

Cocoa Quickies

Baking | Healthy Lifestyle



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WHAT MAKES IT MEANINGFUL

Baking teaches us to be more cognizant of what we put into our bodies on a daily basis. It can increase feelings of wellbeing, contribute to stress relief and can bring a sense of connection to others. It helps develop fine motor skills with measuring, stirring, spooning as well as language and math skills.

TIME

Cook: Non cooking

Total 1 Hr 20 minutes

Prep: 20 minutes

MATERIALS

- ½ cup milk
- ½ cup butter
- 2 cups white sugar
- 6 tablespoons unsweetened cocoa powder
- 3 cups rolled oats
- 1 cup shredded coconut
- 1 large cookie sheet
- Wax paper



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INSTRUCTIONS

Step 1 - Place the milk, butter, sugar and cocoa in a medium sized saucepan, and bring to a full rolling boil. Boil for one minute.

Step 2 - Remove from heat and stir in oats. Mix in coconut, if desired.

Step 3 - Drop by teaspoonfuls onto waxed paper. Let stand until set. Quickies may be refrigerated to speed setting.

RESOURCES

www.recipesfresher.com

www.allrecipes.com

www.simplerecipes.com

SUPPORTS NEEDED

This activity can be done independently, in pairs or with a group. A large cooking sheet and wax paper.

OTHER THINGS TO NOTE:

Yield: 1 ½ dozen

Per serving: 208.6 calories

Carbohydrate: 34.8 g

Cholesterol: 14.1 mg

Fat: 7.5 g

Fiber: 2.4 g

Protein: 2.5 g