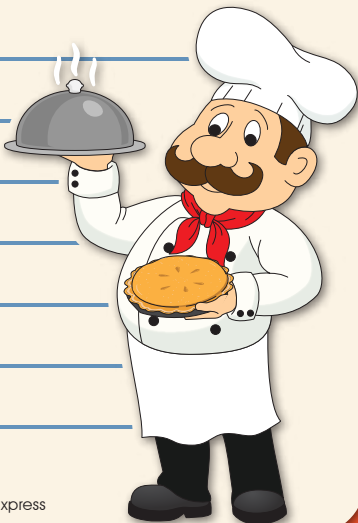


# Grocery List

- ground beef
- mild taco seasoning
- lettuce
- black olives
- shredded cheddar cheese
- tomatoes
- onions
- corn chips
- molasses
- eggs
- sugar
- baking soda
- flour
- ginger
- cinnamon
- ground cloves
- sweet butter
- heavy cream
- bananas
- butter
- brown sugar
- \_\_\_\_\_
- \_\_\_\_\_
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# Old Straw Hats

## Ingredients:

- |                      |                         |
|----------------------|-------------------------|
| ground beef          | shredded cheddar cheese |
| mild taco seasoning  | tomatoes, chopped       |
| lettuce, chopped     | onions, diced           |
| black olives, sliced | corn chips              |

Fry, drain, and season the ground beef with a mild taco seasoning. (One pound of beef will make about four to six servings for adults.) As the beef is cooking, offer cutting boards and child-safe knives. Invite children to help you wash and chop vegetables as needed. Place each ingredient in separate bowls with spoons. Give each child a small plate. Encourage children to pile a scoopful of beef on the center of their plates to serve as the crown of a hat. Then, have them sprinkle corn chips around the outside of the beef to create the brim. Invite them to sprinkle the remaining ingredients over the hat as decoration and eat.

# Gingerbread Cookies

## Ingredients:

- |                    |                         |
|--------------------|-------------------------|
| 1 cup molasses     | 1 tsp. ginger           |
| 2 eggs             | 1 tsp. cinnamon         |
| 1 1/3 cups sugar   | 1 tsp. ground cloves    |
| 1/2 T. baking soda | 1 1/4 cups sweet butter |
| 4 1/2 cups flour   | 1 1/4 cups heavy cream  |

Mix molasses, sugar, spices, and butter to a smooth dough. Stir in the cream and eggs. Mix the soda with the flour. Gradually add the flour mix to the wet mix. Add extra flour, if needed, to make a soft dough. (Do not add too much flour.) Refrigerate overnight. Roll out the dough and cut into gingerbread shapes. Roll thick for soft cookies and thinner for crisp cookies. Bake at 350° for 10 minutes or until very lightly browned. Cool slightly before removing from the cookie sheet. Decorate with icing and candies as desired.

# Baked Bananas

## Ingredients:

- 6 large bananas, peeled
- 3 T. butter
- 3 T. brown sugar
- 2 tsp. cinnamon

These are a traditional Kwanzaa treat served on the sixth night during the karamu feast and should appeal to most children!

Cut each banana in half lengthwise and place the halves (cut side up) in a baking dish. Melt the butter, and mix the sugar and cinnamon with it. Pour the mixture over the bananas. Cover and bake at 350° for 45 minutes. Cool and serve.