

# SNACKS



## International Flavors Cookbook

**VBS snack has a whole new flavor this year!**

**Snack at home on your time and your terms.**

We've created a international cook book with several snack options and several skill levels.

Some recipes are no cook and others require cooking with adult involvement.

Some of them could even be your dinner! It's up to you and your family!

Enjoy and bon appétit.

Share your snack creations with us on our VBS Facebook group.



# MONDAY

FOOD FROM UGANDA



Let's pray before we eat.  
Each day thank God for our food and pray for missionaries.

*Thank you, Lord, for this yummy food we get to try from Uganda. Thank you for showing me what kindness and compassion is through our missionaries. I pray for the missionaries who are in Africa that you would protect them and keep them safe. In Jesus name, Amen.*

## Level 1: Little Chef: Roasted Peanuts with a Side of Bananas or Pineapple

### Ingredients:

You can use anything you have on hand

- Roasted peanuts/ reg. peanuts
- Almonds or cashews
- Some sort of trail mix
- Any type of fruit or fruit snacks

Have fun and mix it all together in a bowl like trail mix. Add fruit on the side and enjoy!



## Level 3: Master Chef Jr.: Pan Fried Cinnamon Bananas

**Details:** Total time 10 min. Serves 2-4

### Ingredients:

- 2 Bananas cut into 1/2" pieces
- 1/2 teaspoon Cinnamon
- 1 Tablespoon butter
- 2 Tablespoons raw honey or regular honey

### Directions:

Add the honey, butter, and cinnamon to a frying pan.

Add the bananas and cook over medium-high heat until they're browned.

You don't want them to burn, so make sure you keep a close eye on them as they cook. After about 4 or 5 minutes of cooking, flip them over and continue to cook the other side. Make sure you move them around the pan, so they soak up some of that yummy cinnamon sauce. These are best when they're served hot. Serve immediately over ice cream, yogurt, pancakes, or French toast. Enjoy your treat from Uganda!

## Level 2: Beginner Chef: Stampede Snacks



**Details:** Total time 5 min.

### Ingredients:

- Celery sticks
- Peanut butter
- Animal cracker

Cut and wash celery sticks and place on plate. Spread with peanut butter and place your animal crackers to create your STAMPED! Enjoy!

Did you know? Uganda has mountain gorillas, lions, chimpanzees, grey-cheeked mangabey, leopards, cheetahs and hyenas.



### Directions:

In a large bowl, whisk together flour, baking powder, and salt, and set aside. In a separate medium bowl, whisk together egg yolks and milk. Pour egg-milk mixture into the bowl with flour. Work the dough with your hands or by machine using the dough hook until it no longer sticks to the bowl. Cover and let stand 1 hour. Put a large stockpot or saucepan of salted water on to boil. Work the 4 cups of bread cubes into the batter until well incorporated. Using floured hands, shape the dough into 3 or 4 rolls that are about 8 inches long and 2 1/2 inches wide. When the water is boiling, carefully slip the rolls into the water, giving them a stir so they don't stick. Reduce heat, cover and cook 10 to 15 minutes. Using a slotted spoon, remove one dumpling from the pot after 10 minutes of cooking and test for doneness by cutting through the middle of the dumpling with a thread or thin knife. When done, remove the dumplings one by one and slice into 3/4-inch pieces again with a thread or sharp knife. Repeat until all dumplings are removed from the water and sliced. Serve warm with gravy.



## Missionaries' Choice: Czech Kolaches (kol-ach-ees)

Kolač (Kolache) is a fruit filled dough that is had anytime during the day from breakfast, afternoon snacks, or after dinner. You find them in all kinds of bakeries, street vendors stalls, or in the regular stores. They are a semi-sweet filled yeast dough; traditional Kolache are filled with plum filling, poppy seeds, or a sweet cheese, but you can also find them with apple, apricot, or other fruit fillings depending on the season.

### Ingredients:

#### Dough

- 1 1/4 cups (283g) lukewarm milk, divided
- 2 1/2 teaspoons instant yeast or active dry yeast
- 1 tablespoon (14g) sugar
- 3 1/2 cups (485g) All-Purpose Flour
- 6 tablespoons (85g) unsalted butter, softened
- 1 large egg
- 1 teaspoon grated lemon rind (zest)
- 3/4 teaspoon salt

#### Topping

- 1/3 cup (67g) sugar
- 1/4 cup (28g) All-Purpose flour
- 2 tablespoons (28g) unsalted butter, melted

#### Filling

- 1-2 teaspoons each round of favorite Jam. For the most traditional Czech flavor, use plum jam.



### Instructions:

1. To make the dough: In a large mixing bowl, combine 1/4 cup of the milk, the yeast, sugar, and 1/4 cup of the flour. Mix thoroughly and let rest for 15 minutes, until the mixture becomes bubbly.
2. Add the remaining dough ingredients and mix and knead until you have a smooth, somewhat sticky dough. Cover and let rise for 1 1/2 to 2 hours, until doubled. While the dough is rising, make the topping and prep filling(s).
3. To make the topping: Combine all the ingredients until crumbs form; set aside.
4. Preheat the oven to 375°F.
5. To assemble: Transfer the risen dough to a lightly greased work surface, and gently deflate it. Divide dough into approx. 20 pieces (about 45 grams or walnut sized).
6. Place the pieces of dough on a parchment-lined baking sheet, and let rise until puffy, about 30 to 45 minutes. Using your fingers, press a deep indentation in the center of each ball (too shallow, and the fillings will tumble out as the kolaches rise in the oven).
7. Add a teaspoon of jam filling then crumble a teaspoon of the topping mixture over each.
8. Bake the kolaches for 20 to 25 minutes, or until golden brown. Remove them from the oven and cool before serving.

## International Food Double Dare

*In the Czech Republic they like to eat rabbits. We are not encouraging this but it is an interesting fact.*

*Would you eat that? Let us know!*



*Share your snack creations with us!*



# FRIDAY

FOOD FROM THE CZECH REPUBLIC



Let's pray before we eat.  
Each day thank God for our food and pray for missionaries.

Thank you, Lord, for sending your son Jesus to die for me. Thank you for loving me so much. I pray for our missionaries in the Czech Republic as they share the good news to all who don't know you. We love you, in Jesus name I pray Amen

## Beginner Chef: Level 1: Pudding with topping of choice!

### Ingredients:

- Buy premade pudding or make your own from the Jello pudding box
  - Topping of choice (sprinkles, whipped cream, or cherries)
- Enjoy! You are now snacking like a local in Czechia!

## Little Chef: Level 2: Poppy Seed muffins with milk

### Ingredients:

- Premade poppy seed muffins
- Or you can buy a muffin mix at the store and follow the instructions on the box.
- Glass of milk



## Master Chef Jr: Level 3: Parek V Rohliku (Par-ek V ro-leak-oh)

Parek V Rohliku means Hot Dog in the Czech Republic. A popular way that they like to eat them is what we would call pigs in a blanket.

### Ingredients:

- 1 package Lit'l Smokies or a traditional hot dog, whatever you have on hand.
- 2 packages (8 ounces each) refrigerated crescent roll dough

### Directions

1. Preheat oven to 400°F. Separate each package of crescent roll dough into 8 triangles. Cut each triangle into 3 smaller triangles.
2. Place 1 sausage on the wide end of triangle and roll towards the point. Place wrapped sausage point side down on baking sheet. Repeat with remaining sausages. Bake 9-10 minutes until golden brown. Serve with ketchup and mustard if desired.



## Level 4: Master Chef: Bread Dumplings

Details: 2 hours total time. Serves 8

### Ingredients:

- 4 cups all-purpose flour
- 1/4 teaspoon baking powder
- 1 teaspoon salt
- 2 large egg yolks
- 1 1/2 cups milk
- 10 slices bread (about 4 cups good-quality white bread, crust removed, and cut into 1/2-inch pieces)



## Level 4: Master Chef: Chapati (Chuh-paa-tee) (East African Bread)

Details: Prep time: 15 min. Cook: 25 Total: 1hr 10 mins. Serves 6

### Ingredients:

- 2 cups all-purpose flour, sifted
- 1 teaspoon salt
- 3/4 cup warm water, or as needed
- 1 teaspoon vegetable oil
- 2 teaspoons all-purpose flour, or as needed
- 1 tablespoon vegetable oil

Step 1: Mix 2 cups flour and salt together in a bowl. Slowly mix in enough water to make a thick dough. Mix in oil until combined.

Step 2: Knead dough on a cool surface for a few minutes, adding a few spoonfuls of flour. Return dough to the bowl, cover with a clean cloth and let rest for 30 minutes.

Step 3: Preheat the oven to 200 degrees F.

Step 4: Heat a skillet or griddle over medium heat.

Step 5: Divide dough into orange-sized balls. Flatten into 6-inch circles.

Fry in small batches in the hot skillet, turning once, until golden brown and spotted, 6 to 8 minutes. Repeat with remaining dough. Keep chapatis warm in the oven. Enjoy!



## Missionaries' Choice: Chapati Roll Eggs "Rolex"

Details: Prep time: 10 min. Cook time: 20 mins Total time: 30 min. Yield: 1

### Ingredients:

- 2 eggs
- 1/4 cup tomatoes
- 1/4 cup onions
- 1 bunch cilantro
- 1/4 teaspoon salt
- 2 tablespoon vegetable oil

### Instructions:

Step 1: Add the eggs, tomatoes, onions, cilantro, and salt in a medium bowl. Whisk to combine.

Step 2: Heat a nonstick pan. Add vegetable oil. Pour in the egg and vegetable mixture. Let the eggs set for a several minutes.

Step 3: When the underside has cooked and is golden brown, flip the omelet and cook on the second side.

Step 4: Place the cooked chapati on a flat plate.

Step 5: Put the cooked omelet on top of the chapati.

Step 6: Roll the chapati and omelet tightly. Serve immediately

**Did you know** in Uganda they serve the Rolex inside a newspaper, making it easy to eat?



## International Food Double Dare

*Fried grasshoppers are a common quick street snack in Uganda.*

*Would you eat that? Let us know.*



*Share your snack creations with us.*



# TUESDAY

FOOD FROM ENGLAND



**Let's pray before we eat.**  
Each day thank God for our food and pray for missionaries.

*Thank you, Lord, for showing me what it means to be your disciple and to have humility. I pray for our missionaries in England as they continue to share the good news of the gospel and your love for them. Thank you for teaching us about England and the interesting food they eat. In your name I pray, Amen.*

**Tea time in England is a popular tradition.**  
Here are some variations you can make at home.

## Level 1: Beginner Chef: Tea and Crumpets (Apple juice and Graham Crackers)

Ingredients:

- Graham crackers or animal crackers, or any kind of cracker or cookies you have at home.
- Apple Juice

You are all set to have a tea party fit for the Queen!

## Level 2: Little Chef: English Muffins with Tea

Ingredients:

- English muffins with jelly and butter
- You can also use shortbread cookies
- Hot or Iced tea is up to you. The English love their tea both ways.

## Level 3: Master Chef Jr.: Cucumber Sandwiches

**Details:** Total time 15 min, serves 6

**Ingredients:**

- 1 carton (8 ounces) spreadable cream cheese
- 2 teaspoons ranch salad dressing mix
- 12 slices pumpernickel/rye bread or any bread you have
- 2 to 3 medium cucumbers

**Instructions:**

1. In a large bowl, combine cream cheese and dressing mix.
2. Spread on 1 side of each slice of bread.
3. Peel cucumbers if desired; thinly slice and place on 6 slices of bread.
4. Top with remaining bread.
5. Serve immediately.



## Master Chef: Level 4: Arroz con leche (arr-oz le-che)

**Details:** 50 min. serves 10

**Ingredients:**

- 2 1/4 cups water
- 1 1/2 cups short grain rice
- 1 (1/4 inch x 3 inch) strip lime peel
- 1/2 cup water
- 1 cinnamon stick
- 2 tablespoons anise seed, crushed
- 1 (12 ounce) can evaporated milk
- 1 (14 ounce) can condensed milk
- 1 tablespoon vanilla extract
- 1/4 teaspoon salt
- 3/4 cup raisins (optional)



**Directions:**

Step 1: Combine 2 1/4 cups of water, rice, and lime peel in a saucepan. Bring to a boil over medium-high heat, then reduce heat to medium-low, cover, and simmer for 20 minutes until the rice is tender.

Step 2: While the rice is cooking, combine 1/2 cup of water, the cinnamon stick, and anise in another saucepan over medium-high heat. Bring mixture to a low boil for 3 minutes, then remove saucepan from stove. Strain flavored water into a bowl and set aside, discarding cinnamon stick and anise pieces.

Step 3: After rice has simmered for 20 minutes, carefully remove the lime peel with a slotted spoon, and over low heat, gradually stir evaporated milk and condensed milk into the rice. Mix in the cinnamon and anise-flavored water, vanilla, and salt. Add raisins, if desired. Continue to stir until the mixture thickens, about 7 to 10 minutes.

Step 4: If the pudding is too watery after 10 minutes, turn up heat to medium-low and stir continuously. When pudding reaches desired consistency, remove from heat and pour into individual dishes, or a large bowl. Store in the refrigerator until ready to serve.

## Missionaries' Choice: Elote( eh-LO-Tay)

**Details:** Total time 15 min. serves 4

**Ingredients:**

- Coarse salt
- 4 ears corn, husks removed
- 1/4 cup mayonnaise
- 2 cups freshly grated queso fresco
- Lime wedges

**Directions:**

1. Bring a large pot of salted water to a boil over high heat. Add corn and cook until tender, about 5 minutes. Drain.
2. Place a thick wooden skewer or dowel lengthwise up through base of each ear of corn. Working with one ear at a time, spread 1 tablespoon mayonnaise over kernels. Using a spoon, sprinkle 1/2 cup queso fresco over mayonnaise. Season with lime wedges.



## International Food Double Dare

*Menudo (me-nu-doe) or pig stomach is a spongy meat typically found in a soup.*

*Would you eat that? Let us know!*

*Share your snack creations with us!*





## THURSDAY FOOD FROM MEXICO



**Let's pray before we eat.**  
Each day thank God for our food and pray for missionaries.

*Thank you, Lord, for teaching us patience. Thank for this food, help it to nourish our bodies.  
Thank you for our missionaries, I pray they continue to be the light with anyone they talk to and protect them  
and keep them safe. In Jesus name, Amen.*

### Level 1: Beginner Chef: Quesadilla

#### Ingredients:

- Shredded cheese
- Tortilla

Place shredded cheese on top of tortilla fold in half and place in microwave for 20 seconds. Enjoy!

### Level 2: Little Chef: Chips and dip

#### Ingredients:

- Tortilla chips
- Your favorite dip (salsa, guacamole, or queso)

This is an easy but very typical snack. Enjoy!

### Level 3: Master Chef Jr.: Fresh Fruit with Tajin (Chile Lime Powder)

#### Ingredients:

- Watermelon pieces
- Pineapple pieces
- Mango pieces
- 1 Lime
- Tajin chile lime seasoning
- You can also use cucumber or cantaloupe or just about any fruit you like!

#### Directions:

Step 1: Place fruit into 6 18-ounce clear plastic cups or bowl

Step 2: Top each fruit cup with a sprinkle of Tajin seasoning and a lime wedge.

Step 3: Place a fork in each cup and serve immediately.



### Level 4: Master Chef: Shepherd's Pie

Details: 1 hour 15 min. Serves 4

#### Ingredients

- 1 1/2 to 2 pounds potatoes (about 3 large potatoes), peeled and quartered
- 8 Tablespoons (1 stick) butter
- 1 medium onion, chopped (about 1 1/2 cups)
- 1-2 cups vegetables—diced carrots, corn, peas
- 1 1/2 lbs. ground round beef
- 1/2 cup beef broth
- 1 teaspoon Worcestershire sauce
- Salt, pepper, other seasonings of choice

#### Instructions:

1. Place the peeled and quartered potatoes in medium sized pot. Cover with at least an inch of cold water. Add a teaspoon of salt. Bring to a boil, reduce to a simmer, and cook until tender (about 20 minutes).
2. While the potatoes are cooking, melt 4 tablespoons of the butter in a large sauté pan on medium heat. Add the chopped onions and cook until tender, about 6 to 10 minutes. If you are including vegetables, add them according to their cooking time. Carrots should be cooked with the onions, because they take as long to cook as the onions do. If you are including peas or corn, add them toward the end of the cooking of the onions, or after the meat starts to cook, as they take very little cooking time.
3. Add the ground beef. Cook until no longer pink. Season with salt and pepper.
4. Add the Worcestershire sauce and beef broth. Bring the broth to a simmer and reduce heat to low. Cook uncovered for 10 minutes, adding more beef broth if necessary, to keep the meat from drying out.
5. Mash the cooked potatoes: When the potatoes are done cooking (a fork can easily pierce), remove them from the pot and place them in a bowl with the remaining 4 Tbsp of butter. Mash with a fork or potato masher, and season with salt and pepper to taste.
6. Layer the meat mixture and mashed potatoes in a casserole dish: Preheat oven to 400°F. Spread the beef, onions, and vegetables (if using) in an even layer in a 9x13 casserole dish.
7. Spread the mashed potatoes over the top of the ground beef. Rough up the surface of the mashed potatoes with a fork so there are peaks that will get well browned.
8. Bake in oven at 400°F and cook until browned and bubbling, about 30 minutes. If necessary, broil for the last few minutes to help the mashed potatoes brown.



### Missionaries' Choice: Banoffee (ban-off-ee) Pie

Details: 25 min prep, plus chill time, serves 8-10.

#### Ingredients:

- 1 premade graham cracker crust
- 2/3 cups of butter, melted
- 14 oz caramel or 14 oz dulce de leche
- 3 small bananas, sliced
- 10 oz of whipped cream
- 1 tbsp powdered sugar
- 1 square dark chocolate, gated

#### Instructions:

1. Beat the caramel and spoon it over the bottom of the graham cracker base. Spread it out evenly using the back of a spoon or palette knife. Gently push the sliced banana into the top of the caramel until the base is covered. Refrigerate for at least 1 hours.
2. Whip the cream with the sugar until billowy and thick. Take the pie out of the fridge and spoon the whipped cream on top of the bananas. Grate the dark chocolate over the cream, if you like, and serve.



### International Food Double Dare

*Escargot (land snails) is a French delicacy but people in England love it as well.*

*Would you eat that? Let us know* 



# WEDNESDAY

## FOOD FROM PHILIPPINES



**Let's pray before we eat.**  
Each day thank God for our food and pray for missionaries.

*Thank you, Lord, for your gentleness and how you love us. Thank you for all the different food around the world. I pray for our missionaries in the Philippines as they continue to be the hands and feet of Jesus. In your name I pray, Amen.*

### Level 1: Beginner Chef: Rice Crispy Treats with Fruit snacks

#### Ingredients:

- Pre bought rice crispy treats
- Fruit snacks/Fruit Leather

### Level 2: Little Chef: Banana chips or dried mangos with a smoothie

#### Ingredients:

- Any type of dried fruit or fruit leather or fruit snacks
- Bananas/strawberries/orange juice and ice for smoothies

### Level 3: Master Chef Jr: No-Bake Coconut Thumbprint Cookies

**Details:** Total time 15min, serves 16

#### Ingredients:

- 2 cups unsweetened coconut, shredded
- ½ cup raw honey
- ¼ cup coconut oil, softened
- 2 teaspoons vanilla extract
- ¼ teaspoon sea salt
- Topping choices: dark chocolate, fresh raspberries, fresh strawberries, almond butter, large coconut flakes, chopped nuts

#### Directions

1. In a medium sized bowl, combine the shredded coconut, raw honey, coconut oil, vanilla extract, and sea salt. Place in the freezer to chill for 5 minutes. This step is important to help get the cookies to stick together well. Coconut oil hardens as it chills and helps to bind the cookie together.
2. Shape the dough into tablespoon-sized balls. Press into a cookie shape, with an indentation in the middle. If you have trouble keeping your dough together, or if you simply want a very sturdy cookie then melt another ¼ cup of coconut oil and drizzle it in the centers of your cookies. Place in the freezer for 10 minutes.
3. Choose your cookie toppings.  
Make a thumbprint indent in your cookie and fill the thumbprints with your favorite toppings. Enjoy!



### Level 4: Master Chef: Maja Blanca (ma-ha blan-ca)

**Details:** Total time 45 min, serves 8 people

#### Ingredients:

- 4 cups coconut milk
- ¾ cup cornstarch
- 14 ounces condensed milk
- ¾ cup fresh milk
- ¾ cup granulated sugar
- 15 ounces whole sweet kernel corn
- 5 tbsp toasted grated coconut

#### Instructions:

1. Pour the coconut milk in a cooking pot and bring to a boil.
2. Add the sugar, condensed milk, and whole sweet kernel corn then stir until all the ingredients are evenly distributed.
3. Simmer for 8 minutes
4. Combine the milk and cornstarch then whisk until the cornstarch is diluted
5. Pour the fresh milk and cornstarch mixture in the cooking pot and stir thoroughly.
6. Allow to cook while stirring until the mixture reaches your desired thickness
7. Pour the mixture in a serving tray then arrange and flatten the top using a flat tool such as a wooden spatula
8. Allow to cool down then refrigerate for at least 1 hour
9. Garnish with toasted grated coconut
10. Serve cold. Share and enjoy!



### Missionaries' Choice: Pancit (paan-suht)

#### Ingredients:

- 1 (12 ounce) package dried rice noodles
- 1 teaspoon vegetable oil
- 1 onion, finely diced
- 3 cloves garlic, minced
- 2 cups diced cooked chicken breast meat
- 1 small head cabbage, thinly sliced
- 4 carrots, thinly sliced
- ¼ cup soy sauce
- 2 lemons- cut into wedges, for garnish

#### Directions:

- Step 1.  
Place the rice noodles in a large bowl and cover with warm water. When the noodles are soft, drain them and set them aside.
- Step 2.  
Heat oil in a wok or large skillet over medium heat. Saute onion and garlic until soft. Stir in chicken cabbage, carrots and soy sauce. Cook until cabbage begins to soften. Toss in noodles, and cook until heated through, stirring constantly. Transfer pancit to a serving dish and garnish with quartered lemons.



### International Food Double Dare

*A snack in the Philippines is Kamaru (kam-a-ru), which is rice field crickets!*

*Would you eat that? Let us know!*



*Share your snack creations with us!*