4-H at Home Holiday Activity Guide



Bring 4-H to your home this holiday season with 15 fun, hands-on activities!

TIP: You can print this or save a digital version for new ideas anytime. Many of the activities are shown as an abbreviated version—just visit the web page listed for each activity to get the full version with additional instructions and information!

> To discover a wide selection of 4-H activities and experiences, visit 4-H.org/4HatHome

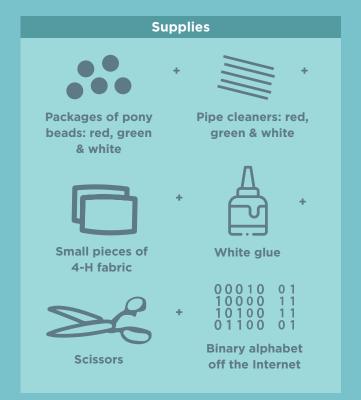


STEM Binary Code Ornaments

Description

Code without a computer, learn about the binary alphabet, and craft a simple ornament all in one great Christmas STEM project.





Activity Steps

- **1.** Look up binary alphabet on the Internet to get the code.
- Twist two pipe cleaners together to make a longer piece.
- **3.** Use the following guide: Make 0 out of red beads. Make 1 out of green beads. Make spaces out of white beads.
- Following the binary code, slide beads onto the pipe cleaner to create a word.
- Twist ends together and make a holiday shape from the beaded pipe cleaners.
- 6. You can finish by gluing a piece of fabric to the backside of the ornament. Let it dry and then trim off the excess fabric.
- Tie a bow to hang.

Craft Hack Tips and Tricks:

Use words that are longer than 5 letters to create a reasonably-sized ornament.

Yarn Wrapped Holiday Ornaments

Description

Making ornaments out of yarn will help your kids develop fine motor skills and explore their creativity. The colors and designs are up to you!

Learn more <u>4-H.org/Ornament</u>



Brought to you by JOANN

(i) 30 minutes | Grades: Pre-K-2, 3-5

Holiday Classic Story Time

Description

Read a holiday classic every night in December and discuss with your family what the book means to you!

Activity Steps

- 1. Research holiday classic books and create a reading list (check your local library!).
- 2. Find books that teach character traits or books that are meaningful to you.
- 3. Each night before bed, read the book with your family.
- 4. Discuss what the book means and enjoy learning more each night!



Tea-light Snowmen

Description

Light up a neighbor or friend's yard with these fun and decorative snowmen tea-lights!



Activity Steps

- 1. Using your black marker, draw coal eyes and mouth. Using your orange marker, color your tea-lights flame to make the carrot nose.
- 2. Cut your snowman's top hat out of the black felt. Glue red ribbon on hat for the band. Glue hat on to your snowman's head. Make sure to always ask an adult for help when using the glue gun.
- Cut a length of red ribbon for scarf. Make a loop with the ribbon and glue front pieces together to hold. Attach to your snowman.
- 4. Get a length of ribbon and tie ends together. Attach to your snowman and hang up for all to see!

Stamped Gift Wrap

Description

Use homemade stamps to create personalized gift wrap with a kind holiday message.





Activity Steps for Snowflakes Gift Wrap

- 1. Roll out the desired amount of paper onto a large flat surface.
- **2.** Tape the paper to the surface.
- **3.** Using the ruler, draw a faint pencil line 7 1/2 inches down from the edge of the paper.
- **4.** On the line locate points every 4 inches. Indicate by a dash on the horizontal line. This is the width of the wood on the back of the stamp.
- 5. Lay a line of gold paint on the plate
- 6. Roll the brayer into the paint to

equally distribute the paint onto the brayer.

- 7. Using the brayer, apply a thin, even coat of paint to the raised sections of the stamp.
- Holding the stamp on the curved sides of the wood backing carefully line up the top edge of the wood with the pencil line.
- 9. Press down firmly without rocking.
- **10.** Continue applying the stamp down the length of the paper using the pencil line as the guide for the top edge of the stamp.

- For the most solid application of the stamp, paint should be applied between each press.
- **12.** When desired pattern is complete, allow paint to dry.
- Wash the stamp with warm, soapy water.
- 14. Erase the pencil line from the paper.
- Learn other stamped gift wrap designs: <u>4-H.org/GiftWrap</u>

Family Gingerbread House Decorating Contest

Description

Have some quality family time by holding a family Gingerbread House decorating contest.

Activity

- 1. Purchase or make home-made Gingerbread Houses. Be sure to get some frosting and edible decorations!
- 2. Gather your family together for a
- 3. Set a time limit.

- 4. Decorate the Gingerbread Houses as teams or individuals.
- 5. Enjoy judging each other's creations, members judge.
- 6. Pick a winner and begin eating those yummy houses together!

Supplies





Crackers



Piping Bag

Candy



Sprinkles for Decorating

Thank you to 4-H Youth Amelia Day, and her family for contributing this holiday guide.

(1) 1-2 Hours | Grades: Pre-K-2, 3-5, 6-8

Christmas Village with Wood Birdhouses



View online at <u>4-H.org/Village</u>

Create your own Christmas village by decorating unfinished bird houses.

- Wood Birdhouses

Activity Steps

Popcorn Balls

Ingredients:





Preparation

- Place popped popcorn in a large bowl with room for mixing.
- In a heavy saucepan, combine sugar, corn syrup and salt.
- Cook over medium heat until a candy thermometer reads 235 degrees (soft-ball stage).
- Remove from heat and add food color (optional) and vanilla.
- Immediately pour in a thin stream over popcorn, stirring constantly until evenly coated.
- Rub thin layer of butter onto clean hands.

- When mixture is cool enough to handle but still warm, work quickly to shape handfuls of coated popcorn into a ball shape the size of an adult fist.
- Cool completely and wrap individually in plastic wrap.

Makes 12 to 15 balls.

Optional decorations: Wrap each popcorn ball in clear plastic wrap and decorate outside with cutout construction paper shapes. Easy and fun designs: jack-o-lantern faces, snowman, bunny, baby chick, holiday ornaments, clowns.

By National 4-H Council President & CEO Jennifer Sirangelo

🔿 1-2 Hours | All Ages



Supplies



Homemade Bath Fizzies

Description

Learn about chemical reactions by making homemade bath bombs! They make great holiday gifts to give to friends, family and the community!

Activity Steps

- 1. Mix olive oil and essential oil together in bowl.
- **2.** Mix baking soda, cornstarch and citric acid together in separate bowl.
- **3.** Make indentation in center of mixture and drizzle olive oil mixture into indentation; mix well.
- **4.** Add water, a little at a time, and blend adding water causes fizzing. Absorb water in cornstarch as much as possible so the fizzie does not fizz while you are mixing ingredients.
- **5.** Once blended, scoop out 1 tablespoon of mixture. Shape into a ball, squeezing tightly. You can also use a mold, like a decorative cookie mold.
- 6. Allow to dry overnight before packaging.
- 7. Place in cellophane bags and tie off with ribbon.

Check it out at <u>4-H.org/BathBomb</u>

Winter Coat Drive

Description

Collect winter coats that you no longer use and donate them to a local charity to help families in need.

Activity Steps

- 1. Collect winter coats from your closet that you no longer need or use.
- **2.** Ask family, friends or citizens from your community for coat donations.
- **3.** Research organizations that accept coat donations and deliver the coats so they can be put to good use by those in need.



Handmade Fleece **Scarves for** the Homeless

Description

Gather your friends or family together to create handmade fleece scarves and tie them around trees near a homeless area.

Supplies



Fleece Fabric

Scissors



Activity Steps

(•) 2 Hours | Grades: Pre-K-2, 3-5, 6-8

Paper Snowflakes for a Nursing Home



Description

Brighten up a local nursing home by decorating and hanging paper snowflakes.

Activity Steps







White Paper Glitter Paint



New Year's Friendship Bracelets

Description

Create colorful New Year's friendship bracelets. Then, share them with cherished friends and family members in your life.



Activity Steps

- Tie all the strands together with a knot about 2 inches from near the top of the strands.
- **2.** Separate the colors so you have one set of colors on the left and one on the right. Make sure the color pattern mirrors itself on both sides.
- **3.** Starting on the outside, bring the two outer pieces of thread (should be the same color) to the middle and cross them. Continue doing the crossing until the color you started with is on the outside again. Pull the threads tight so they look like a fishtail braid.
- **4.** Continue braiding pieces to the front until you are near the end of the threads. Tie the two sides together to close the braid. Then tie the two ends together to complete the bracelet.



> Watch the Video Tutorial from the Ponysitters Club here.

Homemade Holiday *** Cards or Care Packages for Veterans



Description

Give back this holiday season to those in need. Make homemade holiday cards or care packages to share with your local Veterans Affairs Office.

Activity Steps

- 1. Purchase blank cards and other items that can be used for care packages.
- 2. Gather friends and family to help
- **3.** Draw colorful designs and artwork on the front of your blank cards. Fill the inside with encouraging notes.
- 4. Pack the care package items in stockings or plastic bags
- Contact the Volunteer Service Representative at your local Veterans Affairs Hospital to arrange your delivery of the cards and care packages.

(1) 30 minutes | Grades: 3-5, 6-8



Description

Craft a pillow to remind you of your wishes and dreams for the New Year.

Supplies

- Piece of Fabric (about 12"x12")
- Paper and Pen to write with
- Glue Gun (ask adult for help)
- Markers or Paint (to decorate)
- Buttons, Beads, Sequins or anything else you want to decorate your pillow with!

New Year's Wish Pillows

Activity Steps

- 1. Fold your fabric in half so that there is an opening at the top. Using a glue gun, glue the side and bottom into place.
- 2. With your pen and paper, write out all your dreams and wishes for the new year! Want to learn a new sport? Do better in school? Help friends more? Write it all down on the strips of paper. As many as you can think of.
- **3.** Use the strips of paper to stuff your pillow. The more wishes and dreams, the better! When finished, use the glue gun to seal up the remaining seam.
- **4.** Personalize! Decorate your wish pillow with paint, gems, glitter, whatever your creativity desires!



Make a difference this season by making a tax-deductible donation to support 4-H youth.

By giving to 4-H, you are giving kids the resources they need now to make a difference in the world. Your gift will open doors, remove barriers and clear a path to a better future for millions of young people across the country.

GIVE NOW

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Explore over 20 cookie recipes from 4-H'ers to add some sweetness to your holiday traditions.

To discover a wide selection of 4-H activities and experiences, visit 4-H.org/4HatHome



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Horse Poptarts (Cookies for Your Horse)



Possible allergens in this recipe include butter, egg, flour, oats, chocolate chips. See Glossary for substitutions.



Chocolate Chip Oatmeal Cookies

Annie Fox, Tarpon Springs, FL Brooker Creek Explorers 4-H Club

Prep: 15 minutes Bake: 10 minutes

"Cookies are a fun part of our family! Our club has hosted a Creative Contest each January, which has allowed our son and daughters to learn the art of cookie baking. In October, we also make cookies for local law enforcement officers and K-9s as a way of saying "Thank you for your service!" We made these cookies for our recent county 4-H awards banquet."

Ingredients

I stick of butter, softened	I top varilla
legg	1/2 tsp baking soda
I cup flour	I cup quick-cooking rolled oats
1/2 cup sugar	I cup chocolate chips
1/2 packed brown sugar	

- 1. Preheat oven to 375°.
- 2. Mix butter in electric mixer on medium for 30 seconds.
- 3. Add egg, flour, sugar, brown sugar, vanilla, and baking soda.
- 4. Beat on medium speed for 2 minutes. Scrape down as needed.
- 5. Add oats and chocolate chips and mix until blended.
- 6. Place by tablespoons on cookie sheets lined with parchment paper, leaving about 2 inches between cookies.
- 7. Bake cookies for 8 to 10 minutes or until lightly browned.





Possible allergens in this recipe include margarine, eggs, flour, chips, nuts. See Glossary for substitutions.



Mallory's Magnificent Chip Cookies

Mallory Hall, Johnson County Missouri 4-H Royal Clover's 4-H Club



Prep: 15 minutes Bake: 10 minutes

- 1 cup margarine, softened 1 cup shortening
- 1 cup shortening 1 1/2 cup granulated sugar
- 1 1/2 cup packed brown sugar
- 2 tsp baking soda
- 4 cups chips (either chocolate, white chocolate • 2 cup nuts, if desired (cashew, pecan, walnut)

- 1. Preheat oven to 375°.
- 2. In large mixing bowl, beat softened margarine and
- shortening with granulated and brown sugars on medium speed until fluffy, scraping side of bowl occasionally.
- 3. Beat in eggs until smooth. 4. Stir in flour, baking soda and salt until blended
- (dough will be stiff).
- 6. Put mixture in refrigerator overnight (my preferred way 5. Stir in chips and nuts.
- 7. Onto ungreased cookie sheet, drop dough by rounded
- tablespoonfuls 2 inches apart. 8. Bake for 10 minutes or until light brown (center will
- 9. Cool 1 minute; remove from cookie sheet to cooling rack.
- 10. Cool completely.
- 11. Store covered in airtight container.





Possible allergens in this recipe include butter, egg, flour, chocolate chunks. See Glossary for substitutions.



The Best Chewy Chocolate Chip Cookies

Sarah Camp - Lawrence County, Tennessee

Bake: 15 minutes
Ingredients
Yz cup granulated sugar
³ /4 cup brown sugar, packed
I top salt
1/2 cup unsalted butter, melted
l egg
I top vanilla extract
1 1/4 cup all-purpose flour
1/2 tsp baking soda
4 oz milk or semi-sweet chocolate chunks
4 oz. dark chocolate chunk, or your preference

- 1. Preheat oven to 350°. Line a baking sheet with parchment paper.
- 2. In a large bowl, whisk together the sugars, salt, and melted butter until a paste forms with no lumps.
- 3. Whisk in egg and vanilla, beating until light ribbons fall off the whisk and remain for a short while before falling back into the mixture.
- 4. Sift in the flour and the baking powder, then fold the mixture with a spatula. (Be careful to not overmix, which would cause the gluten in the flour to toughen resulting in caliber cookies.)
- 5. Fold in the chocolate chunks and refrigerate for at least 30 minutes. If you leave in the fridge longer, the Flavor becomes more intense.
- 6. Scoop the dough with an ice cream scoop onto a parchment paper-lined baking sheet leaving at least four inches in between the cookies and two inches from the side of the pan.
- 7. Bake for 12-15 minutes or until the edges have barely started to brown.
- 8. Cool completely before serving.



Possible allergens in this recipe include eggs, peanut butter, butter, flour, chocolate chips. See Glossary for substitutions.



Peanut-Butter Chocolate Chip Cookies

Olivia Miller Indiana Penn Townships, 4-H Club

Bake Time: 12 minutes

Ingredients

- 1 cup white sugar
 1 cup brown sugar
 1 ¹/₂ tsp vanilla
- 2 eggs
- 1 cup
- 1 cup butter*
- 2 1/2 cups flour
 1/2 bag chocolate chips
 1 1/2 tsp soda
 1/2 tsp salt

Directions

- 1. In a large bowl mix butter, peanut butter, brown sugar and white sugar
- 2. Add in eggs and vanilla, then mix until well blended
- 3. In a separate bowl, sift flour, salt, and baking soda.
- 4. Combine dry and wet ingredients into the larger bowl, and then add in the chocolate chips
- 5. On a parchment lined baking sheet, scoop 2 Tbsp sized cookie dough balls onto sheet.
- 6. Chill 30 minutes.
- 7. Preheat oven to 350°
- 8. Bake cookies for 8-12 minutes, or until slightly brown on the bottom and the top just loses the wet cookie dough look.
- 9. Remove from oven and let cool for 5 minutes.

*NOTE:

Substitute another nut butter such as Nutella provided you are not also tree nut sensitive



Possible allergens in this recipe include eggs, flour, chocolate chips. See Glossary for substitutions.



Grandma's Chocolate Chip Cookies

Cole Langhofer, Kansas, Plains Livewires

Ingredients

I cup shortening 1/2 cup sugar I cup brown sugar I tsp vanilla 2 eggs

Prep: 10 minutes Bake: 11 minutes

2 1/4 cups flour 1 tsp baking soda 1 tsp salt 1 cup chocolate chips

- 1. Preheat oven to 375°.
- 2. In a large bowl, cream together shortening, sugars, and vanilla with mixer.
- 3. Stir in the chocolate chips and raisins.
- 4. Drop by heaping tablespoonfuls 2 inches apart onto ungreased baking sheets.
- 5. Bake for 9-11 minutes or until edges are firm.
- 6. Cool for 5 minutes; before removing to wire racks to cool completely.



Possible allergens in this recipe include bread flour, flour, butter. egg, chocolate chips. See Glossary for possible substitutions.



The "Perfect" Chocolate Chip Cookies

Kate Yaughn

Prep: 15 minutes **Bake:** 15 minutes



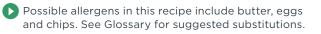
Directions

- 1. Melt butter over medium heat. Bring it to a boil, while stirring frequently. Stir constantly, until butter is foamy, and a nice, nutty brown.
- 2. Pour into a glass measuring cup or bowl and refrigerate until cool/room temperature.
- 3. While the butter is cooling, mix together the flours, baking soda, and salt in a separate, medium-sized bowl.
- 4. In the large bowl of a stand mixer, cream together the cooled butter, sugars, and vanilla until fluffy.
- 5. Add the egg and egg yolk. Beat just until these are incorporated.

6. Add the dry ingredient mixture by the spoonful, making sure not to overload the mixer. It's okay if there's a little bit of flour left on the edge of the bowl. It'll get mixed in later.

- 7. Use a wooden or silicone spoon or spatula and fold in the chocolate chips, incorporating the rest of the flour from the edges of the bowl.
- 8. Scoop cookies onto a parchment-lined sheet and refrigerate overnight (you can get away with just 1 hour of refrigeration, but the flavor is much better if they're refrigerated overnight).
- 9. When you're ready to bake them, preheat the oven to 350°.
- 10. Bake for 12-15 minutes.
- 11. Let them cool for 8-10 minutes on the baking sheet before transferring to a wire cooling rack.







Good Gluten Free Chocolate Chip Cookies

Amanda Gifford & Paul Beaumier, Fairfax, Vermont High Hopes 4-H Club

Prep: 10 minutes Bake: 12 minutes/Batch

Ingredients

- 2 1/4 cups Gluten Free all-purpose flour (recommend King Arthur brand's Measure for Measure GF flour)
- 1 tsp baking soda
- 1 tsp salt
- 1 cup (2 sticks) real dairy butter, softened (ideally straight from 4-H cows!)
- 1/2 cup + 2 Tbsp granulated sugar
- 1/2 cup + 2 Tbsp lightly packed brown sugar
- 1 tsp vanilla extract
- 2 large 4-H poultry project eggs whipped to soft peaks
- 2 cups 60% bittersweet chocolate chips good chips, made with real cocoa butter!

Directions

- 1. Preheat oven to 375°.
- 2. Cream butter, sugars and vanilla in a large mixing bowl.
- 3. Whip the eggs to soft peaks.
- 4. After whipping the eggs, gently work them into the butter mixture.
- 5. Add dry ingredients (mixed in a separate bowl) gradually.
- 6. Stir in chocolate chips.
- Drop by rounded Tbsp onto parchment lined baking sheets (be sure the sheets are cool), bake 12 or so minutes, slide parchment off baking sheet immediately after taking the pan out of the oven.
- 8. Eat an apple while allowing the cookies to cool so as not to burn your mouth taste testing!

GF baking is mostly alchemy, so it might be necessary to make a few batches to dial in your own oven and considerations for humidity, room temperature, etc.



Possible allergens in this recipe include peanut butter and an egg. See Glossary for possible substitutions.



Gluten Free Peanut Butter Cookies

Elanor Hodgkin, 4-H Parent, Maine

Ingredients

- I cup peanut butter I cup sugar
- legg
- I top varilla

Directions

- 2. Mix ingredients together, roll into 1-2 inch balls, and flatten with 1. Preheat oven to 375°.
- a sugared fork.
- 3. Bake for 8-10 minutes or until golden brown.

Prep: 10 minutes Bake: 10 minutes/batch Yield: 1-2 dozen



Possible allergens in this recipe include eggs, butter, peanut butter, flour and chocolate chips. See Glossary for possible substitutions.



Peanut-Butter Chocolate Chip Cookies

Olivia Miller, Indiana Penn Townships, 4-H Club

Bake: 12 minutes

Ingredients

- 1 cup white sugar 1 cup butter
- 1 cup brown sugar 2 1/2 cups flour
- 11/2 tsp vanilla
 1/2 bag chocolate chips
- · 2 eggs
- 11/2 tsp soda
- 1 cup peanut butter 1/2 tsp salt

- 1. In a large bowl mix butter, peanut butter, brown sugar and white sugar
- 2. Add in eggs and vanilla, then mix until well blended
- 3. In a separate bowl, sift flour, salt, and baking soda.
- 9.4. Combine dry and wet ingredients into the larger bowl, and then add in the chocolate chips
- 5. On a parchment lined baking sheet, scoop 2 Tbsp sized cookie dough balls onto sheet.
 - 6. Chill 30 minutes.
 - 7. Preheat oven to 350°
 - 8. Bake cookies for 8-12 minutes, or until slightly brown on the bottom and the top just loses the wet cookie dough look.
- 9. Remove from oven and let cool for 5 minutes



Possible allergens in this recipe include cake and pudding mix and the egg. See Glossary for possible substitutions.



Fairy Cookies

Sara Fox, Tarpon Springs, FL Brooker Creek Explorers 4-H Club

"Cookies are a fun part of our family! Our club has hosted a Creative Contest each January, which has allowed our son and daughters to learn the art of cookie baking. In October, we also make cookies for local law enforcement officers and K-9s as a way of saying "Thank you for your service!" We made these cookies for our recent county 4-A awards banquet."

Ingredients

- I package chocolate cake mix (15 oz)
- 2 Ibsp instant pudding mix
- I stick unsalted butter melted
- I large egg
- 1/3 cup confectioner's sugar
- · Sprinkles or sparkling sugar

Directions

- 1. Preheat oven to 350°
- 2. In a large bowl combine cake mix, pudding mix, butter, and egg until ingredients come together in a ball.
- 3. Place confectioner's sugar in a pie pan or shallow dish.
- 4. Form cookie dough into 1-inch balls
- 5. Roll each ball in the confectioner's sugar
- 6. Decorate generously with sprinkles or sparkling sugar.
- 7. Place cookies on a baking sheet 2 to 3 inches apart.
- 8. Bake for about 10 12 minutes or until they are firm around the edges, but puffed up and soft in the center, about 10 to 12 minutes.
- 9. Remove from oven and let cookies cool on sheets for 5 minutes, then cool completely on wire racks.

Prep: 15 minutes Bake: 12 minutes



Possible allergens include the brownie mix, butter, eggs, and chocolate chips. See Glossary for possible substitutions.



Brownie Drops

Paul Fox, Tarpon Springs, FL Brooker Creek Explorers 4-H Club

	Ingredients
Prep: 15 minutes	• I package brownie mix (21 oz.)
Bake: 10 minutes	• 8 Ibsp butter, melted
Yield: 40 cookies	• 2 large eggs • I tsp vanilla
	 I cup chocolate chips I cup white chocolate chips

- 1. Preheat oven to 350°.
- 2. Mix brownie mix, butter, eggs, vanilla together until well combined.
- 3. Add chocolate chips, and stir until batter is thick, about 30 seconds.
- 4. Drop the batter by tablespoons onto baking sheets lined with parchment paper, leaving 2 inches between cookies.
- 5. Bake cookies for 8 to 10 minutes until they are firm around the edges but still soft in the middle.
- 6. Remove from oven and allow to cool for 5 minutes.
- 7. Place white chocolate chips in a microwave safe bowl.
- 8. Heat white chocolate chips in microwave on low for about 30 seconds, stirring, until completely melted.
- 9. Drizzle white chocolate over cookies.



Possible allergens include the cake mix, butter, oats, eggs & chocolate chips. See Glossary for possible substitutions.



German Chocolate Cookies

Bailey Nickels, Garfield County, Enid 4-H Club, Age 11

Prep: 5 minutes **Bake:** 11 minutes/batch **Yield:** 3 ½ dozen

Ingredients

- 1 package German chocolate cake mix (regular size)
- 1/2 cup butter, melted
- 1/2 cup quick-cooking oats
- 2 eggs
- 3/4 cup mini semisweet chocolate chips

- 1. Preheat oven to 350°.
- 2. In a large bowl, combine the cake mix, butter, oats and eggs until well blended.
- 3. Stir in the chocolate chips and raisins.
- 4. Drop by heaping tablespoonfuls 2 inches apart onto ungreased baking sheets.
- 5. Bake for 9-11 minutes or until edges are firm.
- 6. Cool for 5 minutes; before removing to wire racks to cool completely.



Possible allergens include butter, eggs, flour, chocolate chips. See Glossary for possible substitutions.



Rocky Road Bars

Katharine Girone, Illinois, 4-H Alumni of Bell Plain Hustlers, Tazwell County 4-H Program Coordinator

Ingredient	S
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- 1 cup butter, softened
- ³/4 cup sugar
- 3/4 cup packed brown sugar
- 2 large eggs, room temperature
- 1 teaspoon vanilla extract
- 2 1/4 cups all-purpose flour*
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 cups miniature marshmallows
- 1 1/2 cups semisweet chocolate chips*

Directions

- 1. Preheat oven at 350°
- 2. In a large bowl, cream butter and sugars until light and fluffy.
- 3. Add eggs, one at a time, beating well after each addition. Beat in vanilla.
- 4. Combine the flour, baking soda and salt; gradually add to creamed mixture and mix well.
- 5. Stir in the marshmallows and chips.
- 6. Spread into a greased 13-in. x 9-in. baking pan.
- 7. Bake for 25-30 minutes or until golden brown.
- 8. Cool on a wire rack.
- 9. Cut into bars and serve.

You can replace the 1/4 cup of flour with cocoa powder if you want extra chocolate. You can mix & match chips; peanut butter chips and chocolate chips are a favorite of mine.

Prep: 15 minutes

***NOTE:**

Bake: 30 minutes



Possible allergens in this recipe include walnut halves, cocoa powder, egg whites. See Glossary for possible substitutions.



Flourless Chocolate Walnut Cookies

Linda Thiele, Illinois, Champaign Mixed Clovers 4-H Club

Yield: ~3 dozen

Ingredients

Parchment paper 2 1/2 cups walnut halves 3 cups confectioner's sugar 1/2 cup + 3 Ibsp unsweetened cocoa powder 1/4 top salt 4 egg whites 1 Ibsp vanibla extract

- 1. Position 2 racks in the upper and lower thirds of the oven.
- 2. Heat oven to 350°.
- 3. Line 2 large baking sheets with parchment paper.
- 4. Place walnuts on a work surface and finely chop. Transfer to a separate large baking sheet and toast until fragrant, about 9 minutes. Let cool.
- 5. Mix sugar, cocoa and salt in a bowl. Stir in walnuts. Add egg whites and vanilla; beat with a fork or an electric mixer on medium until batter is just moistened. (Do not overbeat batter or it will stiffen.)
- 6. Drop batter by the teaspoonful onto parchment paper on baking sheets in evenly spaced mounds.
- 7. Bake cookies until tops are lightly cracked and glossy, about 15 minutes. Repeat with remaining batter. 8. Store in an airtight container at room temperature for up to
 - 1 week.



Possible allergens in this recipe include butter, egg, flour, oats, chocolate chips. See Glossary for possible substitutions.



Chocolate Chip Oatmeal Cookies

Annie Fox, Tarpon Springs, FL, Brooker Creek Explorers 4-H Club

Prep: 15 minutes **Bake:** 10 minutes

Ingredients

- 1 stick of butter, softened
- 1egg
- 1 cup flour
- 1/2 cup sugar
- 1/2 packed brown sugar
- 1tsp vanilla
- 1/2 tsp baking soda
- 1 cup quick-cooking rolled oats
- 1 cup chocolate chips

- 1. Preheat oven to 375°.
- 2. Mix butter in electric mixer on medium for 30 seconds.
- 3. Add egg, flour, sugar, brown sugar, vanilla, and baking soda.
- 4. Beat on medium speed for 2 minutes. Scrape down as needed.
- 5. Add oats and chocolate chips and mix until blended.
- 6. Place by tablespoons on cookie sheets lined with parchment paper, leaving about 2 inches between cookies.
- 7. Bake cookies for 8 to 10 minutes or until lightly browned.



Possible allergens in this recipe include egg, flour, coconut, oatmeal. See Glossary for possible substitutions.



Grandma's Cowboy Cookie Recipe

Kim Dailey, Wadena County 4-H, Minnesota Cookies are named for Kim's grandmother who was a 4-H leader for more than 30 years!

Prep: 20 minutes **Bake:** 10 minutes/batch **Yield:** 2 dozen

Ingredients

- 1 cup lard (the real stuff)
- 1 cup sugar
- 1/2 cup brown sugar
- 1 egg
- 1/2 tsp salt
- 1 1/2 cups flour
- 1 tsp baking soda
- 1 tsp baking power
- 3/4 cup coconut
- 1 1/4 cups oatmeal

- 1. Preheat oven to 350°.
- 2. Cut lard into sugars with a pastry cutter.
- 3. Mix in egg.
- Combine the remaining dry ingredients (may be easiest to do with your hands).
- 5. For average sized cookies, bake for 8-10 minutes.



Possible allergens include oatmeal, butter, egg, flour, walnuts. See Glossary for possible substitutions.



Purple Maple Syrup Oaties

Kathy Stuever Foerster, Capac, Michigan, 4-H Alum



Ingredients

- I cup old-fashioned oatmeal
- 11/2 cup pure maple syrup
- 13/4 cup brown sugar
- 13/4 cup butter
- I egg
- I top vanilla
- 12 1/2 cup all-purpose flour
- I top salt
- I top baking soda
- 11/2 cup chopped walnuts

Directions

- 1. Combine pure maple syrup and oatmeal in small saucepan; bring to a boil and simmer three minutes. Set aside to cool.
- 2. Cream brown sugar and butter; add egg and vanilla.
- 3. Sift together flour, salt, and soda. Add flour mixture to creamed mixture alternately with maple/oatmeal mixture. Stir in nuts.
- 4. Drop by teaspoonful on greased baking sheet. Bake at 375° for 8-12 minutes or until golden. Remove immediately from baking sheet to cool.

Prep: 10 minutes

Bake: 12 minutes/batch

Yield: 5 dozen



Possible allergens include margarine, eggs, flour. See Glossary for possible substitutions.



Great-Grandma Steege's Sugar Cookies

Kristie Kushe, Iowa

Prep: 10 minutes Bake: 10 minutes Yield: ~ 3½ dozen

Ingredients	Directions
 1 cup powdered sugar 	1. Preheat oven to 375°.
1 1/4 cup sugar1 cup margarine	2. Cream the following ingredients with an electric mixer: powdered sugar, 1 cup sugar, margarine and oil.
 1 cop oil 2 eggs 1 tsp vanilla 	 Add the following ingredients to the bowl and mix: eggs, vanilla, salt, baking soda, cream of tartar, and flour.
• 1 tsp salt	4. Roll into balls the size of a walnut.
 1 tsp baking soda 1 tsp cream of tartar 	5. Roll in remaining sugar.
 4 cups of flour 	6. Bake for 10 minutes.



Possible allergens in this recipe include eggs, flour, nuts. See Glossary for suggested substitutions.



Grandma Ada Thompson's Persimmon Cookies

Edwina "Winnie" Thompson McConnell, Mt. Olympus 4-H Club

Prep: 10 minutes **Bake:** 15 minutes/batch **Yield:** 3-4 dozen





Possible allergens in this recipe include margarine, and flour. See Glossary for possible substitutions.



Allergen Free Cookies

*Egg-free, Gluten-free, Soy-free, Dairy-free

Sarah G. Noel, 4-H Virginia, Loudoun County, Virginia Leaps 'n Squeaks Rabbit & Cavy Club

Prep: 20 minutes active, 2 hours chilling Bake: 10 minutes/batch Yield: ~2 dozen

Ingredients

• 2 sticks dairy free margarine (Make sure it's a harder stick form such as Earth's Balance or Fleischmans unsalted Margarine or dough will be too soft.)

- 1/2 cup packed brown sugar
- 1/2 cup white sugar
- 2 tsp vanilla

- · 2 Ibsp vinegar
- 2 1/4 cup all purpose gluten free flour + 1/2 tsp. xanthum gum (we used Bob's Red Mill all purpose gluten free baking flour)
- 2 tsp baking soda
- Itsp cream of tartar
- 1/2 tsp salt
- · Your favorite jam for decorating cookies

- 1. Cream margarine and sugars
- 2. Add vinegar & vanilla to the sugar mix
- 3. In a separate bowl, gently mix flour, baking soda and cream of tartar
- 4. Add flour mixture to the margarine mixture and mix just until soft dough forms.
- 5. Do not over mix.
- 6. Cover and chill for at least 2 hrs. Dough may be made ahead and refrigerated, covered tightly.
- 7. Now preheat oven to 375°.
- 8. Roll out the dough on to a floured surface to $\frac{1}{2}$ inch thickness. Remember to use gluten free flour.
- 9. Cut shapes with cookie cutter and place on ungreased cookie sheet. Putting flour on the cookie cutter helps.
- 10. Bake 6 minutes until almost cooked. Indent middle and place a small amount of jam in the indentation
- 11. Return cookies to oven to continue cooking 3 more minutes until golden brown on edges.
- 12. Let stand for 1 minute and remove to cooling rack.



Possible allergens in this recipe include butter and flour. See Glossary for possible substitutions.



Vinegar Sugar Cookies

Charlotte Spires, Cleveland County Oklahoma, Trailblazers 4-H Club

Ingredients

- 1 cup butter, softened
- ³/4 cup sugar
- 1 Tbsp white vinegar
- 1/2 tsp vanilla extract
- 2 cups all-purpose flour
- 1 tsp baking soda
- Colored sugar

Directions

- 1. Preheat oven to 350°.
- 2. In a large bowl, cream butter and sugar until light and fluffy.
- 3. Beat in vinegar and vanilla.
- 4. Combine flour and baking soda; gradually add to creamed mixture and mix well.
- 5. Roll into 1-inch balls.
- 6. Place 2 inches apart on greased baking sheets.
- 7. Flatten to 1/4-inch thickness; sprinkle with colored sugar.
- 8. Bake for 8-10 minutes or until edges are lightly browned.
- 9. Cool for 1 minute before removing from pans to wire racks.
- 10. Store in an airtight container.

Prep: 35 minutes Bake: 10 minutes Yield: 3 1/2 dozen



Possible allergens in this recipe include butter, eggs, flour, cashews. See Glossary for suggested substitutions.



Lemon Snickerdoodles With Cashews

Nick Sloan, Illinois, The Explorers

Bake: 10 minutes

Ingredients

- 1 stick unsalted butter (softened)
 2 3/4 cups all purpose flour
- 1/2 cup vegetable shortening
- · 1 cup sugar .
- · 2 eggs
- · 2 Tbsp lemon juice
- 1tsp lemon zest

- · 2 Tbsp cream of tartar
- 1tsp baking soda
- 1/2 tsp fine salt
- 1/2 cup chopped cashews

Directions

- 1. Preheat your oven to 400°. Line a cookie sheet with parchment paper.
- 2. In a small bowl mix items for lemon sugar and set aside.
- 3. Drop the butter, shortening, sugar, and lemon zest into the bowl of your mixer. Cream on medium high for about 1 minute or until it's light and fluffy.
- 4. Add eggs and lemon juice and mix again on medium until it's all well incorporated and a light yellow in color.
- 1 5. In a separate bowl, sift together the flour, cream of tartar, baking soda, cashews and salt. Slowly add the dry mixture into the mixer bowl. Continue to mix on medium (add mixture in several small patches) mix until just incorporated. Do not over mix.
 - 6. Form the dough into small balls and place on baking sheet, you should have 12 cookies per sheet.
- 7. Using a fork press on top of each cookie. Top with the lemon sugar.
- 8. Bake for 10 minutes at 400°.
- 9. Careful to not over bake.

These are good with hot chocolate!



Possible allergens in this recipe include butter, egg, flour. See Glossary for suggested substitutions.



Gingerdoodle Cookies

Jenna Lindsay, Michigan Ranger's 4-H Club In Livingston County

Prep: ~15 minutes Bake: 14 minutes Yield: 22 Cookies

Ingredients

- I stick unsalted butter, at room temperature
- 1/2 cup granulated sugar
- 1/2 cup dark brown sugar, packed
- 1/3 cup molasses
- I large egg
- 1 1/2 1 tsp. ground ginger
- I I top. ground cinnamon

- 1/4 I tsp. ground cloves
- 1/2 I tsp. fine salt
- I I tsp. cream of tarter
- 1/4 1 tsp. baking soda
- 2 1/4 cups all-purpose flour

For Rolling

- 1/2 cup granulated sugar
- I tsp. ground cinnamon

- 1. Preheat the oven to 350°. Line baking sheets with parchment paper.
- 2. In the bowl of a mixer, beat the butter, granulated sugar, and brown sugar until light and fluffy, about 2 minutes.
- 3. Add the molasses and egg and beat until combined.
- 4. Add in the ginger, cinnamon, cloves, salt, cream of tartar, baking soda, flour, and mix until just combined.
- 5. Mix the ½ cup granulated sugar with the cinnamon in a shallow dish or bowl.
- 6. Shape the dough into 11/2 tablespoon sized balls.
- 7. Roll in the cinnamon sugar and place on the prepared baking sheets.
- 8. Flatten slightly with the palm of your hand.
- 9. Bake for 12 to 14 minutes, or until set.
- Let cool on the baking sheets for 5 minutes before removing to cooling racks to cool completely. Cookies can be stored in an airtight container at room temperature for up to 5 days.



Possible allergens in this recipe include cocoa, milk, butter, peanut butter, oatmeal. See Glossary for suggested substitutions.



No Bake Cookies

Kaylen Langhofer, Kansas, Plains Livewires

Prep: 20 minutes

Ingredients

- 2 cups sugar
- 1/4 cup cocoa
- 1/2 cop milk
- 3 cups oatmeal

1/2 cop creamy peanot botter

• 1 tsp vanilla

• 1 stick butter

- 1. In a medium size saucepan, heat sugar, cocoa, and milk. Bring to a boil. 2. Remove from heat and add vanilla and peanut butter.
- 3. Stir together and gradually add oatmeal.
- 4. Add butter and stir well.
- 5. Place in balls on wax paper.
- 6. Let dry and harden.



Possible allergens in this recipe include cocoa, milk, butter, peanut butter, oatmeal. See Glossary for suggested substitutions.



Horse Poptarts (Cookies for Your Horse)

Charlotte Spires, Cleveland County, Oklahoma Trailblazers 4-H Club

> Prep: 15 minutes Bake: 12 minutes, 4 hours cooling

Ingredients

2 cups of flour 6 ounces of molasses I top of ground cinnamon Cookie icing

- 1. Preheat oven to 325°
- 2. Use a mixer to combine the flour and cinnamon
- 3. While the mixer is running, slowly pour in the molasses (You can add a little more molasses to moisten the dough if you wish.)
- 4. The dough will be sticky! Flour a cutting board and rolling pin, then roll out and shape the dough into a large square (about 1/4 inch thick).
- 5. Cut the dough into small, bite-sized shapes.
- 6. Place the cookies on a non-stick baking sheet and bake for 12 minutes.
- 7. When done, let them cool for 5-10 minutes and then frost them with cookie frosting.
- 8. Let the cookies and icing harden for at least 4 hours before stacking them.



COMMON SUBSTITIONS FOR INGREDIENTS IN BAKING THAT ARE ALLERGENS

The most important thing to do if you have food allergies is to read the label. Today, there are many products to help with specific allergens such as gluten free or lactose-free but you will have to be diligent in label reading to avoid ingredients you are allergic to.

Cake or Pudding Mixes Prepared Commercially: Commercially prepared cake and pudding mixes are tricky as they may contain hidden flour or other ingredients. Read the label - look for mixes that say gluten-free. However, these substitute mixes may not give a satisfactory product.

Chocolate Chips/Chocolate Chunks/Cocoa Powder/Mini Chocolate Chips: Chocolate Chips may have gluten in them and dairy, depending on their ingredients. If you have an allergy to these, be sure to buy only allergen-free chips. <u>https://www.spokin.com/chocolate-top-allergy-friendly-baking-products</u>

Coconut: Coconut is a tree nut but allergies to this are rare.

Eggs: There are many substitutes for eggs; one of the easier is to stir together 1 tablespoon ground flaxseed in 3 tablespoons water until thick and gelatinous. <u>https://www.pccmarkets.com/taste/2013-03/egg_substitutes/</u>

Also: <u>https://www.spokin.com/top-allergy-friendly-products-for-baking#allergy-friendly-egg-replacer</u>

Flour (Gluten allergy): For gluten-free, Use same amount of commercially prepared measure-for-measure gluten-free flour.

Lactose Intolerant (such as Butter, Milk Chocolate Chips, Milk): Use the same amount of dairy-free margarine. Make sure it's a harder stick form such as Earth's Balance or Fleischmans unsalted Margarine or dough will be too soft.) Most milk substitutes can be switched 1 for 1 with a plant-based milk when in a baking recipe, just make sure that you're using dairy-free options that have a similar thickness to dairy milk (steer away from watery varieties like rice or potato milks) to avoid a texture difference in your final product.

Margarine: Be sure margarine is dairy-free if you are lactose intolerant. use the same amount of dairy-free margarine. Make sure it's a harder stick form such as Earth's Balance or Fleischmans unsalted Margarine or dough will be too soft.

Nuts/Nut Butter (Cashews, Walnuts, etc.): If allergic to tree nuts or peanuts, consider what will happen if eliminated in the recipe as nuts are often optional. Consider using roasted seeds instead. It may take some experimentation. Consider Sunbutter, Wowbutter or soynut butter if no allergy to peanuts or tree nuts.

Oats/Oatmeal: Oats in and of themselves are not a source of gluten but cross contamination may be a factor. Read the label.

Peanut Butter: Substitute a tree nut butter or soy butter if not allergic to those. consider Sunbutter, Wowbutter or soynut butter if no allergy to peanuts or tree nuts.