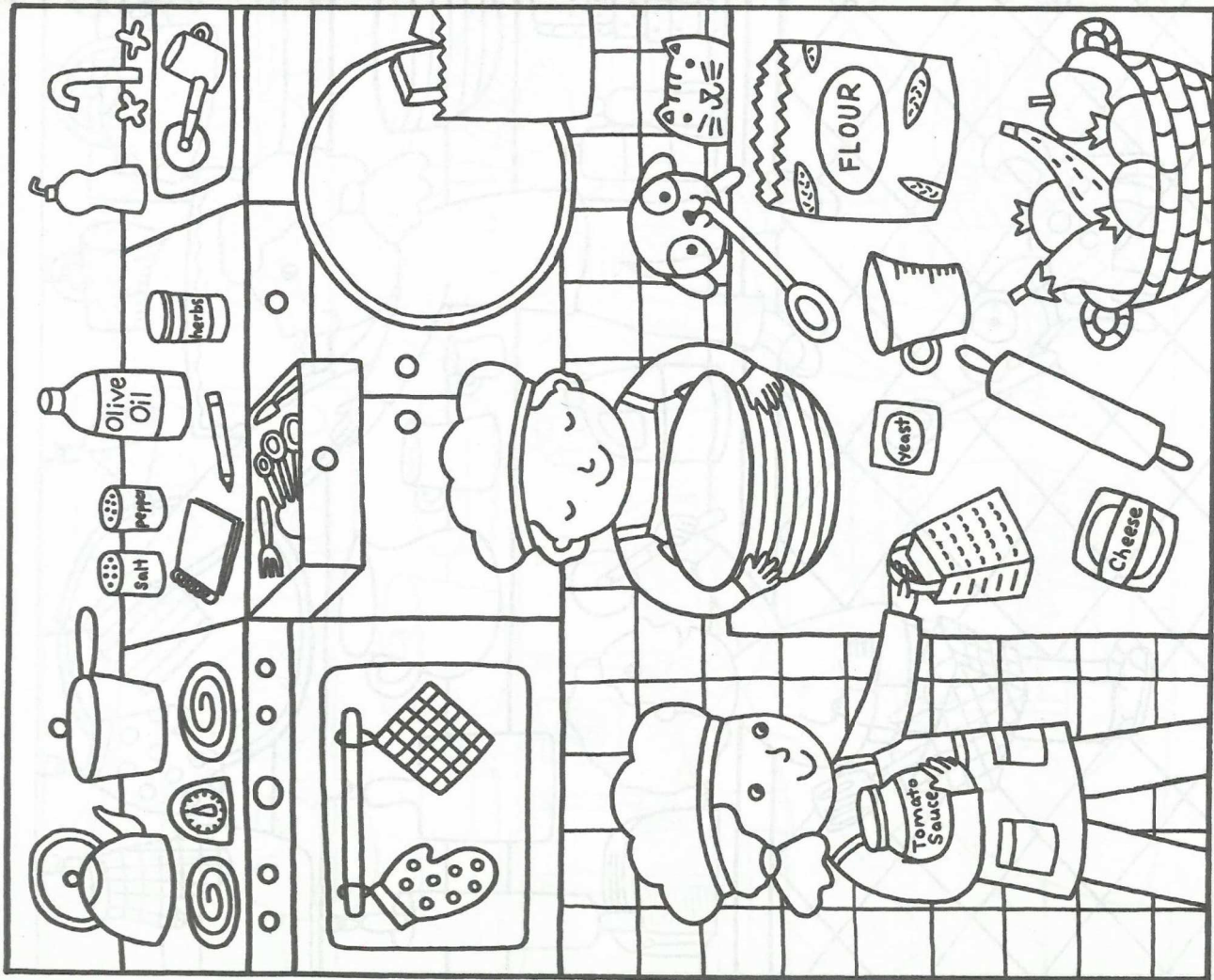


They buy flour, yeast, mozzarella cheese, and other groceries.

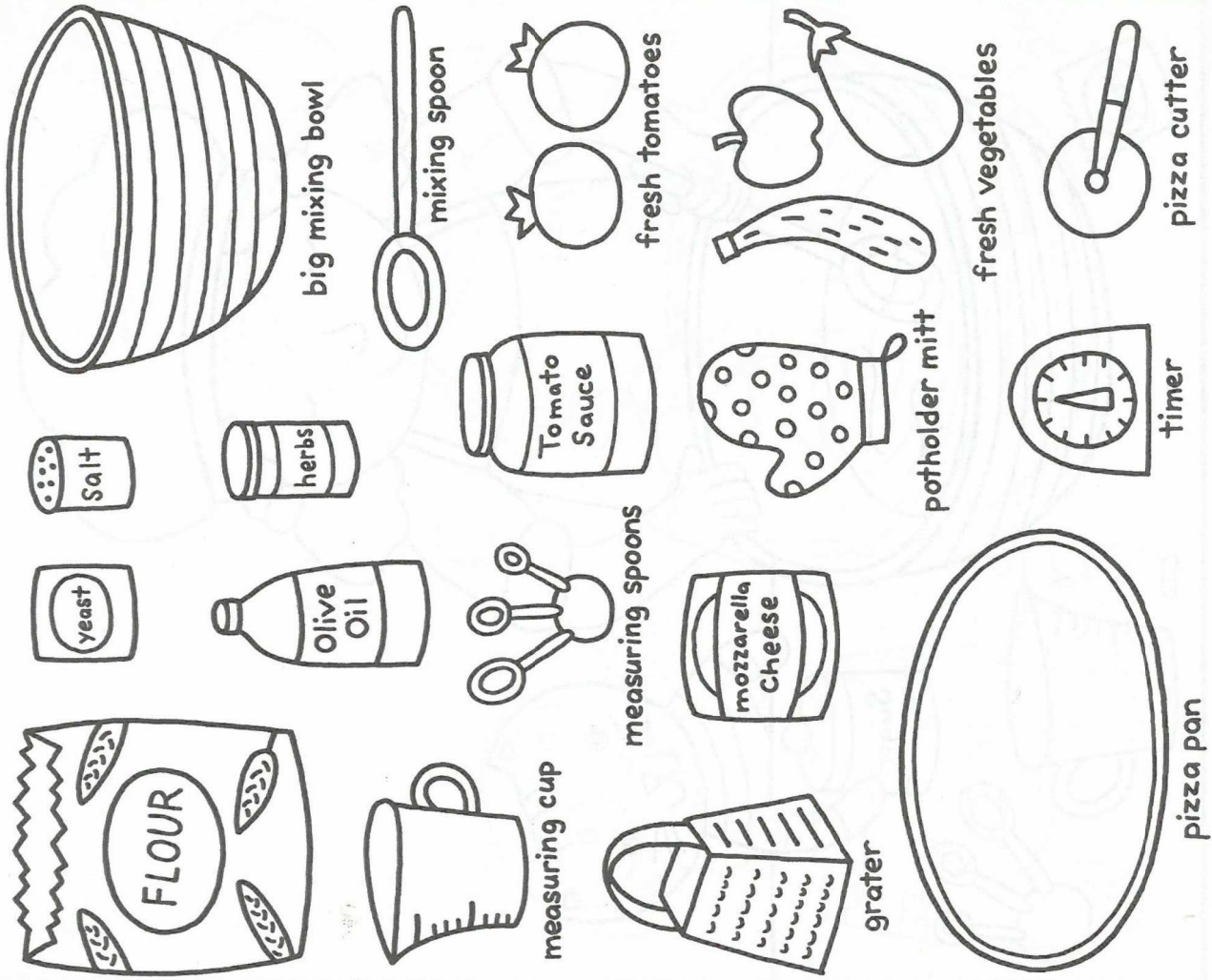


With Dad they go to the houseware store for some utensils for their pizza.

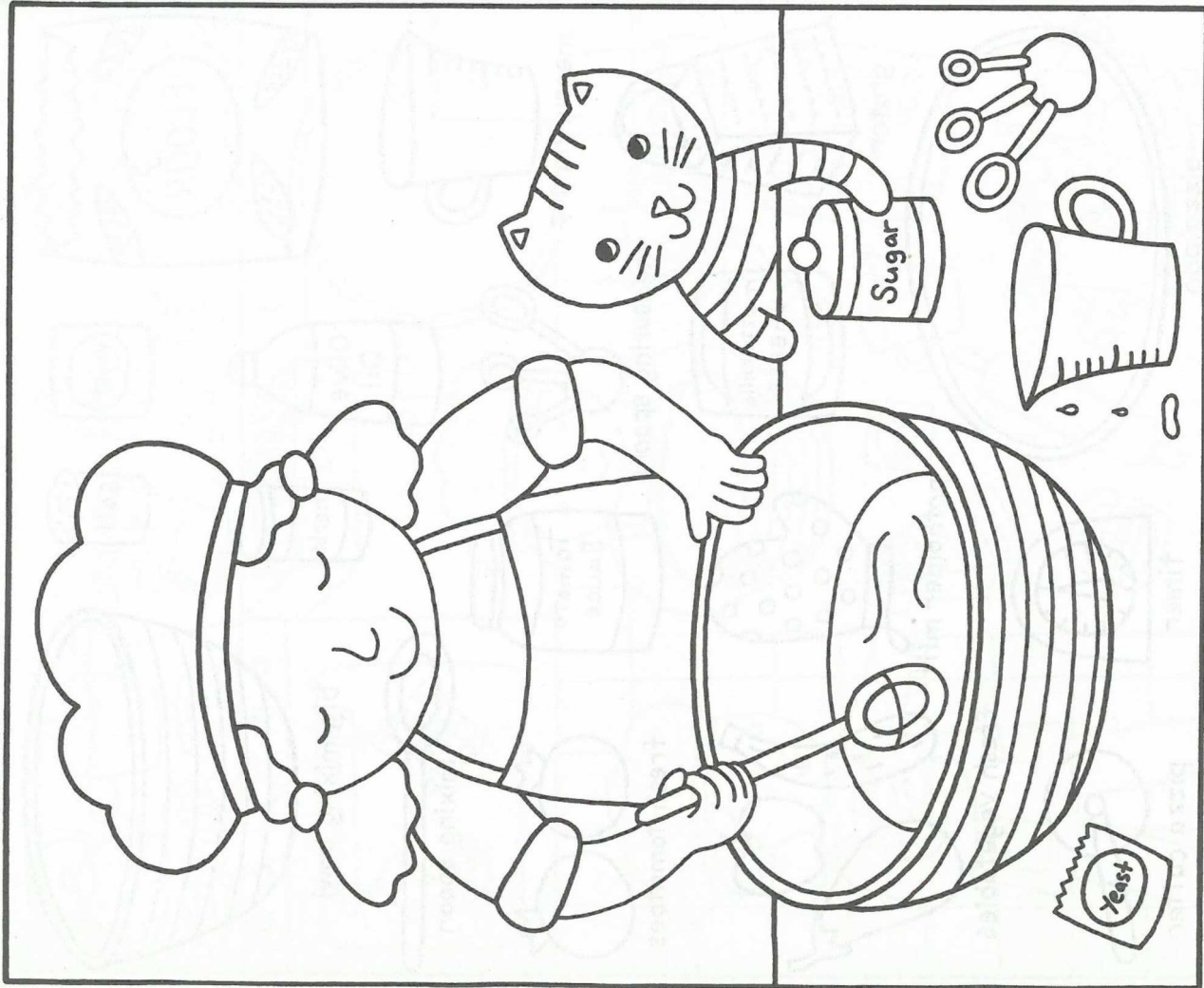
They buy a big pizza pan, a pizza slicer, and other supplies.



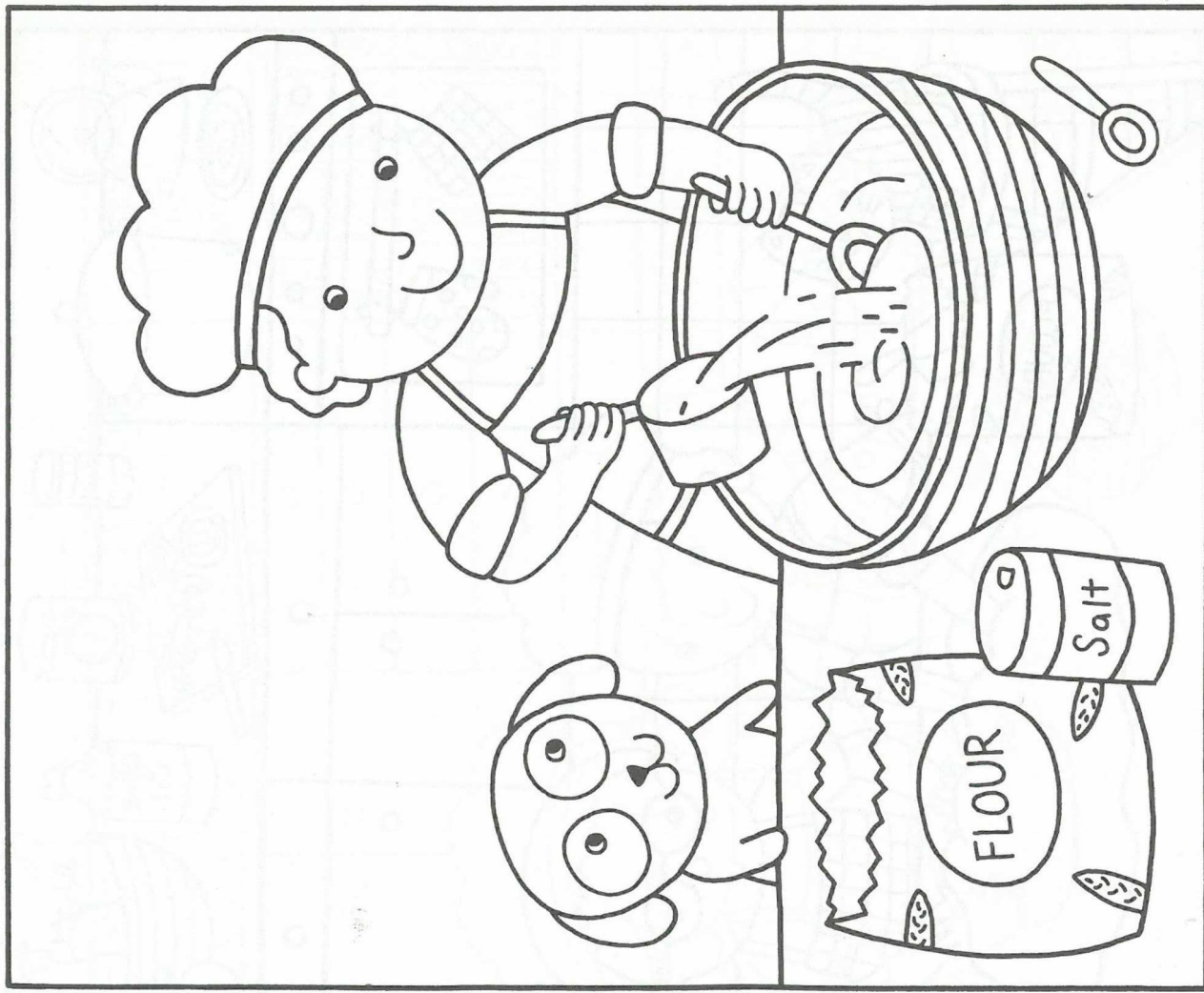
Molly and Jack are ready to start. They have all of the ingredients and utensils they need for their pizza.



Do you see all of these items in their kitchen?

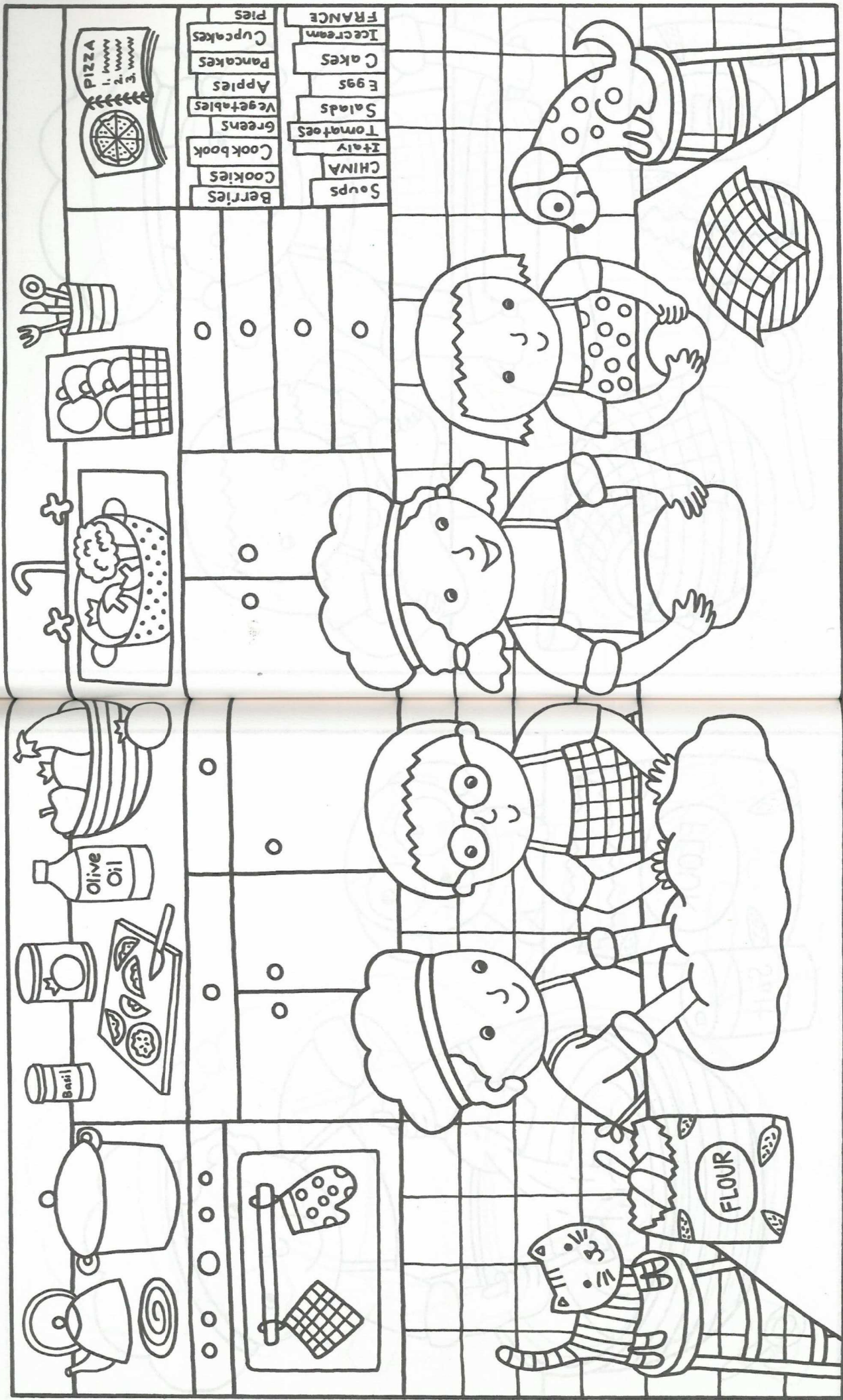


Molly dissolves the yeast in warm water. She adds a little bit of sugar to help the yeast grow more quickly.



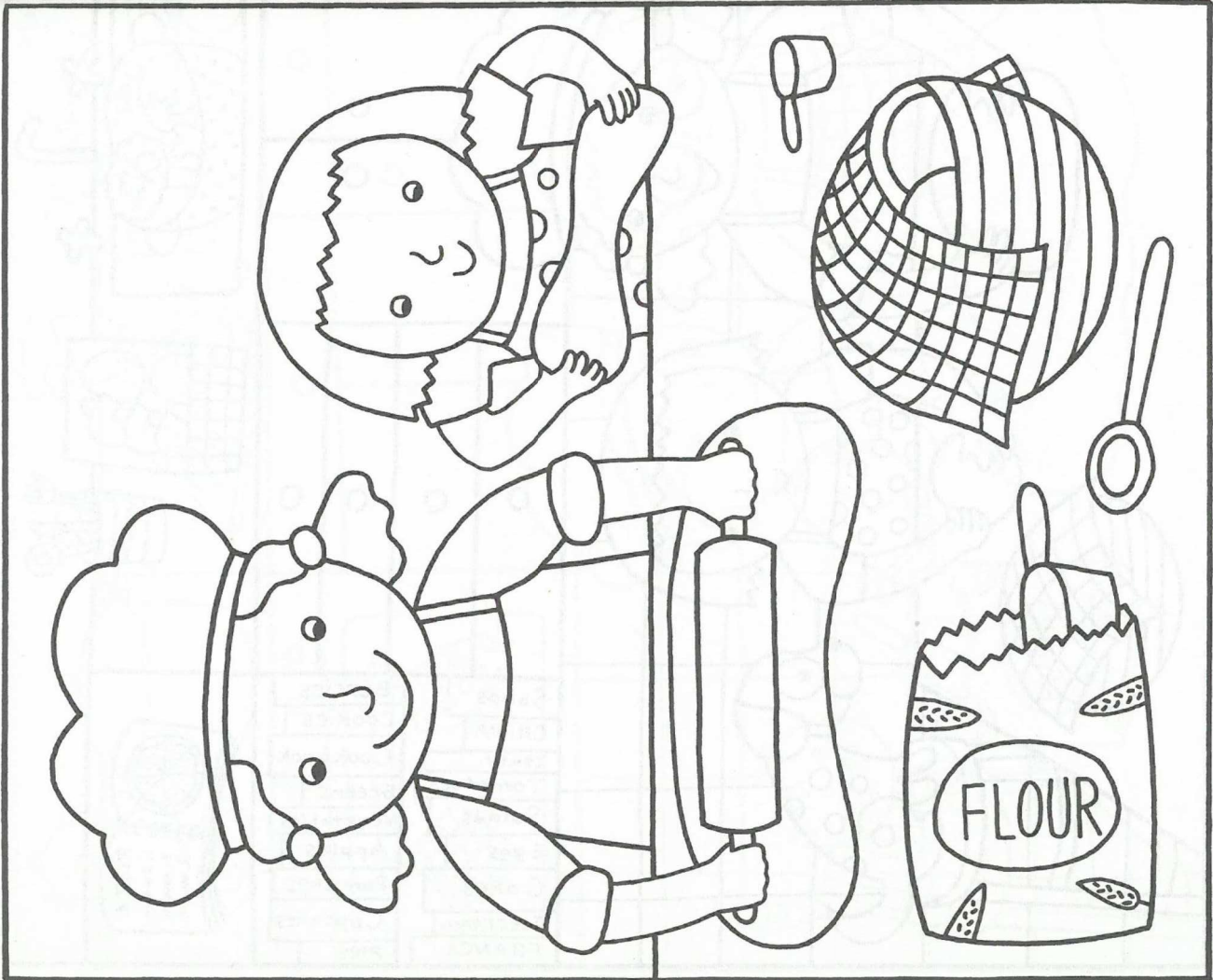
Jack adds the flour, one cup at a time. The dough is sticky.





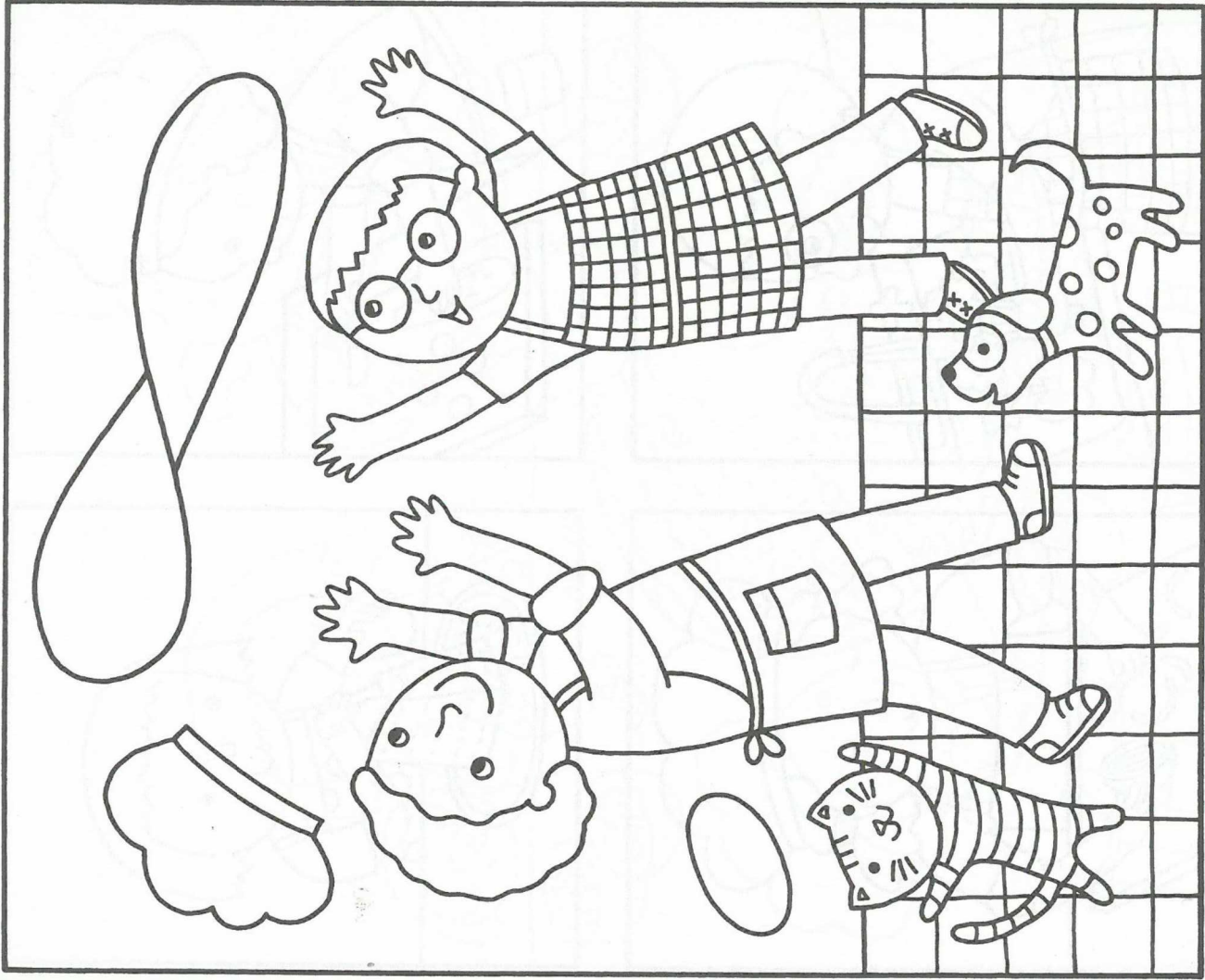
Their cousins help them work the dough.  
 They push, pull, punch, and pound.

They knead the stretchy dough, form it into balls, and leave it to rise.

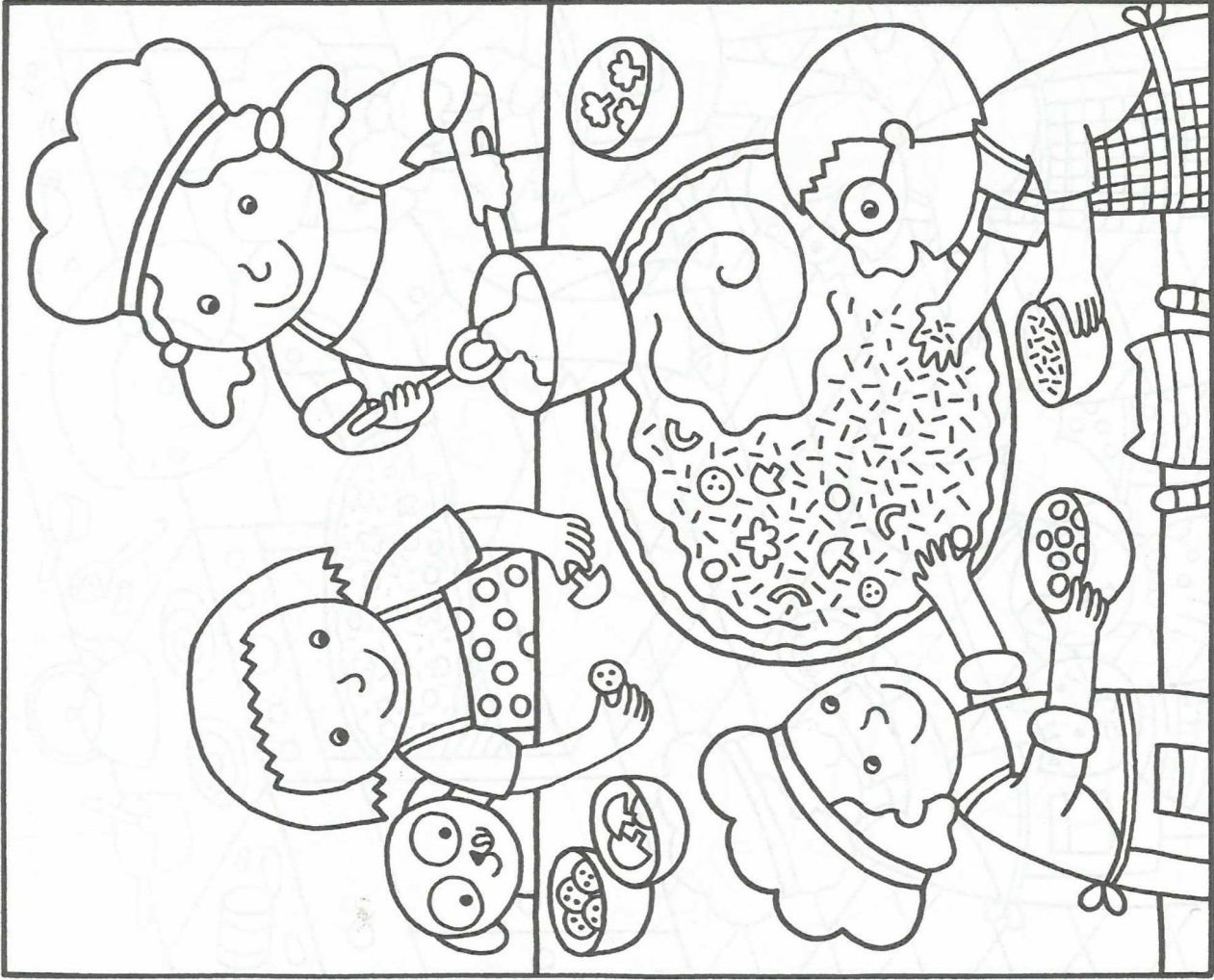
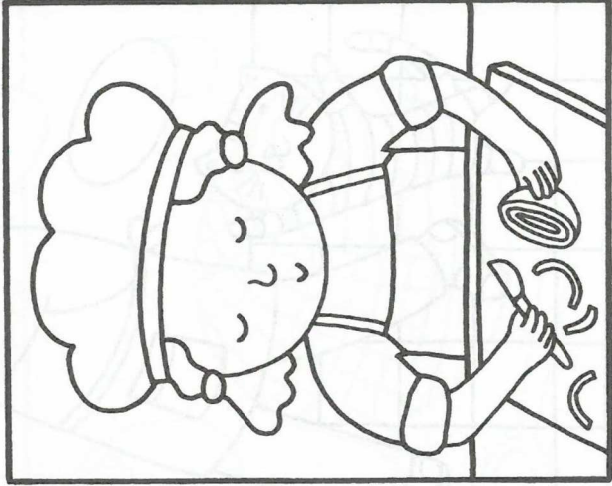
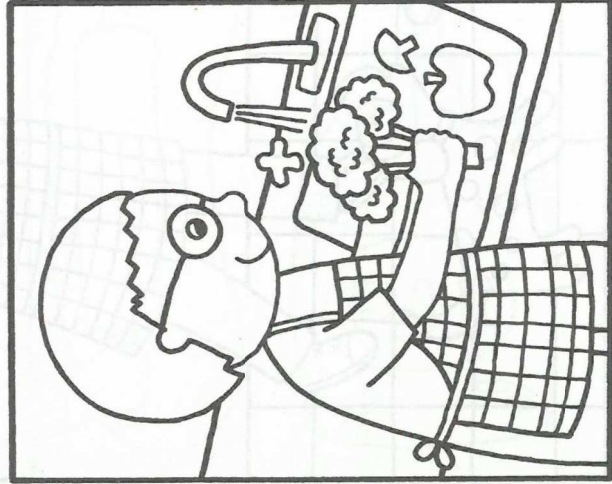
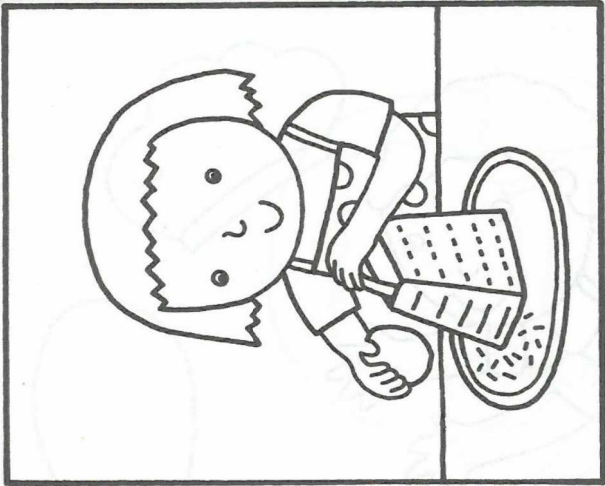
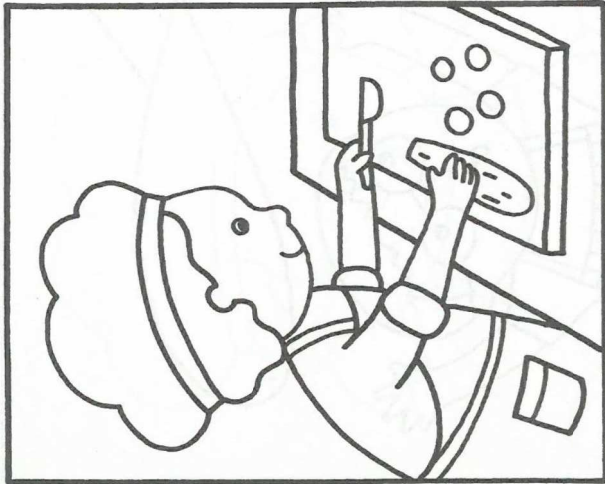


An hour later, the dough is just right.

Molly folds it and rolls it and stretches it out big. Her cousin helps her, too.

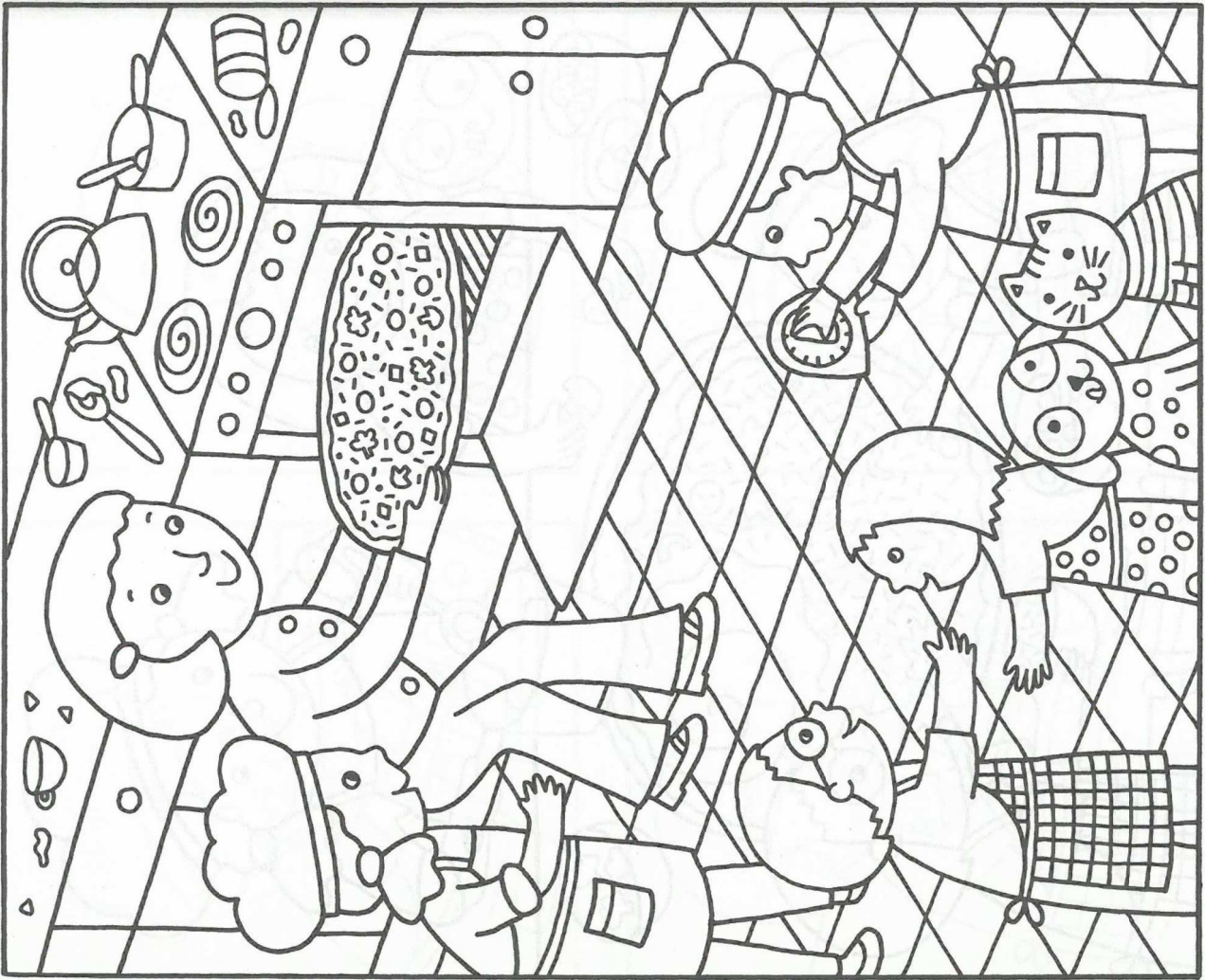


Jack and his cousin whirl the pizza dough up into the air.

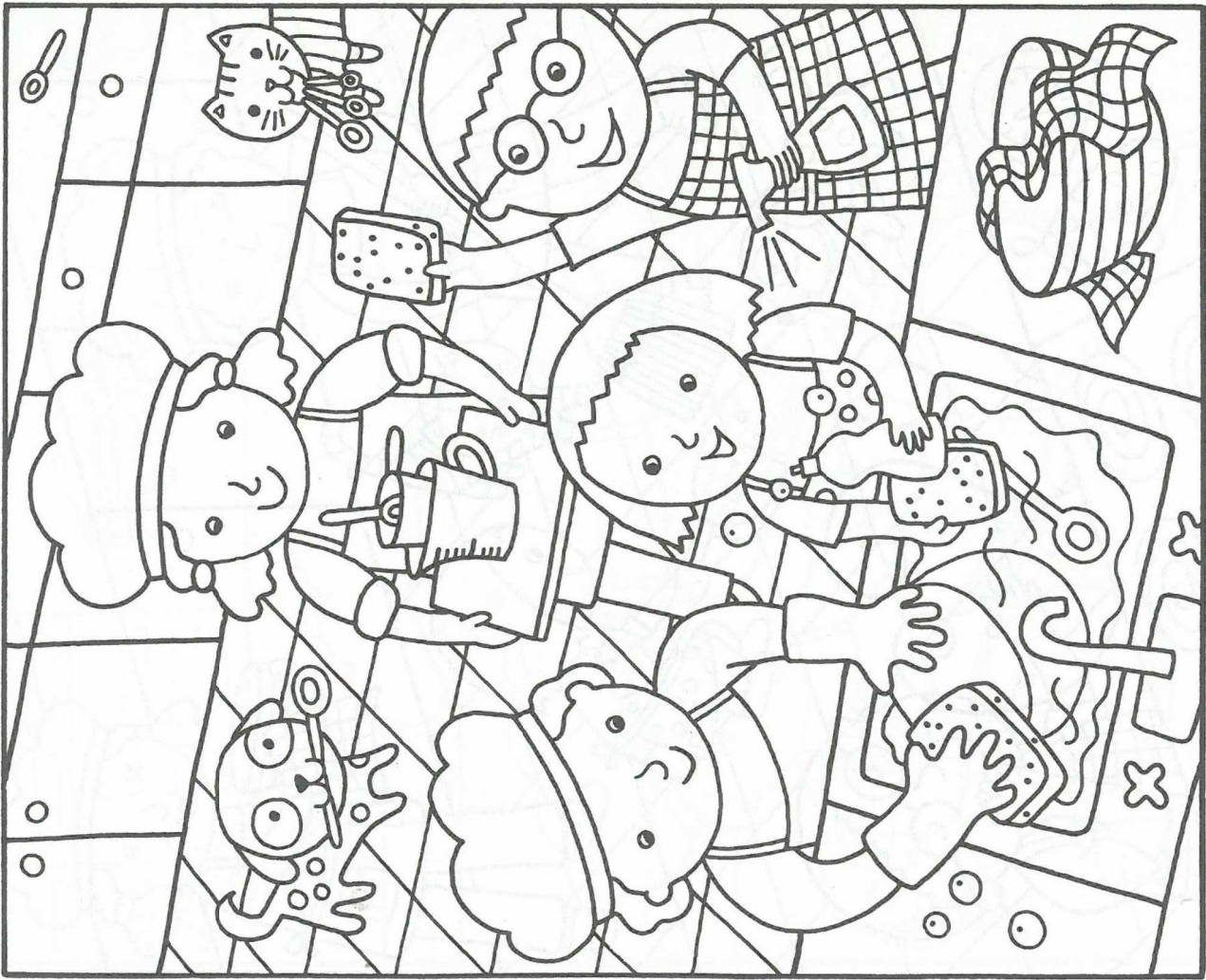


Jack and Molly and their cousins are busy getting ready to assemble the pizza. They chop, grate, wash, and slice.

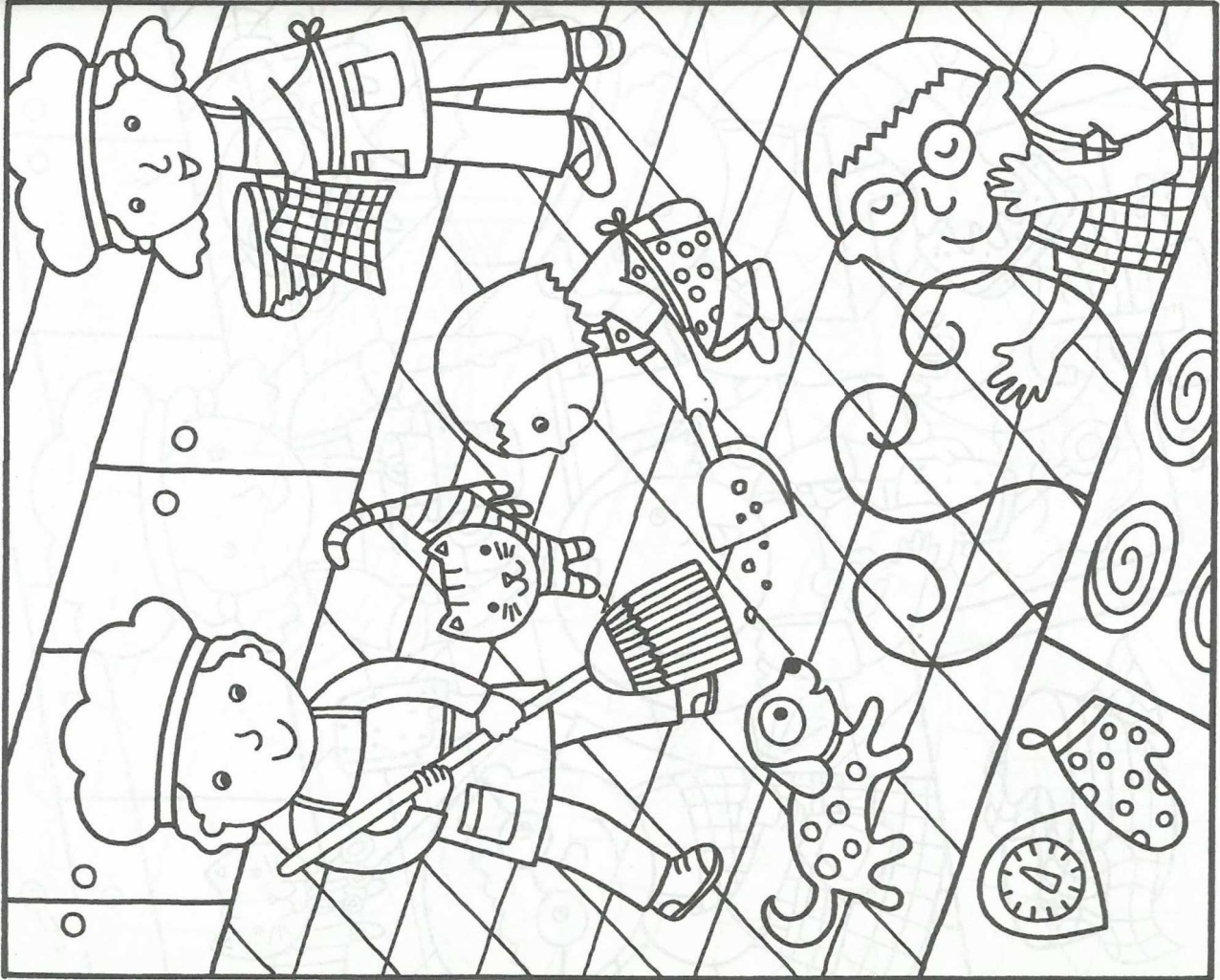
First they spread tomato sauce on the dough. Then they sprinkle grated cheese on top. Finally, they place lots of chopped fresh vegetables on the pizza.



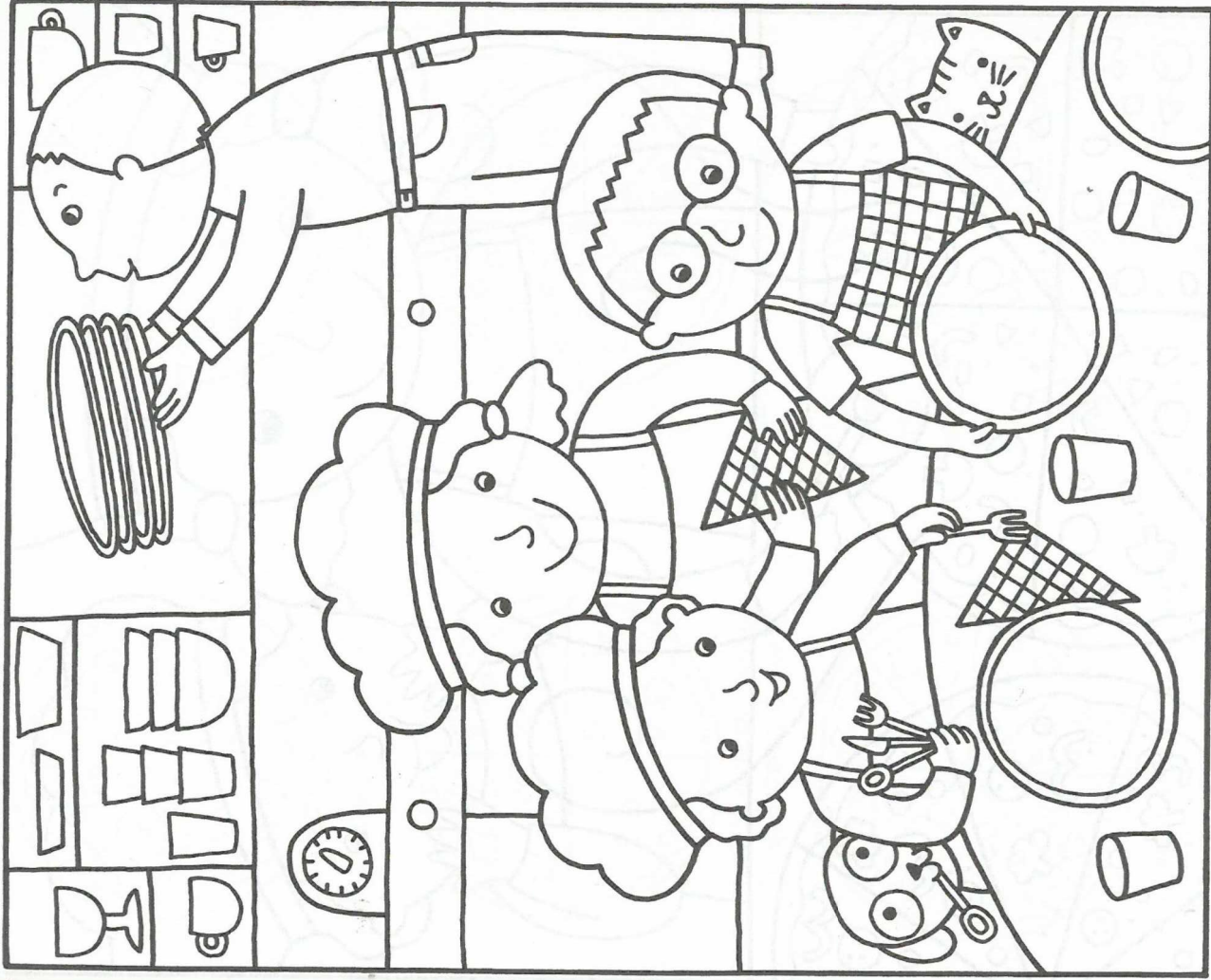
Molly and Jack's aunt helps them put the pizza in the oven. She is very careful because the oven is very hot!



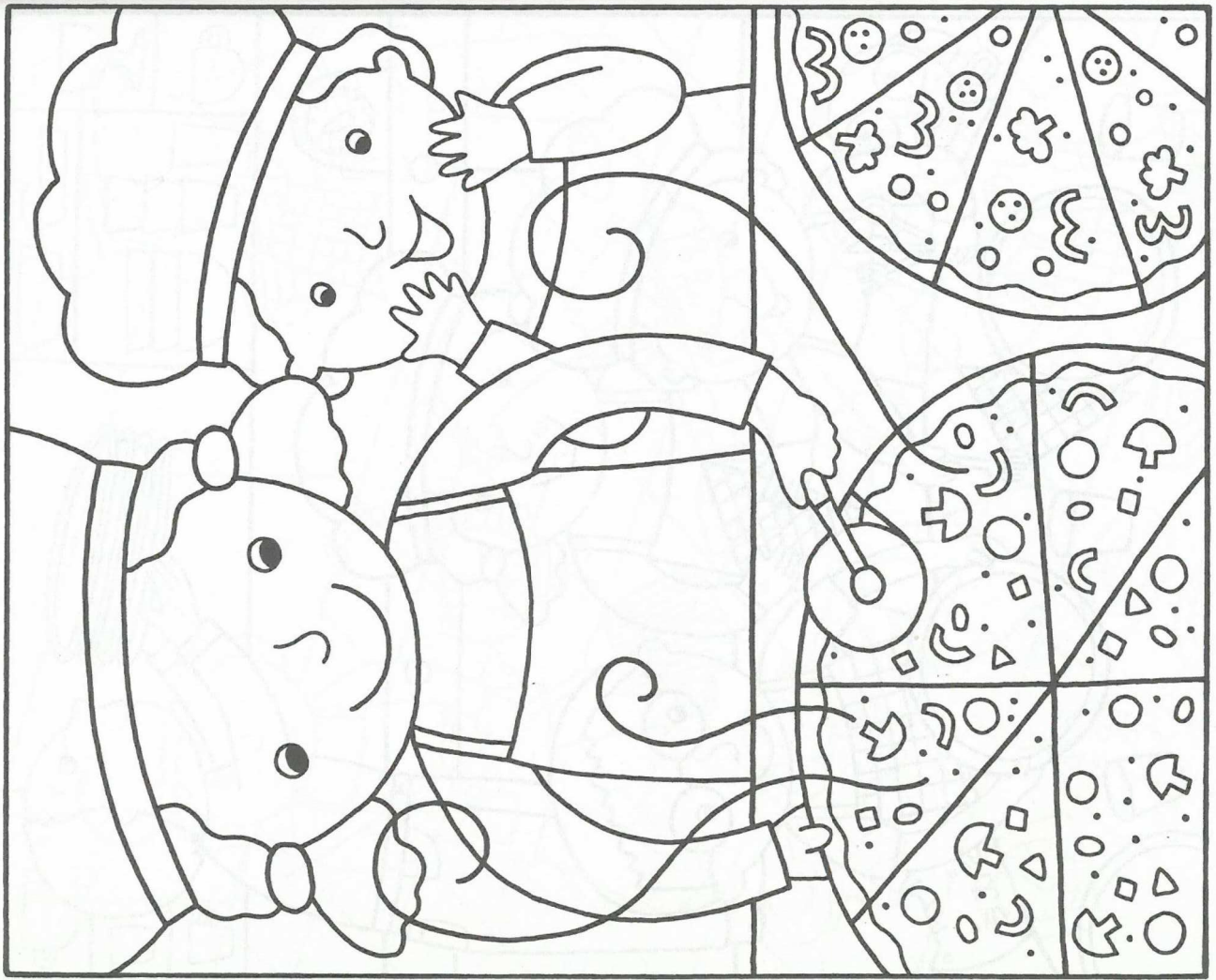
They clean up the kitchen. They wash and wipe.



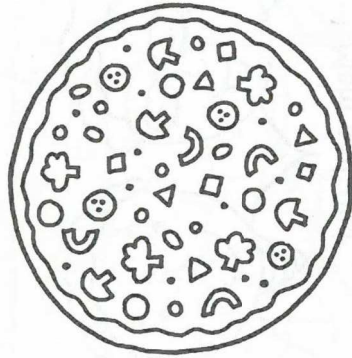
They sweep and dry. Swish, swish. Mmmm, the pizza smells good while it is baking!



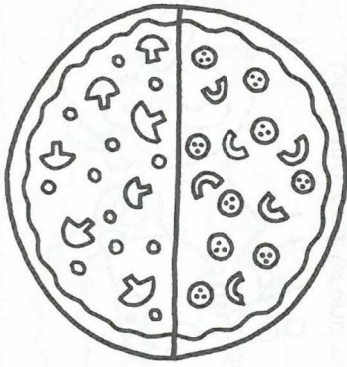
Molly and Jack's uncle helps them set the table.



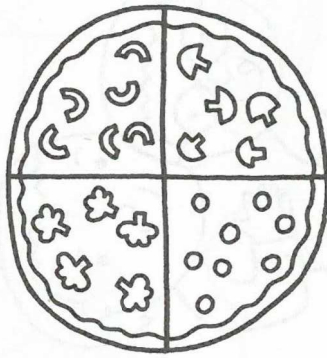
Bring, bring. The timer goes off. At last the pizza is ready!  
 Out it comes from the oven, hot and bubbly!



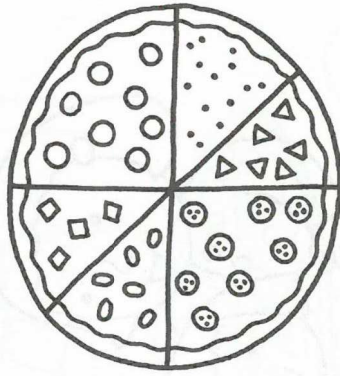
One whole pizza



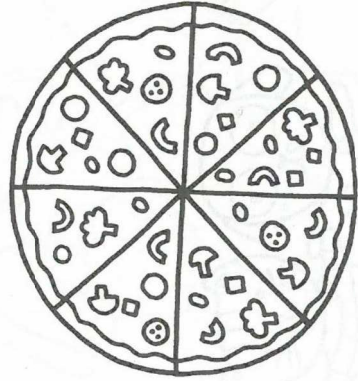
Cut it across once,  
 in half: 2 parts



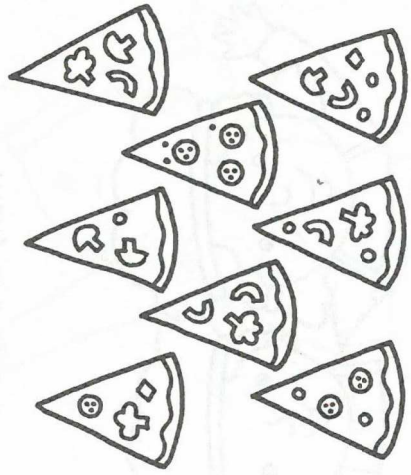
Cut it across twice,  
 in quarters: 4 parts



Cut it across 3 times: 6 parts



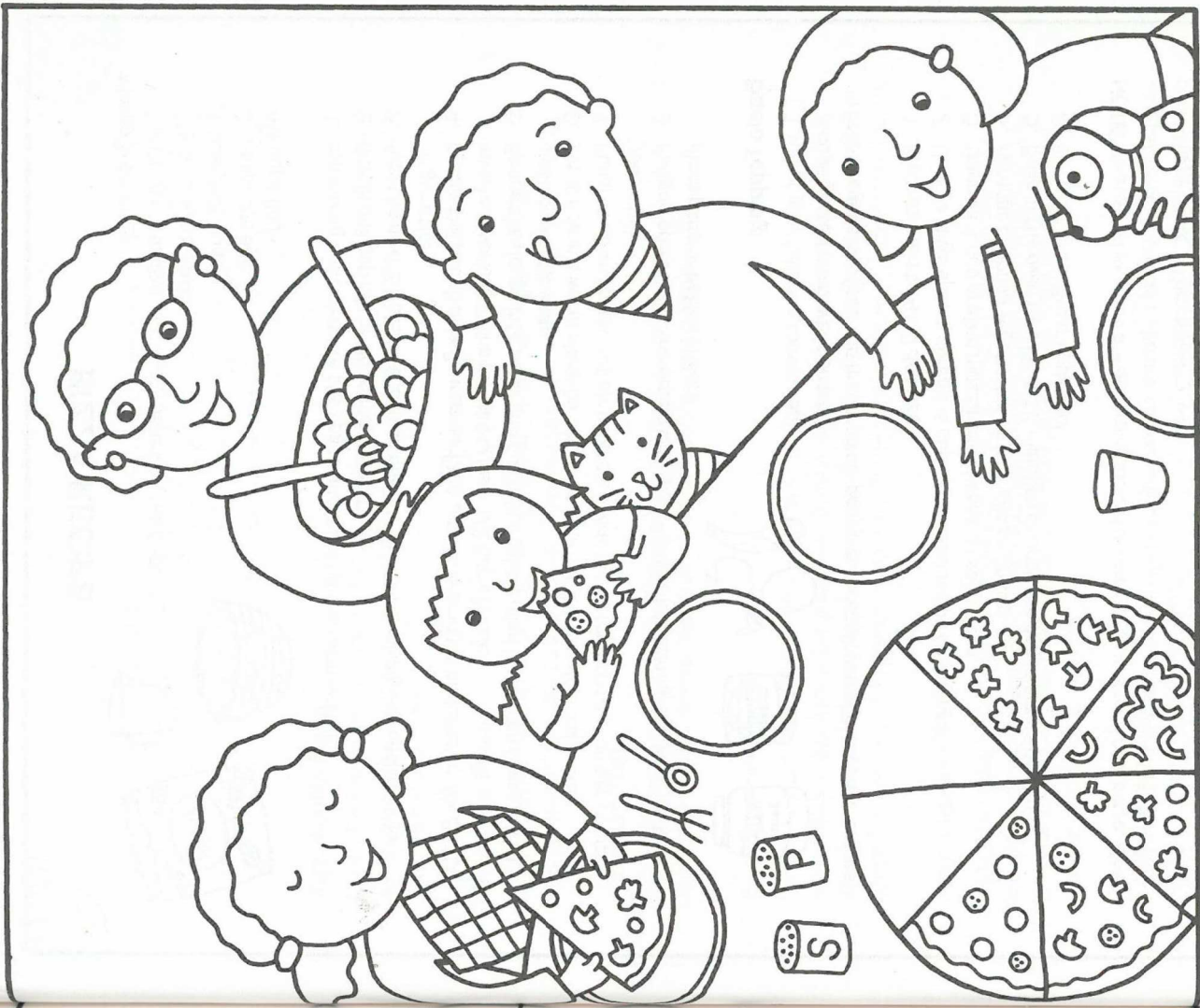
Cut it across 4 times: 8 parts



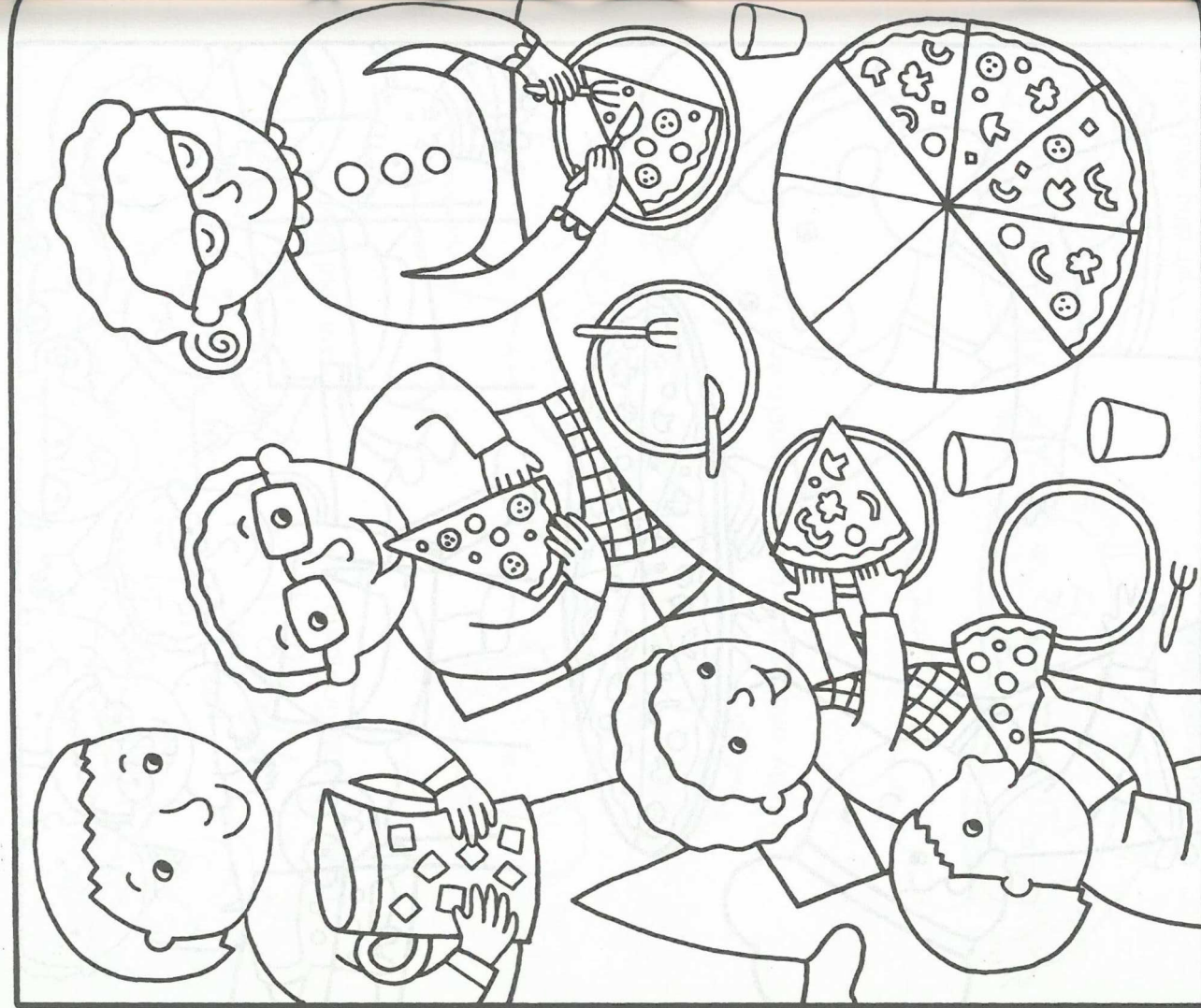
8 pieces of pizza

Molly and Jack cut each pizza into eight slices.





Everyone helped make it, and, wow, it turned out great!



It's time to eat pizza! YUM!



## PIZZA RECIPE

Makes 8 servings

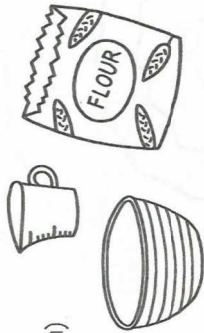
The Dough: 1 packet active dry yeast (1 tablespoon)

1½ cups warm water

1 teaspoon sugar

2 teaspoons salt

4½ cups flour



1. In a mixing bowl, dissolve the yeast and sugar in the warm water.
2. Stir in one cup of the flour and the salt.
3. Add the next 3 cups of the flour, one cup at a time, mixing well until it is no longer sticky.
4. Knead the dough on a floured surface, until it is smooth and elastic, for 8-10 minutes, working in the remaining last 1/2 cup of flour.
5. Shape the dough into a ball and put it in a lightly oiled bowl, then cover with a cloth or plastic wrap.
6. Let it rise in a warm place for about an hour, until it has doubled in size.
7. Punch it down to get out air bubbles. Divide in two (or into the number of pizzas you want).
8. Pull and spread out the dough with your hands onto two lightly oiled 12-inch pizza pans or baking sheets.

### Basic Topping:

1 cup of your favorite tomato sauce

2 cups grated mozzarella cheese

Fresh vegetables (such as mushrooms, peppers, broccoli, spinach, zucchini, onions)



1. Preheat oven to 400 degrees.
2. Using a large spoon, spread ½ cup tomato sauce on each pizza.
3. Sprinkle 1 cup grated mozzarella cheese on each pizza.
4. Arrange chopped vegetables of your choice on top.
5. Bake in the oven for about 15 minutes or until the edges are golden brown.
6. Serve at once! Buon Appetito!

**NOTE:** Meats and seafood are generally cooked before being arranged on a pizza. Most vegetables do not need to be pre-cooked unless they cook more slowly than the other pizza toppings, or if they are very juicy.

## PIZZA RECIPE

It is fun to make pizza with lots of different toppings. Here are some possibilities: mushrooms, green peppers, red peppers, broccoli, artichoke hearts, asparagus, zucchini, yellow squash, grilled eggplant, spinach, olives, onions, garlic, corn, peas, fresh tomatoes, pepperoni, ham, sausage, crumbled crisp bacon, tofu, basil and herbs. Try different combinations and create your own pizzal! Here are some more ideas:

### Ratatouille Pizza

Cook a French Provençal stew of tomatoes, onions, eggplant, zucchini, green peppers, garlic, and herbs. Use this instead of tomato sauce. Spread it on the pizza and top with cheese and olives.

### Primavera Pizza

First spread the pizza with tomato sauce, sprinkle with cheese and then top with spring vegetables, such as asparagus, yellow squash, and shelled fresh green peas.

### Hawaiian Pizza

Sprinkle the pizza with cheese. (There is no tomato sauce on this pizza.) Top with pineapple chunks, pieces of ham, and (optional) macadamia nuts.

### Four Seasons Pizza

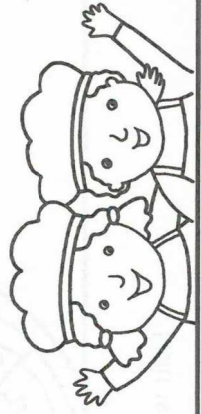
Divide the pizza into quarters by laying down two thin dough coils, criss-crossed, separating the pizza into fourths. Spread with tomato sauce. Then, in each quarter, put different toppings, such as olives or mushrooms in the first, broccoli or peppers in the second, pepperoni or sausage in the third, and corn or onions in the fourth.

### Four-Cheese Pizza

Instead of using just one type of cheese on the pizza, combine four different cheeses. In addition to mozzarella, use cheeses such as provolone, parmesan, romano, white cheddar, fontina, or feta. Grate or cut into small pieces, toss together gently, and sprinkle on the pizza.

### Fruit Dessert Pizza

Spread ricotta cheese on the pizza. Top with sliced bananas and strawberries. (You bake the pizza with the ricotta and fruit.)

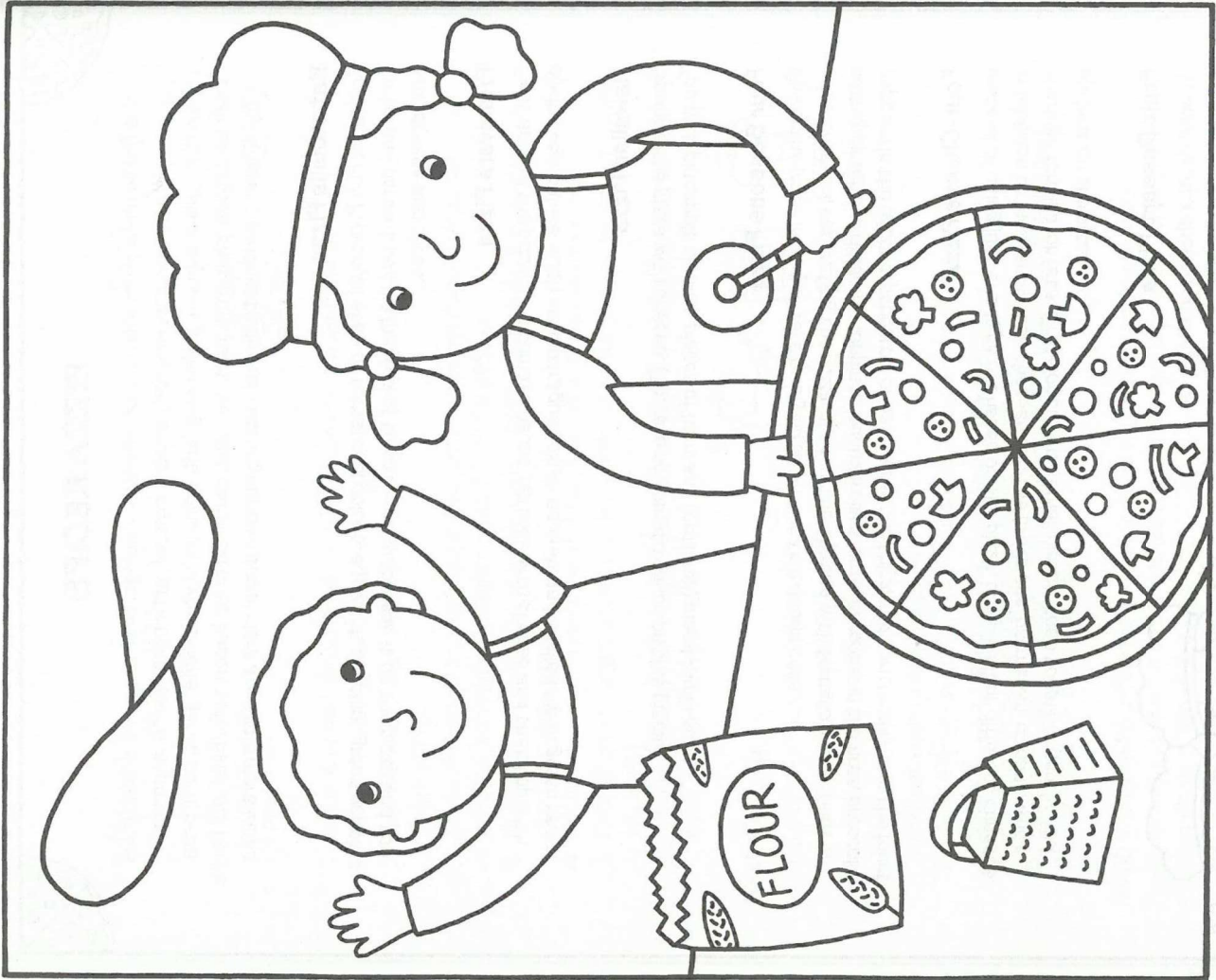
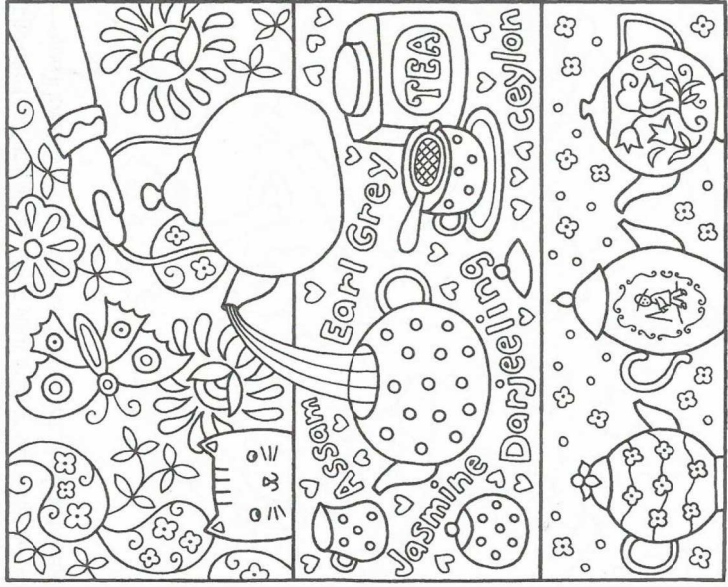


**Note:** Children should always have the assistance of an adult for help and safety.

**Note:** Children should always have the assistance of an adult for help and safety.

Color & Cook

# TEA PARTY!

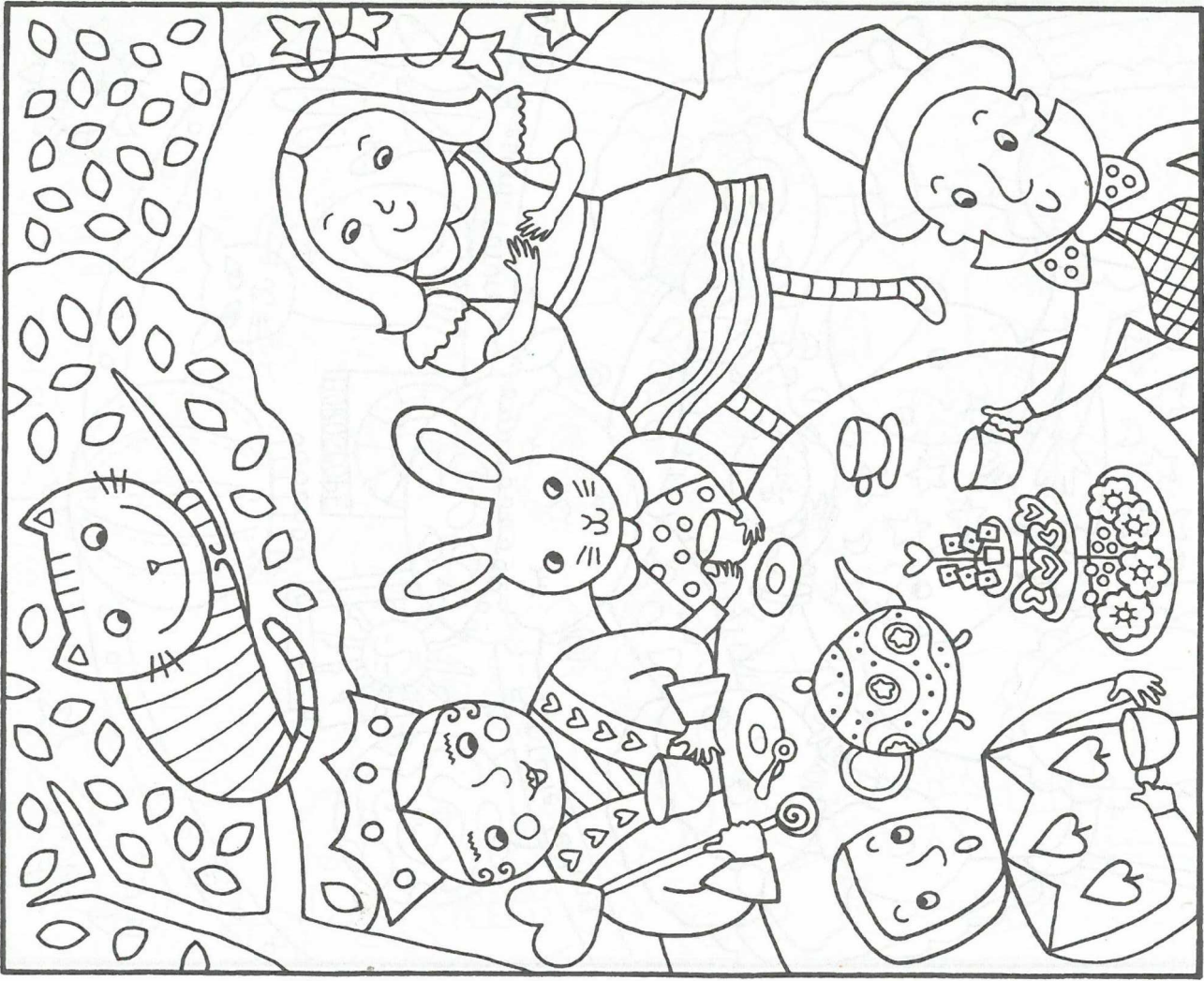


That was so much fun!

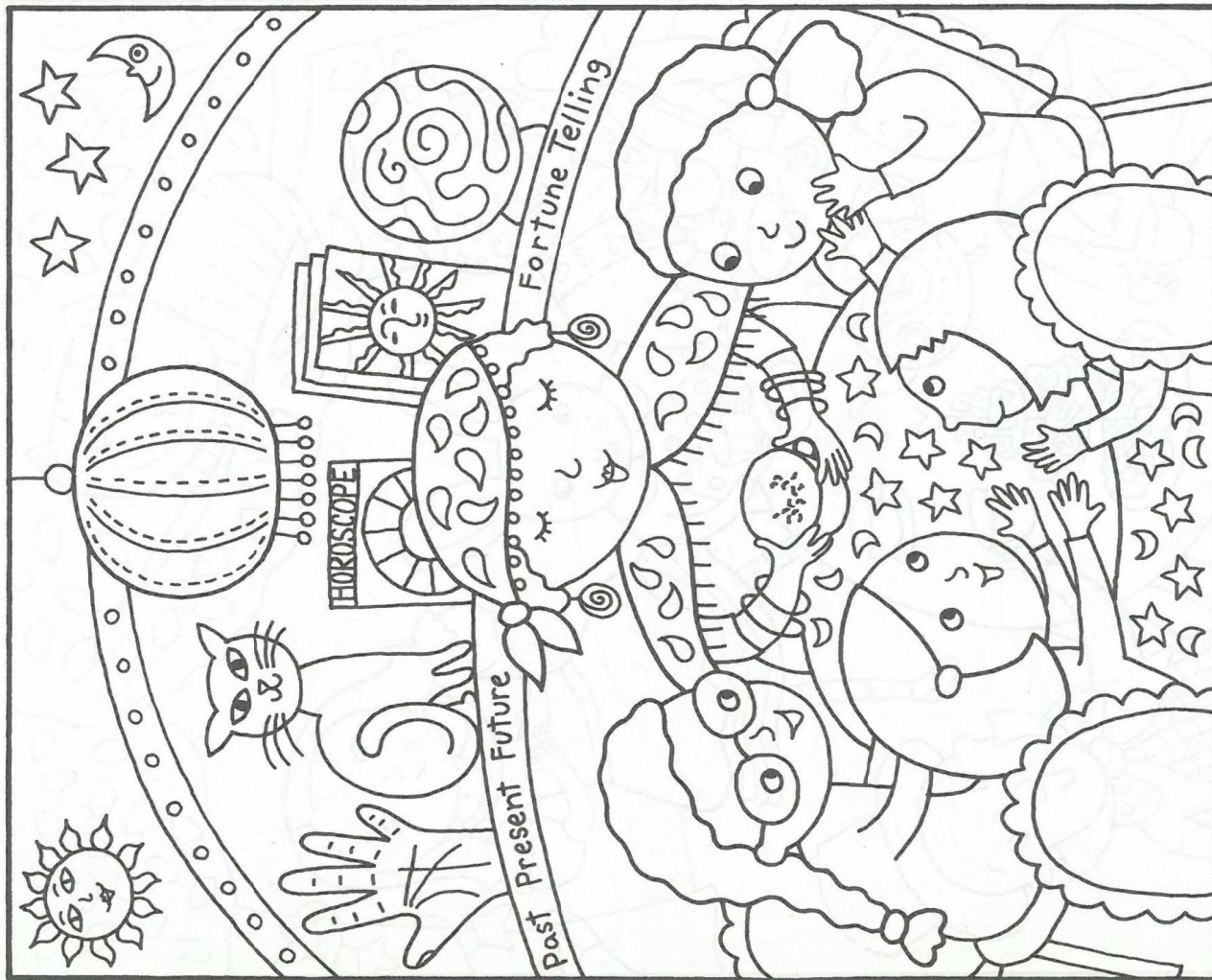




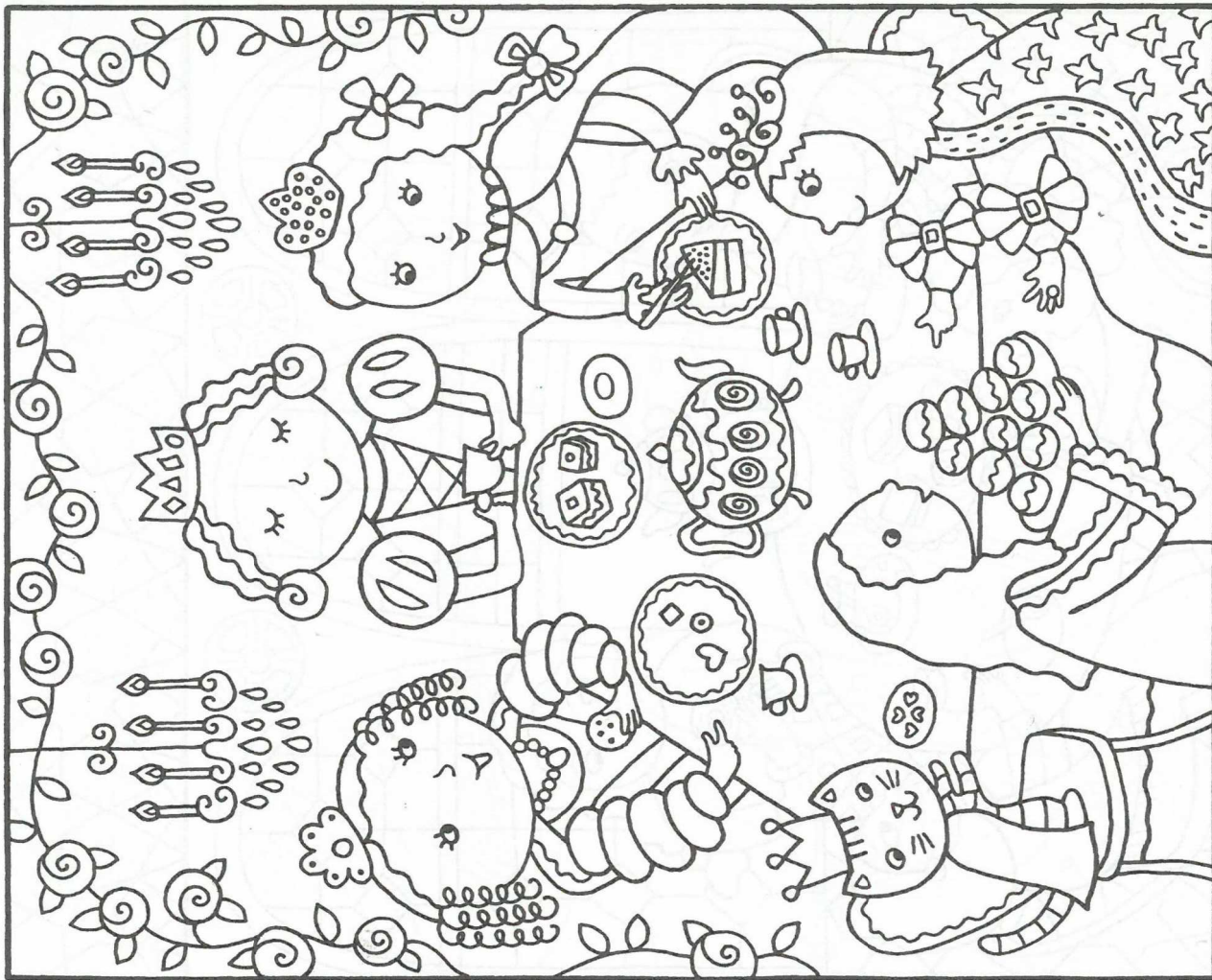
They could have a Fairy Tea Party with berry scones and fruit tea.



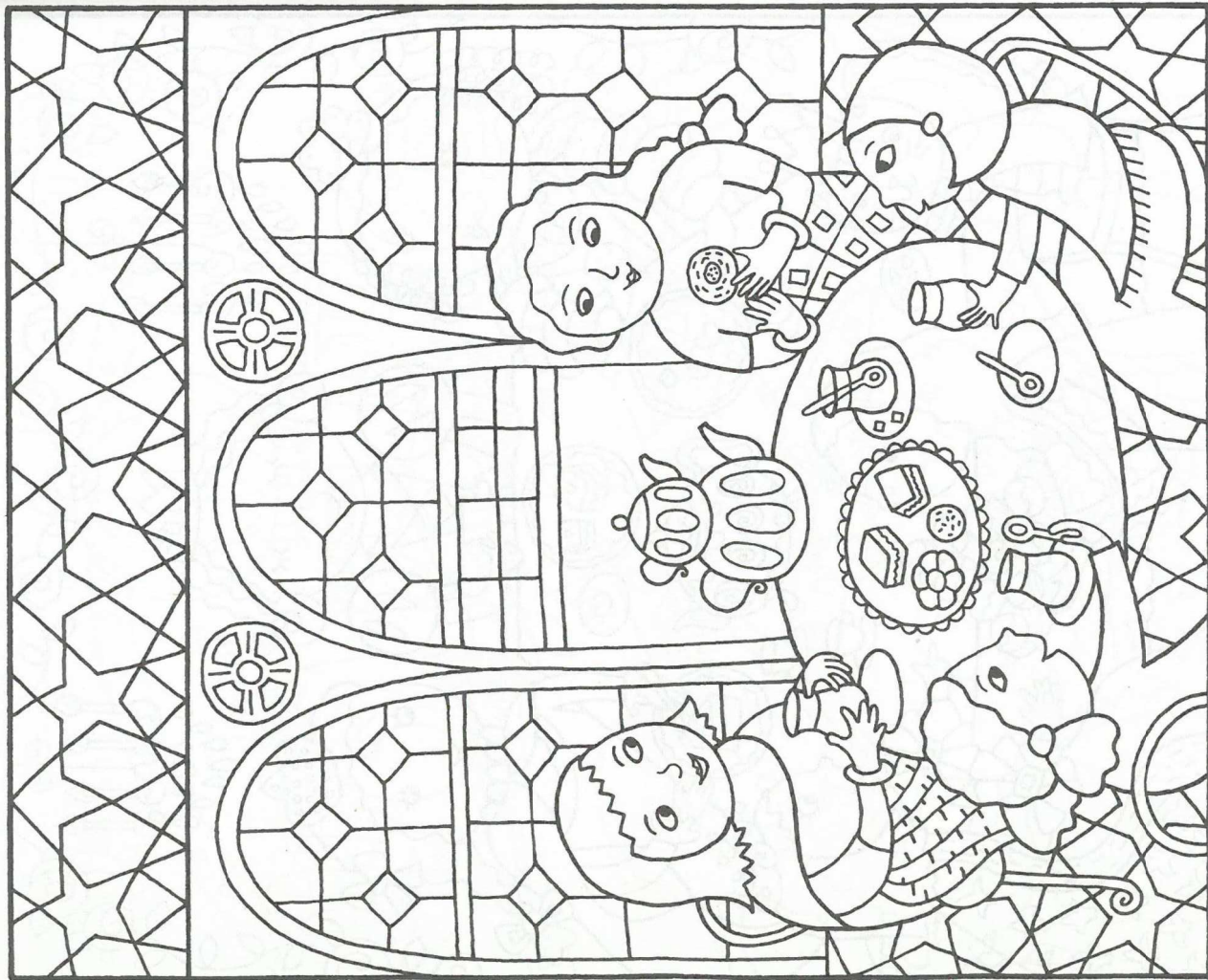
Or a tea party with Alice in Wonderland.



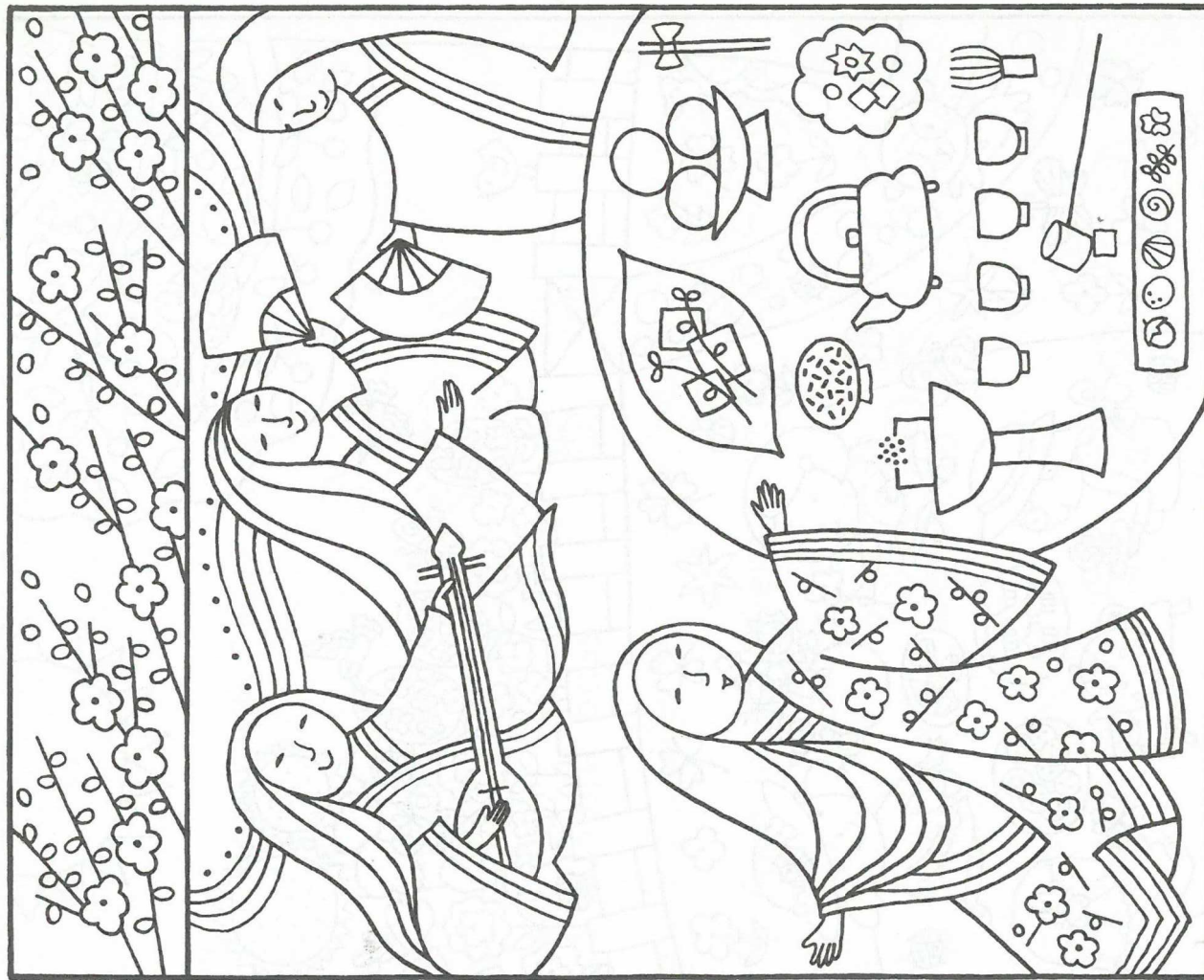
How about a tea party with a fortune teller who reads the future in tea leaves?



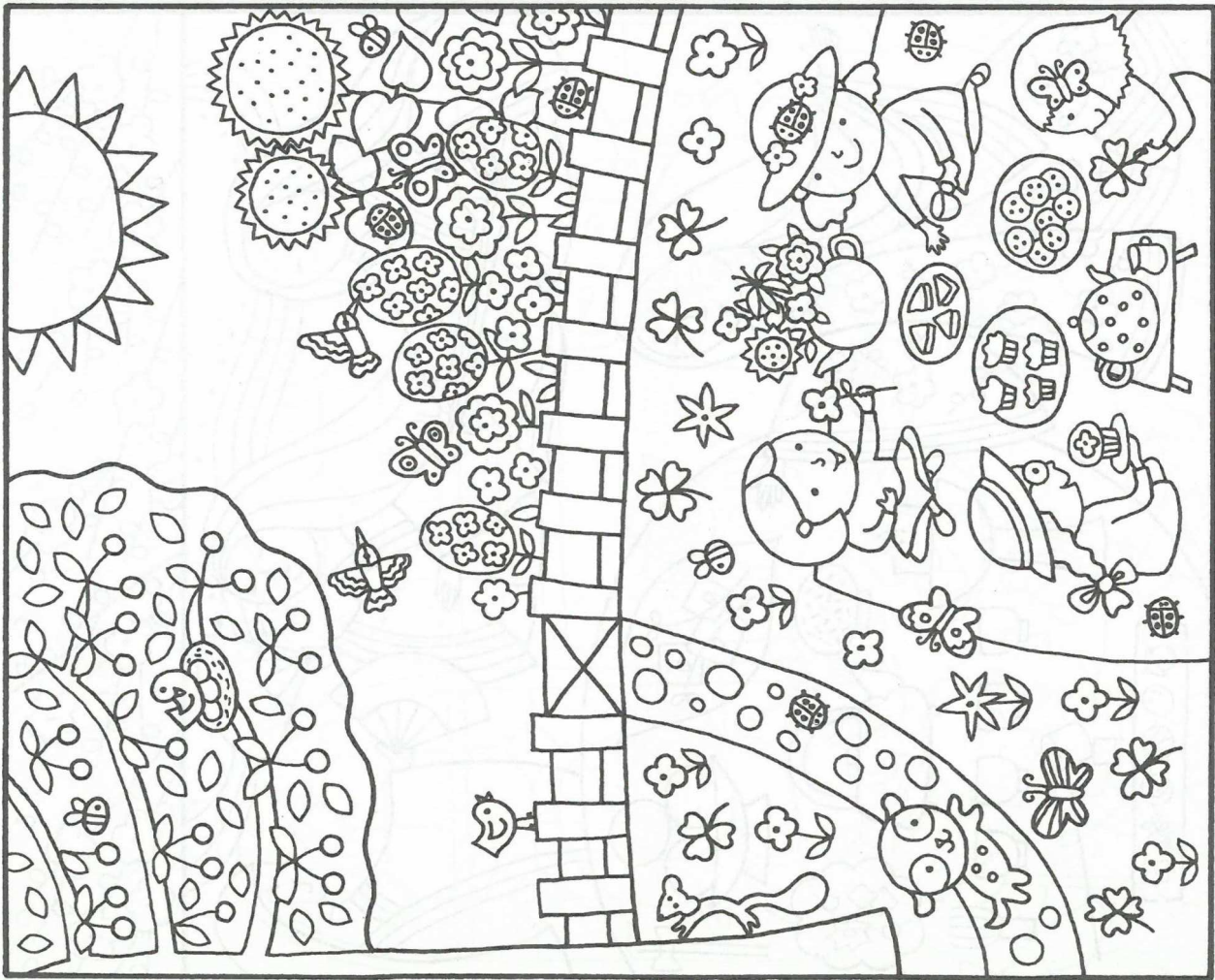
Or a tea party with royal princesses of long ago.



Perhaps they will have tea the way the ladies in Turkey do, drinking from tulip-shaped glasses.



They can have a tea ceremony like those in Japan.



How about a Garden Tea Party on a lovely warm day?

1 Teapot with freshly cut flowers



2 Hummingbirds



3 Bumble bees



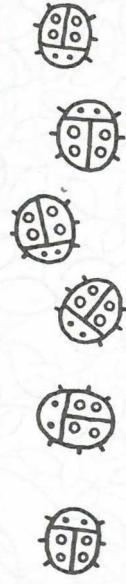
4 Four-leaf clovers



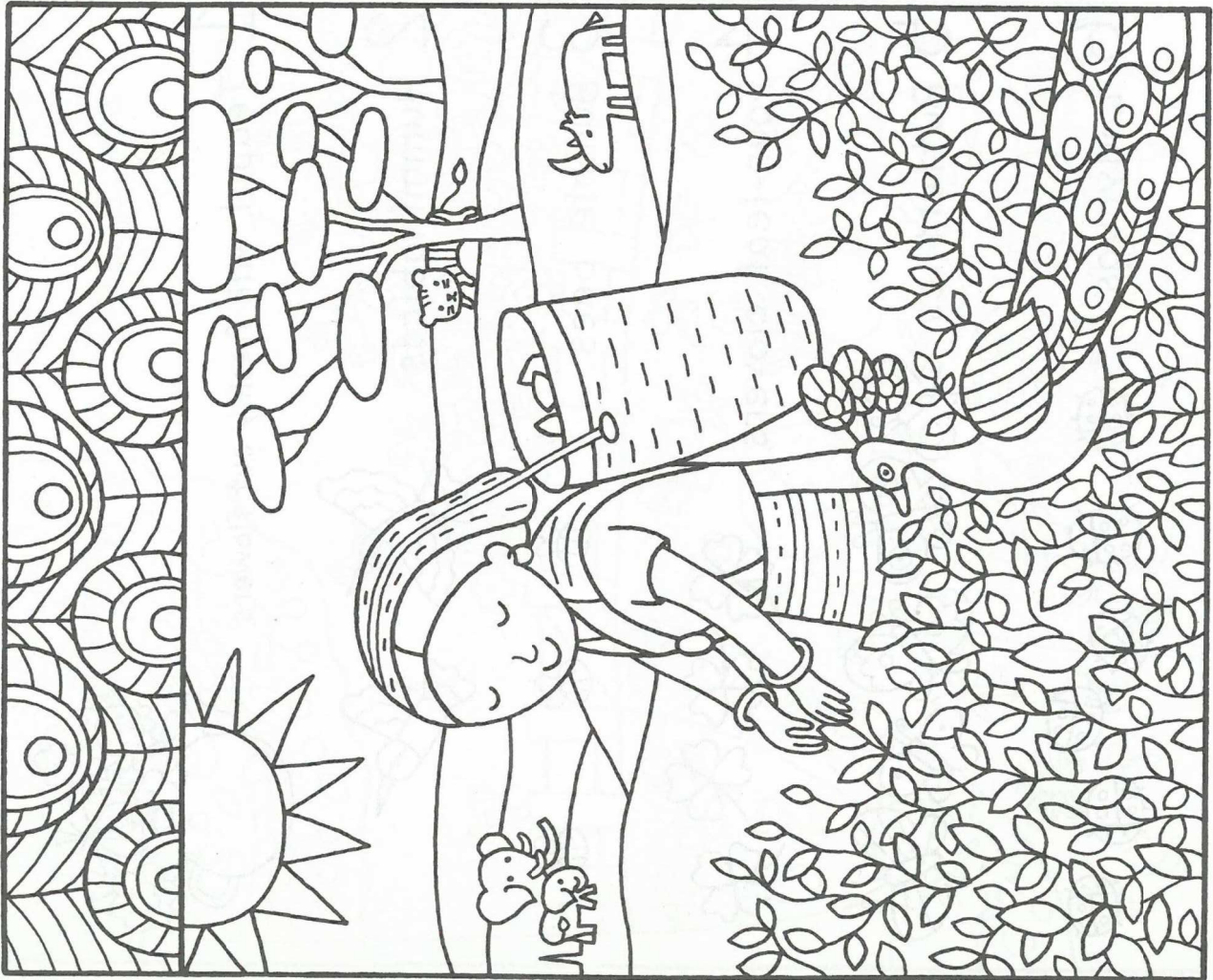
5 Butterflies



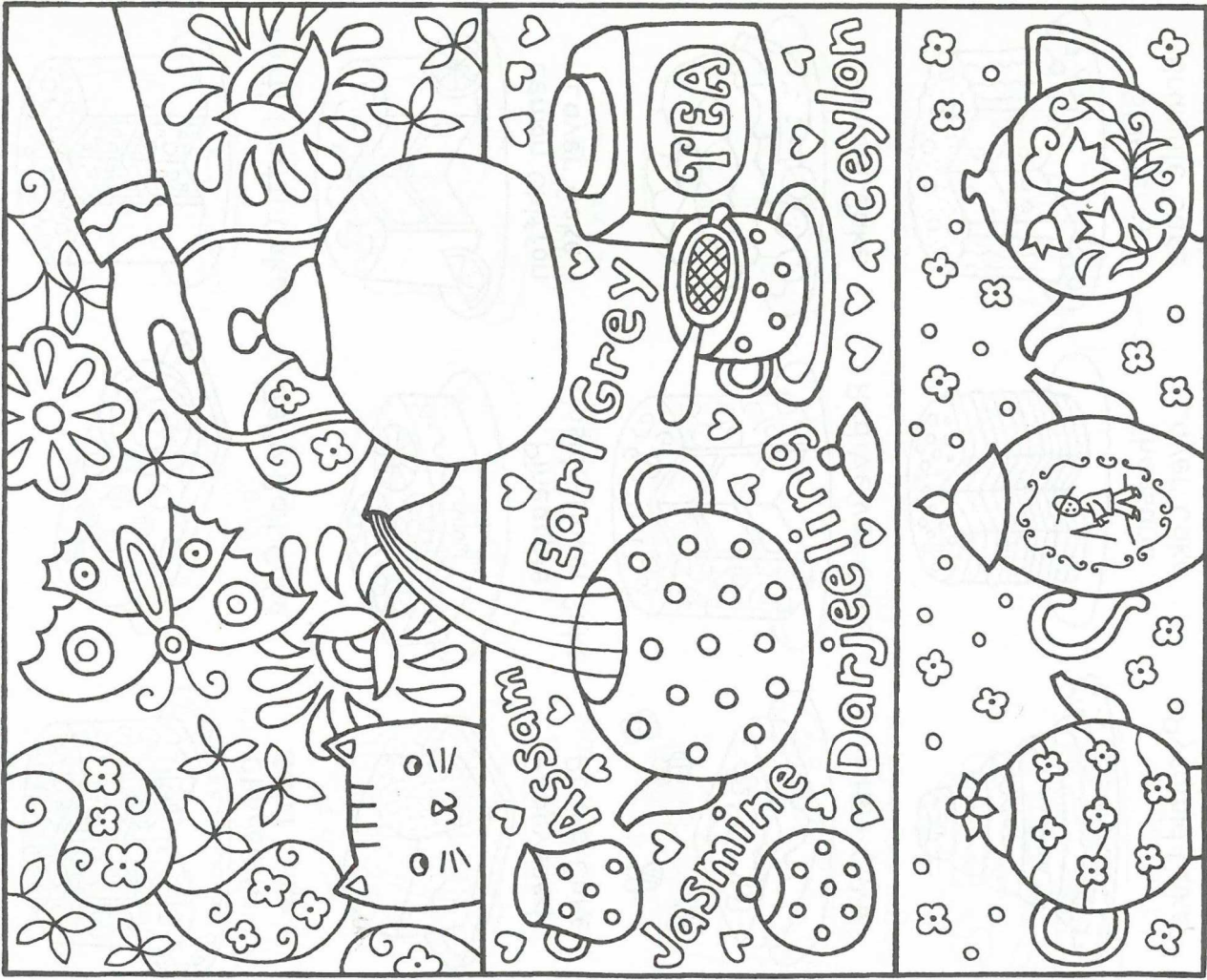
6 Ladybugs



It will be fun to have a Scavenger Hunt. Can you find all of these things in the garden? Look for the right number of each.

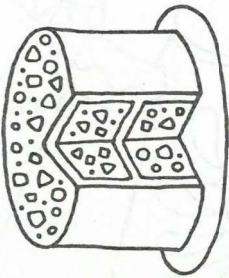


Of course, they will need tea for their tea party! Did you ever wonder where tea comes from? A great deal of tea is grown in India. China is another land known for its tea.



How do you make a perfect pot of tea? Molly will need some help from her mom to boil the water and pour it into the teapot with the dried tea leaves.





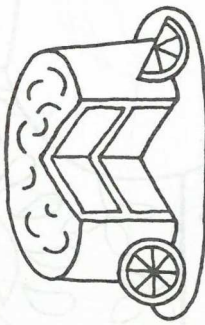
Tutti-Frutti Cake



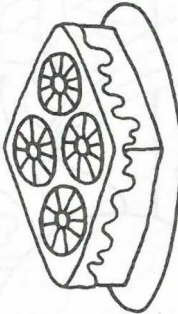
Jelly Roll Cake



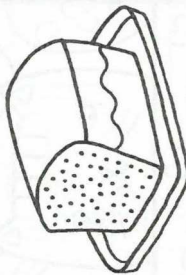
Chocolate Swirl Cake



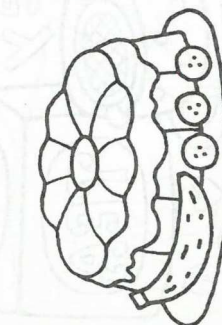
Lemon Chiffon Layer Cake



Pineapple Upside-Down Cake



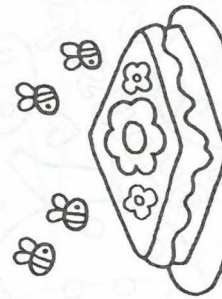
Poppyseed Pound Cake



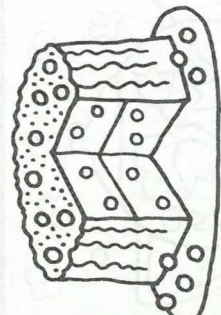
Banana Cake



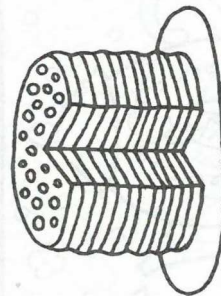
Red Velvet Cake



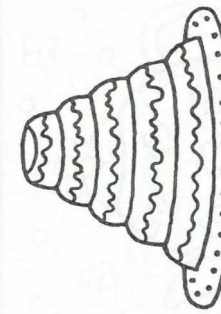
Honey Cake



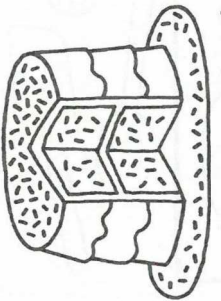
Blueberry Crumble Cake



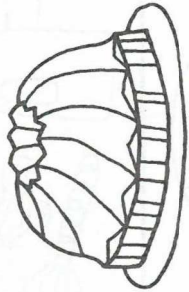
Thousand Layer Cake



Pyramid Cake



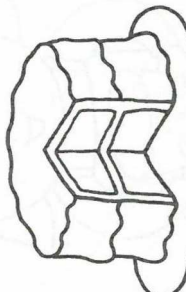
Sprinkle Confetti Layer Cake



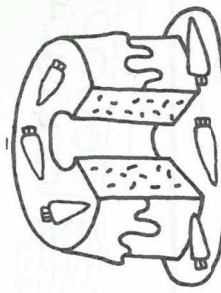
Bundt Coffee Cake



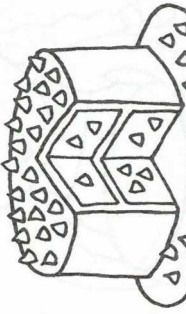
Baked Alaska Ice Cream Cake



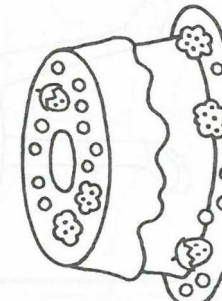
Devil's Food Chocolate Cake



Carrot Nut Cake



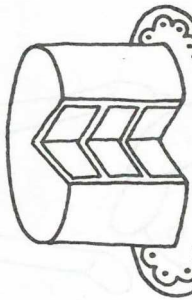
Chocolate Chip Layer Cake



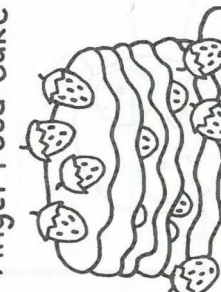
Berry Good Angel Food Cake



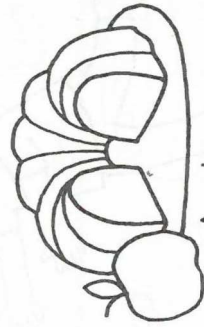
Sour Cream Chocolate Cake



Vanilla Layer Cake



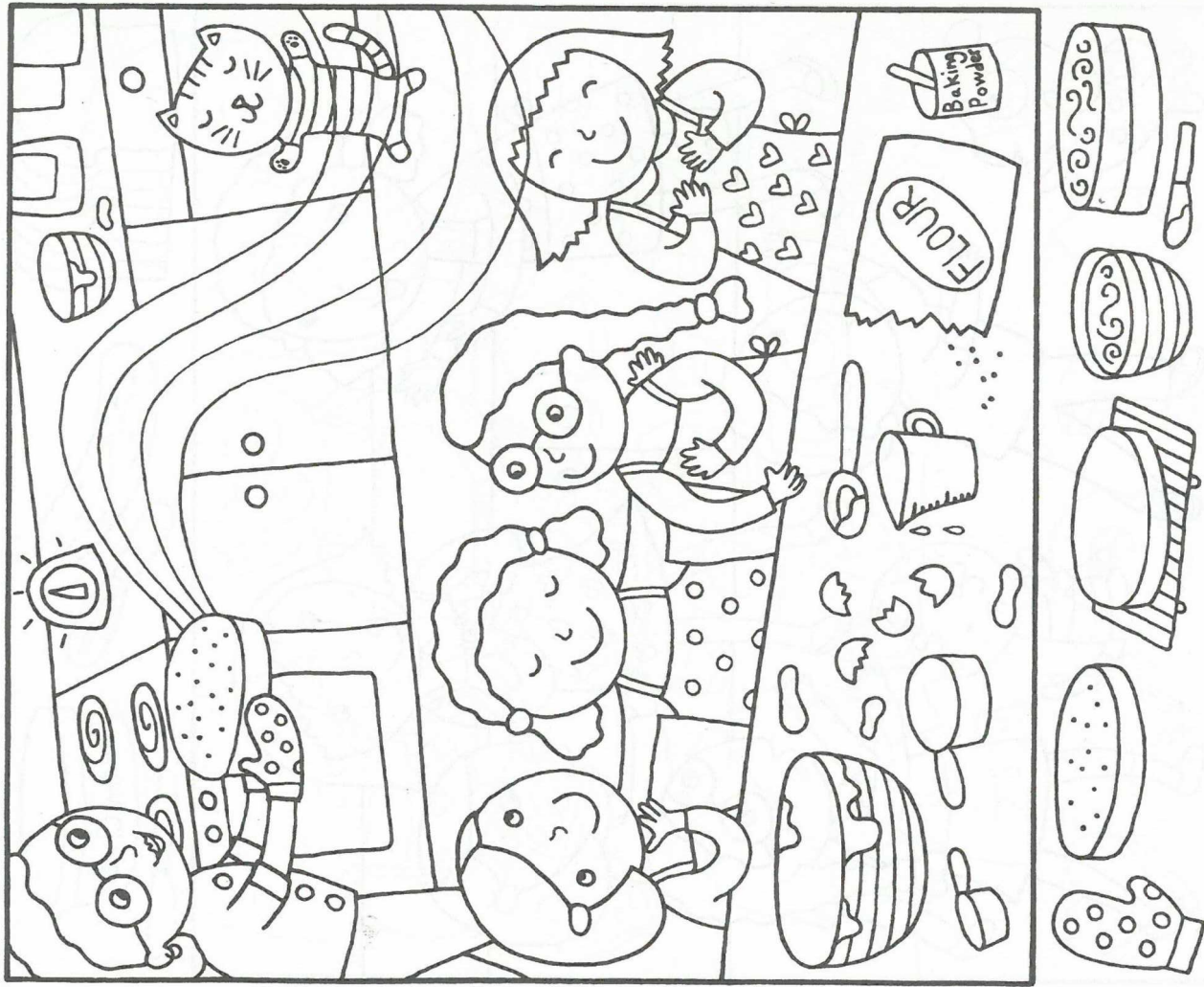
Strawberry Shortcake



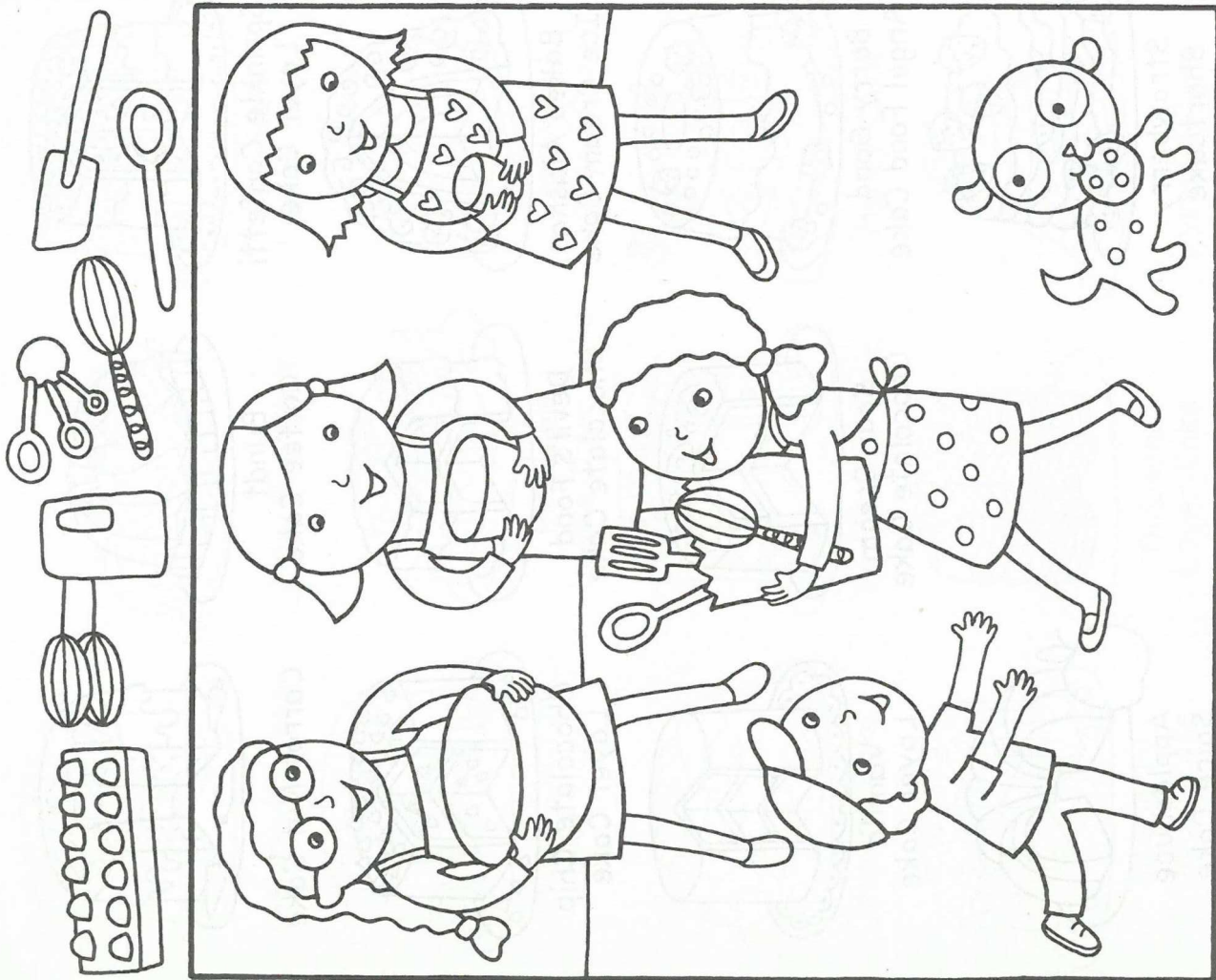
Applesauce Spice Cake

It is always good to have at least one kind of cake for a tea party. These look yummy!

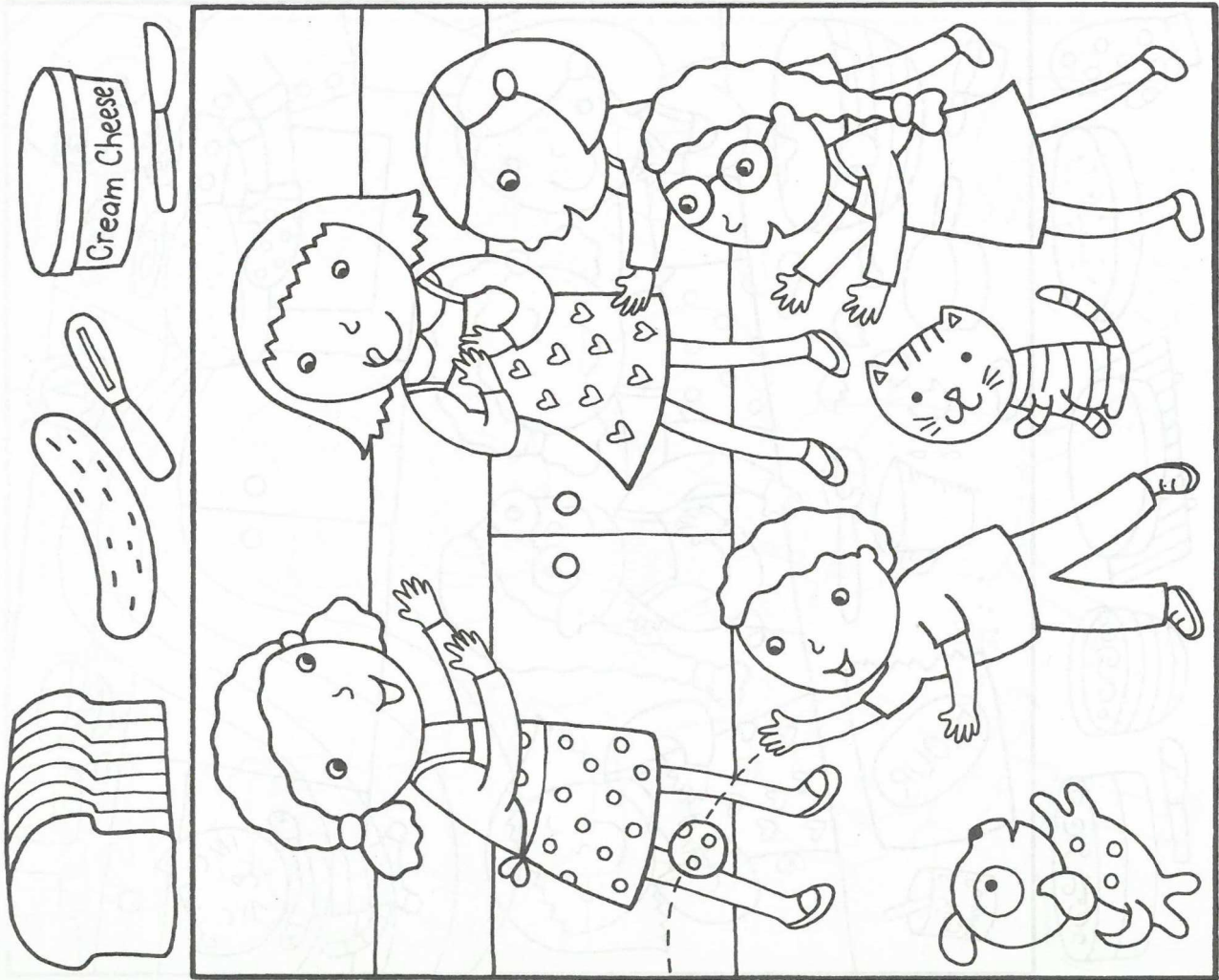
Which cake would you like? Since there is room for one more, can you draw a picture of one you would like to bake?



"Then we'll do it ourselves," say Molly and her friends.  
And they do!



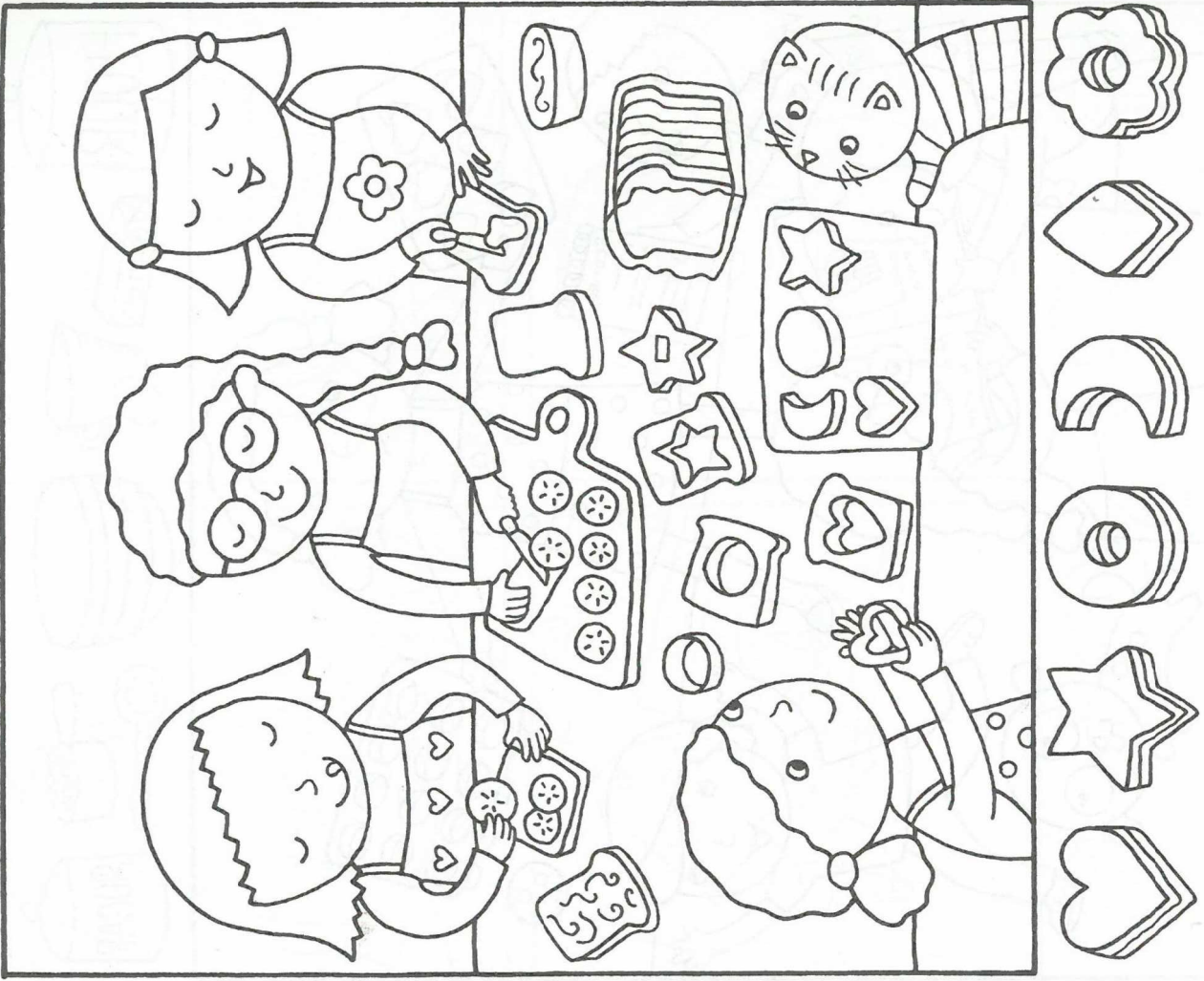
"Do you want to make a cake?" asks Molly.  
"Yes, yes, yes!" say her friends.  
"Not I," says her brother, Jack.



"Do you want to make neat little cucumber sandwiches?" asks Molly.

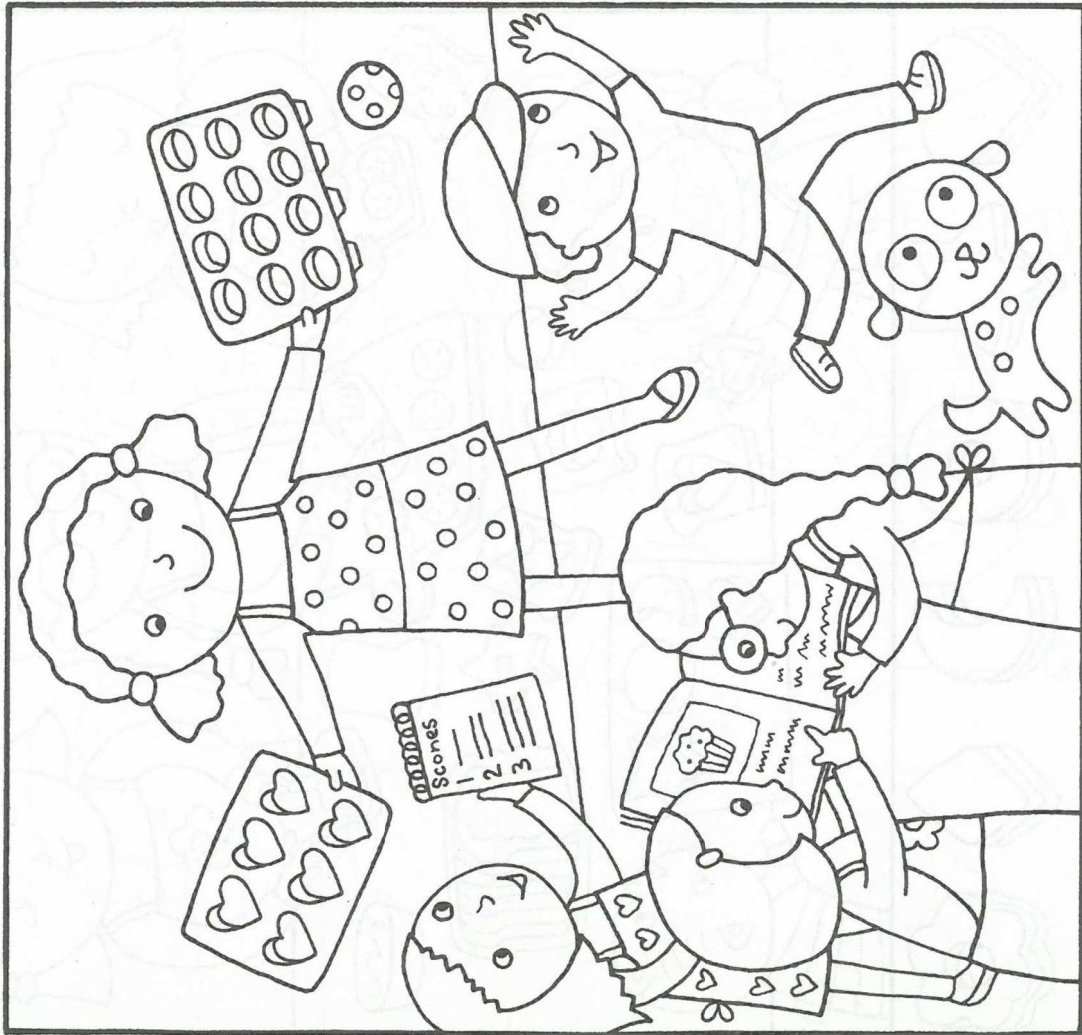
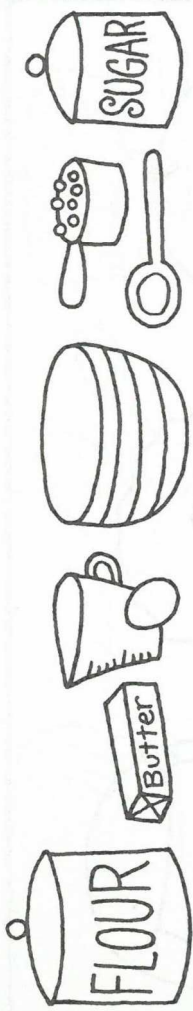
"Yes, yes, yes!" say her friends.

"Not I," says Jack.



"Then we'll do it ourselves," say Molly and her friends.

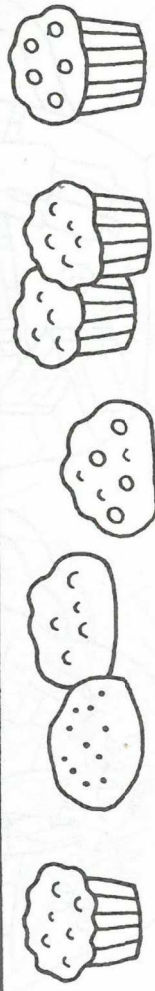
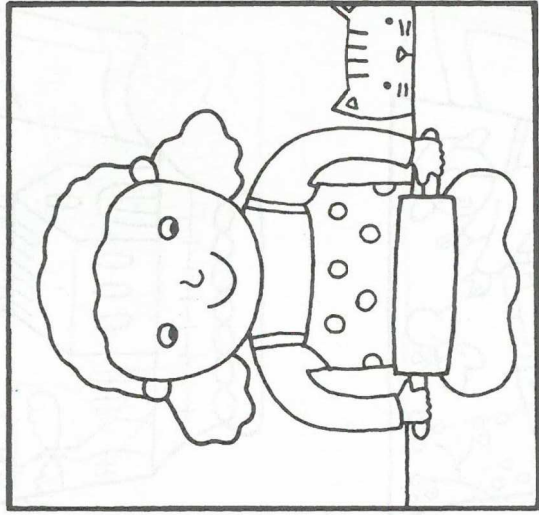
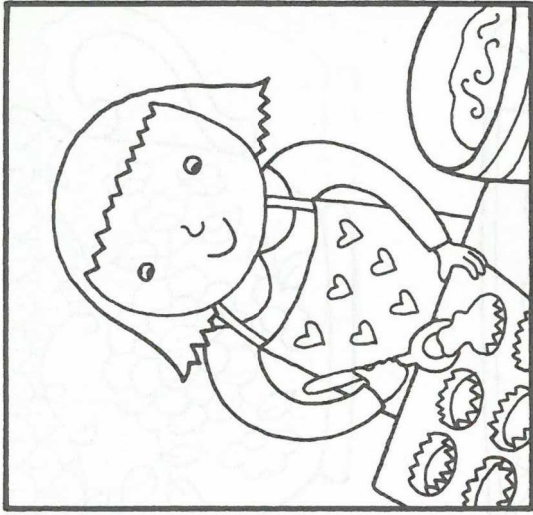
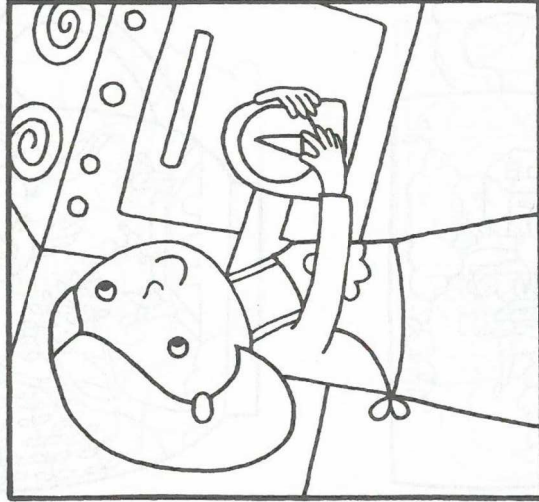
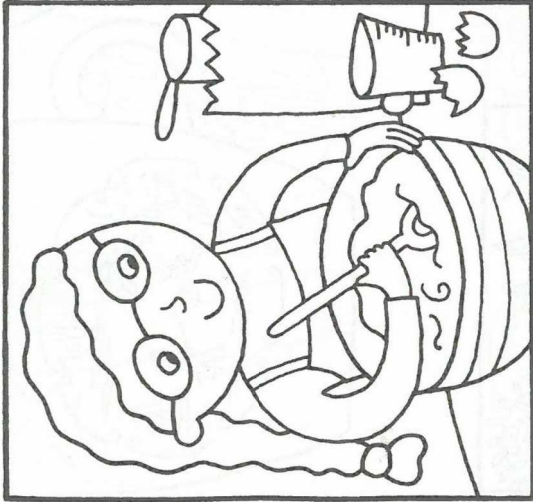
And they do!



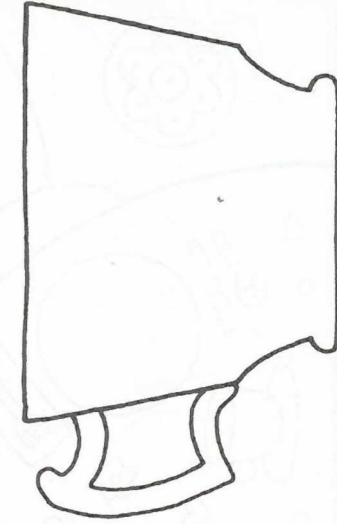
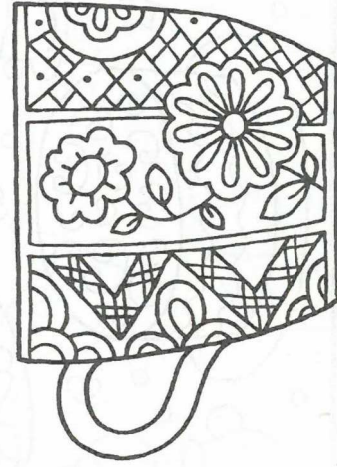
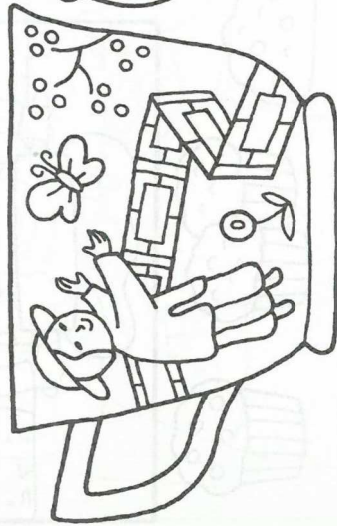
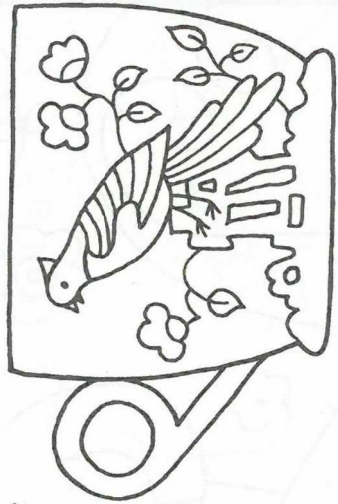
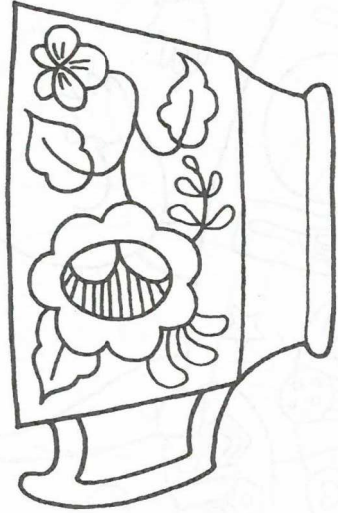
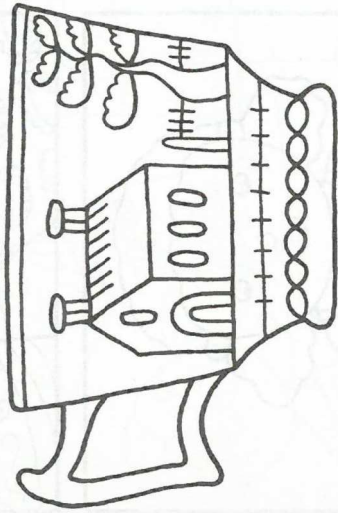
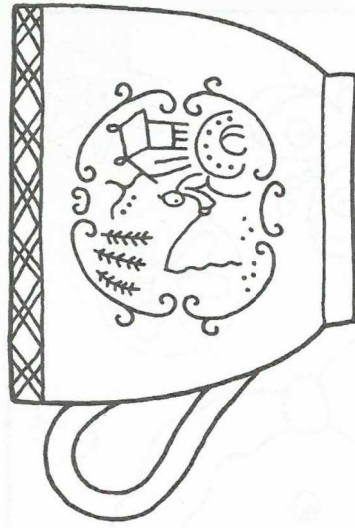
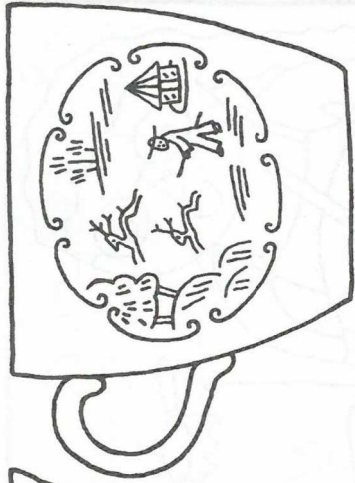
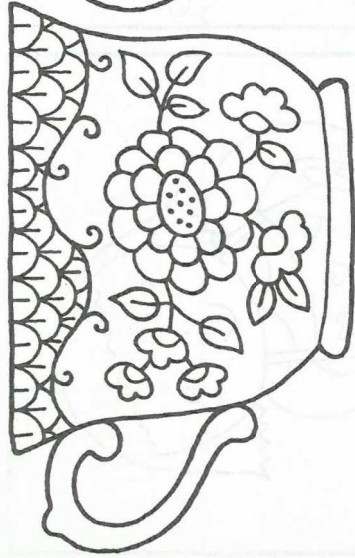
"Do you want to make muffins and scones?" asks Molly.

"Yes, yes, yes!" say her friends.

"Not I," says Jack.

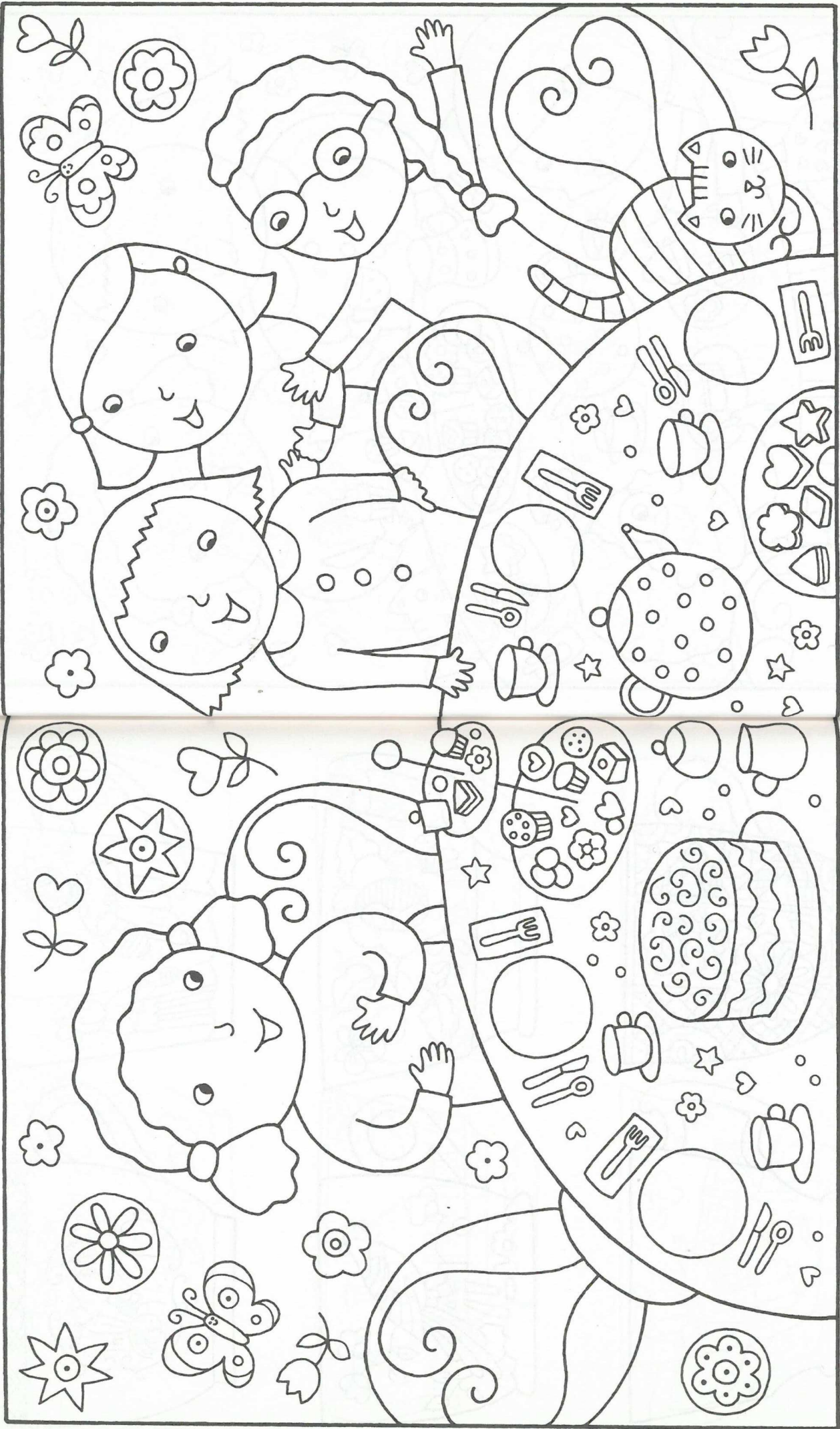


"Then we'll do it ourselves," say Molly and her friends.  
And they do!



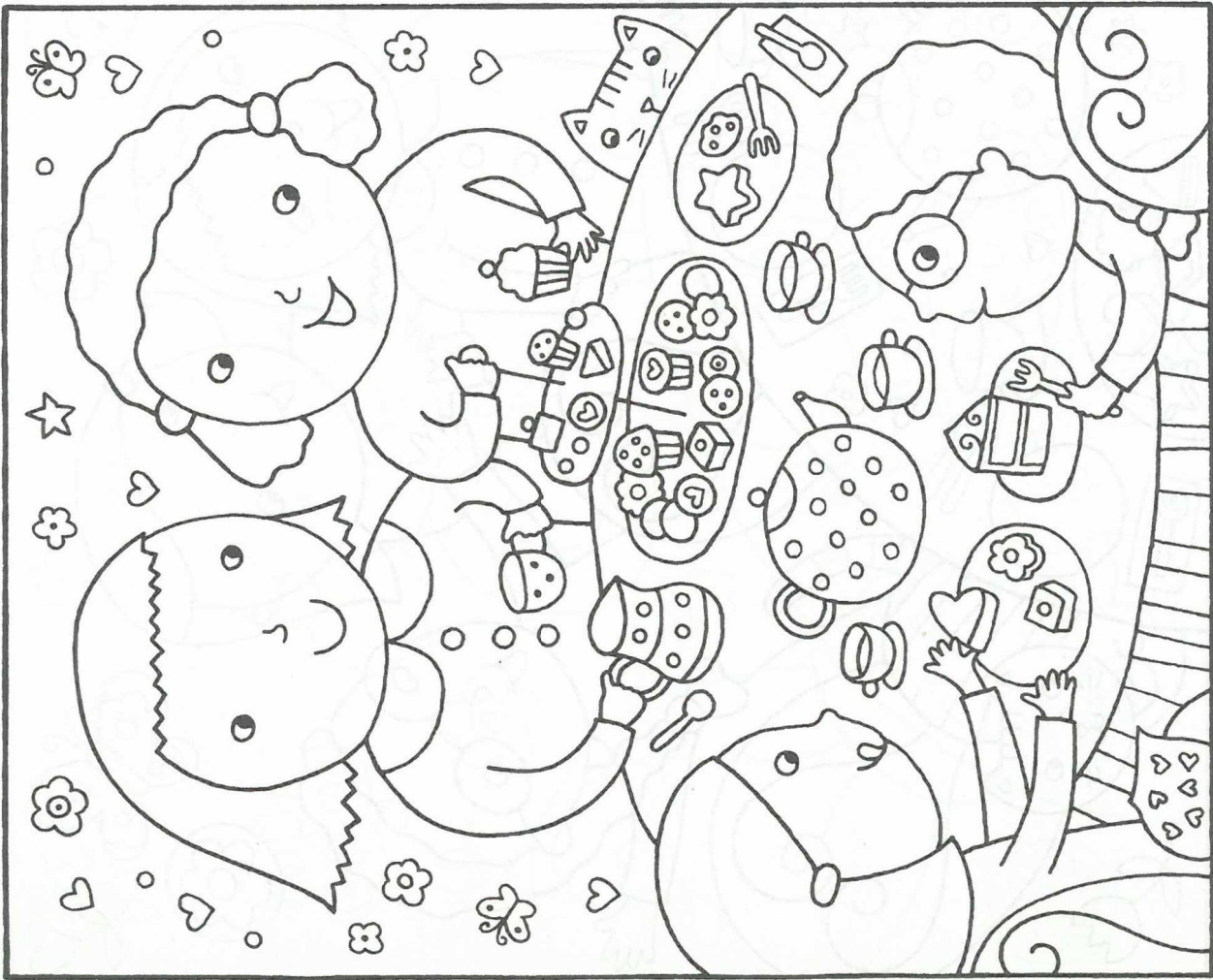
Molly and her friends set the table for their tea party. They get out teacups with many different decorations.

The last teacup needs a design. Here's your chance to create your own teacup!

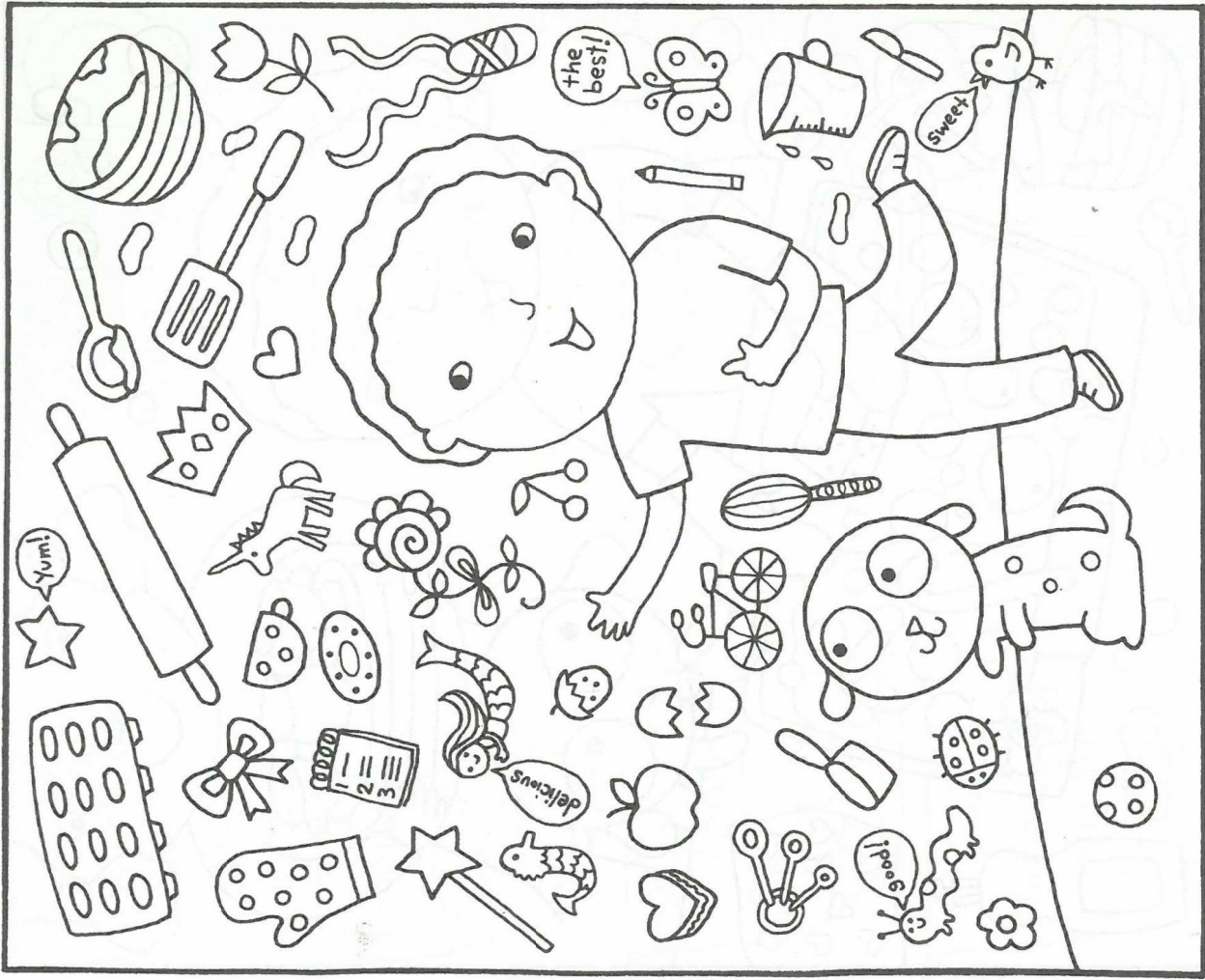


The lovely sandwiches are neatly arranged. The warm scones are fresh from the oven. The beautiful cake is frosted. The tea is made, and the table is set.

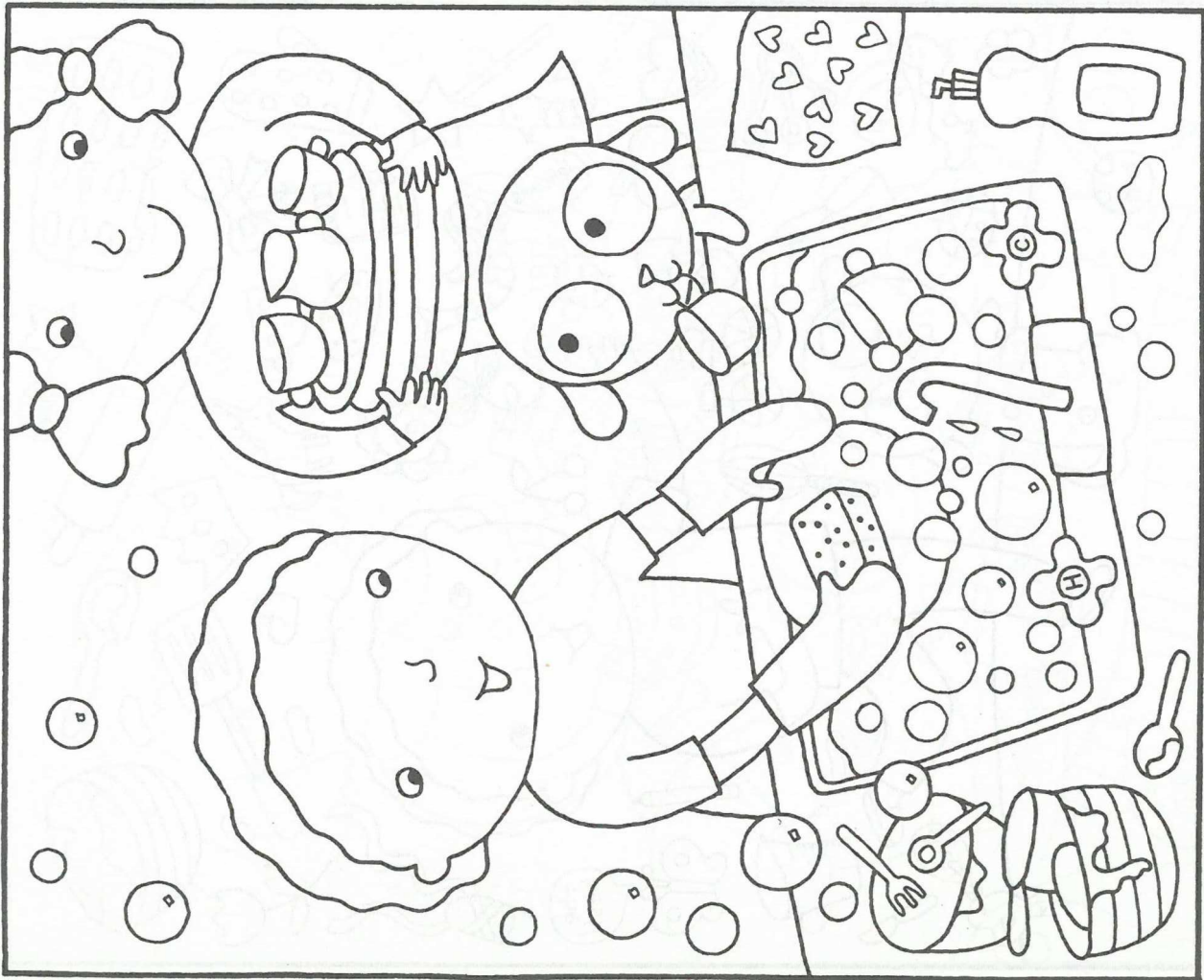
"Who is ready for a tea party?" asks Molly.  
"We are, we are, we are!" say Molly's friends.



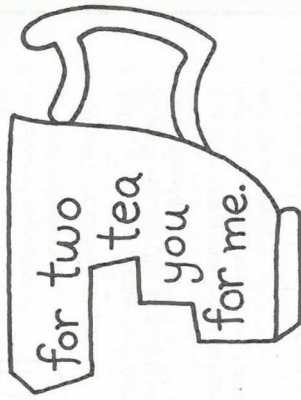
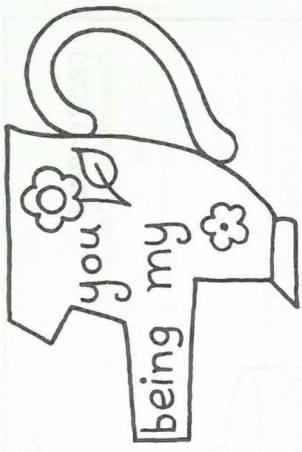
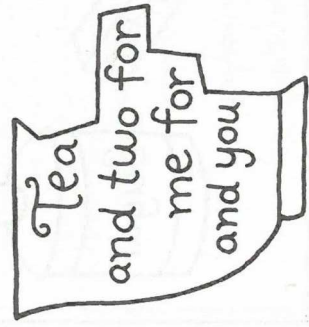
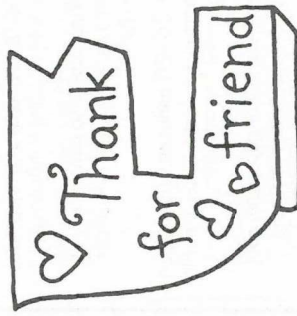
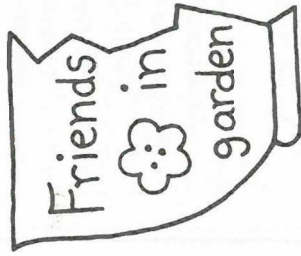
"Me, too," says Jack. "I want to come to the tea party, too!"  
 "What?!" say Molly and her friends. "But you didn't even help!"



"But I'll help clean up!" says Jack.



And he does!



Oops! Sometimes china cups break.

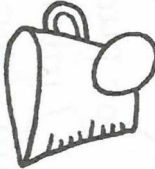
Match each broken cup on the left to one on the right to spell out a message.



## RECIPES

### DROP SCONES

(Makes about 10 scones)

-  2/3 cup milk
- 1 tablespoon lemon juice or white vinegar
- 2 cups flour
- 1/4 cup sugar
- 1/2 teaspoon salt
- 1 1/2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 egg
- 3 tablespoons vegetable oil
- 1 cup raisins (optional)

1. Preheat oven to 375 degrees.
2. Add the lemon or vinegar to the milk and let stand 5 minutes (it's an easy substitute for buttermilk).
3. In a large mixing bowl, blend together the dry ingredients: flour, sugar, salt, baking powder, and baking soda.

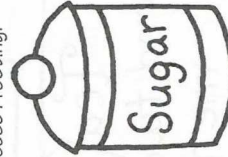
4. In a smaller bowl, beat together the wet ingredients: egg, oil, and milk.
5. Add the wet ingredients to the dry ingredients and stir together quickly until just blended. Stir in the raisins, if using.
6. Drop large spoonfuls of the batter onto a cookie tray (lined with parchment paper or lightly greased).
7. Bake for about 20 minutes, until lightly browned and a toothpick inserted into a scone comes out clean.
8. Best served warm out of the oven, with butter or cream cheese and strawberry jam.



### CREAM CHEESE FROSTING

- 1/3 of an 8-oz. package of cream cheese
- 1 tablespoon softened butter
- 1/2 teaspoon vanilla extract
- 1 cup confectioners sugar

1. With an electric mixer, beat cream cheese and butter until well blended.
2. Add vanilla extract and beat in.
3. Gradually add sugar, and beat until smooth and slightly fluffy.



### BANANA MUFFINS or CUPCAKES

(Makes 12 muffins or cupcakes)

- 2 ripe bananas
- 2 eggs
- 1/3 cup oil
- 1 1/2 cups flour
- 1/2 cup sugar
- 1/4 teaspoon salt
- 1 1/2 teaspoons baking powder
- 2 teaspoons cinnamon
- 1/2 cup chopped walnuts (optional)
- 1/2 cup chocolate chips (optional)

1. Preheat oven to 350 degrees.
2. Mash the bananas with a fork.
3. Stir in the eggs and oil and blend well.
4. In a large bowl, mix together the dry ingredients: flour, sugar, salt, baking powder, cinnamon.
5. Add the wet ingredients to the dry ingredients and stir together quickly until just blended. Stir in the nuts and chocolate chips, if using.
6. Place paper baking cups into muffin tray and spoon batter into each cup until it is about three-quarters full.
7. Bake for about 20–25 minutes, until golden brown and a toothpick inserted into a muffin comes out clean.
8. For muffins, serve warm. For cupcakes, cool before icing with Cream Cheese Frosting.

### A GOOD POT OF TEA

A good pot (or cup) of tea is an important part of your tea party! There are many types of tea, each with its own flavor. You will discover your favorites as you try different ones.



### A Pot, or Cup, of Tea

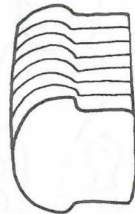
With the help of an adult, fill a teakettle with water and put it on the stove to boil. Put two or three tea bags in the teapot. With an adult, fill the teapot with water. If you are not using a teapot, select one cup or mug per person, put a tea bag in each cup or mug, and add the water (with an adult's help).

After a few minutes, the tea is ready to serve. Remove the tea bags, if using. Each person can add some milk and a teaspoon of sugar or honey to the tea if they wish. Fresh berries or even a teaspoonful of jam can be added to the tea. Decaffeinated tea or tea bags can be used instead of regular tea.



### Sun Tea

Use a freshly washed two-quart glass container with a cap. Add four to six tea bags to the container. Fill with water and replace cap. Place the container in a sunny spot outdoors for four hours. Remove the tea bags and place the container in the refrigerator. Enjoy it when it is chilled, or just add ice. Make sure that you use the sun tea within two days, as it doesn't stay fresh past this point.



## RECIPES

### TRADITIONAL ENGLISH CUCUMBER TEA SANDWICHES

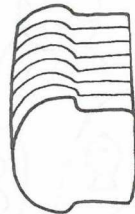
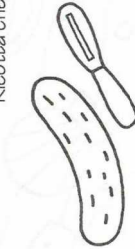
- 1 loaf of sliced bread
- 1 cucumber
- whipped cream cheese

1. Peel the cucumber and slice it very thinly. Put the slices on a paper towel to remove some of the moisture.
2. Spread cream cheese on a slice of bread. Arrange cucumber slices on it. Spread cream cheese on a second piece of bread and put that on top of the first slice, cream cheese side down, so that it all sticks together nicely. Repeat to make at least one sandwich for each guest.

3. Cut the edges and crust off the four sides of each sandwich, and then cut diagonally and diagonally again, into four triangle pieces. You also can use cookie cutters and cut the sandwiches into shapes like hearts and circles and stars.

You can offer your guests a selection of little tea sandwiches, using different breads and crackers. Here are some possibilities:

- Hazelnut spread topped with a slice of banana
- Peanut butter with strawberry jam
- Hummus with a slice of tomato
- Tuna salad
- Egg salad
- Ham and Swiss cheese with a thin slice of apple
- Apricot or other fruit jam
- Ricotta cheese with honey



**NOTE: Children should always have the assistance of an adult for help and safety.**

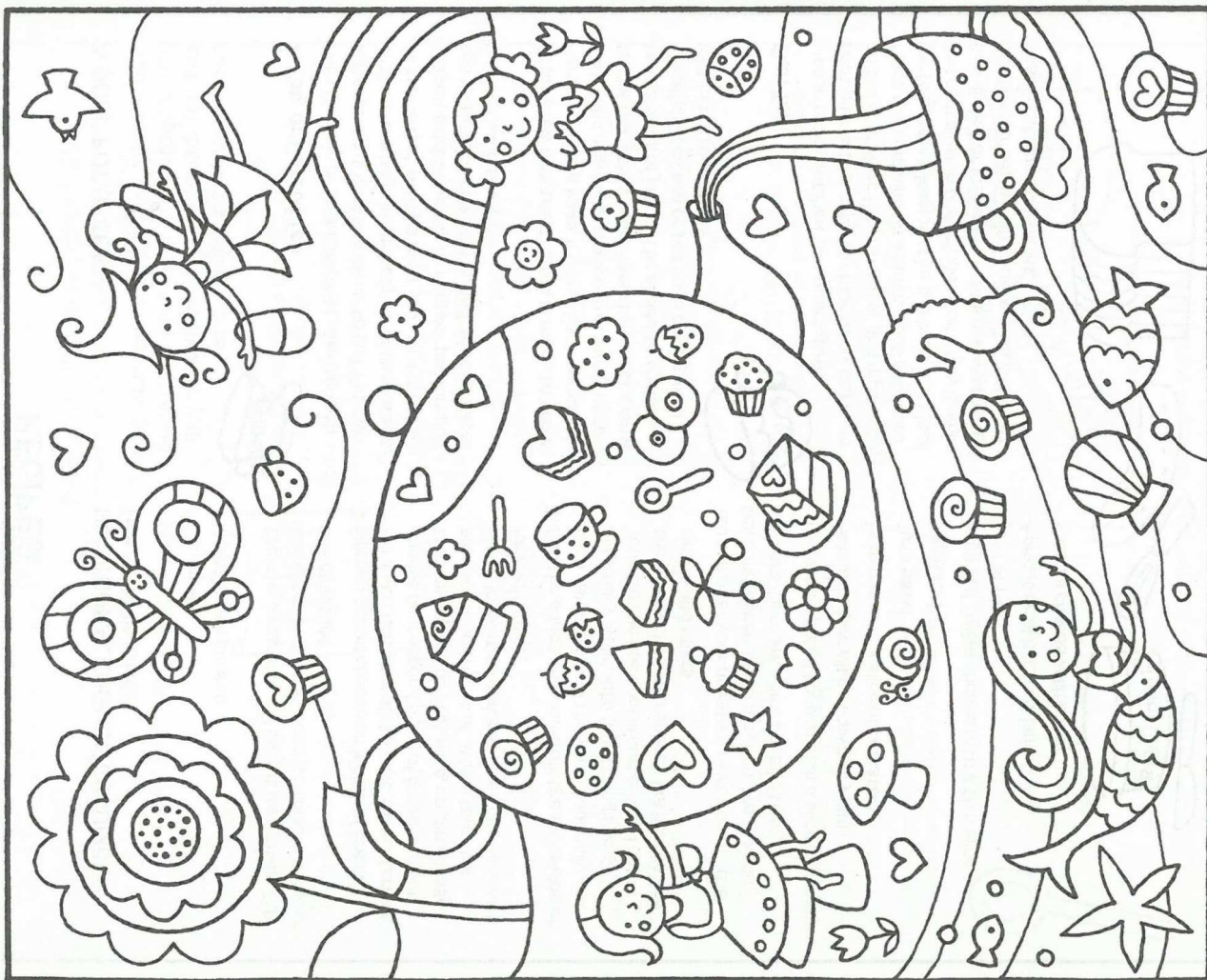
**NOTE: Children should always have the assistance of an adult for help and safety.**

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Having a tea party is so much fun!  
 Now it is your turn to create your own tea party!