

Albert
Einstein
Academies
Cookbook
2010!

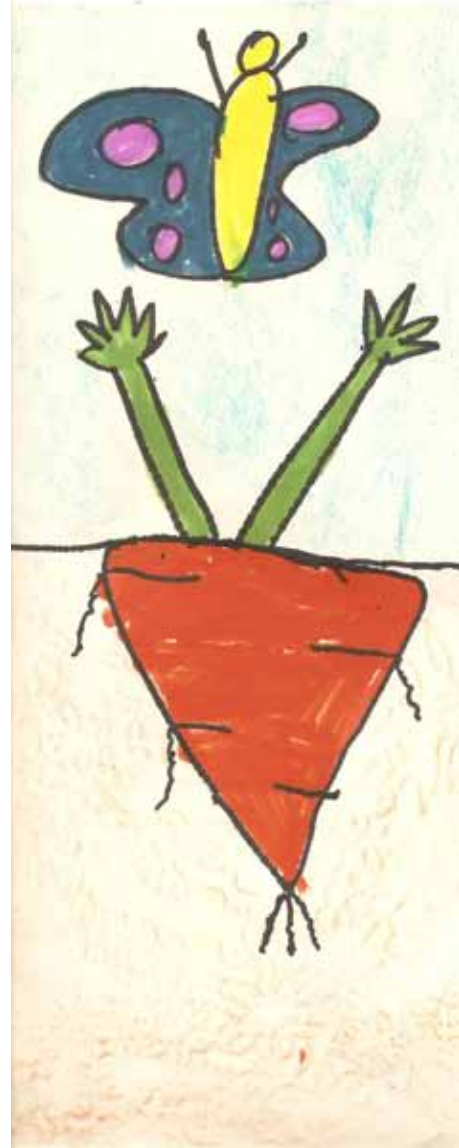
TABLE OF CONTENTS

BREAKFAST

Morning Glory Muffins	10
Banana Chocolate Chip Muffins	
Strawberry Lassi	
Chard Frittata	11
Oatmeal Pancakes	
Healthy Sweet Potato Rolls	12
Baked Oatmeal	
Lily's Supreme Smoothie	
Kiki's Famous Buttermilk Biscuits	14
Blueberry Muffins	
Grandma's Good Morning Coffee Cake	16

SALADS & SOUPS

Savannah's Vegetable Salad	20
Veggie Salad	
Fruit Salad	21
Kale Salad	
Fruit Salas	
Southwest Chicken Salad	
Ali's Veggie Soup	22
Evelyn's Favorite Soup	
Teia's Mystical Soup	25
Harry's Fruit Salad	
Potato Veggie Soup	
Late Spring Salad	26
Chicken Noodle Soup	27
Black Bean Salad	
Potato Salad with Mayonnaise	28
CousCous Salad	





SNACKS & APPETIZERS

Apple Cartwheels	32
Baked Kale Chips	33
Orange Balls	
Sushi Roll	
Baked Carrot Chips	
Artichoke Dip	34
Carter's Healthy Quesadilla	
Tortilla Wraps	35
Purple Beet Dip	
Pita Pizza	
Fried Tofu and Peanut Sauce	36
Bruschetta, An Italian Appetizer	
Hummus Snacks	

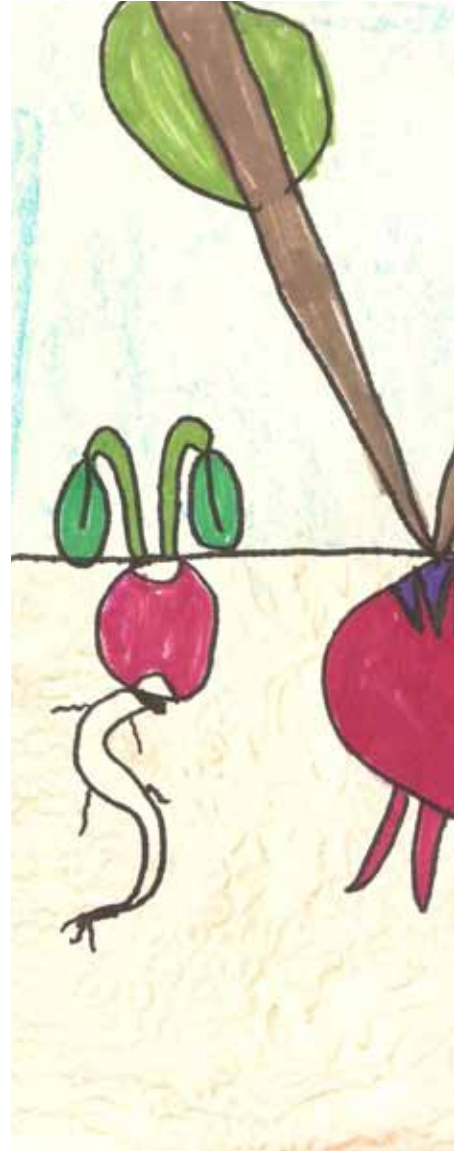
MAIN DISHES & SIDES

Pasta Primavera	40
Grilled Veggie Sandwiches	
Vegetable Goodness	42
Lasagna	
Turkey Meatballs	
Venison Chili	44
Pollo En Crema	
Tomato Sauce (Vegetable Hide Sauce)	
Mexican Rice	
Tomato Pesto Lasagna	47
Healthier, Easier, Cheesier Mac and Cheese	
Kinder Rice	
Salmon & CousCous	48
Chicken Paprikash	49
Gnocche	
Arnold's Meatballs	

Gulaschsuppe	50
Taco Stew	
Helena & Leo's Chicken Parmagiana	51
Pasta with Easy Summer Sauce	52

SWEET TREATS & INDULGENCES

Peanut Butter Cookies	56
No-cook Cheesecake	57
Peanut Butter Balls	
Presto! Chocolate Cake	58
The World's Best Gingersnaps	61
Mama's Mocha Brownies	
California Citrus Cake	62
Tante Elke's Almond and Cherry Strudel	64
Shortbread	65
Sister's Apple Cake	
Helena's Gingerbread People!!!	66





BREAKFAST

MORNING GLORY MUFFINS

by Sophia Bombaro

2 cups whole wheat flour
1 1/4 cups brown or white sugar (or honey)
2 teaspoon baking soda
2 teaspoon cinnamon
1 teaspoon ground cardamom (optional but yummy!)
1/4 teaspoon salt
2 cups shredded carrot
1/2 cup raisins
1/2 cup chopped walnuts
1/2 cup coconut
1 apple, peeled and shredded
3 eggs
1 cup vegetable oil (or 1/2 oil and 1/2 apple sauce)
1 teaspoon vanilla

Mix all dry ingredients together. Mix all wet ingredients together. Stir dry ingredients into wet. Spray muffin tin with non-stick spray. Bake at 350° for 20 minutes. *You can substitute and tailor it to whatever your family likes (i.e., shelled sunflower seeds, ripe smashed bananas, etc).

BANANA CHOCOLATE CHIP MUFFINS

1 3/4 cups white wheat flour
1/4 cup sugar
2 teaspoon baking powder
1/4 teaspoon salt
1 egg
1/2 cup milk
1/4 cup oil
3/4 cup mashed banana
1/3 cup chocolate chips (optional)

Mix the wet and the dry ingredients separately, then dump them together all at once and stir until just mixed - don't over stir. Mix chocolate chips in last, if desired. Bake in muffin tins for 15 minutes at 400 degrees, until they are just barely brown. Makes 12 muffins. These freeze well in zip lock bags.

STRAWBERRY LASSI

by Amara

2 pounds strawberries
1 cup sugar
1/2 teaspoon ground cardamom
4 cups plain yogurt
2 cups plain yogurt
1 cup ice cubes