



10

●●● Family Friendly ●●●  
Recipes



Thinking  
Outside The  
SANDBOX  
family  
[www.totsfamily.com](http://www.totsfamily.com)





# 10 Family Friendly Recipes

Family Friendly Recipes haven't been this easy. Here are 10 of our favorite family friendly recipes. To find more our favorite recipes visit our website [www.totsfamily.com](http://www.totsfamily.com).

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## Grain-Free Granola

### Ingredients

PREP TIME  
15 MIN

COOK TIME  
30 MIN

TOTAL TIME  
45 MIN

12 ounce bag of unsweetened flaked coconut

9.5 ounce bag of pepitas (shelled pumpkin seeds)

9 ounce container almonds (I prefer salted)

Generous dusting of ground cinnamon

2 t. vanilla

3 T honey



[family.thinkingoutsidethesandbox.ca/grain-free-granola/](http://family.thinkingoutsidethesandbox.ca/grain-free-granola/)

### Directions

Preheat the oven to 250

Divide the coconut, pumpkin seeds, and almonds between two cookie sheets and mix.

Dust with cinnamon

Combine the honey and vanilla, drizzle over both sheets, and mix. (This is a little easier if you heat it so it becomes runnier.)

Put both sheets in oven for 15 minutes; stir and return to oven for another 10-15 minutes, until nice and brown.

Let cool and pack in an airtight container if your family doesn't eat it all while it's sitting on the counter!

### Notes

If you aren't counting carbs, chocolate chips are yummy in this. Add when cool. Delicious with plain greek yogurt and berries, or even with just plain milk.

# Overnight Pumpkin Cheesecake French Toast

COOK TIME 45 MIN

## Ingredients

### PUMPKIN CHEESECAKE

3 ounces cream cheese, room temperature  
2 tablespoons pumpkin puree  
1/4 cup packed brown sugar  
1/4 cup graham cracker crumbs  
16 ounces (1 pound) day-old French bread (I had some two or three day old Panera Artisan French bread that I used. It's a big, thick loaf of bread.)

### EGG MIXTURE

4 large eggs  
1/2 cup packed brown sugar  
2 teaspoons pumpkin pie spice (I used 1 teaspoon as I like a lighter pumpkin flavor.)  
1 teaspoon vanilla extract  
2 cups whole milk

## Directions

### HOW TO MAKE THE PUMPKIN CHEESECAKE

With an electric hand mixture, beat the cream cheese and pumpkin puree until smooth. Mix in the brown sugar, graham cracker crumbs, and pumpkin pie spice. Cut the bread into 1/2" slices. Make sandwiches with the pumpkin cream cheese mixture. Cut each sandwich into large bite size pieces. Spray a 9 x 13 inch baking dish with cooking spray, and place sandwich pieces in the dish.

### HOW TO MAKE THE EGG MIXTURE

Whisk the eggs in a large bowl. Add the pumpkin puree and brown sugar. Whisk in the pumpkin pie spice, vanilla, salt, and milk. Pour over the bread in the baking dish. Press lightly down with your hands to coat all the bread with the egg mixture. Cover with plastic wrap and refrigerate for 8 hours or overnight.

### BAKING THE FRENCH TOAST

Preheat the oven to 350°F. Remove the pan from the refrigerator and remove the plastic wrap. Press down to coat the top with the egg mixture that hasn't soaked in. Bake for 35- 45 minutes until set and hot in the middle. I baked closer to 45 minutes as I don't like gooey french toast. Cool slightly before serving. Serve with maple syrup



[family.thinkingoutsidethesandbox.ca/overnight-pumpkin-strawberry-cheesecake-french-toast/](http://family.thinkingoutsidethesandbox.ca/overnight-pumpkin-strawberry-cheesecake-french-toast/) also available in strawberry

## Homemade Crockpot Apple Butter

COOK TIME 10+ HOURS

### Ingredients

6 pounds Golden Delicious apples - peeled, cored and sliced

1/4 cup apple cider vinegar

1-1/2 cups white sugar

1/2 cup brown sugar

1-1/2 teaspoons ground cinnamon

1/8 teaspoon ground cloves

1/2 teaspoon ground allspice



<http://family.thinkingoutsidethesandbox.ca/homemade-apple-butter-progress/>

### Directions

Place apples and vinegar into a large slow cooker, and place lid on top.

Set on High, and cook for 8 hours, then turn to Low, and continue cooking 10 hours more.

After 18 hours, stir in white sugar, brown sugar, cinnamon, clove, and allspice, and cook 4 hours more.

## Super Moist Apple Butter Banana Bread

### Ingredients

1 c. Brown Sugar  
1/2 c. Musselman's Apple Butter  
2 eggs  
1 1/2 c. Mashed Banana  
4 T. Milk  
2 c. All Purpose Flour  
2 t. Baking Powder  
1 t. Vanilla  
Additional Musselman's Apple Butter for topping

PREP TIME 10 MIN  
COOK TIME 30 MIN  
TOTAL TIME 40 MIN



[family.thinkingoutsidethesandbox.ca/super-moist-apple-butter-banana-bread-printable-recipe/](http://family.thinkingoutsidethesandbox.ca/super-moist-apple-butter-banana-bread-printable-recipe/)

### Directions

Mix Sugar and Apple Butter.  
Add one egg at a time and beat well.  
Add Mashed Banana and Milk and Blend  
Mix together Flour and Baking Powder in a separate bowl.  
Add to the other mixture and blend.  
Add Vanilla and blend.  
Batter will be thick.  
Pour into greased bunt or bread pan.  
Bake at 350 degrees for 25-30 minutes.  
Once cooled remove from pan and drizzle with melted Apple Butter.

## Whole Wheat Pita Pockets

### Ingredients

- 1 1/4 cups hot water (not boiling)
- 1 package (2 1/4 tsp.) yeast
- 2 tsp. sugar
- 2 cups white whole wheat flour
- 1 tsp. salt
- additional 1 1/2 cups white whole wheat flour

PREP TIME 30 MIN  
COOK TIME 8 MIN  
TOTAL TIME 38 MIN



<http://family.thinkingoutsidethesandbox.ca/whole-wheat-pita-pockets/>

### Directions

Mix the water, yeast, and sugar together in a large glass bowl. Let stand for 2 minutes. Then add the salt and flour and stir well until combined.

Add the 1/2 cup of the extra flour and stir again. On a lightly floured surface, knead the dough for 5 minutes. Separate into eight balls, roll them out to 4 to 5 inches wide and put on a oiled or lined baking sheet. Let rise in a warm place for thirty minutes.

Preheat oven to 400° F. Bake for about 8 minutes. After baking, let cool for 5 minutes before cutting.

# 10 Family Friendly Recipes

## Homemade Mozzarella

### Ingredients

1 gallon pasteurized whole milk  
1.5 teaspoons citric acid (found at any health food store)  
1/4 teaspoon rennet (found at any health food store)  
1 1/4 cups water  
1 teaspoon fine salt

### Directions

Pour all the milk into your large pot, heat over medium heat until it reaches 85°F. Stir frequently.

Dissolve the citric acid into 1 cup of water and stir this into the milk. Heat slowly until it reaches 100°F

Dissolve the rennet into 1/4 cup of water and stir into the milk. Stir for an additional thirty seconds in an up and down motion with the spoon. You will notice curds beginning to form. Continue to heat the milk until it reaches 110°F. Once it reaches this temperature remove the pot from the heat and cover it with a lid. Let it sit for 10 minutes, and don't disturb it.

Once the curds have formed use a slotted spoon to transfer the curds to a colander that is over a bowl. Try not to break up the curds too much. Let them drain. Gently push them with your hand to remove as much whey as possible.

If you own a microwave (easiest way!), transfer the curds to a microwave safe dish and microwave on high for one minute. Use a metal spoon to stir and fold the curds until they are smooth and silky. You want the curds to all melt together. If they aren't just microwave the cheese for another thirty seconds.

Fold the curds over with your metal spoon until it forms a smooth ball. As you form the cheese begin to sprinkle the salt into it so it works through evenly. Drain off any whey that may appear.

Once your cheese curds are smooth and silky it's time to lightly knead and fold the curds. If you find they aren't easy to work with simply microwave again for another twenty seconds.

When your cheese reaches the consistency that you like, form a smooth ball out of the cheese. To set the shape simply dunk the cheese into an ice cold bath.

You can enjoy your cheese immediately (my favorite!) or it can stay in the fridge for up to one week. To keep it delicious and fresh in the fridge mix one cup of the cooled whey with one teaspoon of salt and pour over the cheese in a sealed container. Cover and refrigerate.



<http://family.thinkingoutsidethesandbox.ca/homemade-mozzarella-recipe/>



## Red Skin Potato Salad

### Ingredients

2 lbs. small red potatoes  
1 TBsp. Kosher salt  
4 cups cold water  
1 cup dry white wine  
4 parsley stems  
6 black peppercorns  
2 sprigs fresh thyme  
Dressing  
3 Tbsp. white wine vinegar  
1/3 to 1/4 cup chopped flat-leaf parsley  
1/3 cup chopped red onion  
Freshly ground black pepper  
1/2 cup extra virgin olive oil



<http://family.thinkingoutsidethesandbox.ca/red-skin-potato-salad/>

### Directions

Slice potatoes 1/3 thick and put in a sauce pan with 1 tablespoon of the salt, the water & the wine.

Tie the parsley stems, peppercorn & thyme in a piece of cheesecloth and put in the pot.

Bring to a boil over high heat & then immediately lower the heat to maintain a gentle simmer.

Cook until the potatoes are tender, but not mushy.

Drain, discard the herb bundle & transfer the potatoes to a bowl.

While the potatoes are cooking, make the dressing.

In a small bowl, whisk together the vinegar, parsley, red onions, the remaining 2 tablespoons of salt, and the pepper.

Gradually whisk in the oil to make a dressing.

Toss the warm potatoes gently with the dressing so as not to break up the potatoes.

Allow the potatoes to sit at room temperature for a minimum of 1 hour to marinate, tossing several times to coat the potatoes.

Season with salt & pepper to taste.

Serve at room temperature {or cold}

## Easy as Chicken Pot Pie

PREP TIME 15 MIN  
COOK TIME 45 MIN  
TOTAL TIME 1 HR

### Ingredients

- 1 box of frozen pie crust (top and bottom shells)
- 2 boneless, skinless chicken breasts; cubed
- 1 1/2 cups frozen mixed vegetables \*I use corn, peas, carrots and beans\*
- 1 medium onion; chopped
- 1 can of your favorite Cream of Chicken Soup
- 1/2 cup milk
- 1/4 tsp. each salt & pepper
- 1/2 tsp. dried Thyme

### Directions

Pre heat oven to 350 degrees

Place one of the pie shells into a pie plate and press firmly into plate. You can dock the bottom with a fork if you like.

In a large skillet, brown the chicken with the salt and pepper.

Add onion and frozen vegetables. Let them cook down a bit- about 3 minutes or so.

Sprinkle the dried Thyme over the mixture and then add your can of soup and milk.

Continue cooking for an additional 5 minutes, or until mixture is hot.

Pour your chicken mixture into your pie plate and add the second piece of pie crust on top.

Roll the edges inwards to seal the shells together

Cut a few slits into the top to allow for venting

Bake in the oven until the pie crust is golden brown. Approx. 45 minutes

Let stand for a few minutes and serve.



<http://family.thinkingoutsidethesandbox.ca/easy-chicken-pot-pie/>

## Double Chocolate Brownies

PREP TIME 10 MIN  
COOK TIME 35 MIN  
TOTAL TIME 45 MIN

### Ingredients

2 cups sugar  
1 cup butter: softened  
4 large eggs  
1 cup all purpose flour  
1/2 cup cocoa  
1/2 milk  
1 tsp. pure vanilla extract  
1 cup chocolate chips



<http://family.thinkingoutsidethesandbox.ca/double-chocolate-brownies/>

### Directions

Cream together the butter and sugar.

Add the eggs one at a time and mix well until light and fluffy.

Combine the flour and cocoa together, and stir in the vanilla to the milk. Working alternately, add in 1/3 of the flour mixture, and then 1/2 of the milk and vanilla. Alternate until everything is combined.

Fold in chocolate chips, and pour into a greased 9 x 13" pan (I only had a 9 x 9" and they came out perfect but chubby)

Bake in a 350 degree F. oven for 30 - 35 minutes or until a toothpick inserted comes out clean.

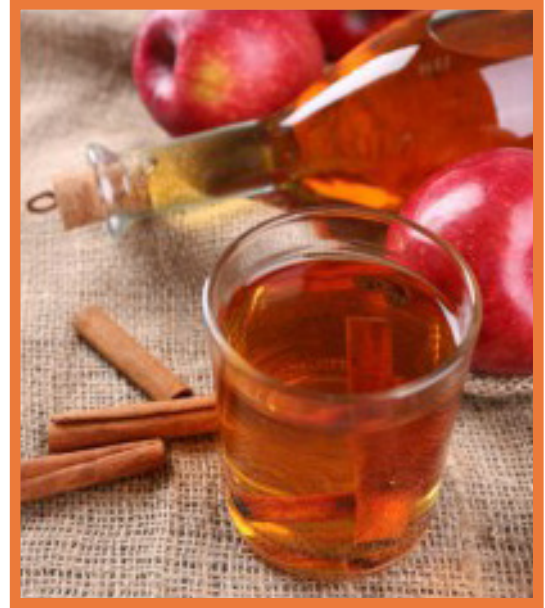
Cool on a wire rack and serve.

You could ice these or serve with some ice cream or whip cream.

## Homemade Slow Cooker Apple Cider

### Ingredients

8-10 apples (I prefer gala for the earthier taste)  
1/2 cup brown sugar  
5 cinnamon sticks, or more if you prefer a stronger taste of cinnamon!  
1 tablespoon whole cloves  
1 whole allspice or 1 tspn powdered  
10 cups of water



<http://family.thinkingoutsidethesandbox.ca/home-made-slow-cooker-apple-cider/>

### Directions

Cut your apples into quarters. Don't bother removing the seeds as you will be straining it out later on.

Place apples, spices, sugar and water into the slow cooker and cook on low for 3 hours.

After 3 hours use an immersion blender or a potato masher to mash the apples as much as you can. Again, don't worry about the apple pieces floating around as you will be straining it out.

Cook for another 1-3 hours or until desired flavor has been reached. I prefer the longer wait as the flavor comes out so much more.

Strain the liquids with a strainer covered with cheese cloth to remove any fine apple pieces.

Place in air tight container in fridge for up to one week or you can freeze to keep and use at a later date