

Disney FROZEN FAN FEST

“SNACKS FOR SVEN” CARROT CAKE SCONES

Courtesy of AYESHA CURRY

This recipe is meant to be prepared by an adult. Children should only help under close supervision.

INGREDIENTS:

3 cups whole wheat flour
1/4 cup dark brown coconut sugar
(may increase to 1/2 cup if desired for sweetness)
1/4 cup ground flax seed
1 tablespoon baking powder
3/4 teaspoon salt
2 teaspoons pumpkin pie spice
3/4 cup cold unsalted butter,
cut into small cubes

1 egg
1 cup carrot, grated
3/4 cup evaporated milk, cold
(Coconut milk can be substituted)

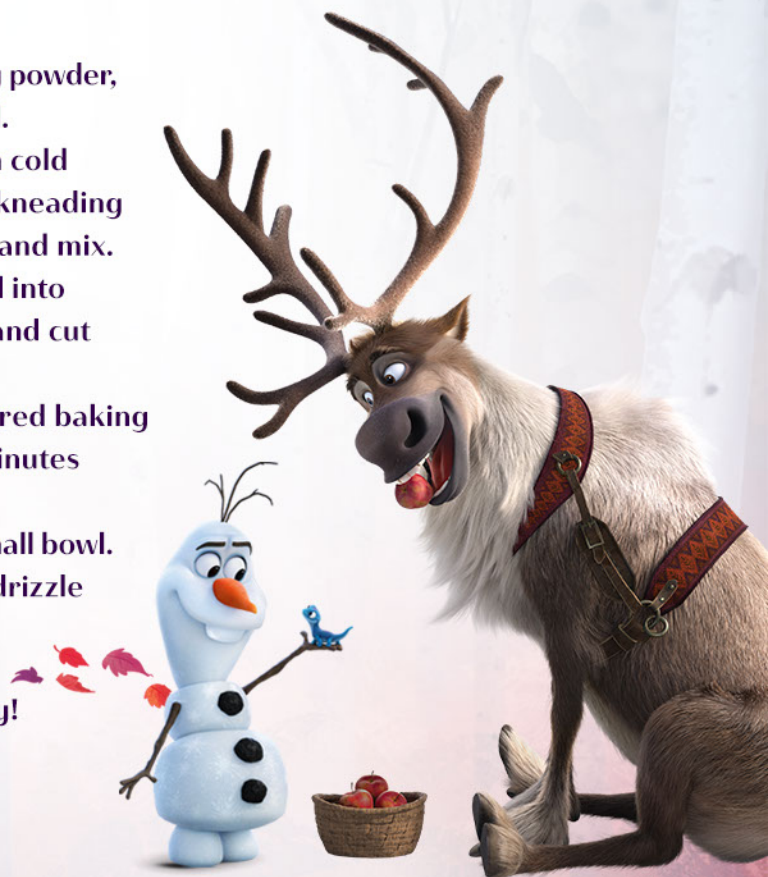
MAPLE “ICE-ING”

3/4 cup powdered sugar
2 tablespoons maple syrup
1 tablespoon lemon juice
1 tablespoon coconut cream

PREPARATION:

1. Preheat oven to 425 degrees.
2. In a large bowl, add flour, sugar, flax, baking powder, salt, and spice mix. Use a whisk to mix well.
3. Add flour mixture to a food processor with cold butter cubes and pulse to combine. Using kneading attachment, add in carrot, cold milk, egg, and mix.
4. Pour dough onto a floured surface and roll into a 1-inch thick circle. Cut into six triangles and cut those into thirds.
5. Place scones evenly spread out on a prepared baking sheet and bake at 425 degrees for 10-15 minutes until golden.
6. Combine maple “ice-ing” ingredients in a small bowl.
7. Allow cooling and lightly coat with maple drizzle before serving.

Serve with a glass of low fat milk and enjoy!



Disney FROZEN

SING-ALONG EDITION

Visiting Arendelle?
Try the Apple Cake!

ARENDELLE APPLE CAKE



This recipe is meant to be prepared by an adult. Children should only help under close supervision.

Preparation:

1) Preheat oven to 375°. 2) Combine all dry ingredients in a large mixing bowl. 3) Combine all wet ingredients in a separate, smaller, mixing bowl. 4) Pour wet ingredients into dry ingredients and mix thoroughly. 5) Pour mix evenly into 5 well greased mini cake pans (3" x 5" x 2"). 6) Make streusel by mixing your dry ingredients together first, then, folding in your butter and beat together until evenly crumbled. 7) Apply your streusel topping evenly over the tops of your mini cakes. 8) Bake for 30 minutes. 9) Test for desired consistency and cook longer if needed. 10) Remove pans from the oven and let cool before serving.

Ingredients:

Dry ingredients:

1/2 cup Light brown sugar
1-1/2 cups All-purpose flour
1/2 cup Flax seed meal
1 tsp Baking soda
1 tsp Xanthan gum
1/2 tsp Cinnamon
1/4 tsp Sea salt

Wet ingredients:

1 cup Organic applesauce
1 cup Organic milk
1 Tbsp Apple cider vinegar
1/4 cup Organic butter, melted

Streusel Topping:

1/2 cup Brown sugar
1/2 cup Rice flour
1/4 cup Organic butter
1 tsp Cinnamon
1/4 tsp Nutmeg

NOW ON DVD & DIGITAL HD



© 2014 Disney



Disney FROZEN

SING-ALONG EDITION

Wandering Oaken's
Trading Post
Latest Sweet Special!



OAKEN'S MINI MUFFINS



This recipe is meant to be prepared by an adult. Children should only help under close supervision.

Preparation:

1) Preheat oven to 350° F. 2) Combine flours, baking powder, baking soda, spices, salt, and xanthan gum in a mixing bowl and whisk together thoroughly. 3) Combine oil and sugar in a separate mixing bowl. Beat together until creamy and thick. Then, add egg (or egg replacer), applesauce, and vanilla, and stir well. Then, stir in your carrots and crushed pineapple. 4) Combine dry and wet mixtures with walnuts and shredded coconut and stir together thoroughly. 5) Carefully pour your batter into each cup of a well greased mini muffin pan (2/3 full). Put your trays in the oven and bake for 11 minutes or until baked to the desired texture. Remove from oven and allow to cool. 6) Decorate with sliced almond and dried currants and serve. Makes 24+ Mini Cupcakes

Ingredients:

1 cup Brown Rice Flour
1/2 cup Sorghum Flour
2 tsp Baking Powder
1 tsp Baking Soda
1 1/2 tsp Cinnamon
1/2 tsp Nutmeg
1/2 tsp Sea Salt
1 tsp Xanthan Gum
1/2 cup Coconut Oil
1 cup Brown Sugar
1 Egg or Egg Substitute
1/2 cup Applesauce
1 1/2 tsp Vanilla Extract
1 1/2 cups Grated Carrot
3/4 cup Crushed Pineapple
1/2 cup Chopped Walnuts
1/2 cup Shredded Coconut
DECORATE WITH:
Sliced Almonds
Dried Currants

NOW ON DVD & DIGITAL HD



© 2014 Disney



Disney FROZEN

SING-ALONG EDITION

Try your hand at one of Arendelle's favorite local soups. YUM!



WINTER SOLSTICE SOUP



Ingredients:

- 6 cups Vegetable Stock
- 3 cups Chopped Potatoes
- 3 cups Chickpeas, cooked
- 3 cups Brown Rice, cooked
- 3 cups Chopped Kale
- 1/2 cup Chopped Onion, fine
- 3 Tbsp Extra Virgin Olive Oil
- 4 Cloves Garlic, minced
- 3/4 tsp. Sea Salt
- 1/2 tsp. Black Pepper
- 1/2 tsp. Thyme
- 1/2 tsp. Marjoram

This recipe is meant to be prepared by an adult. Children should only help under close supervision.

Preparation:

1) In a large pot, heat olive oil on medium high. 2) Add chopped onion and cook for 3 minutes. 3) Add garlic, chickpeas, kale, salt and 1/2 a cup of vegetable stock and sauté for 5 minutes. 4) Add all the rest of your ingredients and bring to a boil. 5) Once boiling, reduce heat to simmer, put a lid on your pot, and cook for 45 minutes. 6) Test your soup and add additional seasoning to taste. If your soup is too thin, cook longer with the lid off. If your soup is too thick, add some more vegetable stock and seasoning to taste.

NOW ON DVD & DIGITAL HD



© 2014 Disney



Disney FROZEN

SING-ALONG EDITION

GINGER BREAD OLAF COOKIES

Ingredients:

6 cups All-Purpose Flour	1 cup Brown Sugar
1 tablespoon Baking Powder	1/2 cup Water
1 tablespoon Ground Ginger	1 Egg
1 teaspoon ground nutmeg	1 teaspoon Vanilla Extract
1 teaspoon ground cloves	1/8 inch White Fondant Sheets
1 teaspoon ground cinnamon	Black Frosting
1 cup shortening	Orange Frosting
1 cup Molasses	

Preparation:

This recipe is meant to be prepared by an adult. Children should only help under close supervision.

1) Combine your flour, baking powder and spices (ginger, nutmeg, cloves, and cinnamon) thoroughly in a mixing bowl. 2) In a separate mixing bowl, add your shortening, molasses, brown sugar, water, egg, and vanilla, then, beat together until smooth. 3) Stir your dry ingredients in slowly, until fully combined. 4) Divide your dough into 3 or 4 pieces of approximately the same size, flatten each piece to about 1 inch thick, then, wrap in plastic wrap, and refrigerate for at 3 hours. 5) Preheat oven to 350°. 6) Place your dough on a lightly floured board and roll out until 1/4 inch thick. Cut flat dough into the cookie shapes provided on the following page. 7) Place cookies shapes on an un-greased cookie sheet about 1 inch apart from each other. 8) Bake for 10 to 12 minutes. 9) Remove baking sheet and place cookies out to cool on a wire rack. 10) Time to decorate! While your cookies cool, rollout your white fondant (frosting sheet) to about 1/8 inch. Cut your main Olaf shape out of the fondant using the Olaf shape provided on the following page. 11) Apply your fondant shape to the middle of your cookie shape, (like the picture shown) then, add your eyes, buttons, mouth and nose.



NOW ON DVD & DIGITAL HD



© 2014 Disney



Disney FROZEN

SING-ALONG EDITION

Elsa & Anna's ICEE RECIPES



Blueberry Icicle

Ingredients:

3/4 Cup simple syrup
4 Cups of blueberries,
pureed and strained

1 Cup of fresh squeezed
lemon juice
3 Cups of ice
Blueberries for garnish

Directions:

In a large blender, combine the simple syrup, pureed blueberries, lemon juice and ice. Taste and adjust sweetness if needed. Pour into up to 4 glasses and garnish with a handful of blueberries!



Strawberry Summer

Ingredients:

2 cups lemonade
1/2 cup frozen
strawberries

1 1/2 cups ice
Strawberries for
garnish

Directions: In a large blender, combine the lemonade, frozen strawberries and ice. Pour into your glasses and garnish with a fresh strawberry on the edge of each glass!



NOW ON DVD & DIGITAL HD

