

MORE THAN JUST BABYSITTING
CHILD CARE CENTRE INC.

Toddler Family Recipe Book

2024



“Cooking with kids is not just about ingredients,
recipes, and cooking. It's about harnessing
imagination, empowerment, and creativity”
- Guy Fieri

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Benjamin's Sweet Carrots

INGREDIENTS

1 bag of carrots, cut
1 full rutabaga, cut
2 - 4 cups brown sugar
1 stick butter

NOTES

start with 2 cups of
brown sugar, add
more depending on
taste.

should be sweet

DIRECTIONS

Place cut carrots and cut
rutabaga in a large pot and
cover with water. Bring to boil,
lower heat and simmer until
done.

Drain water.

Mash cooked carrots and
rutabaga.

Once mashed, add in 2 cups of
brown sugar and 1 butter. Whip
all together.

Add more brown sugar to taste.



Chelsea's Roasted Vegetables

INGREDIENTS

- 4 large carrots, peeled and cut into chunks
- 1 head of broccoli, cut into florets
- 1 cauliflower, cut into florets
- 4 or 5 turnips, peeled and cut into chunks
- ½ white onion, cut into wedges
- ½ red onion, cut into wedges
- 2 large yellow potatoes, peeled and cut into chunks
- 2 large sweet potatoes, peeled and cut into chunks
- 6-8 brussels sprouts, cut in half
- approximately 5 tbsp extra virgin olive oil
- kosher salt
- black pepper
- "badia complete seasoning", if you do not own, use these spices:
 - ½ tsp dried minced garlic
 - ½ tsp dried minced onion
 - ½ tsp ground cumin
 - ½ tsp ground coriander
 - ½ tsp dried oregano

DIRECTIONS

Wash, dry, and cut all vegetables.

Preheat oven to 400.

In a large bowl, combine all cut vegetables.

Stir vegetables and oil together, until oil is coating all of the vegetables.

On an oiled, foil-lined baking sheet, lay out all of the vegetables in a flat layer.

May need to do batches or use more baking sheets.

Sprinkle on Badia Complete Seasoning (If no Badia Seasoning, combine all spices in a small bowl, and stir together), sprinkle on until all of the vegetables have been seasoned. Shake on salt and pepper.

Cook for approximately 45 minutes. Flip half way. Start checking for burning after 30 minutes



Holly's Broccoli Cauliflower Salad

INGREDIENTS

1 head broccoli, chopped
1 head cauliflower, chopped
½ lb bacon, cooked
1 cup shredded cheddar
cheese
1 cup mayonnaise
1 cup sour cream
½ cup sugar

DIRECTIONS

Mix broccoli, cauliflower, bacon, and shredded cheese in a large bowl.

In a small bowl, mix mayonnaise, sour cream, and sugar until well combined.

pour mayonnaise mixture over broccoli mixture and stir until well incorporated.

Eat immediately or chill until ready to serve that day. If wanting to make the day before, keep broccoli/ mayonnaise mixtures separate and in the fridge until ready to serve.



Chelsea's Broccoli Cheddar Soup

INGREDIENTS

½ cup unsalted butter
1 cup diced onions yellow or white
2 cup shredded carrots
5-6 cups broccoli florets chopped small
3 cups chicken broth
2 cup milk
2 cup heavy whipping cream
½ cup all-purpose flour
3 tsp kosher salt
1 tsp black pepper
1 tsp of crushed red pepper flakes or less, if desired
4 cups shredded cheddar cheese

DIRECTIONS

In a large pot over medium high heat, melt butter.

Add in onions, carrots and broccoli. Cook to soften about 5 minutes (may be more or less depending on the size vegetables you cut).

Slowly add in broth, milk, and cream.

Sprinkle with flour and add salt, pepper and red pepper flakes. Whisk until the flour is fully incorporated.

Continue stirring and heating over medium heat until thickened. This will take about 10-15 minutes. Once thick, add cheese and stir until melted and smooth.



Brienne's Chili

INGREDIENTS

2 pounds ground beef
1 teaspoon olive oil
2-3 onions, diced
3 celery ribs, sliced
1 green pepper, diced
1 (19-ounce) can dark red kidney beans, rinsed and drained
2 (10-ounce) cans mushroom pieces, drained and chopped
2 (10-ounce) cans tomato soup, undiluted
1 (28-ounce) can diced tomatoes, undrained
2 tablespoons chili powder, divided
1 teaspoon oregano
1 teaspoon salt
¼ teaspoon pepper
1 teaspoon granulated sugar
1-2 garlic cloves, minced or 3 teaspoons garlic powder

DIRECTIONS

Preheat a large frying pan over medium heat. Add the olive oil and mix in the beef. Stir constantly, about 5 minutes. Transfer the beef into a large pot without draining. In the same frying pan, combine the onion, celery, and green pepper and cook until the onion is translucent, about 5 minutes. Season it with a bit of chili powder.

Add the vegetables to the ground beef. Gently mix in the kidney beans, mushrooms, tomato soup, and canned tomatoes, careful not to squish the beans. Season with the remaining chili powder, oregano, salt, pepper, sugar, and garlic. Stir well to coat all the ingredients.

Cover the pot and simmer over medium heat for 1 hour, stirring occasionally. Remove the lid and simmer for 30 more minutes or until thick, stirring occasionally.
Serve and enjoy!



Liam's Homemade Spaghetti Sauce with Ground Beef

INGREDIENTS

1½ pounds ground beef
1 medium onion chopped small
4 cloves garlic minced
1 28 ounce can crushed tomatoes
1 16 ounce can tomato puree
1 tablespoon dried oregano
1 tablespoon dried basil
1 teaspoon kosher salt
½ teaspoon freshly ground black pepper
Optional:
½ teaspoon crushed red pepper flakes
2 tablespoons fresh Italian parsley chopped
freshly grated Parmesan for serving

DIRECTIONS

Cook and crumble the ground beef in a large deep sized skillet over medium-high heat.
Drain any excess grease, if necessary, and add the onion and garlic to the pan. Continue cooking for an additional 3-4 minutes, until the onion begins to soften. Add the crushed tomatoes, tomato puree, oregano, basil, salt, black pepper, and red pepper flakes to the meat mixture. Stir to combine and bring to a simmer. Reduce heat to maintain a slow simmer and continue cooking, stirring occasionally, for 30-60 minutes until the sauce thickens.
Taste the sauce and adjust the seasonings as needed.
Sprinkle with fresh parsley and Parmesan before serving, if desired.



Beckett's Chicken Pie

INGREDIENTS

FILLING

- 1 tsp olive oil
- 1 cup diced onions
- ½ cup diced celery
- 1 tsp minced garlic
- 3 cups thinly sliced mushrooms
- 1 cup chopped green beans
- ¾ cup frozen mixed peas and carrots, thawed
- 1 tsp dried thyme
- ¼ tsp poultry seasoning
- 1 ¾ cups reduced sodium chicken broth
- 1 cup peaches and cream canned corn
- 1 cup evaporated milk
- 3 tbsp all-purpose flour
- 1 rotisserie chicken cut into cubes
- 1 tbsp minced fresh parsley

DIRECTIONS

Preheat oven to 400° F.
Place eight 7oz ramekins on a baking sheet lined with foil and set aside.

To make filling, heat olive oil over medium-high heat in large pot. Add onions, celery and garlic. Cook until onions begin to soften, about 3 minutes. Add mushrooms and green beans, cook until tender. Stir in peas and carrots, thyme and poultry seasoning. Cook 1 more minute. Add broth and corn and let mixture simmer, uncovered, for 2 minutes. In a small bowl, whisk together evaporated milk and flour until smooth. Add to pot. Cook and stir until mixture thickens. Remove from heat.
Add chicken and parsley.
Cover and keep warm.



Beckett's Chicken Pie

INGREDIENTS

BISCUIT CRUST

- 1 cup all-purpose flour
- ½ cup whole wheat flour
- 2 tsp baking powder
- 1 tsp baking soda
- ¼ tsp salt
- ¾ cup mashed sweet potato
- ½ cup buttermilk
- 3 tbsp butter, melted

DIRECTIONS CONTINUED

To make biscuit crusts, combine both flours, baking powder, baking soda and salt in a large bowl.

In a medium bowl, whisk together sweet potato, buttermilk and 2 tbsp of the melted butter.

Add wet ingredients to dry ingredients and stir gently until a ball is formed.

With floured hands, transfer biscuit dough to a lightly floured surface and roll out or pat down to about 1/3-inch thickness. Using 2 1/2 inch round cookie cutter, cut dough into circles just slightly smaller than the top of your ramekins.

Fill ramekins with warm chicken mixture and top with biscuits. Brush tops of biscuits with remaining melted butter. Bake for 13-15 minutes until filling bubbles and biscuits are puffed up and golden brown.

Let stand for 5 minutes before serving.



Evelyn's Chewy Oatmeal Chocolate Chip Cookies

INGREDIENTS

1 cup butter, softened
1 cup brown sugar
½ cup granulated sugar
2 eggs
1 tsp vanilla
1 ½ cups all purpose flour
2 tsp baking soda
1 tsp salt
2 cups oats (minute, quick
or large flake)
1 cup chocolate chips

OPTIONAL

½ cup shredded coconut
½ cup chopped walnuts

DIRECTIONS

Preheat oven to 350° F (180°C)
Line 2 baking sheets with parchment
paper

Beat butter and sugars together on
high speed of electric mixer until fluffy
Beat eggs and vanilla
Mix in flour, baking soda, salt, and oats,
just until combined.
Stir in chocolate chips, and optional
coconut and walnuts

Drop dough by tablespoon on
prepared baking sheet.
Bake in preheated oven for 10 - 12
minutes or until golden

Cool on baking sheets

Makes 24 cookies



Daniel's Peanut Butter Kiss Blossoms

INGREDIENTS

- ½ cup butter, softened
- ½ cup brown sugar
- ½ cup sugar
- ½ cup creamy peanut butter
- 1 large egg
- 1 teaspoon vanilla
- 1 tbsp milk
- 1 ¾ cups flour
- 1 teaspoon baking soda
- ½ tsp sugar (to roll cookie balls in)
- 1 package Hershey Kisses

DIRECTIONS

In a large bowl cream butter and sugars together until fluffy.

Add peanut butter, egg, milk, and vanilla and cream for 2 minutes longer scraping the sides of the bowl often. Stir in flour, baking soda, and salt and mix until just combined. Let sit for 30 minutes.

Preheat oven to 375°F. Roll into 1-inch balls and roll in bowl of sugar. Bake for 8-10 minutes or just until the cookies are cooked through but still soft.

While they are still warm, press a Hershey kiss into each peanut butter cookie.

Allow to cool before removing from cookie sheet.



Kiana's Oreo Balls

INGREDIENTS

1 box of Oreo cookies, finely crushed
1 block cream cheese, softened
2 bags of milk chocolate chips or white chocolate chips, melted
Holiday sprinkles or crushed candy canes

DIRECTIONS

In a large bowl, combine the crushed Oreo cookies and softened cream cheese. Mix until fully blended and the texture is smooth.

Roll the mixture into 1-inch balls and place them on a baking sheet lined with parchment paper.

Chill in the refrigerator for at least 30 minutes, or until firm.

Dip each Oreo ball into the melted chocolate, ensuring it's fully coated.

Use a fork to lift the balls and tap gently to remove excess chocolate.

Place the chocolate-covered Oreo balls back onto the parchment-lined baking sheet.

Decorate immediately with sprinkles or candy canes before chocolate sets.

Refrigerate the Oreo balls for another 15-20 minutes, or until chocolate is fully hardened.



Audrey's Gingersnap Cookies

INGREDIENTS

- $\frac{3}{4}$ butter, softened
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{4}$ cup dark molasses
- 1 egg, beaten
- 2 $\frac{1}{4}$ cups flour
- 1 $\frac{1}{2}$ tsp baking soda
- $\frac{1}{4}$ tsp salt
- 2 - 3 tsp cinnamon
- 2 - 3 tsp ginger

NOTES

can reduce cinnamon and ginger to 1 $\frac{1}{2}$ tsp

DIRECTIONS

Preheat oven to 350° F

Cream together butter, sugars, molasses, and egg

Mix flour, baking soda, salt, cinnamon, and ginger; add to cream mixture and mix well.

Cover and refrigerate for 1 hour.

Roll out to about 1/8 inch. Cut using cookie cutters.

Place on ungreased baking sheet.

Bake for 5 - 8 minutes.

Do not overbake



Ellie's Chocolate Zucchini Muffins

INGREDIENTS

2 cups all purpose flour
½ cup whole wheat flour
½ cup unsweetened cocoa powder
1 ½ tsp baking powder
1 tsp baking soda
1 tsp ground cinnamon
½ tsp salt
1 ½ cups granulated sugar
3 eggs
½ cup unsweetened applesauce
⅓ cup vegetable oil
2 tsp vanilla
2 cups packed grated zucchini
½ cup mini semi-sweet chocolate chips

DIRECTIONS

Preheat oven to 350°F. Spray muffin tin pan.

In large bowl, combine both flours, cocoa powder, baking powder, baking soda, cinnamon, and salt.

In a medium bowl whisk together sugar, eggs, applesauce, oil, and vanilla. Stir in zucchini.

Add wet ingredients to dry ingredients and mix just until dry ingredients are moistened. Fold in chocolate chips.

Pour batter into muffin tins.

Bake for approximately 25 minutes or until a wooden pick inserted in the center of the muffin comes out clean.

Cool on a wire rack.



Odin & Finn's Boyfriend Cookies

INGREDIENTS

1 cup butter, softened
¾ cup packed brown sugar
¼ cup white sugar
1 (3.5 ounce) package instant
vanilla pudding mix
2 eggs
1 teaspoon vanilla extract
2 ¼ cups all-purpose flour
1 teaspoon baking soda
2 cups chocolate chips (1 cup
milk choc & 1 cup semisweet)
½ cup white chocolate chips
½ cup peanut butter chips
½ cup M&M's
½ cup Reese's Pieces

DIRECTIONS

Preheat oven to 375° F.

In a mixing bowl, cream butter and
sugars.

Add pudding mix, eggs and vanilla.

Combine flour and baking soda;
add to creamed mixture and mix
well.

Fold in chocolate chips and
remaining candy.

Drop by tablespoonfuls onto
ungreased baking sheets.

Bake for 10 to 12 minutes or until
lightly browned.

Cool on wire racks.



Finnley's Christmas Butter Cookies

INGREDIENTS

2 ¼ cups flour
½ tsp salt
1 cup unsalted butter
(softened)
2 egg yolks
¾ cup sugar
2 tsp vanilla extract
1-2 tbsp milk

OPTIONAL
melted chocolate &
sprinkles

DIRECTIONS

Preheat oven to 350°F.

Mix flour and salt; set aside.

Cream butter and sugar until fluffy.

Add egg yolks and vanilla; mix well.

Stir in flour mixture until just combined.

Pipe 1½ inch swirls on a parchment-lined pan.

Bake for 10-12 minutes until edges are golden.

Cool, dip in melted chocolate, and sprinkle!



Brienne's Chunky Toblerone Shortbread

INGREDIENTS

2 cups butter
1 cup super-fine sugar
3 ½ cups flour
½ cup cornstarch
2 bars Toblerone Swiss
Chocolate, chopped
3 tbsp sifted icing sugar

DIRECTIONS

Preheat oven to 350°

Beat butter and super-fine sugar in large bowl with mixer on high speed until light and fluffy.

Mix flour and cornstarch.

Gradually add butter mixture, beating well after each addition.

Stir in Toblerone pieces.

Drop by heaping tablespoonfuls, 1 inch apart, onto parchment lined baking sheets.

Bake 20-25 minutes or until lightly browned.

Cool 5 minutes on baking sheets. Transfer to wire racks; cool completely.

Sprinkle with icing sugar



Shannon's White Velvet Cookies

INGREDIENTS

COOKIES

2 cups butter, softened
1 block (8oz) cream cheese, softened
2 large egg yolks, room temperature
1 teaspoon vanilla extract
4½ cups all purpose flour

FROSTING

3 table spoons butter, softened
1 tablespoon shortening
½ teaspoon vanilla extract
3½ cups confectioners sugar
4-5 tablespoons 2% milk (substitute optional)

OPTIONAL

Food Colouring

DIRECTIONS

In a large bowl, mix butter, cream cheese, and sugar until light and fluffy.
Add egg yolks and vanilla.
Gradually add flour into creamed mixture.
Divide dough in half. Shape into a disk; wrap and refrigerate until firm enough to roll; about 2 hours.
Preheat oven to 350
On a lightly floured surface, roll each portion of dough to 1/4 inch thickness. Cut with floured 3-inch cookie cutters. Place 1 inch apart on greased baking sheets.
Bake 10-12 minutes, do not brown
Cool for about 5 minutes on pans.
Put on wire racks for additional cooling.

Frosting:

In a bowl beat together butter, shortening and vanilla until blended. Beat in confectioners sugar and enough milk to reach spreading consistency. Beat until light and fluffy.
If desired add in food colouring.



Lila and Logan's Cranberry Bliss Bars

INGREDIENTS

BLONDIES

1 cup unsalted butter
 $\frac{2}{3}$ cup white chocolate chips
 $1\frac{1}{4}$ cups (350 g) light brown
sugar, packed
2 large eggs, room temperature
1 large egg yolk, room
temperature $\frac{1}{2}$ teaspoons
vanilla extract
1 teaspoon orange zest
 $2\frac{1}{2}$ cups all-purpose flour
2 teaspoons cornstarch
1 teaspoon baking powder
1 teaspoon kosher salt
 $\frac{1}{8}$ teaspoon ground ginger
1 cup dried cranberries

DIRECTIONS

Preheat the oven to 350°F
Line 13-inch baking dish with parchment
paper, including up the sides. Set aside. In
a large microwave-safe bowl, add the
butter and the white chocolate chips. Melt
in 20-second intervals, stirring in between
each time, until the mixture is creamy with
no lumps. Allow to slightly cool.
To the melted white chocolate mixture,
add brown sugar. Stir to combine. Add the
eggs and the egg yolk, one at a time,
stirring well after each addition. Stir in the
vanilla extract and the orange zest. Set
aside.
In a separate bowl, whisk together the
flour, cornstarch, baking powder, salt,
and ginger.
Add the dry ingredients to the wet
ingredients and stir until completely
combined.
Fold in the dried cranberries.
Spread the batter evenly into the
prepared pan.



Lila and Logan's Cranberry Bliss Bars

INGREDIENTS

FROSTING

1 cup white chocolate chips,
melted and divided
8 ounces cream cheese, room
temperature
 $\frac{3}{4}$ cup confectioners' sugar
1 teaspoon orange zest
 $\frac{1}{2}$ cup dried cranberries,
chopped

DIRECTIONS CONTINUED

Bake for 25-30 minutes, or until the edges just begin to turn golden brown. Allow to cool completely before topping with frosting.

Frosting

Add the white chocolate chips to a small microwave-safe bowl. Heat in 20-second intervals, stirring between each, until melted and smooth. Set aside.

In a large bowl using a hand mixer on medium speed, beat the cream cheese and confectioners' sugar together until smooth. Gradually pour HALF of the melted white chocolate into the cream cheese mixture, reserving the other half for drizzling on top of the bars. Continue to mix until fully incorporated.

Add the orange zest and stir to combine. Spread the frosting over the cooled blondies. Sprinkle the dried cranberries over the frosting.

Drizzle the remaining melted white chocolate over the bars. Enjoy!



Hudson's Sugar Cookies and Icing

INGREDIENTS

COOKIES

- 2 cups all purpose flour
- ½ tsp baking powder
- ¼ tsp salt
- ¾ cup unsalted butter, softened
- ¾ cup granulated sugar
- 1 large egg
- 2 tsp vanilla extract
- Optional:
 - ¼ or ½ tsp almond extract

ICING

- 3 cups confectioners sugar
- ½ tsp vanilla extract
- 2 tsp light corn syrup
- 4½ - 5 tbsp room temp water
- OPTIONAL
 - food colouring

DIRECTIONS

COOKIES

Whisk flour, baking powder, and salt in medium bowl. set aside

In a large bowl using a electric mixer, beat the butter and sugar together on high until smooth.

Add egg, vanilla, and almond extract. Beat until combined.

Add dry ingredients to the wet. Mix on low until combined (if too soft add 1 tbsp flour).

Divide dough into 2 equal parts.

On a piece of lightly floured parchment paper, roll out dough using a lightly floured rolling pin. Roll until 1/4 inch thick.

Place another piece of parchment on top. Place second rolled-out dough on top.

Cover with plastic wrap and refrigerate for 1 - 2 hours.



Hudson's Sugar Cookies and Icing

INGREDIENTS

COOKIES

- 2 ¼ cups all purpose flour
- ½ tsp baking powder
- ¼ tsp salt
- ¾ cup unsalted butter, softened
- ¾ cup granulated sugar
- 1 large egg
- 2 tsp vanilla extract

OPTIONAL

- ¼ or ½ tsp almond extract

ICING

- 3 cups confectioners sugar
- ½ tsp vanilla extract
- 2 tsp light corn syrup
- 4 ½ - 5 tbsp room temp water

OPTIONAL

- food colouring

DIRECTIONS CONTINUED

Once chilled, preheat oven to 350°
Line 2 - 3 baking sheets with parchment paper.

Using a cookie cutter, cut dough into shapes.

Place on baking sheets 3 inch apart.
Bake for 11 - 12 minutes or until edges light brown. Allow to cool before adding the icing.

ICING

Using a fork, stir confectioners sugar, vanilla, corn syrup, and 4 ½ tbsp room temp water.

When consistency is very thick, switch to a whisk and add ½ tbsp water. Icing should hold shape when whisk is lifted. If still thick, add ½ tbsp more of water.

Divide out icing into smaller bowls.
Add 1 - 2 drops of food colouring until preferred colour.

Decorate and enjoy!