



DYNAMITE RECIPES SUMMER 2020





DEAR CAMPERS,

I've missed cooking with you this summer at Camp Settoqa! Here's a 2020 Cookbook filled with some delicious recipes and "Camp Favorites" from the last couple of summers.

Happy cooking, and I hope to see you back at Settoqa for Summer 2021!

Best,
Chef T



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PINEAPPLE-COCONUT SOFT SERVE

Yield: 10-12 servings

INGREDIENTS

- 1½ pounds fresh pineapple, cut into small pieces (approximately 6 cups)
- 1¼ cups unsweetened coconut cream
- ¼ cup light agave nectar or maple syrup
- Small pinch kosher salt
- Toasted unsweetened flaked coconut

INSTRUCTIONS:

1. Lay the pineapple in an even layer on a baking sheet lined with parchment paper and freeze for at least 8 hours.
2. Place the pineapple, coconut cream, agave, and salt in a food processor or blender. Pulse until the mixture is finely chopped. Process until smooth and airy, 3 to 4 minutes, stopping to scrape down the sides of the bowl as needed.
3. Transfer to an airtight container. Freeze until just firm, about 1 to 2 hours. Top with coconut flakes or your favorite fruit topping!



BIRTHDAY CAKE POPCORN

Yield: 12 cups

INGREDIENTS

- 1 bag butter-flavor light microwave popcorn (approximately 12 cups)
- 1 cup white chocolate chips
- 2 tablespoons vegetable or canola oil
- 3 tablespoons Funfetti or vanilla cake mix
- $\frac{1}{4}$ cup rainbow sprinkles

INSTRUCTIONS:

1. Have your popcorn already popped and set aside.
2. Combine the white chocolate chips and oil in a small, microwave-safe bowl and heat in 20-second intervals, stirring in between, until fully melted. Once it's melted, stir in the cake mix.
3. Place the popcorn in a gallon-sized resealable bag and add the white chocolate mixture and sprinkles. Seal and shake until the popcorn is coated.
4. Spread out on a baking sheet in an even layer and top with additional sprinkles, if desired (the more the better!). Chill in the refrigerator for 20 to 25 minutes.



FUNFETTI BANANA BREAD

Yield: 8-10 slices

INGREDIENTS

- Nonstick spray
- 1 cup mashed bananas (about 4 large bananas)
- 1 tablespoon freshly squeezed lemon juice
- ½ cup unsalted butter, softened to room temperature
- ½ cup granulated sugar
- 1 large egg plus one egg white, at room temperature
- 1½ teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1¾ cups all-purpose flour
- ⅓ cup whole milk
- ⅔ cup rainbow sprinkles

INSTRUCTIONS:

1. Preheat the oven to 350° and grease a loaf pan with nonstick spray.
2. Combine mashed bananas with lemon juice, to prevent the bananas from browning and brighten their flavor. Set aside.
3. Combine butter and sugar in a large bowl. Using a hand mixer or stand mixer with a whisk attachment, beat on medium-high speed for 2 to 3 minutes, or until the mixture becomes light yellow in color.
4. Add eggs on medium speed, and continue to mix for an additional minute. The mixture should be fluffy and light. Scrape the sides and bottom of the bowl as needed with a rubber spatula.
5. Add baking powder, baking soda, salt, and 1 cup flour. Mix on low speed until just combined.
6. Pour in milk and mix on low speed.
7. Add the remaining flour, and mix on low speed just until you can no longer see streaks of flour.
8. Mix in the mashed banana/lemon juice mixture on low speed until it is fully incorporated into the batter. Fold in sprinkles.
9. Pour the batter into the prepared pan.
10. Bake on the upper rack of the oven for 55 to 65 minutes, rotating the pan halfway through to make sure bread bakes evenly.
11. Remove the loaf from the oven, and let it cool in the pan for 10 minutes. Transfer to a wire rack to finish cooling.



ORANGE CREAMSICLE ICE POPS

Yield: 8-10 pops

INGREDIENTS

- 1½ cups orange juice
- 1½ cups low-fat vanilla yogurt
- 1-2 tablespoons granulated sugar, agave, or honey
- ½ teaspoon vanilla extract
- 2-3 tablespoons coconut

INSTRUCTIONS:

1. Whisk orange juice, yogurt, sugar, and vanilla in a bowl. Mix in the coconut flakes.
2. Divide mixture evenly among freezer pop molds. Freeze until completely firm; at least 6 hours.



CHOCOLATE CHIP-BERRY ICE POPS

Yield: 8-10 pops

INGREDIENTS

- 2 cups fresh or frozen berries
- 2 cups nonfat or low-fat plain Greek yogurt
- 3-5 tablespoons granulated sugar, agave, or honey
- ½ cup mini chocolate chips

INSTRUCTIONS:

1. Puree berries, yogurt, and sugar in a food processor or blender until smooth. Stir in the chocolate chips
2. Divide mixture evenly among freezer pop molds, leaving about an inch at the top. Freeze until completely firm, 6 to 8 hours.



3-INGREDIENT COOKIES

Yield: 6-8 cookies

INGREDIENTS

- Nonstick cooking spray
- 4 large ripe bananas
- 2 cups old-fashioned oats
- Mix-ins: $\frac{3}{4}$ cup chocolate chips, chopped nuts, dried cranberries/cherries

INSTRUCTIONS:

1. Preheat the oven to 350°. Line a baking sheet with parchment paper or spray with nonstick spray.
2. Combine your ingredients in a large bowl and mix thoroughly. (If the mixture is runny, add a few additional tablespoons of oats.)
3. Spoon batter onto the lined baking sheet and mold the cookies with your fingers. The batter makes approximately 6 to 8 cookies, but you could make them smaller to make more cookies, if you prefer.
4. Transfer to the oven and bake for 20 minutes, or until golden brown.



FROZEN BLENDED LIMONANA

Yield: 6 cups

INGREDIENTS

- 2½-3 cups ice
- 1 cup fresh-squeezed lemon or lime juice (5-6 lemons or limes)
- Zest from 1 small lemon/lime
- ½ cup honey or agave
- ⅔ cup mint leaves

INSTRUCTIONS:

1. Pour ice into a blender and blend until all the ice is crushed.
2. Add all remaining ingredients and blend until well combined. Scrape down the sides of the blender as needed.



SPANAKOPITA BITES

Yield: 24-36 bites

INGREDIENTS

- 6 scallions, chopped
- 6-8 sprigs parsley
- ¼ cup frozen spinach, thawed and drained
- 4-6 ounces feta cheese
- 1 teaspoon garlic powder
- Salt and pepper
- 1 package wonton wrappers
- Olive oil or nonstick cooking spray

INSTRUCTIONS:

1. Preheat the oven to 350°.
2. Cut scallions and rip parsley and mix with spinach, feta, and spices.
3. Lay out your wonton wrappers, spraying both sides with cooking spray (or using a brush to brush on olive oil).
4. Add a spoonful of the spinach mixture to each wonton wrapper. Using your finger, outline the outside of the wonton wrapper with water. (this will help to seal it).
5. Fold the wonton wrapper to form a triangle, sealing the mixture inside by pinching the edges together with a fork.
6. Spray the top of each spanakopita triangle with cooking spray.
7. Bake 10 to 15 minutes, until the wonton wrappers start to turn golden brown and the edges begin to crisp.



APPLE PIE BITES

Yield: 8 bites

INGREDIENTS

- ¼ cup brown sugar
- 1 teaspoon apple pie spice or cinnamon, plus ¼ teaspoon for sprinkling
- 1-2 Granny Smith apples, cored and sliced into 8-10 slices each
- 3 tablespoons butter, melted
- 1 can (8 ounces) Pillsbury original crescent rolls
- ½ cup chopped pecans (optional)
- Whipped cream, caramel sauce, or vanilla ice cream (optional)

INSTRUCTIONS:

1. Preheat the oven to 375°. Line a baking sheet with parchment paper.
2. In a small bowl combine brown sugar and apple pie spice. Set aside.
3. Toss apple slices in butter and set aside.
4. Separate crescent dough and arrange crescent roll triangles on baking sheet; evenly distribute brown sugar mixture among triangles.
5. Sprinkle each triangle evenly with the chopped pecans.
6. Place an apple slice on the wide end of each triangle. Wrap crescent roll dough around each apple slice.
7. Brush each crescent roll with remaining butter. Sprinkle lightly with additional apple pie spice.
8. Bake 14-16 minutes, or until golden brown.
9. Top with your favorite topping: whipped cream, ice cream or caramel sauce. Enjoy!



TZATZIKI

Yield: About 3 cups

INGREDIENTS

- 2 cups low-fat plain Greek yogurt
- 4 garlic cloves, peeled and minced
- 1 large cucumber, seeded and grated/small diced (about 1 cup)
- 1 tablespoon chopped fresh dill
- 1-2 tablespoons fresh lemon juice
- 1 tablespoon olive oil
- ½ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper

INSTRUCTIONS:

1. Stir all ingredients together until combined. Taste and adjust seasoning if needed.
2. Serve with pita, cucumbers, or vegetable sticks, or add to your favorite fish. Chef T enjoys it with salmon!



OATMEAL-NUT BUTTER BALLS

Yield: 12 balls

INGREDIENTS

- ½ cup any nut butter (peanut, almond, sunflower, or cashew)
- ¾ cup rolled oats
- 1 teaspoon maple syrup
- ½ cup chocolate chips, melted

INSTRUCTIONS:

1. Line a baking sheet with parchment paper. In a bowl, combine nut butter, oats, and maple syrup. Roll the mixture into 12 balls, using approximately 2 teaspoons for each. Place the balls on the prepared baking sheet. Freeze until firm, about 15 minutes.
2. Roll the balls in melted chocolate. Return them to the freezer until the chocolate is set, about 15 minutes.



BEET HUMMUS

Yield: 6-8 servings

INGREDIENTS

- ½ pound beets (about 3-4 medium), peeled and roasted (or jarred, not pickled)
- 1 clove garlic, minced
- ½ lemon, juiced
- ¼ cup fresh mint leaves, plus more for garnish
- 2 tablespoons tahini
- 2 tablespoons olive oil
- 1 teaspoon ground cumin
- ½ teaspoon sea salt

INSTRUCTIONS:

1. Combine all ingredients in a food processor or blender. Blend until smooth.
2. Transfer to serving dish and top with chopped mint leaves as garnish.
3. Enjoy with toasted pita chips or veggie sticks.



PINK LEMONADE NICE CREAM

Yield: 5-6 servings

INGREDIENTS

- 3 medium ripe bananas, sliced and frozen
- 1/3 cup fresh or frozen raspberries
- 1 tablespoon lemon zest
- 2 tablespoons lemon juice

INSTRUCTIONS:

1. Place all ingredients in a food processor or blender and process until smooth.
2. Serve immediately or, for a firmer texture, pour into a freezer-safe container and freeze for 30 minutes.



TOMATO-AVOCADO SALSA

Yield: 12 servings

INGREDIENTS

- 1 large tomato, diced
- $\frac{1}{4}$ cup diced red onion
- $\frac{1}{2}$ jalapeño, minced (optional)
- 2 tablespoons lime juice
- $\frac{1}{4}$ teaspoon salt
- Pinch black or cayenne pepper (optional)
- 1 small avocado, diced
- $\frac{1}{4}$ cup chopped cilantro

INSTRUCTIONS:

1. Combine tomato, onion, jalapeño, lime juice, salt, and pepper in a medium bowl.
2. Stir in the avocado and cilantro. Mix well.
3. Serve with your favorite tortilla chips.



LEMON-BERRY SCONES

Yield: 8

INGREDIENTS

- 1 cup fresh blueberries or chopped strawberries
- Zest from 1 lemon
- 2 cups all-purpose flour, plus more for dusting (gluten-free flour works well too)
- 1 tablespoon baking powder
- 2 teaspoons granulated sugar
- 1 teaspoon kosher salt
- $\frac{1}{4}$ cup refined coconut oil
- 1 cup full-fat coconut milk, shaken or stirred until well-combined before measuring
- Turbinado sugar (optional)

INSTRUCTIONS:

1. Preheat the oven to 400°. Line a baking sheet with parchment paper.
2. Place the berries in a small bowl.
3. Add lemon zest to berries and set aside.
4. In a food processor, combine flour, baking powder, granulated sugar, salt, and coconut oil and pulse until oil is incorporated and mixture resembles a powdery meal. (You can use a spatula to mix it up.)
5. Transfer to a medium bowl, then toss with berries and lemon zest.
6. Stir in coconut milk with a flexible spatula to form a soft dough. Turn onto a lightly floured sheet of parchment paper, pat into a circle approximately 7 inches in diameter. If too sticky to do this, refrigerate 15 minutes.
7. Using a knife or pizza cutter, cut the dough into wedges. Sprinkle generously with turbinado sugar, if using, and arrange on a parchment-lined baking sheet.
8. Bake until puffed and golden, about 25 minutes, and serve warm.



SWEET CORN SALSA

Yield: 3 cups

INGREDIENTS

- 4 ears cooked corn
- 1 tablespoon olive oil
- 3 medium tomatoes, diced
- ½ cup chopped fresh cilantro
- ¼ cup finely chopped red onion
- 2 limes, juiced
- 1 jalapeño pepper, seeded and chopped
- 2 garlic cloves, minced
- ½ teaspoon salt
- ½ teaspoon pepper

INSTRUCTIONS:

1. If using fresh corn, cut the kernels off the cob. Combine all ingredients in a bowl. Mix well.
2. Taste and see if it needs additional salt and pepper.
3. Serve with tortilla chips and enjoy!



ORANGE-CRANBERRY GRANOLA

Yield: 6 cups

INGREDIENTS

- Zest from 1 large orange
- 2 tablespoons granulated sugar
- 4 cups old-fashioned rolled oats
- 1 cup sunflower seeds
- 1 cup pepitas (pumpkin seeds)
- $\frac{3}{4}$ teaspoon kosher salt
- $\frac{3}{4}$ teaspoon cinnamon
- $\frac{1}{2}$ cup melted coconut oil
- $\frac{1}{2}$ cup maple syrup or honey
- 1 cup dried cranberries
- Coconut flakes, raisins, or other mix-ins (optional)

INSTRUCTIONS:

1. Preheat the oven to 350° and line a large baking sheet with parchment paper.
2. In a small bowl, combine the orange zest and sugar. Using your fingers, rub the orange zest into the sugar until it's a bright orange color and fragrant. (This will help to release the citrus flavors of the zest.)
3. Combine oats, seeds, cinnamon, salt, and orange sugar in a large mixing bowl and stir. Add the coconut oil and maple syrup or honey. Mix well, making sure the dry ingredients are completely coated.
4. Pour the granola onto the prepared baking sheet, spreading evenly. Bake for 24 to 28 minutes. If using honey, you may need to reduce cooking time slightly. Halfway through cooking time, stir granola. Remove from oven when granola is a light golden color.
5. Let the granola cool completely before stirring in the dried cranberries and mix-ins of your choice.



BLACK BEAN BROWNIES

Yield: 12 servings

INGREDIENTS

- 1 can (15 ounces) black beans, drained and rinsed very well
- 2 tablespoons cocoa powder
- ½ cup quick oats
- ¼ teaspoon salt
- ½ cup agave or maple syrup
- ¼ cup coconut or vegetable oil
- 2 teaspoons vanilla extract
- ½ teaspoon baking powder
- ⅔ cup chocolate chips

INSTRUCTIONS:

1. Preheat oven to 350°.
2. Combine all ingredients except chocolate chips in a food processor
3. Stir in the chips, then pour into a greased 8x8 pan. Sprinkle some extra chocolate chips over the top if you like.
4. Bake 15-18 minutes. Let cool at least 10 minutes before cutting, as brownies need time to become firm.



MONSTER ENERGY BALLS

Yields: Approximately 16 balls

INGREDIENTS

- 1 ½ cups old-fashioned oats
- ½ cup sunflower butter
- ¼ cup honey

ADD-IN OPTIONS (CHOOSE 2):

- ½ cup mini candy-coated chocolates
- ½ cup raisins or dried cranberries
- ½ cup mini chocolate chips
- ½ cup coconut
- ½ cup chopped dried apples

INSTRUCTIONS:

1. Mix all of the ingredients in a bowl.
2. Stir well for a few minutes until everything is combined and coated with wet ingredients.
3. Roll mixture into small balls (approximately 1 to 1½ inches)
4. Place balls on a cookie sheet lined with parchment paper. Allow to set in refrigerator until solid.



STRAWBERRY-MINT LEMONADE

Yield: 6 cups

INGREDIENTS

- 2 cups lemon juice
- 1 cup strawberries, chopped
- 1 cup cane sugar
- 6 fresh mint leaves, minced
- 6-8 cups water

INSTRUCTIONS:

1. Combine lemon juice, strawberries, sugar, and mint in a pitcher.
2. Muddle, then let sit for 10 to 15 minutes.
3. Add 6 cups of water, stir, and taste.
4. Add more water if too sweet or sour.



SPINACH-BASIL PESTO

Yield: About 1 cup

INGREDIENTS

- 2 cups fresh spinach
- 1 cup fresh basil
- 1 lemon, juiced
- ¼ cup Parmesan cheese
- Pinch salt and pepper
- 2-4 tablespoons olive oil (more if needed)

INSTRUCTIONS:

1. Place spinach, basil, and lemon juice in a food processor or blender
2. Add Parmesan cheese and seasoning and continue to pulse, streaming in oil, until smooth.



RAINBOW FRUIT ICE POPS

Yields: 8-10 pops

INGREDIENTS

- 2 cups berries (blueberries, raspberries, strawberries, blackberries)
- ½ cup pineapple
- ½ cup mandarin oranges
- ½ cup green grapes or kiwi
- 1 ½-2 cups white-grape juice or coconut water

INSTRUCTIONS:

1. Chop fruit into small pieces. Layer each fruit into ice pop molds to make a rainbow, or mix together.
2. Pour enough juice into each mold to cover the fruit.
3. Insert ice cream sticks and freeze until solid (approximately 6 to 8 hours)