



EBCI TRIBAL OPTION

# HEALTHY KIDS



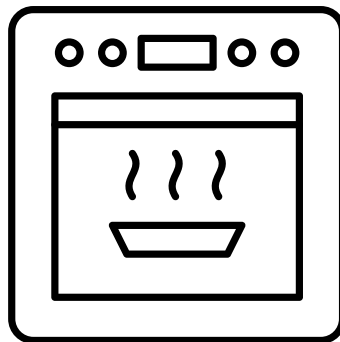
# COOKBOOK



# CHEF SAFETY TIPS

Cooking is fun!! But safety while cooking comes first, here are some helpful tips to stay safe in the kitchen.

- **Wash your hands with soap and water before and after cooking**
- **Always check with an adult before doing something in the kitchen and ask for help, especially when using the oven or a knife**
- **If wearing long sleeves, roll up your sleeves**
- **If you have long hair, make sure to put it up before cooking**
- **Use oven mitts and safety precautions when taking out or moving things around the oven or stove**
- **Call for help when you need it!**



Color in the Chefs

# CHEF VOCAB

- tsp= Teaspoon
- tbsp= Tablespoon
- Bake =cook food in an oven
- Boil= cook food in liquid at high heat until it bubbles
- Degrees = oven temperature
- Chop= cut food into pieces- have an adult help!
- Drizzle= sprinkle the ingredient over the food
- Mix= stir ingredients until combined
- Fry= cook in neutral oil like butter

## RECIPE LEVELS

All included recipes suitable for kids, some just require more help/ supervision



Easy and uses simple cooking methods



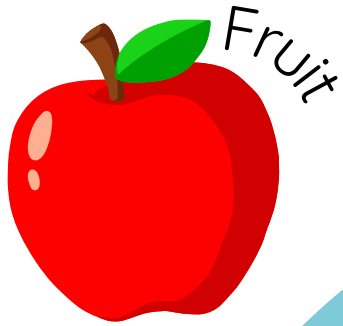
Medium difficulty, may require adult help/ supervision



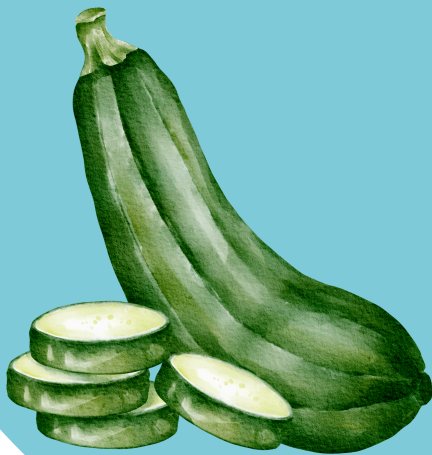
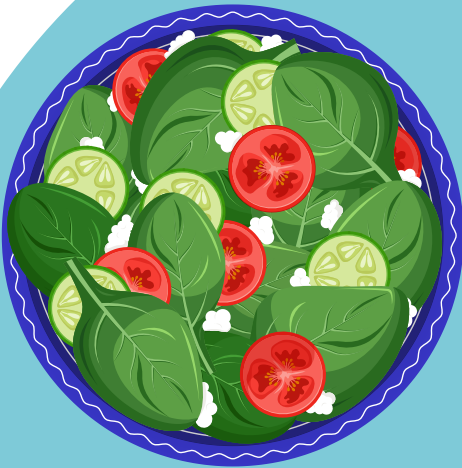
More difficult recipes and cooking methods, likely require adult help/ supervision



# MY HEALTHY CHEROKEE PLATE



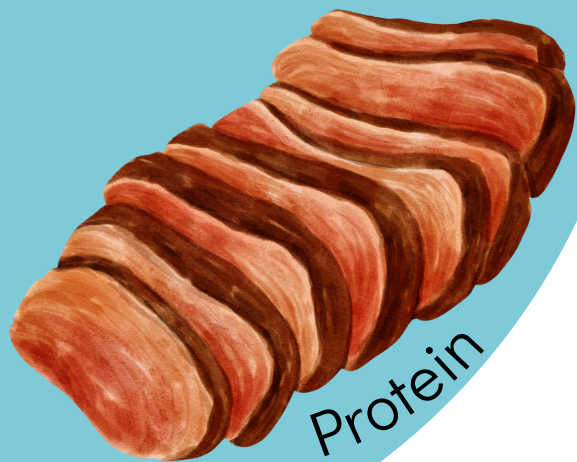
Vegetables



Grains

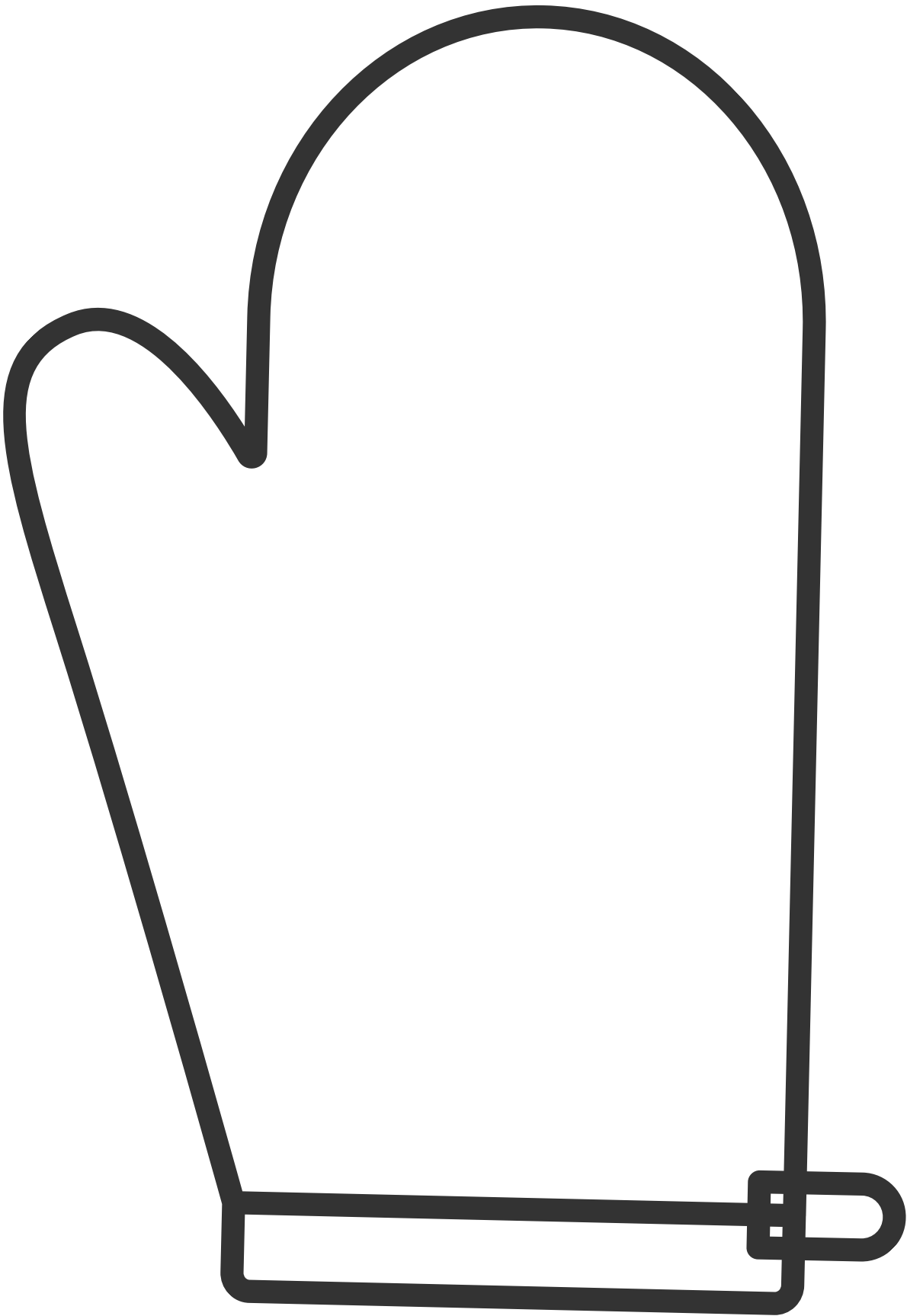


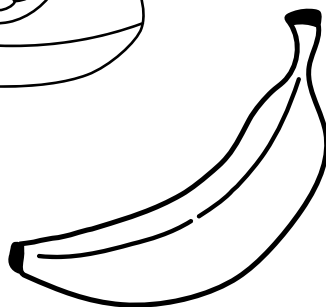
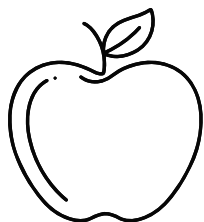
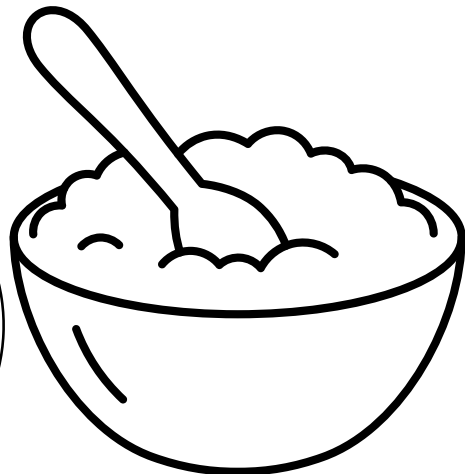
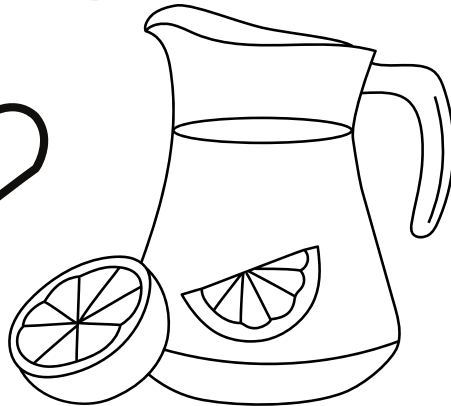
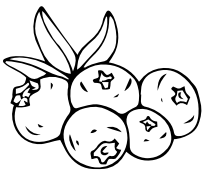
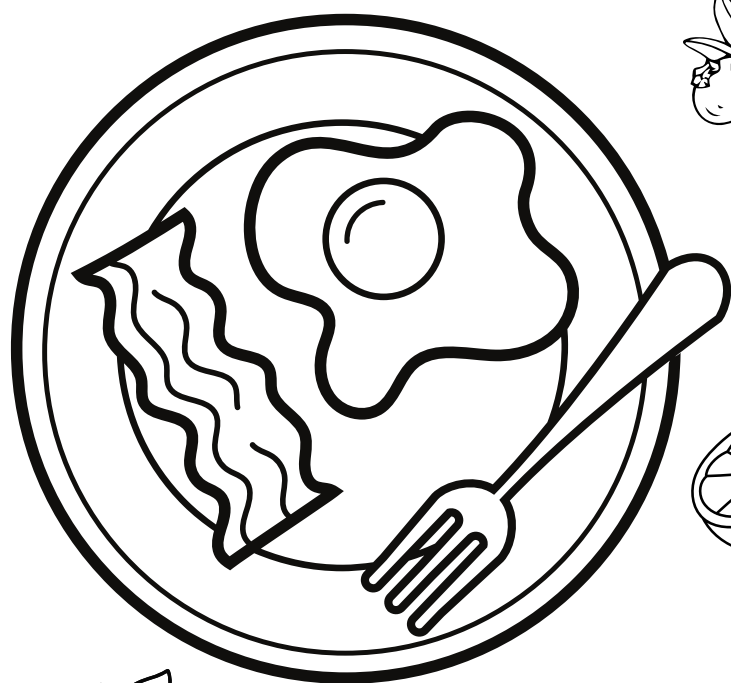
Protein



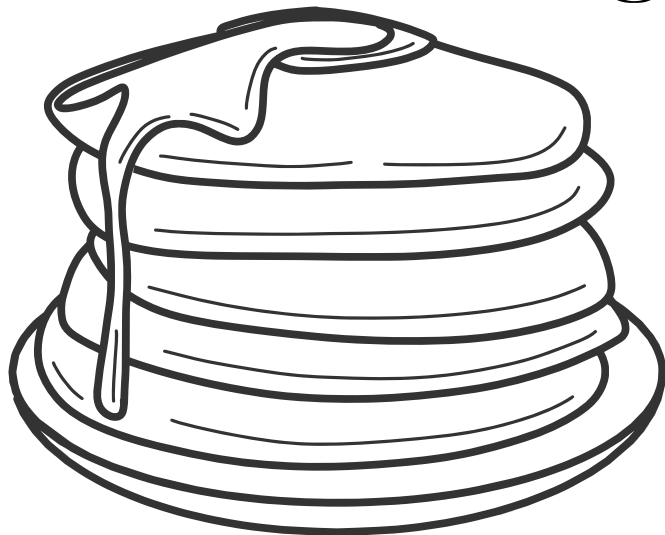
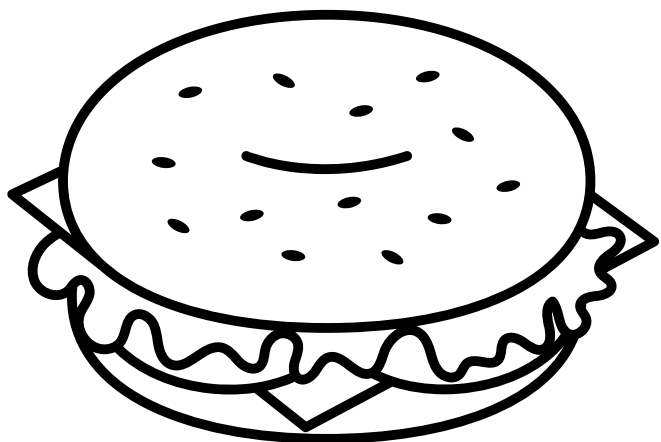
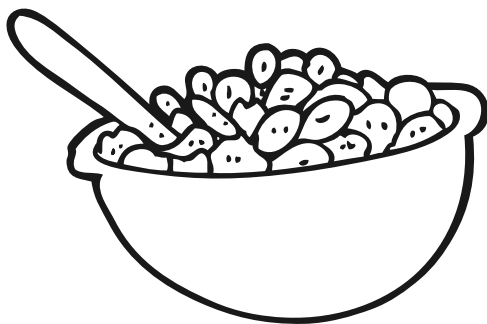
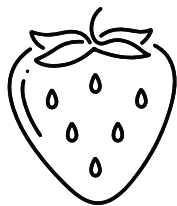
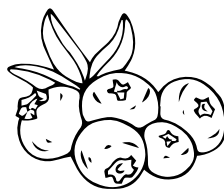
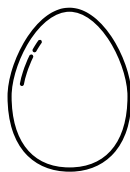
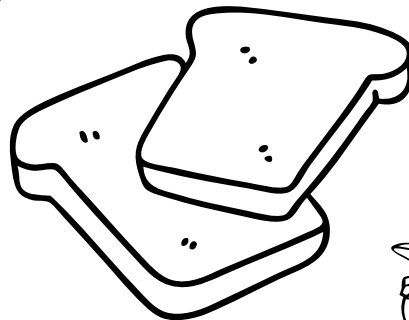


**DESIGN YOUR OWN OVEN MITT**





# BREAKFAST



Color this page of breakfast foods!

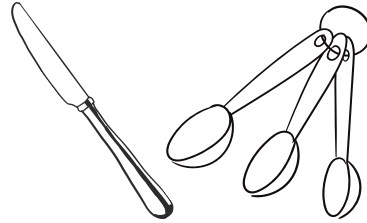
# MAKE YOUR OWN "CHEROKEE MASK" TOAST

1

serves 1

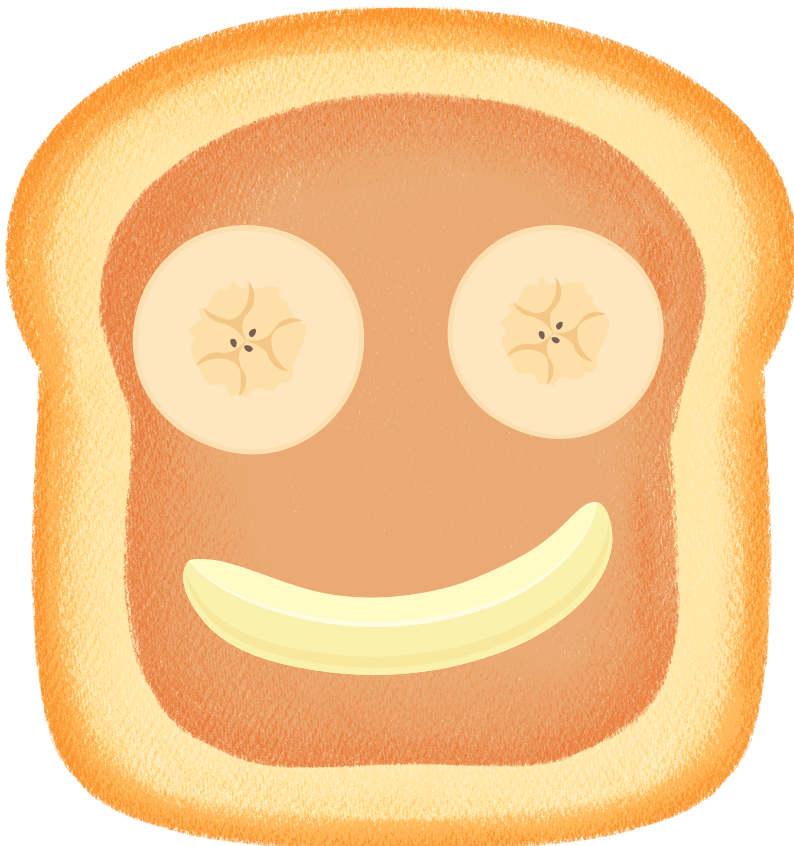
- Tablespoon of peanut butter
- Slice of Bread of your choice
- Banana
- Honey
- Any other toppings you'd like– get creative!

Tools:



Knife, Measuring Spoons

- Toast bread
- Spread peanut butter on toast
- Drizzle honey on top
- Add slices of bananas and other toppings to make a face!



ᐱᐸᑳᑭ  
(Diligvdulo)  
mask

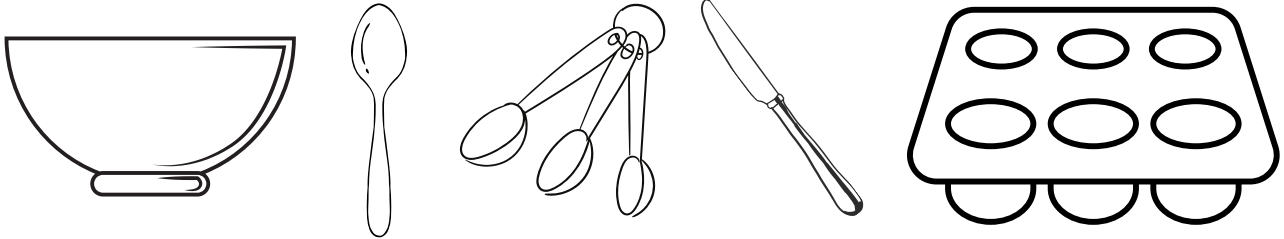


# BREAKFAST EGG POPOVERS

1

serves 6-12

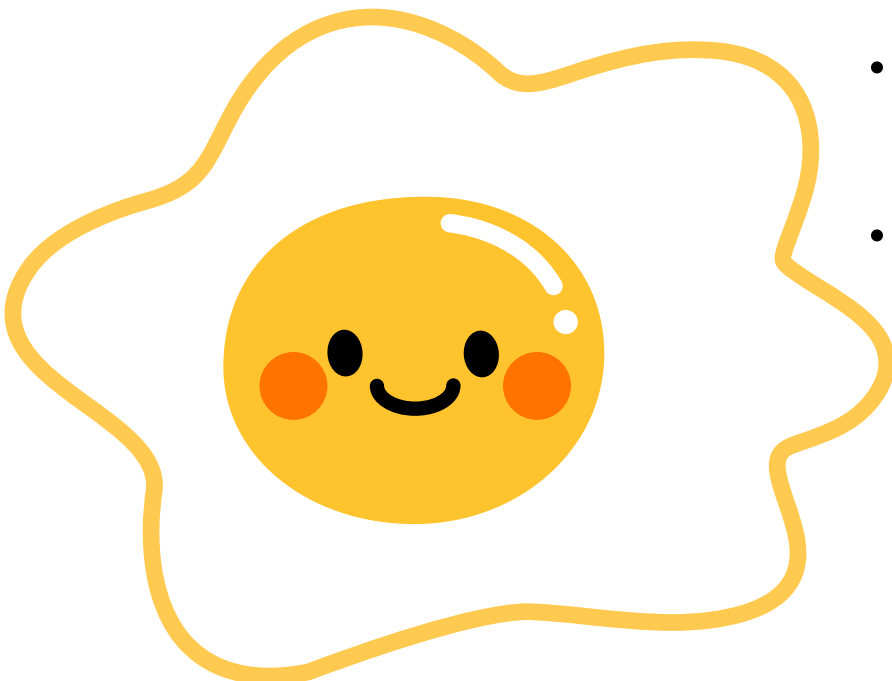
Tools:



Bowl, Spoon, Measuring Spoon, Knife, Muffin Tin

- 2 eggs
- 1 cup milk
- 3/4 cup flour (self rising or all purpose)
- 1/4 tsp salt
- 3 tbsp salted butter

- Preheat Oven to 450
- Whisk together the eggs, milk, flour & salt
- Cut the butter into 12 slivers. pop a piece of butter into each muffin tin
- Put the tin in the oven until the butter is melted & foamy for about 2 minutes.
- Fill each cub half full with batter (using all the batter).
- Bake until popovers are puffed & brown -for about 15 minutes.
- Serve immediately... also great to keep in the fridge and re-heat as needed.



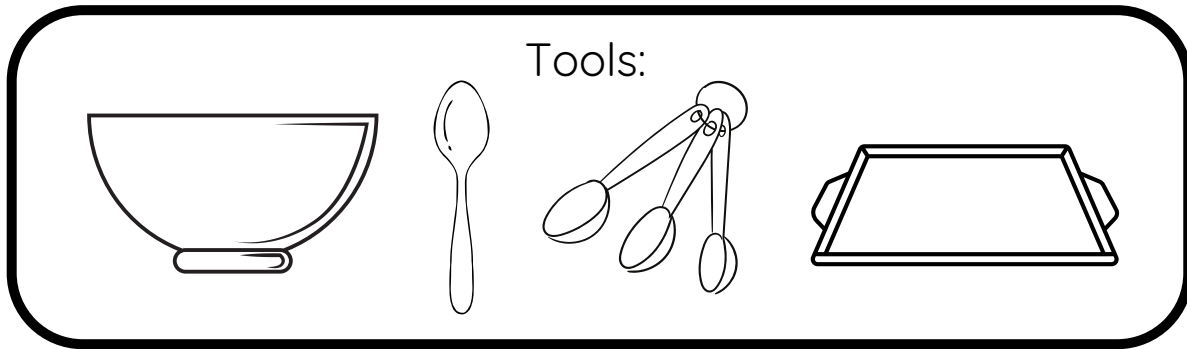
O'Wh (uwetsi)

Egg

# GRANOLA

makes 6-8 cups

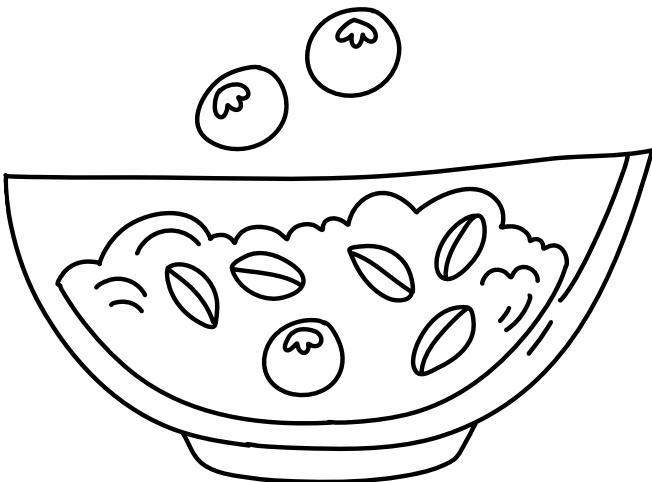
1



Bowl, Spoon, Spoon, Measuring Spoon, Sheet Pan

- 3 cups rolled oats
- 2 cups combined seeds and chopped nuts (ex. sunflower seeds, sesame seeds, almonds, pecans)
- 1/2 tsp salt
- 1/3 cup brown sugar
- 3/4 cup olive oil or butter
- 1/2 cup honey
- 1 tbsp vanilla extract
- 1 cup assorted dried fruit (ex. raisins)

- Preheat oven to 325\* and spray a 13x18 inch baking sheet with nonstick spray (or line with parchment paper)
- Combine oats, seeds, nuts, salt, brown sugar in a large bowl
- Combine oil, honey, vanilla extract and then pour into the dry ingredients
- Mix well and spread onto the baking sheet
- Bake for 30 minutes, or until golden brown; stirring once or twice during baking
- Cool on the tray. Add dried fruit once it cools and becomes crunchy.
- Eat plain or with milk or yogurt and fruit



# SPINACH AND SQUASH BAKED EGGS

3

serves 6-12



Pan, Cast Iron Skillet or Baking Dish, Measuring Cup, Bowl, Measuring Spoons, Knife, Spoon, Sheet Pan

- 1 Medium Butternut Squash
- 1 White Onion
- 4 Cloves of Garlic
- 1 cup of defrosted frozen spinach or fresh spinach wilted
- 1/2 cup crumbled or shredded cheese
- 1/2 teaspoon herb of your choice
- 1 tbsp chili flakes
- 5 eggs
- 2 cups milk
- salt and pepper to taste

- Preheat the oven to 350\*
- Peel the butternut squash, scoop out the seeds and cut into medium sized chunks (or purchase raw, cubed squash). Place onto a lined baking tray, season well and toss in a little bit of cooking oil. Roast for 20-30 minutes until soft in the middle. Leave to cool.
- Chop the onion and garlic. Fry the onions until they start to caramelize and brown, then add in the garlic until cooked, stirring well
- When the squash is cooked and slightly cooled, throw into a large mixing bowl along with the onions, defrosted or wilted spinach, cheese, herbs and chili flakes and mix together
- In a separate bowl or measuring cup, crack the eggs and pour in the milk. Season well and lightly mix. Pour the egg mix onto the ingredients and mix.
- Add ingredients to a 9 or 10 inch cast iron skillet and Pop it into the oven and cook for 40 minutes, checking after 20 minutes to turn it. Allow to cool for easy slicing.

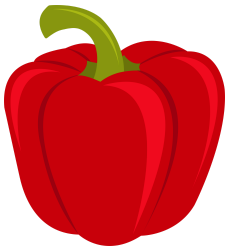
\*If you don't have a cast iron skillet, bake in a oven safe baking dish at same temperature and time.





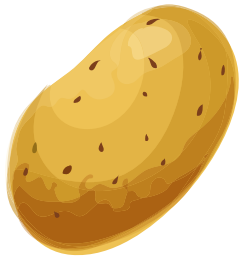
# LUNCH

Match these foods to their name!



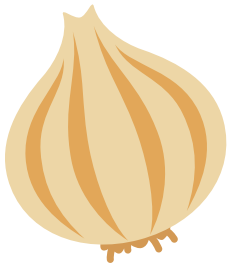
Selu 4M

Corn



Uneguhisdi ዕገጸጸጸጸ

Tomato



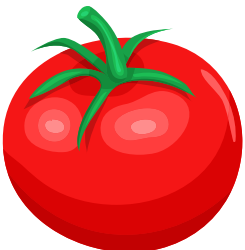
Utsilv ዕገጸ

Pepper



Nuna ጸፀ

Potato



Svgi RY

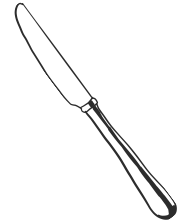
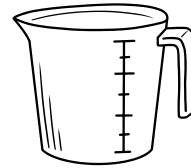
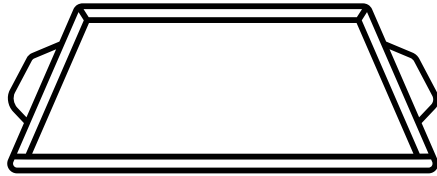
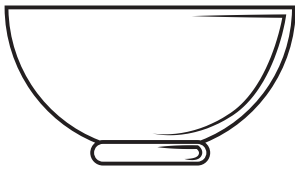
Onion

# VEGGIE RANCH PIZZA

serves 6-12

2

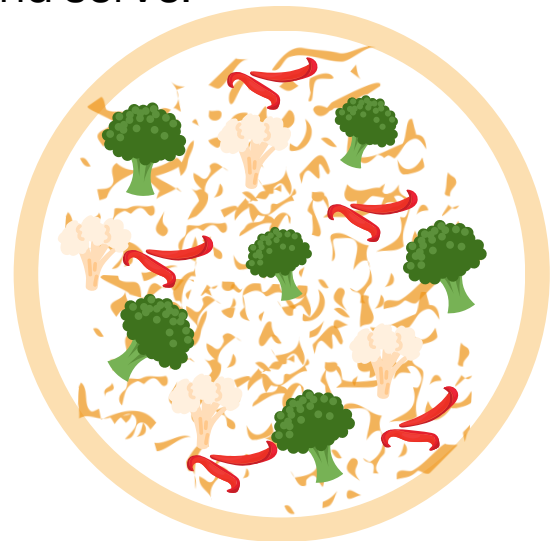
Tools:



Bowl, Baking Sheet, Spoon, Measuring Cup, Knife

- 2 cans (8 oz) Crescent Rolls (8 Count)
- 1 package (8 oz) cream cheese, softened
- 1/2 cup sour cream
- 1 ranch mix packet
- 1 cup of chopped broccoli
- 1 cup chopped cauliflower
- 1/2 cup shredded cheddar cheese
- 1/2 cup shredded carrot
- Optional, to taste: chopped bell pepper, olives, or other veggies!

- Preheat oven to 375 degrees
- Butter a baking sheet and spread crescent rolls flat across it like a pizza crust and bake
- Mix cream cheese, ranch packet, and sour cream together
- When crust has baked and cooled, Spread this mixture across it like the sauce
- Add chopped veggies and cheese on top of the pizza
- Cut into pizza slices or squares and serve!



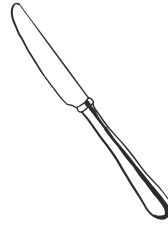
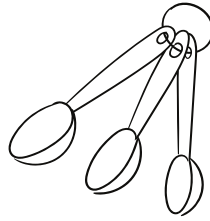
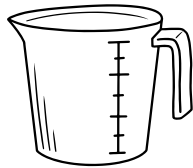
# THREE SISTERS SALAD

serves 8

2

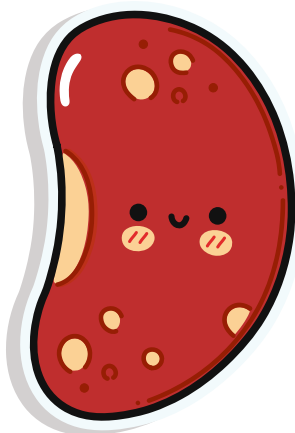
4M (she-lu) corn, Sə (tu-ya) beans, and CYS (wa-gi-ga) squash are the three main ingredients that make up the Three Sisters salad.

Tools:



Bowl, Measuring Cup, Measuring Spoons, Knife, Pot, Spoon

- ¼ cup sugar
  - ¼ cup white vinegar
  - 2 tbsp olive oil
  - 2 cans corn drained
  - 2 cans black beans drained and rinsed
  - 1 cup zucchini chopped
  - 1 cup yellow squash chopped
  - ½ cup onion chopped
  - ½ cup green bell pepper chopped
- In a small sauce pan, mix sugar, vinegar, and olive oil over medium heat. Heat until hot but NOT boiling.
  - Remove from heat- be careful to make sure you don't touch the hot pan
  - In a large bowl, mix corn, beans, zucchini, squash, onion and green pepper
  - Pour cooled sauce pan mixture over vegetables and toss. Chill in the refrigerator at least 30 minutes.



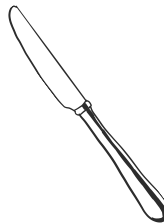
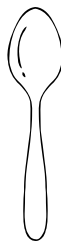
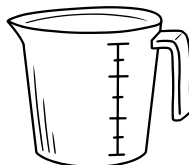


# CHICKEN SALAD SANDWICHES

serves 8

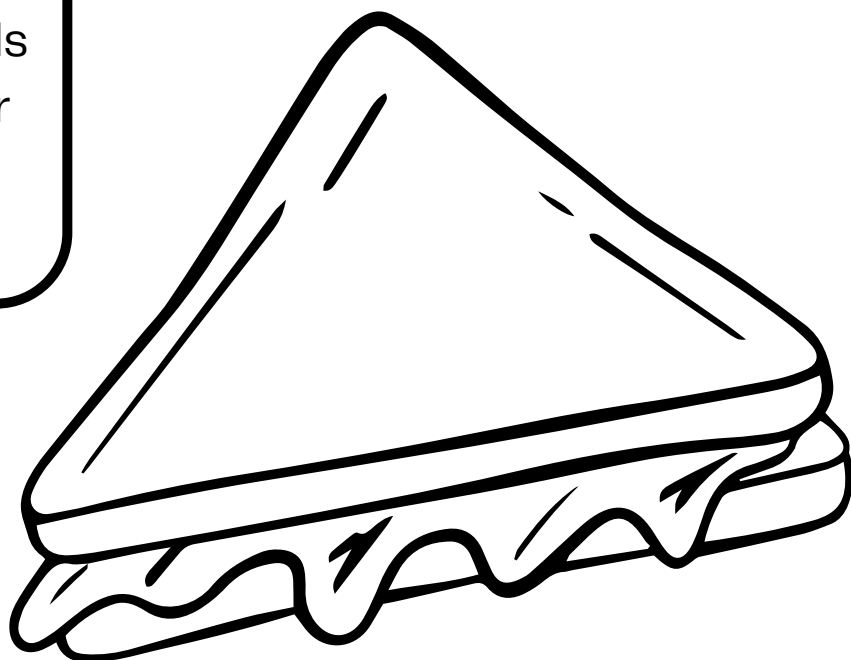
1

Tools:



Bowl, Measuring Cup, Spoon, Knife, Fork

- 2 cans of canned shredded chicken
  - 1 stalk celery, diced optional\*
  - 1 Golden Delicious apple – peeled, cored and diced
  - 1/3 cup golden raisins optional\*
  - 1/2 cup chopped toasted pecans or other almonds
  - sprinkle of black pepper
  - 3/4 cup mayonnaise
  - 2 slices of bread
- In a large bowl combine all of the ingredients and mix all together
  - Spread and Serve on Bread as a sandwich or torillas as a roll up– or dip crackers into



hWS (Tsitaga)  
Chicken

# SALAD CREATURES

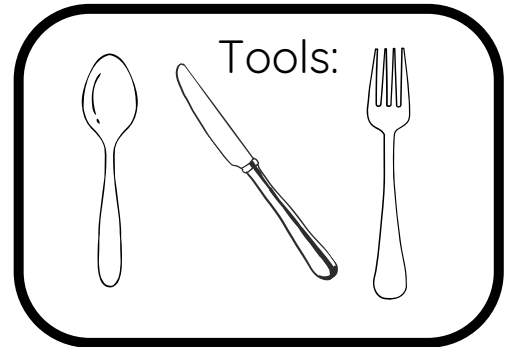
## (FRUIT AND VEGGIE FACES)



serves 1

### Ingredient ideas:

- Cored pear or apple halves
- Cottage cheese or Greek yogurt
- Strips of cheese
- Sliced bananas
- Cantaloupe or honeydew slices
- Celery sticks
- Carrots
- Sliced strawberries
- Raisins
- Dried cranberries
- Cherry tomatoes
- Blueberries
- Peas
- Leftover cooked pasta
- Spinach leaves
- Sliced olives
- Sliced radishes
- Corn



Spoon, Knife, Fork

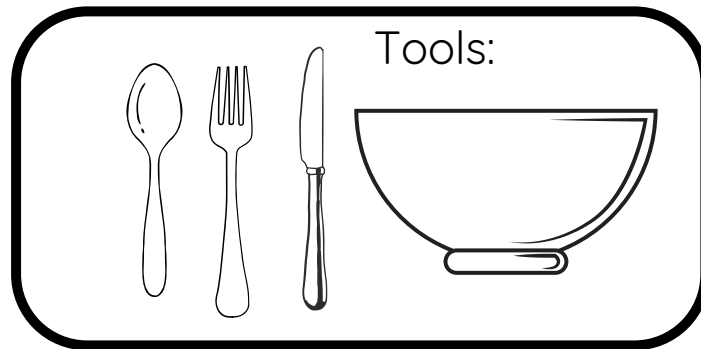
- Create body, head, arms and legs from ingredients
- Create hair, facial features, etc, from remaining ingredients
- Name it and eat!



# EGG SALAD

serves 4

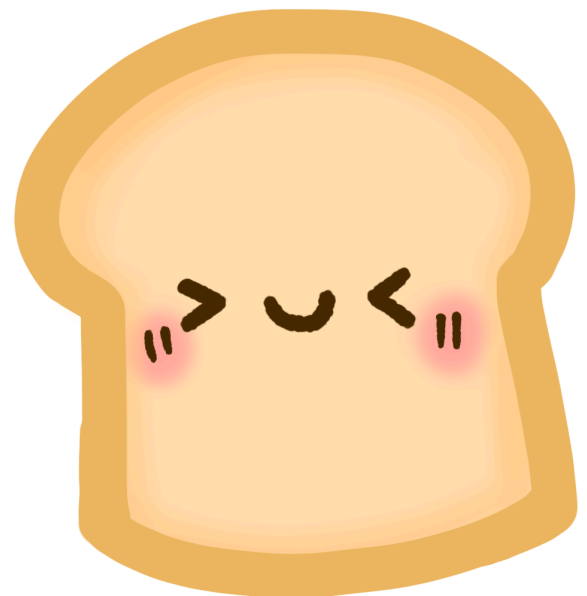
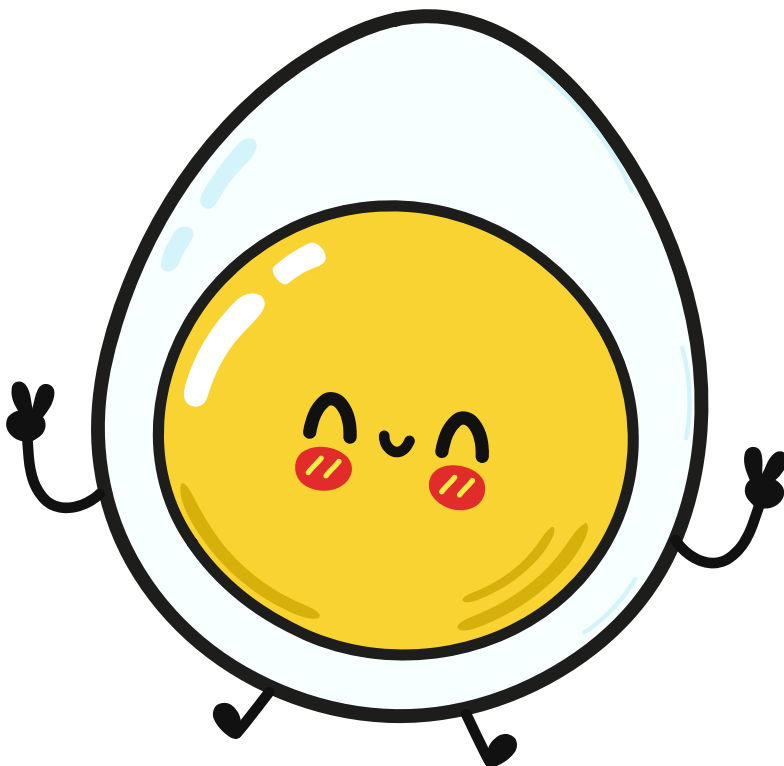
1



Spoon, Fork, Knife, Bowl

- 4 large, hard boiled eggs
- $\frac{1}{4}$  cup mashed avocado, plain Greek yogurt, or mayonnaise
- Salt and pepper to taste

- Peel the eggs, rinse and slice
- Add other ingredients and mix well
- Serve with whole grain bread as a sandwich, wrap, or with crackers, fruits, and vegetables on hand

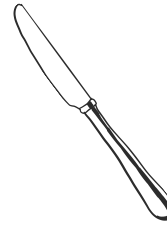


# PIZZA BAGEL

serves 4



Tools:

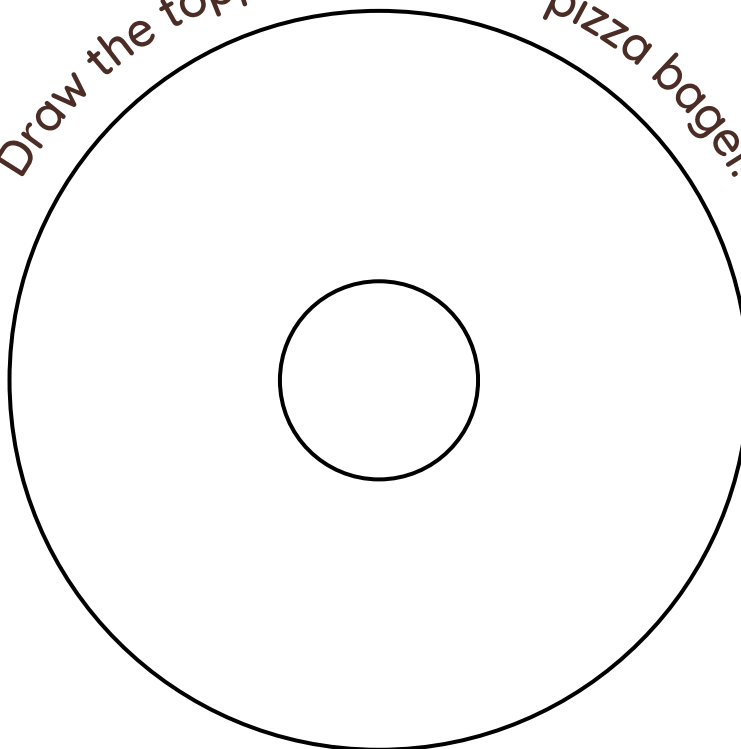


Spoon, Knife, Baking Sheet

- 1 Whole Bagel
- 1/4 cup pizza sauce
- Pepperoni, vegetables or other toppings
- 1 cup shredded cheese (Mozzarella, or blends)

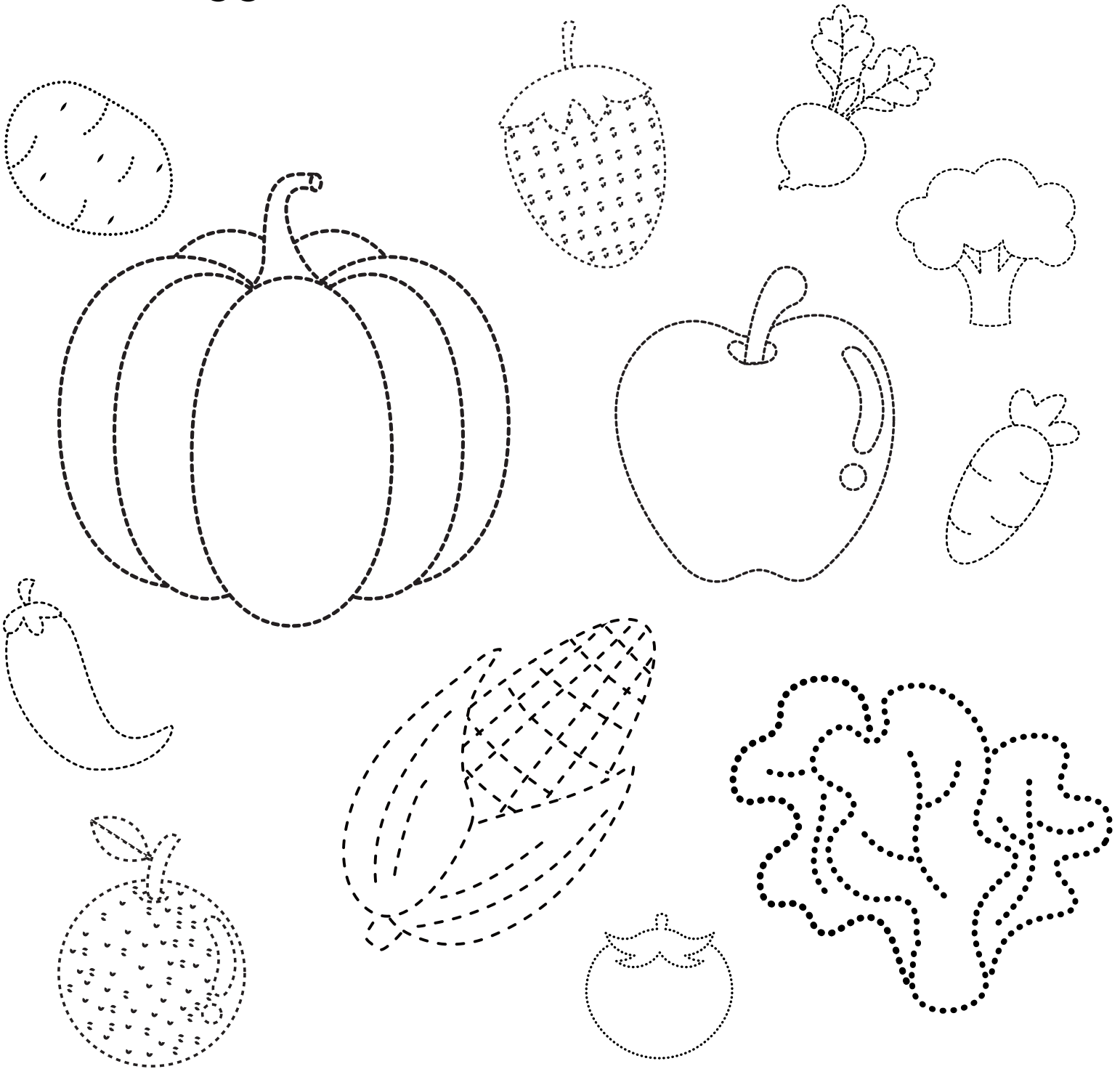
- Heat oven to 425°F.
- Spread pizza sauce over each bagel half of the open bagel. Sprinkle each with cheese and other toppings..
- Place on ungreased cookie sheet. and Bake 5 to 10 minutes or until cheese is melted. (or airfry until cheese is melted)

Draw the toppings on your pizza bagel!!



# DINNER

Trace the Fruits  
and Veggies!



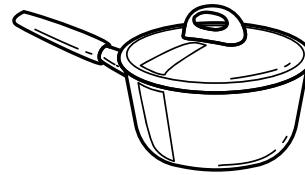
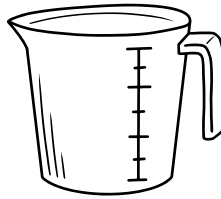
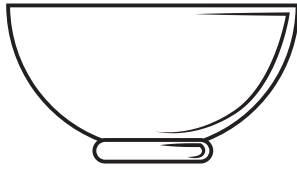


# CHICKEN AND DUMPLINGS

serves 4

2

Tools:



Bowl, Measuring Cup, Spoon, Pot

- 1 cup of milk
- 1 can chicken broth
- 2 cups self rising flour
- 3/4 stick of butter
- 3/4 cup shredded chicken breast or rotisserie chicken
- salt and pepper
- 1/2 cup water

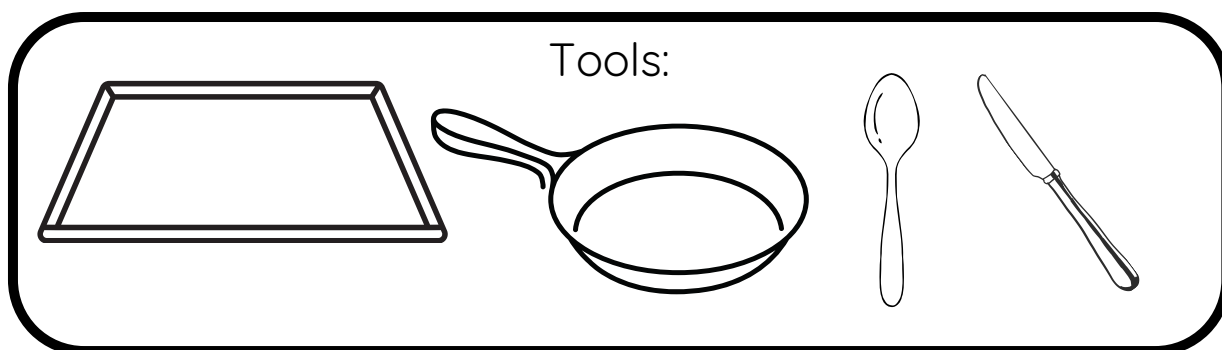
- Bring chicken broth and chicken to a boil, then add in milk and butter
- Mix together water and self rising flour until its like biscuit consistency
- Scoop spoonfuls of this mix into the boiling liquid, then lower heat to simmer
- Cook these until they are all floating at the top and add salt and pepper to the soup to taste



# BBQ CHICKEN QUESADILLAS

serves 1

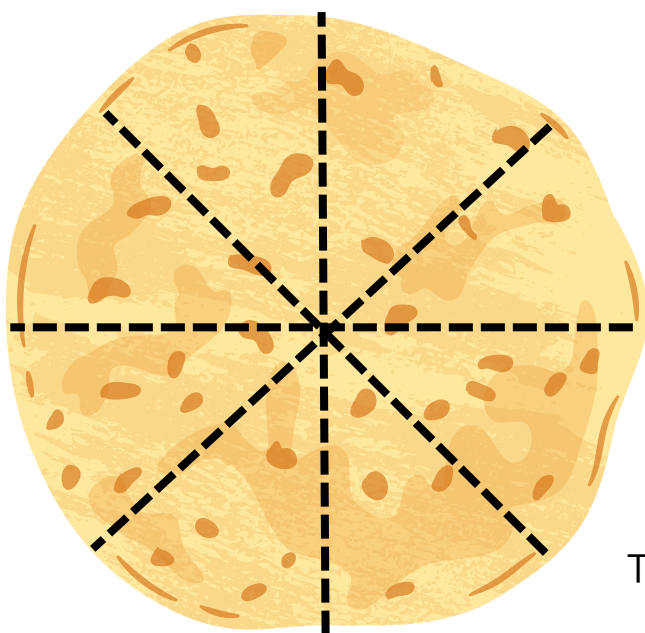
2



Measuring Spoons, Knife, Fork, Baking Sheet

- 2 tortillas
- 1/2 cup shredded chicken breast or rotisserie chicken
- 1/4 cup shredded cheese
- BBQ sauce as desired
- whatever veggies you'd like!

- Cook Chicken and cover in bbq sauce and prepare any veggies
- Place a tortilla in a pan and add a layer cheese on half of the tortilla.
- Place cooked chicken and veggies on tortilla and top with the rest of the cheese. Add other tortilla on top and cook 6 minutes, flipping halfway.
- Serve with extra BBQ sauce
- \*ALTERNATE Method: Same steps of assembly but bake in a sheet pan in an oven at 450 degrees for 6-8 minutes



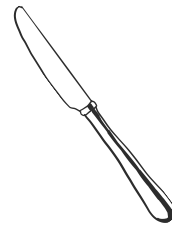
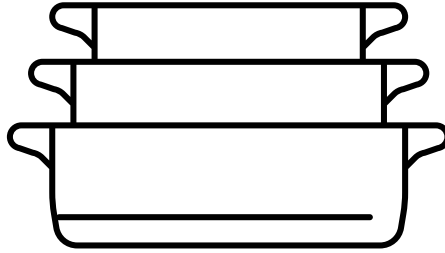
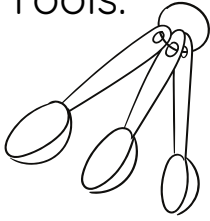
Trace the lines to slice the quesadilla!

# BAKED LEMON CHICKEN

2

serves 4

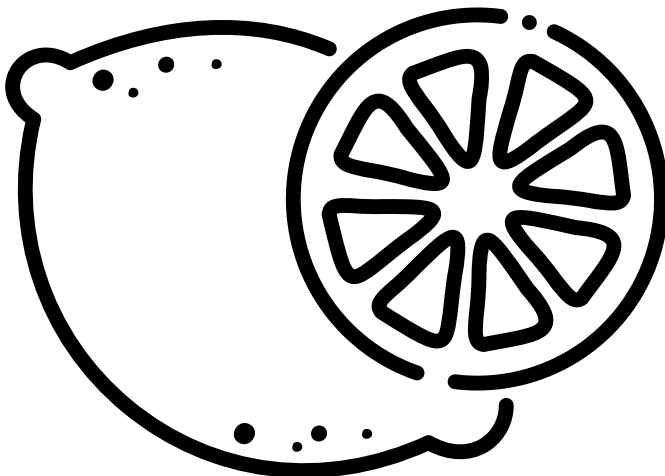
Tools:



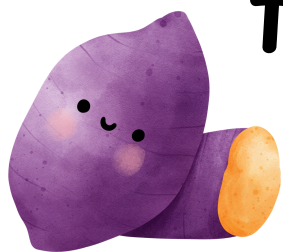
Measuring Spoons, Spoon, Baking Dish, Knife

- 4-5 Chicken Thighs
- 1/3 Cup Olive Oil
- 1 Tsp Chili Flakes
- 2 Tsp Garlic powder
- 1 Tsp Onion Powder
- 1 Tsp Salt
- 1 Tsp Lemon Pepper Seasoning
- 1 1/2 tbsp Lemon's juice (or half a lemon's juice)
- Sprinkle of Parsley
- 2 lemons

- Preheat Oven to 400 Degrees
- Slice lemons into 5 slices
- Pour olive oil, chili flakes, garlic powder, onion powder, salt, lemon pepper seasoning, parsley, and lemon juice into the baking dish and stir
- Place Chicken thighs in the baking dish and drizzle some of the mixture over them
- Place 5 lemon slices on top of and around the chicken
- Bake the Chicken in the Oven for 30-50 minutes, and broil on High for 5 minutes at the end
- Enjoy!



ፊፊክ (Lemani)  
Lemon

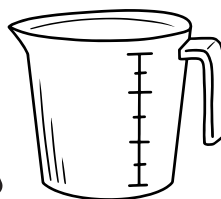
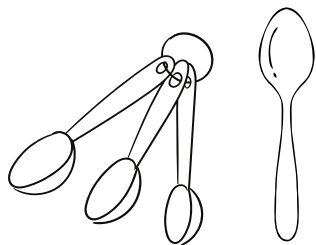


# TURKEY CHILI STUFFED SWEET POTATOES



serves 4

Tools:



Measuring Spoons, Spoon, Baking Sheet, Measuring Cup, Fork, Knife, Pot

- 4 small sweet potatoes
- 2 tbsp olive oil
- 2 cloves minced garlic
- 1/4 cup shredded carrots
- 2 stalks small chopped celery
- 1 small diced onion
- 1 small diced bell pepper
- 1 tsp chili powder
- 1/2 tsp onion powder
- 1/2 tsp oregano
- 1/2 cup lentils/beans
- 8 oz can of tomato sauce
- 3 cups chicken broth
- 1/2 pound ground turkey
- 1/3 cup shredded cheddar cheese

- Preheat the oven to 400 degrees F. Prick the skins of the potatoes and place on a baking sheet. Bake for 60 minutes or until soft all the way through.
- Heat a large pot over medium heat. Add garlic, carrots, celery, onion, bell pepper, spices, and 1 Tbsp of olive oil. Cook, stirring occasionally, until softened, 4–5 minutes.
- Add lentils or beans, tomato sauce, and broth. Bring to a boil then reduce heat to low and simmer for 30 minutes until lentils are soft.
- When the chili is almost done, heat a skillet over medium heat. Add the remaining olive oil and turkey. Cook, breaking apart with a spoon, until crumbly and browned. Add to the soup for the last 10 minutes.
- Carefully slice each sweet potato open and mash the insides. Spoon 1 cup chili over each potato, then top with 2 Tbsp cheese.

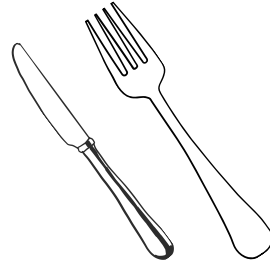
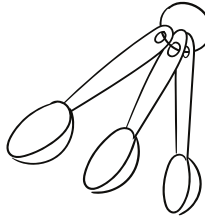
ᐱᐸ ᐅᐱᐸᐸᐸᐸ (Nuna uniganasda)  
Sweet Potato

# SPAGHETTI SQUASH

serves 4



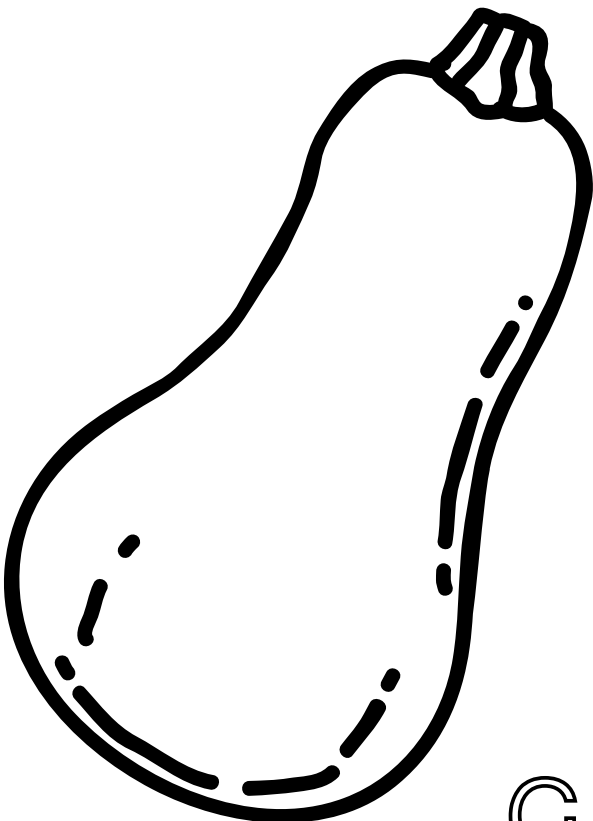
Tools:



Measuring Spoons, Knife, Fork, Baking Sheet

- 1 spaghetti squash
- 2 tbsp olive oil
- ½ tsp salt
- ¼ tsp pepper
- Jar of Marinara sauce or pesto

- Preheat oven to 400°F.
- Slice spaghetti squash in half lengthwise and scoop out seeds and ribbing. Drizzle the inside with oil and sprinkle with salt and pepper.
- Place the squash cut side down on a baking sheet and poke hole in squash with a fork.
- Roast for 30-40 minutes or until lightly browned on the outside, fork tender, but still a little firm. Cook time varies from squash to squash.
- Remove from oven and flip over. When cool to the touch, use a fork to scrape and fluff the strands from the sides of the squash.
- Serve with topping or sauce of choice.



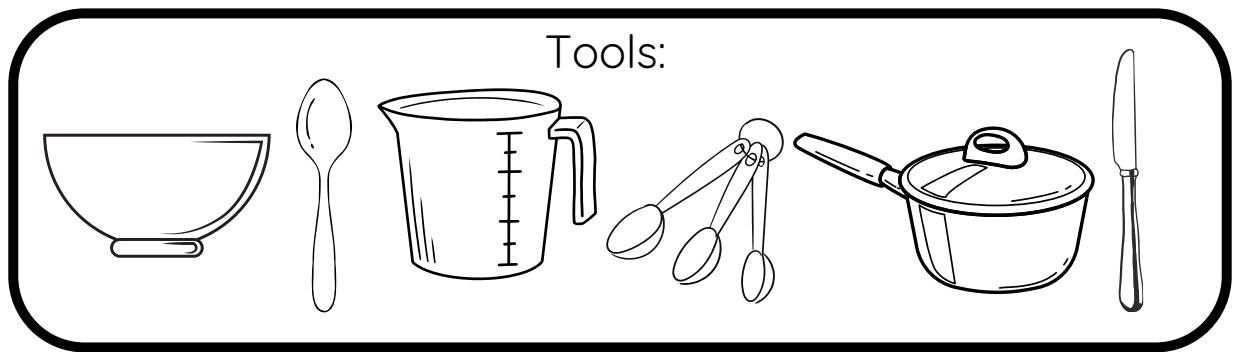
QYS (Wagiga) Squash



# WILD RICE AND GREENS SALAD

3

serves 4



Bowl, Spoon, Measuring cup, Measuring spoons, Pot, Knife

- 1 cup wild rice
- 1 1/4 cups water or broth
- 2 tbs olive oil
- 1/4 cup lemon juice
- 1 clove minced garlic
- 1/2 tsp salt
- 1 tsp black pepper
- 2 tsp maple syrup
- 1 small bunch of kale or other leafy greens
- 5 green onions
- 1 cup cherry tomatoes
- 1 medium bell pepper
- \*optional: 1/4 cup crumbled feta or goat cheese

- Bring a large pot of water/broth to boil. Add the rinsed rice and continue boiling, reducing the heat as necessary to prevent overflow, until the rice is cooked (40 to 55 minutes) Remove the pot from the heat, drain the rice, and return it to the pot. Cover and let the rice rest for 10 minutes, then uncover and set aside while you assemble the rest.
- Create dressing by mixing syrup, juice, remaining oil and seasonings
- Remove the ribs from the kale/greens and finely chop the leaves (you should have about 2 to 3 cups); add the greens to the bowl. Chop the green onions (about 1 cup) and chop the tomatoes and add both to the bowl as you work. Seed and chop the red bell pepper and add it to the bowl. Toss the vegetables to coat well in the dressing.
- Add the rice to the bowl of dressed vegetables. (If you haven't finished chopping the vegetables, you can finish as the rice cools.) Toss well to coat. Chill the bowl in the fridge for 30 minutes.
- Just before serving, stir in the cheese and taste and adjust the seasonings as needed, adding an extra squeeze of lemon juice to brighten the flavors.



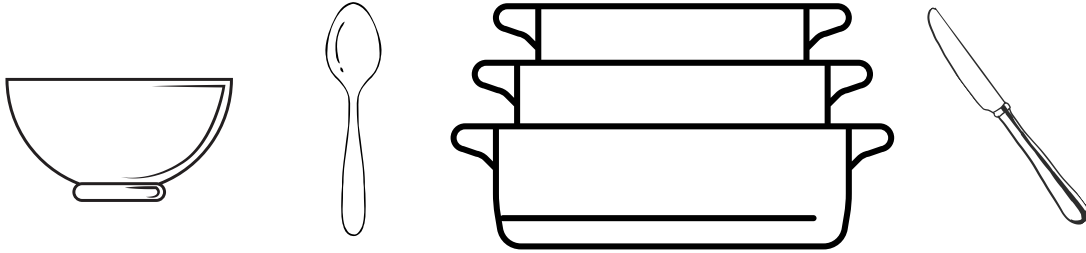
yum!

# CORNBREAD (SIDE DISH)

2

serves 8-16

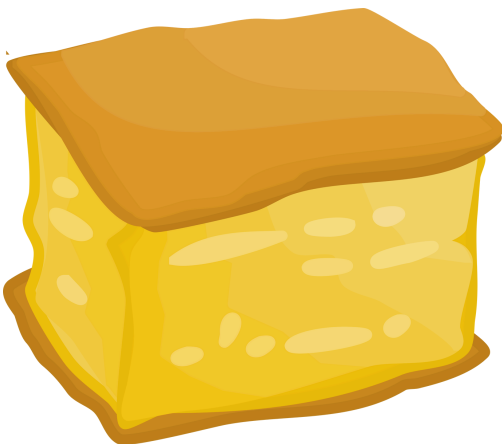
Tools:



Bowl, Spoon, Baking Dish, Knife

- 1 cup of cornmeal
- 1 cup of all-purpose flour
- 1/4 cup of sugar
- 1 tablespoon of baking powder
- 1 teaspoon of salt
- 1 cup of milk
- 1/4 cup butter (half stick)
- 1 egg

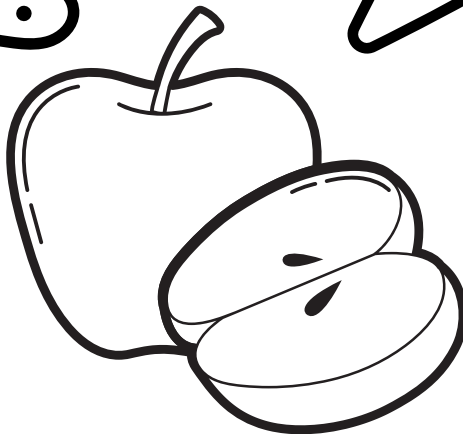
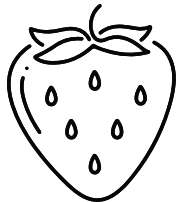
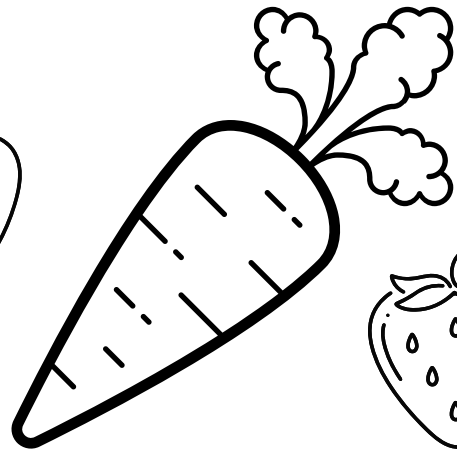
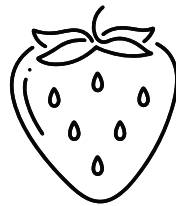
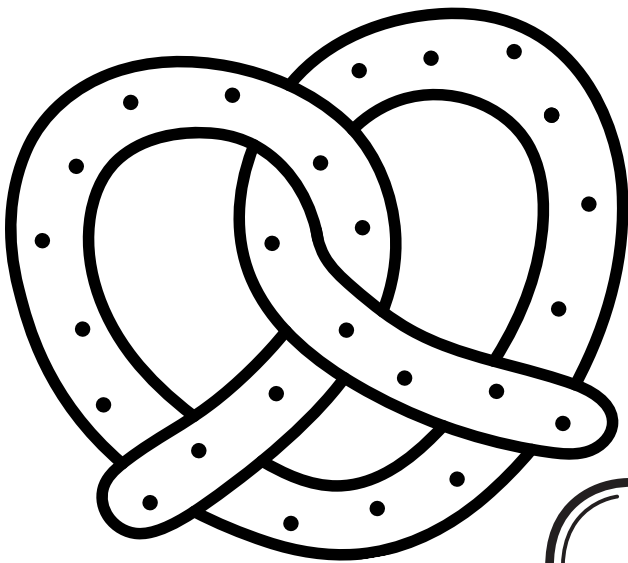
- Preheat Oven to 400 Degrees
- Mix the cornmeal, flour, sugar, salt, and baking powder
- Mix in the egg, milk, and butter and stir until combined
- Butter a baking dish and pour the mixture into the dish, make sure to smooth the top
- Bake for 20-25 minutes, until the top is golden brown
- Let it cool, then slice and serve!



## 4M (Selu) Corn

# SNACKS

My favorite healthy snacks are:



# SANDWICH ROLLS

serves 1

1



Knife

- 4 slices of sandwich meat of your choice (ham, turkey, salami, bologna)
- 2 slices of cheese
- veggies of your choice (lettuce, sliced tomato, etc.)
- Sauces of your choice (ranch, mayo, mustard)
- 1 tortilla

- Lay tortilla flat and start by spreading sauce on top of tortilla
- Place meat slices in a row on top of sauce
- Lay cheese slices on top of meat
- Add whatever veggies on top
- Grab one end of the tortilla and start rolling tightly until you have a roll
- Slice roll into about 1 inch pieces

My favorite things to put on a sandwich are:

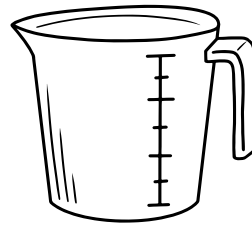
# STRAWBERRY SMOOTHIE

serves 2

1

- 2 cups frozen strawberries
- 1 banana (optional)
- 1/2 cup vanilla or strawberry yogurt
- 1/2 cup milk (almond, oat, coconut, whole, etc.)

Tools:



Measuring Cup and Blender

- Place all ingredients in a blender and blend
- Can add ice if needed
- Serve in a glass or cup



Dh (Ani )

Strawberry



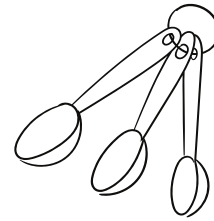
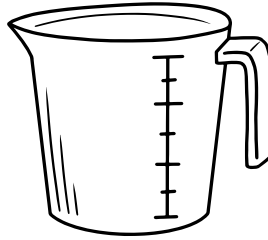
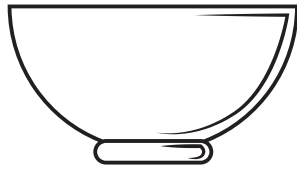


# ENERGY BITES

serves 12- 24



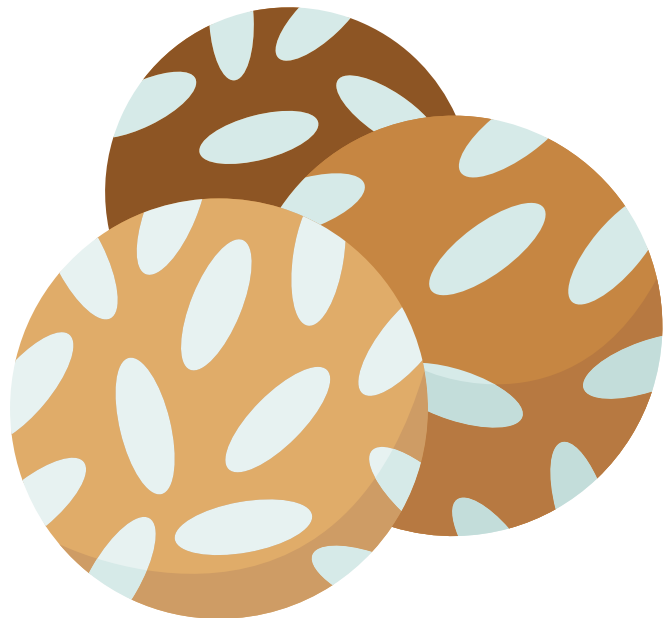
Tools:



Bowl, Measuring Cup, Measuring Spoons

- 1 cup rolled oats
- ½ cup miniature semisweet chocolate chips
- ½ cup crunchy peanut butter
- ⅓ cup honey
- 1 teaspoon vanilla extract

- Stir oats, chocolate chips, peanut butter, honey, and vanilla extract together in a bowl.
- Roll dough into 24 balls with your hands.
- Refrigerate until set

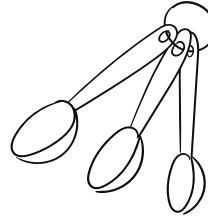
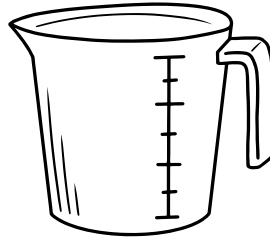
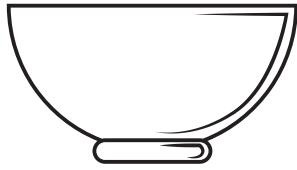


# ROASTED CHICKPEAS

2

serves 4

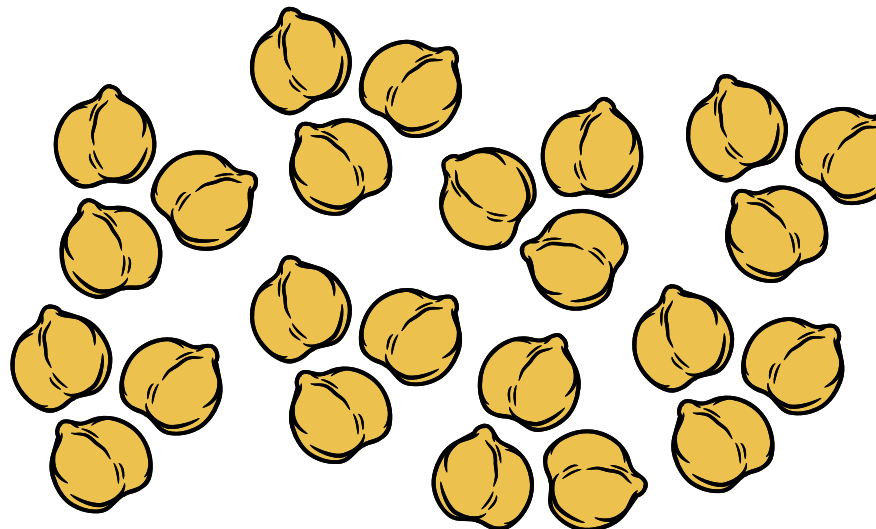
Tools:



Bowl, Measuring Cup, Measuring Spoons, Baking Sheet

- 1 can of chickpeas (garbanzo beans) rinsed drained and dried (or 1 1/2 cups cooked)
- 1 tbsp olive oil or neutral cooking oil
- 1 tbsp seasoning of your choice
- 1/2 tsp salt
- Preheat oven to 400\*
- Mix all ingredients together in a bowl
- Place in a single layer on a rimmed baking sheet
- Roast for 30 minutes and stir
- Roast for another 15 minutes

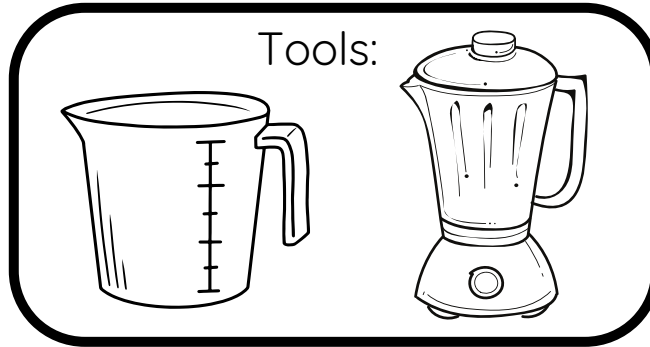
S&W (Tuya)  
Beans



# MANGO HONEY LASSI



Lassi is a yogurt based beverage  
serves 2

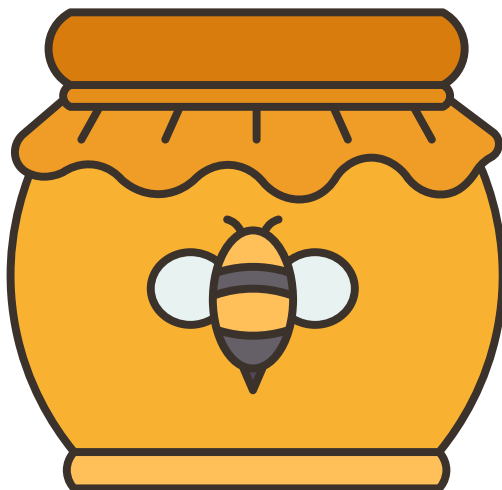


Measuring Cup and Blender

- 1/2 cup chopped or fresh mango
- 3/4 cup buttermilk
- 1 1/2 tsp honey
- 3 ice cubes

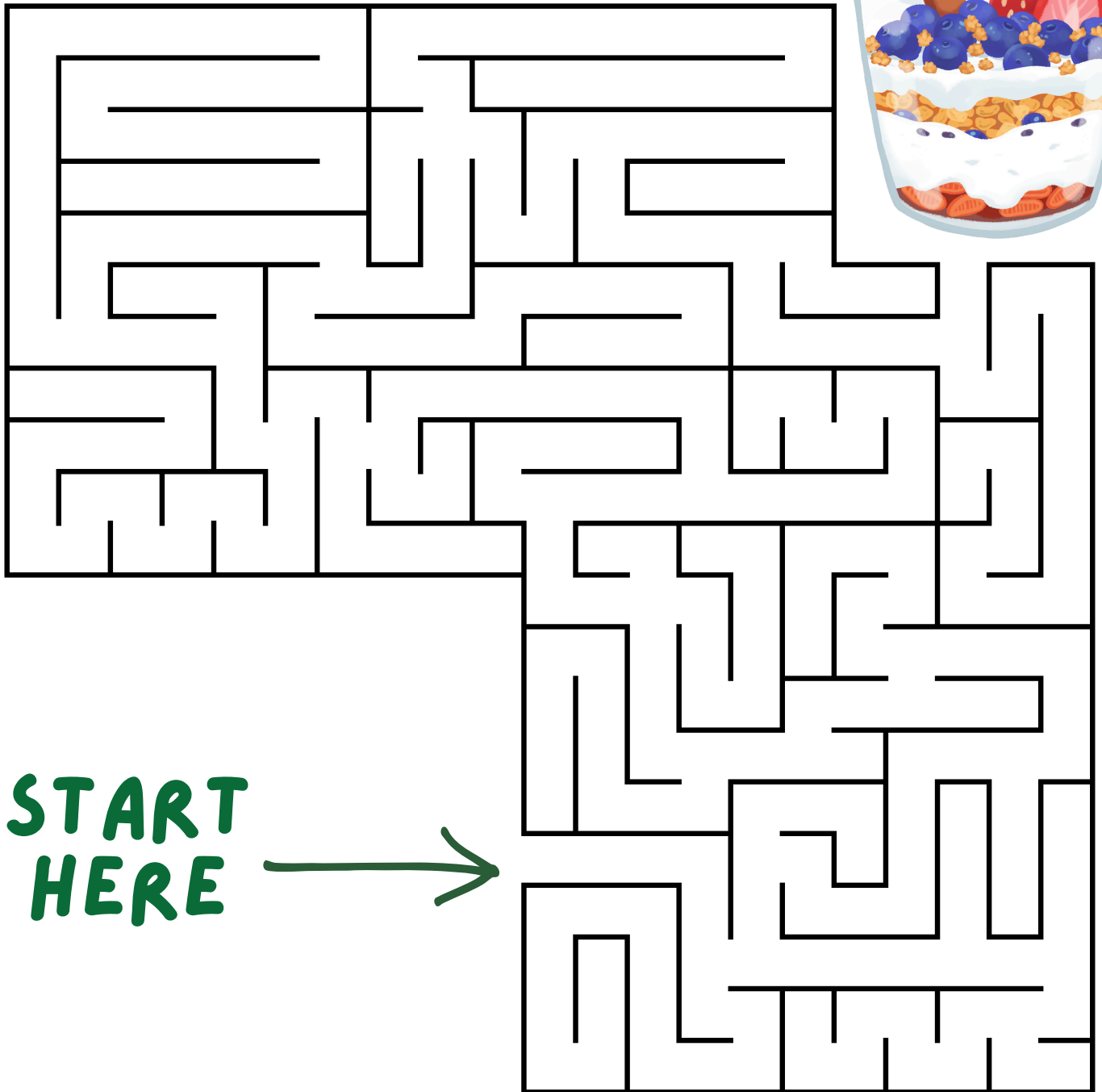
- Combine the mango, buttermilk, and honey in a blender until smooth
- Serve over ice and drink

QSPb (Wadulisi)  
Honey



# DESSERT

Draw a line to get to the Dessert!

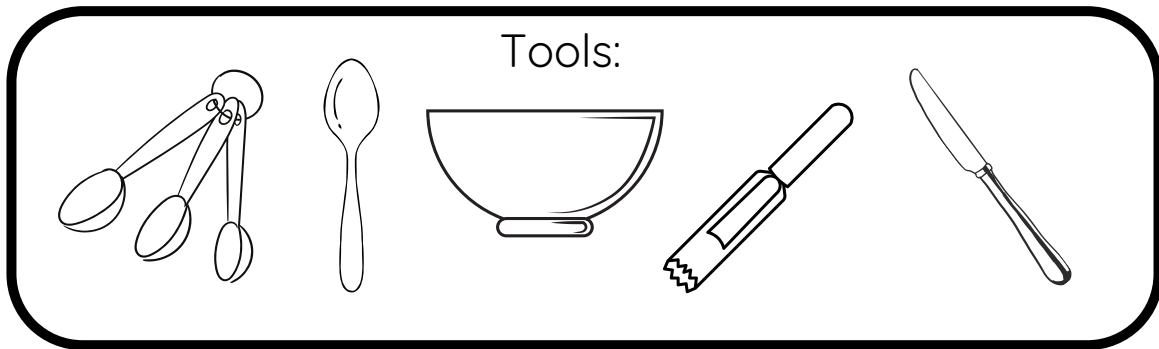


START  
HERE

# APPLE DELIGHTS

serves 2

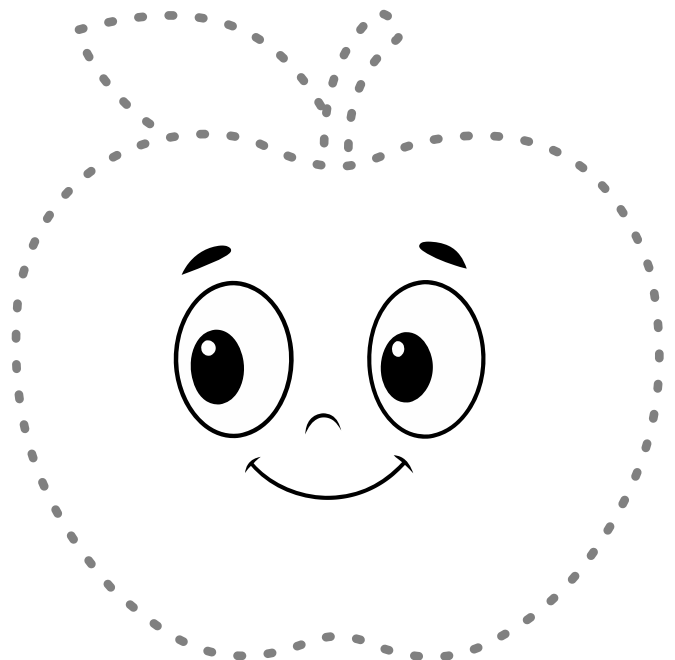
2



Measuring Spoons, Spoon, Bowl, Apple Corer, Knife

- 2 apples, such as Golden Delicious or Granny Smith
- 2 tablespoons brown sugar
- 1 teaspoon ground cinnamon
- 2 teaspoons butter
- Whipped Cream/Cool Whip
- Toppings of your choice!

- Core or slice apples
- Put butter and cinnamon and sugar to top of apples
- In a microwave safe bowl , cook in microwave for 3 1/2- to 4 minutes
- Let cool and add whipped cream and other toppings of your choice



RSW (svgata)

Apple

Trace the apple!

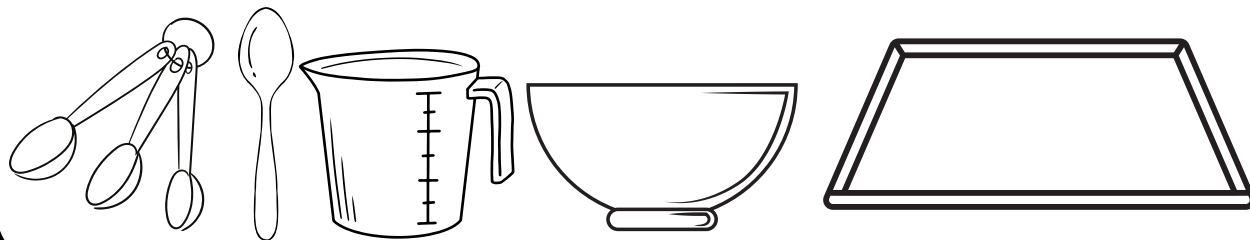


# CHOCOLATE COVERED PECANS/WALNUTS

2

serves 5

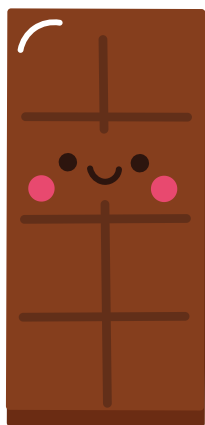
Tools:



Measuring Spoons, Spoon, Measuring Cup, Bowl, Baking Sheet

- 1½ cups pecan or walnut halves
- ¼ cup unsalted butter or coconut oil
- ⅓ cup unsweetened cocoa powder + 2 tablespoons for dusting
- ¼ cup maple syrup
- pinch of salt
- 1 tablespoons sugar, optional, to mix with dusting cocoa

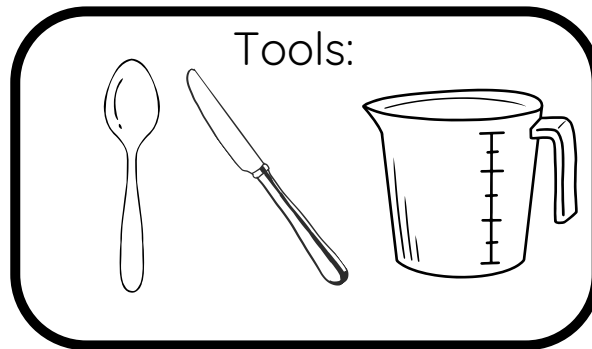
- Heat oven to 350 degrees and line a medium sized cookie sheet with parchment paper. Spread the nuts on the parchment and toast in the heated oven for 5 minutes. Turn the oven off, remove cookie sheet and set aside.
- Melt the butter and stir in the ⅓ cup cocoa powder, maple syrup, and salt. It will thicken as you whisk.
- Toss the nuts into the pan and stir to coat.
- Use a spoon to remove the nuts, one at a time to the parchment-lined cookie sheet you toasted the nuts on. Spoon any extra chocolate coating on any that look like they need more. Place cookie sheet in the freezer for 20-30 minutes.
- Place 2 tablespoons of cocoa powder in a small bowl and mix in 1 tablespoon of maple or coconut sugar, if desired.
- Add a few chocolate-covered nuts at a time to the cocoa powder mixture (they may be a bit sticky, a flat spatula helps scrape them off the parchment), stir until coated and then place on a clean parchment-lined tray. Use a small mesh strainer, if needed.
- Store in the refrigerator until ready to serve.



# YOGURT PARFAIT

1

serves 1



Spoon, Knife, Measuring Cup

- 2 cups yogurt of choice (like vanilla)
  - 2 cups Fresh or thawed berries washed and chopped
  - $\frac{1}{4}$  cup Granola
  - 4 tablespoons Honey
  - Any other fruit topping you'd like
- Add a layer of yogurt to the bottom of your bowl
  - Next, add a layer of berries or fruit and then a layer of granola and a drizzle of honey.
  - Repeat layers until you reach the top of the bowl

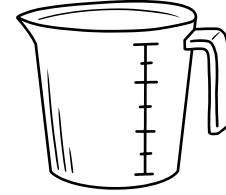
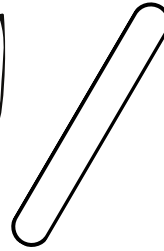
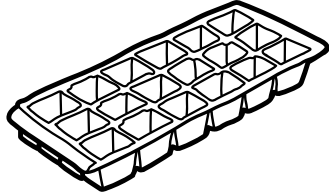


# FROZEN POPSICLES

serves 6-18

1

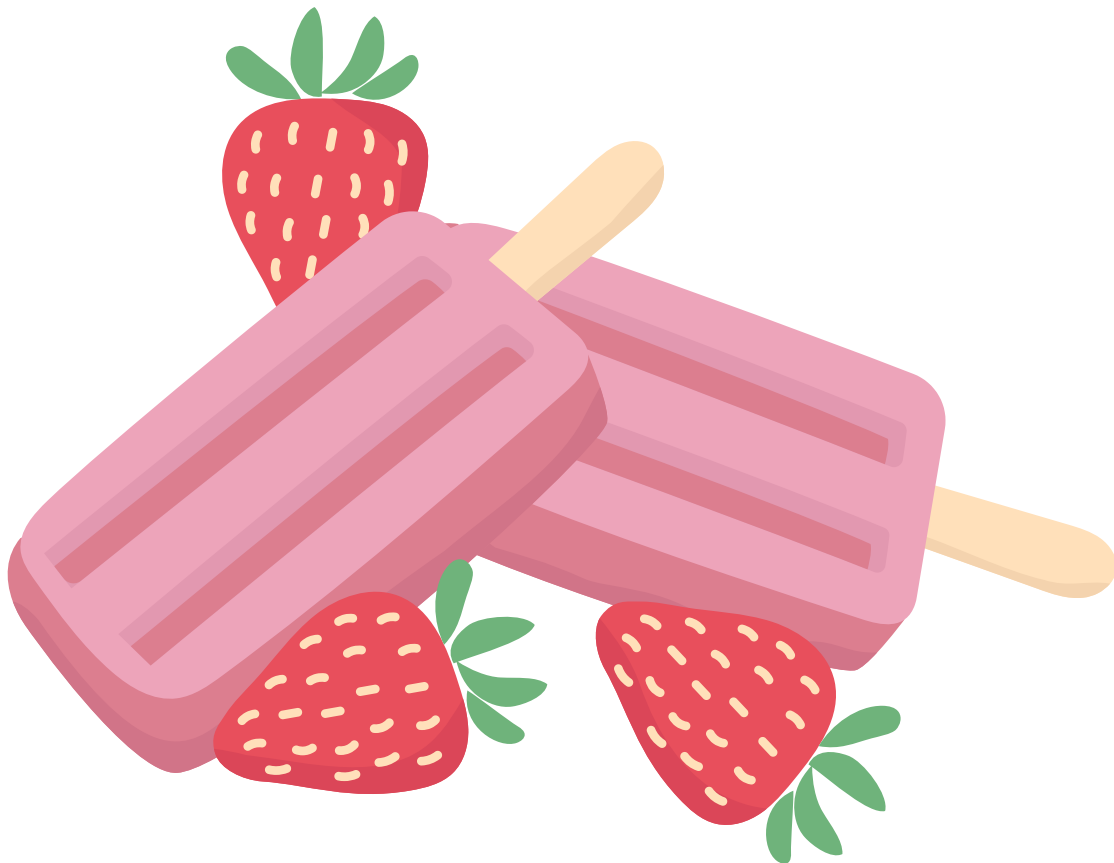
Tools:



Spoon, Ice cube/ Popsicle Molds, Blender, Popsicle Sticks, Measuring Cup

- 2 cups yogurt of choice (like vanilla)
- 1 cup berry or berries of your choice
- Popsicle sticks

- Blend together the yogurt and fruit
- Pour the mix into icecube/ popsicle mold
- Add the popsicle stick on top and freeze until firm

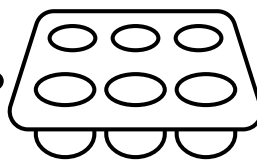
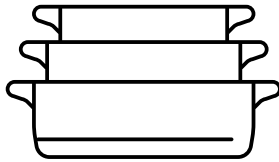
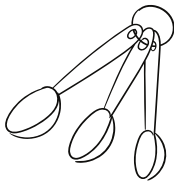
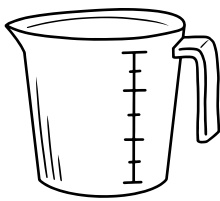


# BANANA BREAD

serves 6-12

2

Tools:



Measuring Cup, Measuring Spoons, Bowl, Baking Dish or Muffin Pan, Spoon, Knife

- 3 ripe bananas
- $\frac{1}{3}$  cup butter, melted
- $\frac{1}{2}$  cup sugar
- 1 egg, beaten
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda
- salt, to taste
- 1  $\frac{1}{2}$  cups all-purpose flour
- Optional:  $\frac{1}{2}$  cup mini chocolate chips or  $\frac{1}{2}$  cup chopped pecans or walnuts

- Preheat oven to 350F .
- In a bowl, add the bananas and mash with a fork until smooth. Add in the melted butter and stir
- Add the sugar, egg, vanilla, baking soda, salt, and flour, and stir until the batter is smooth.
- Add in any other ingredients you have (like optional chocolate chips) and pour the batter into a buttered loaf pan(\*\*You can also pour this into a muffin tin and make banana bread muffins!\*\*) Also top the batter with these additional toppings
- Bake for 50 minutes to an hour, or until a toothpick comes out clean.
- Cool completely before serving.



IAΘ SS  
quanena gadu  
Banana Bread

My Name is:

---

Today's Date is:

---

My favorite recipe is:

My favorite part of cooking is:

# CHEROKEE WORD MATCHING

Match the Cherokee Words to the Translation in English

ᐱᑭᑦᑳᑦᑳᑦ (Diligvduᑳᑦ)

Honey

ᑎᑦᑳᑦ ᑎᑦᑳᑦᑳᑦᑳᑦ  
(Nuna uniganasda)

Sweet Potato

ᑲᑦᑳᑦ ᑳᑳᑦ  
(Quanena gadu)

Beans

ᑳᑳᑦᑳᑦ  
(Svᑳᑳᑦ)

Strawberry

ᑳᑳᑦᑳᑦ  
(Wadulisi)

Corn

ᑳᑳᑦᑳᑦ  
(Tsitaga)

Lemon

ᑳᑳᑦ  
(Tuya)

Banana Bread

ᑳᑳᑦ  
(Ani)

Chicken

ᑳᑳᑦᑳᑦ  
(Lemani)

Mask

ᑳᑳᑦ  
(Shelu)

Egg

ᑳᑳᑦᑳᑦ  
(Wagiga)

Apple

ᑳᑳᑦᑳᑦ  
(Uwetsi)

Squash

Credits:

- EBCI TRIBAL OPTION
- Brittney Lofthouse
- Cherokee Tribal Foods/ Food Distribution
- CIHA Nutrition Team- Nilofer Couture, Katherine Morrow, Alyssa Robinson, Susan Boekel, Andrew Lappin
- Molly Katzen
- American Diabetes Association
- Uncomplicated Kitchen
- All Recipes
- Tasty
- Lakota Grindstaff, Family, and loved ones





**EBCI TRIBAL OPTION**

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