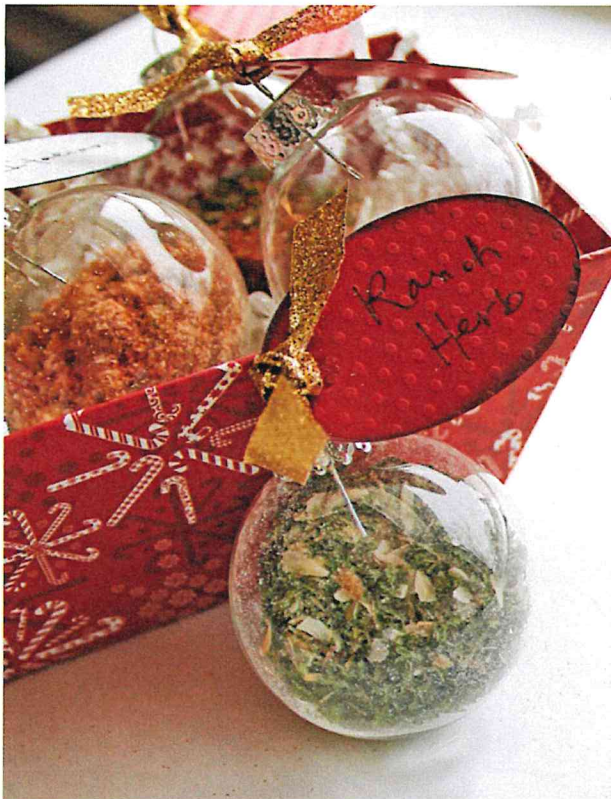




# *Gifts from the Kitchen*



*Wednesday, November 15, 2017*

Marais des Cygnes Extension District, Paola Office  
104 S. Brayman, Paola, KS

*Instructors:*

*Marais des Cygnes District Master Food Volunteers*

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# Dip Mix Ornaments!

## Fiesta Dip Mix

### **Spices for ornament:**

1 ½ teaspoon dried parsley affiliate

1 ½ teaspoon dried minced onion affiliate

¾ teaspoon dried chives affiliate

1 ½ teaspoon chili powder affiliate

¾ teaspoon ground cumin affiliate

¼ teaspoon salt affiliate

### **Additional:**

½ cup sour cream or yogurt

½ cup mayonnaise

In a medium bowl combine the ingredients and whisk together. Refrigerate 2 - 4 hours before serving.

## Italian Dip Mix

### **Spice for ornament:**

1 Tablespoon parmesan cheese

¾ teaspoon garlic powder affiliate

¾ teaspoon onion powder affiliate

1/3 teaspoon paprika affiliate

½ teaspoon celery seed affiliate

¼ teaspoon seasoned salt affiliate

### **Additional:**

½ cup sour cream

Combine the above ingredients with a hand-mixer until well-blended. Cover and refrigerate for at least 2 hours before serving. Serve with veggies crackers or chips.

## Bacon Dip Mix

### **Spices for ornament:**

1 Tablespoon bacon bits affiliate;  
(use imitation unless storing in fridge)

½ teaspoon beef bouillon granules affiliate

½ Tablespoon dried minced onion affiliate

1/8 teaspoon dried minced garlic affiliate

### **Additional:**

½ cup sour cream

Combine the above ingredients with a hand-mixer until well-blended. Cover and refrigerate for at least 1 hour before serving. Serve with veggies crackers and chips.

## Dill Dip Mix

### **Spices for ornament:**

1 teaspoon dill weed affiliate

¼ teaspoon seasoned salt affiliate

1 teaspoon onion flakes affiliate

1 teaspoon parsley flakes affiliate

### **Additional:**

½ cup sour cream

½ cup Miracle Whip®

Mix everything in a small bowl. Refrigerate for at least 2 hours to allow the flavors to blend. This makes an excellent vegetable dip as well as one for chips.



## Ranch herb dip and dressing mix

### Spices for ornament:

2 teaspoon dried parsley flakes affiliate

1 ½ teaspoon thyme affiliate

1 teaspoon dried onion flakes affiliate

¼ teaspoon garlic powder affiliate

1/8 teaspoon salt affiliate

1/8 teaspoon coarsely ground black pepper

### Additional:

1 ½ cups sour cream

½ cup mayonnaise

2 teaspoons lemon juice

## Instructions for Ornaments

Directions for each different spice ornament mixture: Mix spices and place in ornament using a funnel. Before closing ornament wrap a small piece of foil at the opening and then put the ornament top back on. The metal wires will puncture through the foil, but should not leave a big hole to where the spices will come through. Shake each ornament a little to see if your foil has a hole, if the contents remain then you are good, if not then repeat the foil process.

Place a card with each ornament with the directions on how to make each dip.

*Dip Mix Ornament Recipes from Maria McDonald, MFV*

## Sugar and Salt Scrubs

Natural sugar scrubs are a wonderful alternative to the more synthetic and abrasive products on the market. They gently polish and exfoliate the skin, are luxurious, and smell naturally delicious. Not only is slathering sugar and oil all over your body wickedly pleasant, but the exfoliating factor leaves skin refreshed, vibrant. Salt scrubs are a similar effect but are more abrasive, especially around face and other delicate areas. Sugar scrubs will last 1-2 months in an airtight jar, salt scrubs will last 1-2 years. Sugar scrubs will last longer if refrigerated.

Solid Sugar or Salt Cube Scrubs are not entirely all-natural, but they have the benefit of being easy to work with, are often more visually attractive than scrubs that separate over time, and they last longer when stored properly.

## Sugar Scrubs Recipe

1 ½ cups of Sugar (you can use brown, organic, or white)

¼ cup of Oil (you can use olive, coconut, grape seed and even almond)

5-8 drops of Lavender Essential Oils or other Essential Oils

3 drops Purple Food Coloring (optional)

Simply pour all of the ingredients into a bowl and mix until the sugar is completely and evenly coated. Store in an airtight container.

## Sugar Scrub Cubes:

¼ cup coconut oil (or other oil of choice)

1 cup of sugar (white or brown)

½ cup of melt and pour soap, shredded

Mixing bowl & spoon

Optional add ins for scent

Ice cube tray or other mold

### How to make them:

Mix the oil and shredded soap together in a microwave safe bowl.

Microwave on high for 10 second intervals stirring in between each.

Continue until the soap is melted into the oil.

Add in optional scents and other ingredients and stir.

Quickly move mixture to a mold and let firm up (putting it in the freezer helps).

It is important to store the cubes in an airtight container or in airtight bags.

## **Salt Scrubs**

### **Citrus Salt Scrub**

This will wake you up, great for the morning shower or after sports.

1/2 cup sea salt

1/2 cup oil of your choice (jojoba, almond, olive, whatever)

1 teaspoon citrus zest (lemon, lime, orange, grapefruit or a mix)

Simply pour all of the ingredients into a bowl and mix until the salt is completely and evenly coated

### **Coconut Salt Scrub**

2 cups (400 g) coconut oil

1 cup (240 g) Epsom salts

8-10 drops essential oils

### **Degreasing Salt Scrub**

½ cup (144 g) kosher salt

¾ cup (176 ml) grapeseed oil

3 tablespoons (45 ml) liquid castile soap

12 drops essential oils

### **Salt Scrub Cubes**

2.5oz Natural Shea Butter Melt and Pour Glycerin Soap

4oz. Shea Butter

16oz. Fine Salts or Epsom Salts

2 Tablespoons Coconut Oil or olive, rice bran, jojoba or sweet almond oil)

1 Tablespoon Fragrance Oil (or 1/2 Tablespoon Essential Oil)

Pinch of herbs such as lavender or thyme (optional)

Prepare identical to sugar scrub cubes

## Wheat, Corn, Soy Pancakes

### Dry Ingredients:

½ cup all-purpose flour  
½ cup whole wheat flour  
½ cup cornmeal  
1 Tablespoon baking powder  
½ teaspoon salt

### Wet Ingredients:

1 large egg  
1 ½ cups soy or regular milk  
1 Tablespoon corn oil  
3 Tablespoons honey  
½ teaspoon vanilla

1. In a large bowl, stir together dry ingredients.
  2. Combine wet ingredients and mix well.
  3. Add wet ingredients to dry all at once. Whisk until blended and still a little lumpy.
  4. Pour batter onto a hot, lightly greased frying pan or griddle.  
Flip when pancake has bubbly surface and slightly dry edges.
  5. When cooked through, remove pancake. Serve with butter, maple syrup, jelly or as desired.
- Enjoy! *Recipe submitted by Gayle Plummer, MFV.*

## Sunrise Muffins

### Mix for Jar:

|                            |                             |
|----------------------------|-----------------------------|
| 2 cups flour               | ½ cup light brown sugar     |
| 1 Tablespoon baking powder | ½ cup golden raisins        |
| ½ teaspoon salt            | ½ cup diced dried pineapple |
| ½ teaspoon nutmeg          | ½ cup shredded coconut      |
| ½ teaspoon cinnamon        | ½ cup sliced almonds        |

To prepare muffins, Add:

1 cup milk  
¼ cup vegetable oil  
1 large egg, slightly beaten

### Layering Dry Mix:

Combine flour, baking powder, salt, nutmeg, cinnamon. Put into wide mouth quart jar. Pack light brown sugar in jar. Combine raisins, dried pineapple; layer into jar. Combine coconut and almonds, layer in jar. Adjust cap.

**To Prepare:** Prepare muffin tin with light coating of vegetable shortening or muffin papers. Combine milk, vegetable oil, egg in medium bowl. Add jar of muffin mix. Stir until dry ingredients are moist. Fill Muffin cups half-full with batter. Bake at 400 degrees F. for 20 -25 minutes. Makes 14 muffins. Recipe from Ball Idea Book, 2003.

## **Cheese Ball**

8 oz. Velveeta Cheese (room temperature)

8 oz. cream cheese (room temperature)

4 oz. grated cheddar cheese

¼ cup mayonnaise

2 teaspoons Worcestershire

1 Tablespoon grated onion

1 teaspoon garlic salt

¼ teaspoon Tabasco

½ Tablespoon horseradish

Mix all together with mixer. Shape into balls, wrap in parchment paper or waxed paper and refrigerate at least overnight. Roll in parsley flakes or chopped nuts. Serve with crackers.

*Recipe submitted by Debi Doering, MFV*

## **Crock Pot Chocolate Peanuts**

1 – 16 oz. jar salted peanuts

1 – 16 oz. jar unsalted peanuts

1 – 12 oz. bag semi-sweet chocolate chips

1 – 12 oz. bag milk chocolate chips

2 - 10 oz. bags peanut butter chips

2 packages white almond bark

Layer in crock pot in order of recipe. Cover and cook on low for 2 hours. Stir and mix well. Cover and cook on low an additional 30 minutes. Stir again and drop on parchment paper with a teaspoon and let set. *Recipe submitted by Debi Doering, MFV*

## **Spiced Nuts**

1 egg white

2 cups mixed nuts

½ cup sugar

1 tablespoon cinnamon

1/8 teaspoon ground cloves

1/8 teaspoon nutmeg

1 cup raisins, dried cranberries or other small dried fruit

½ teaspoon salt (optional)

1. Preheat oven to 325 degrees. Line a large baking sheet with parchment paper.

2. Beat egg white using a whisk or mixer until frothy. Stir in nuts. Mix together sugar, cinnamon, cloves, and nutmeg in a small bowl; stir into nut mixture. Spread evenly over prepared pan.

3. Bake 20 minutes, stirring occasionally. Remove from oven and stir in fruit and salt if using. Let cool before serving. Nuts keep up to 2 days in an airtight container.

Per ¼ cup serving: 153 calories, 9 gm. Fat, 4 gm. Protein, 15 gm carbohydrates , 78 mg sodium.

Place in a decorative tin or jar for gift giving. *RecipeSubmitted by Royce Collins.*

## Cranberry Coffee Cake

1/2 cup butter, softened  
1 cup white sugar  
2 eggs  
1 teaspoon almond extract  
2 cups flour  
1 teaspoon baking powder  
1 teaspoon baking soda  
1/2 teaspoon salt  
1 cup sour cream  
1 (14ounce) can whole berry cranberry sauce, stirred

For Icing:

1 cup powdered sugar  
1/2 teaspoon vanilla  
4 teaspoons milk

1. Preheat oven to 350 degrees. Grease and flour one 10 inch Bundt pan.
2. Cream together butter and sugar in a large bowl until light and fluffy. Beat in eggs 1 at a time, then beat in almond extract. Whisk together flour, baking powder, baking soda, and salt . Beat into butter mixture alternately with sour cream.
3. Spoon 1/3 of batter into prepared pan. Spoon 1/2 cup cranberry sauce on top and swirl into batter with thin knife. repeat with another 1/3 of batter and 1/2 cup of sauce. Top with remaining batter. Bake 45 minutes or until tests done with tooth pick. Let cool on rack for 10 minutes.

Remove from pan and let cool

1 hour. Stir together ingredients for icing and drizzle over cooled cake. Puree remaining cranberry sauce to serve with cake if desired.

Makes 14 servings: 297 calories, 10 gm fat,3 gm protein,47 gm Carbohydrates, 280 gm sodium.  
This beautiful moist cake is prefect as a gift, of for serving at a family Brunch or Lunch or taking to a Pot Luck Meal. *Recipe Submitted by Royce Collins.*

## Essential Oil Recipes

### Counter Top Spray Cleaner

Combine in BLUE glass spray bottle

1 cup white vinegar

1 cup water

6 drops THEIVES Essential Oil

6 drops Lemon Essential Oil

Lightly spray counter top and wipe with soft cloth or paper towel.

### Orange, Mandarin (*Citrus reticulata*)

Associated with the Mandarins of ancient China, this fruity citrus oil possesses a neroli-like floral nuance.

**Quick Tip:** *Inhale Mandarin orange to calm the spirit and balance the emotions.*

### Orange, Sweet (*Citrus sinensis*)

The familiar orange scent makes this one of the world's most popular oils and the heart of many floral blends. Sweet orange's gentle, clarifying nature cheers the heart and brightens the mood. **Quick Tip:** *Place a few drops in your sink drains to deodorize.*

### Oregano (*Origanum vulgare*)

Oregano is a highly active oil with a powerful herbal aroma. **Quick Tip:** *Combine with lemon in a room purifying diffusion.*

### Parmarosa (*Cymbopogon*)

Palmarosa has a lemon-like scent with floral nuances and is used in cleansing skin care products. **Quick Tip:** Blend with citronella and water to create a soft and sweet-scented patio spray.

### Patchouli (*Pogostemon Cublin*)

A widely used fixative in perfumes, patchouli's rich, earthy aroma provides an olfactory bridge between floral and herbaceous oils.

**Quick Tip:** *For a nourishing and aromatic skin care application, mix patchouli with sweet almond oil.*

### Peppermint (*Mentha x piperita*)

Peppermint oil has a very potent, fresh, minty-menthol aroma that produces a cooling sensation and a refreshing atmosphere. **Quick Tip:** *Dispense 3-5 drops on the floor of your shower to release peppermint's invigorating aroma.*

### Warming Deep Tissue Massage Oil

Apply this warming massage oil to relieve muscle tension.

¼ cup sweet almond oil

12 drops juniper berry oil

8 drops cardamom seed oil

8 drops nutmeg oil

Mix oils and work into muscles all over the body. (If you have sensitive skin, test a drop on the inner arm before general application.)

### Dream Sachet

The herbs in this blend are traditionally associated with rest and dreaming. Combine them with calming oils and create a dream-inspiring sachet to slip into your pillow at night.

¼ cup mugwort herb

¼ cup dried rose petals

¼ cup lavender flowers

25 drops ( about ¼ teaspoon) each of Roman chamomile and lavender oils.

*Fill a cotton drawstring bag with the mixture of fill a handkerchief and tie it up with ribbon.*

### Moisturizing Lip Balm

*Moisten thirsty lips with this natural alternative to petroleum-based lip balms.*

¾ cup cocoa butter

¼ cup jojoba oil

13 drops tangerine oil

5 drops carrot seed oil

Melt together cocoa butter and jojoba oil, remove from heat, add oils and pour into jar or tin.



### **Inspiring Desktop Diffuser Salts**

*This natural take on old-fashioned smelling salts is an inspiring office pick-me-up.*

1 cup coarse sea salt

1 tablespoon each of cut and sifted rosemary and lemongrass leaf. Several drops each of rosemary, lemongrass and sweet orange oils.

Combine ingredients in a lidded jar or tin, shake, uncap and enjoy the aroma. Replenish oils as desired.

### **Floral Spray –**

Wear it like a perfume when you want to smell flowery

- 10 drops Joy
- 5 drops Ylang Ylang
- 5 drops Patchouli
- 5 drops Jasmine

### **Penetrating Chest Balm**

*This easy-to-make chest balm will engender deep, open breathing and reconstitute the senses.*

¾ cup cocoa butter

¼ cup sweet almond oil

10 drops eucalyptus oil

4 drops peppermint oil

4 drops lemon oil

Melt together cocoa butter and almond oil, remove from heat, add essential oils and pour into small jar or tin.

### **Peppermint Body Wash**

*Sometimes cleansing isn't just about clean, but getting a fresh, vigorous start. In the morning before work or after a long day, this bracing and minty body wash will get you going.*

#### **Ingredients:**

4 ounce unscented liquid soap (Castile Type)

18 drops peppermint essential oil

3 drops sweet orange essential oil

3 drops lavandin essential oil

#### **Directions:**

Mix oils with liquid soap and use anytime need an energizing, cleansing boost.

Before use, spot-test on a small area of skin to ensure the product does not irritate your skin.

### **Lavender Scented Bath Salts**

#### **Materials:**

One 64-ounce carton of Epsom salts, available in drug, grocery and discount stores.

Lavender essential oil, available in health food stores.

A handful of fresh or dried lavender blossoms (optional). If you grow lavender, simply trim some flowers. If not, purchase dried from a bath or specialty shop.

One large tin or ceramic container with lid-purchase or find a new use for an old favorite, and one large spoon or scoop.

#### **Directions:**

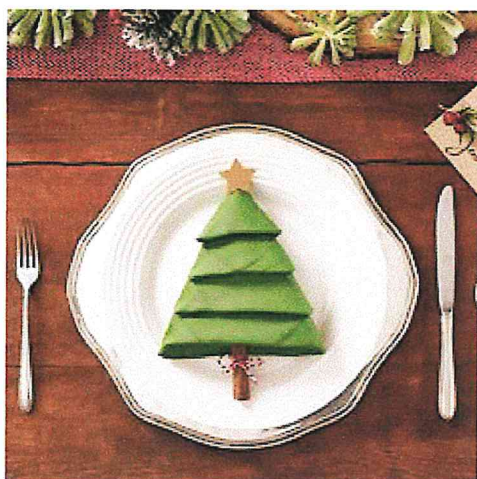
Pour Epsom salts into a large bowl ( or your storage container if it has enough room for mixing)

Sprinkle drops of lavender essential oil and mix with a large spoon or scoop. Keep adding drops and stirring until it's scented to your liking.

Add lavender flowers if desired.

Whenever you need a soothing therapy session, simply add 2 to 3 cups of the mixture to a warm bath, and enjoy the healing benefits.

## GIFTS FROM THE KITCHEN DISPLAY TABLE

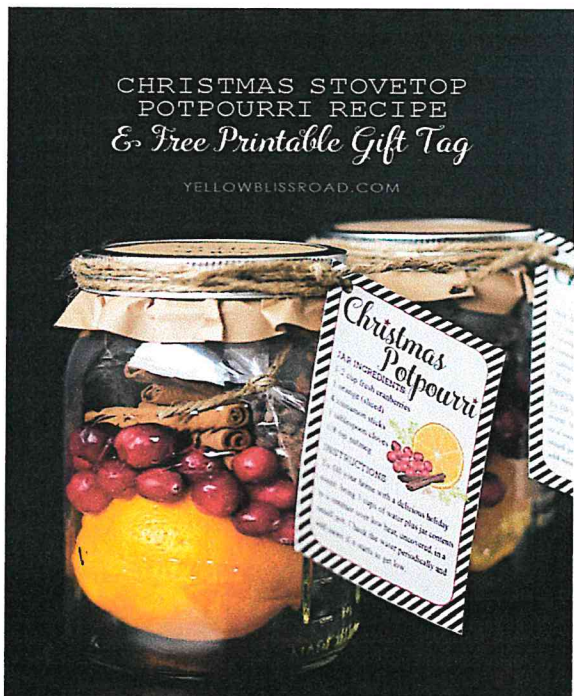


### GREEN (OR RED) NAPKIN TREE

Fold napkin into fourths with loose corners at top. Fold down corners, one at a time, making each one shorter than the one before it. Fold each point under the layer, making it straight across the bottom. Fold under left and right sides, making a triangle with point at top. Put a star on top and something at the bottom for a trunk.



Decorate an empty Pringle™ can with paper and ribbon. Fill with cookies wrapped in tissue paper or colored plastic wrap. (Be sure to measure the diameter of the can!)



### CHRISTMAS POTPOURRI

½ c. fresh cranberries      1 orange (slice when using)  
4 cinnamon sticks          1 T. cloves  
1/8 t. nutmeg

Bring 3 c. of water plus contents of jar to simmer over low heat, uncovered, in a small pot. Check water periodically and add water as needed.



Reindeer-dip Nutter Butter cookie in milk chocolate dipping chocolate and let set. Attach mini pretzels, candy eyes, and red M&M nose with a little melting chocolate, let set.

Penguin-dip Nutter Butter cookie in milk or dark chocolate dipping chocolate and let set. Attach marshmallow slice, candy eyes, and orange mini M&Ms with a little melting chocolate, let set.

Santa Claus-dip one end of Nutter Butter into melted white chocolate. After drying slightly press into red colored sugar. Add a small white chocolate chip to hat. Let dry. Dip other end into melted white chocolate. Add red M&M for nose and mini chocolate chips for eyes. Let dry.

## christmas lights

sour cream cookies



Make your favorite sugar or sour cream cookie and let cool. While the cookies are cooling, prepare the frosting by mixing 1 stick of unsalted butter with 3 cups of powdered sugar, 1 tsp of vanilla extract, and 3 tbsp of milk. Divide the frosting into 2 small bowls. Stir black food coloring into 1 bowl and leave the second bowl uncolored. Frost cookies with uncolored frosting and let dry. Put black frosting into Ziploc bag, snip a small corner off, and pipe frosting around cookie resembling wiring. Let dry just a short time. Add colored mini M&Ms at various places to resemble Christmas lights.



Melting Snowman Cookies-bake your favorite sugar cookie recipe, making sure your cookies are large enough to accommodate a large marshmallow on top. After cookies are cooled completely, mix frosting. **Frosting:** 3 T. butter, melted, ½ c. milk, ½ t. cream of tartar, 1 t. vanilla, and 3½ c. powdered sugar, sifted. Frosting should be thick enough to coat a spoon but thin enough to spread. Frost cookies making the edges drip over like melting snow would do. Once this is set, zap a marshmallow in the microwave for about 5 seconds or less-bottom should be soft. Put on top of cookie and let cool. Now begin decorating, usually beginning with a scarf around his neck to both hide and help hold the marshmallow joint.



GIFTS FROM THE KITCHEN DISPLAY TABLE



Buy Christmas mugs or plain red or green mugs as well as a sampling of hot chocolate or other hot drink mixes. Mix up to provide a sample of different mixes in each mug. Decorate as desired.



Melt candy melts in microwave. Put in Ziploc bag and cut a small bit from bottom corner. Drizzle over stick pretzels on a parchment covered cookie sheet, leaving at least the bottom inch uncovered. Immediately decorate as desired. Let dry and use as toppers for cupcakes or cakes.



**BROWNIE CHRISTMAS TREES**

Bake favorite brownies and let cool. Cut into triangles. Drizzle melted candy melts and decorate. Push short peppermint stick for trunk.



Make your favorite waffle recipe but add green food coloring (and maybe a little vanilla). Cut into fourths, stack three of the sections and put colored M&Ms or other candy in the small squares.



Put desired amount of money in a toilet paper or paper towel tube that has been cut to fit in mason jar. Put in jar and fill around it with Christmas candy. Put on lid and decorate lid and jar as desired.

Purchase peppermint balls (available at Walmart). Fill desired size of Mason jar with them, decorate with a ribbon, add a tag, and put lid on top.





# Marshmallow Tea Cup Cookies

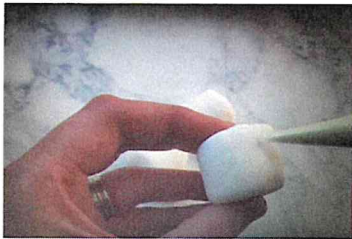
Step 1 – Gather your ingredients



Step 2 – Prepare your candy cane handle



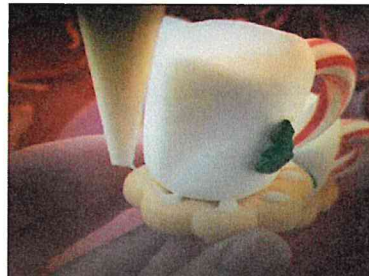
Step 3 – Glue handle to marshmallow using frosting for “glue” Let set a bit.



Step 4 – Use frosting to attach the marshmallow to the cookie



Step 5 – Use frosting to attach decorations to the marshmallow and the cookie



Step 6 – Put chocolate frosting on top of marshmallow and add mini marshmallows

