Cooking At Home
At Home With SiCM is now celebrating our summer camps! This week we were inspired by our Cooking camp. We hope your family enjoys doing these outdoor activities together!

**Cook**
**Sun Braised Carrots with Honey**

Ingredients:
- 4 tablespoons unsalted butter
- 1 tablespoon honey
- 1 pound carrots, peeled and cut into rounds
- Salt
- Chopped fresh flat-leaf parsley

Preparation
Set Sun Oven out to preheat.

In a medium pot, melt the butter over low heat. Remove from heat and stir in the honey.

Add the carrots, tossing to coat. Season with salt, cover and cook in the Sun Oven until the carrots are very tender, 1 1/2 to 2 hours.

Sprinkle with parsley just before serving.

**Create**
**Banana Ice Cream in a Blender**

Ingredients:
- 4 frozen bananas, peeled
- 1/4 cup cocoa powder
- 2 tablespoons almond butter (can sub peanut butter)
- 1/4 cup milk of choice

(Optional: chocolate chunks or chips, to sprinkle on the top)

Instructions:
Place the frozen bananas, cocoa powder, and almond butter into your high-powered blender. Blend the bananas on high speed using the plunger to push the bananas down as needed. After 2-3 minutes the ice cream will run smoothly.

Either eat right away or freeze for 2 hours so that it is hard enough to scoop into cones.

Wash Your Hands
Wash your hands,
Before you eat,
A good health rule,
That’s hard to beat.
For better work,
For better play,
Eat three good meals,
Every day.

For more At Home! activities and information about our exhibits visit us at sichildrensmuseum.org

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