

Yes, I know it sounds crazy!! I said the same thing! The cups do not burn--trust me! The cookbook I use is called "Cup Cooking" by Barbara Johnson. It is distributed by Gryphon House, Inc. (PO Box 207 Beltsville, Maryland 20704-0207 1-800-638-0928)

The recipes are done for individual child prep, so all kids can participate in all parts of the work. The dixie cups referred to are the 5 oz wax coated paper cups (Dixie brand in the US). And these are all cooked in a covered electric skillet. Of course, Suzy Safety reminders are made to the girls. So here goes...some of the favorites of the Little Lambs at Kings Kids Christian Learning Center.

# Gingerbread

## Ingredients:

- 3 T gingerbread mix
- 1 T water

## Instructions:

Put mix in cup. Add water. Stir well. Bake in electric skillet at 400 degrees 15 minutes or until done.

## Pineapple Upside Down Gingerbread

### Ingredients:

- 1 t salad oil
- 1 t brown sugar
- 1 T crushed drained pineapple

### Instructions:

Pour oil in cup. Sprinkle sugar on top of oil. Spread pineapple on top of sugar. In separate cup prepare gingerbread as above. Pour over pineapple but do not mix. Bake as above.

## Molasses Muffins

### Ingredients:

- 1 T flour
- 1/4 of 1/4 t baking soda
- 1 pinch salt
- 2 T bran
- 1 T milk
- 1 1/2 t molasses
- 10 raisins

### Instructions:

Put flour, soda and salt in cup. Mix well. Mix in bran. Stir in milk and molasses. Stir in raisins. Bake in paper cup at 375 deg 30-40 min.

## Instant Pudding

### Ingredients:

- 2 T instant (not cooked) pudding mix
- 2 T dry milk
- 1/3 C water

### Instructions:

Put pudding mix and milk in cup. Stir well. Add milk and stir for 2 minutes. Cool in refrigerator.

## Peanut Honey Balls

### Ingredients:

- 1 T peanut butter
- 1/2 t honey
- 1 1/2 t powdered milk

### Instructions:

Put peanut butter in cup. Add honey and then milk. Mix well. Roll into balls. Crush 5 wheat chex with rolling pin (I put them in a ziploc bag & smash them). Roll balls in crushed chex.