

Disney
MUPPETS
MOST WANTED

MISS PIGGY'S MINI CARROT CUPCAKES

ADULT SUPERVISION REQUIRED

INGREDIENTS:

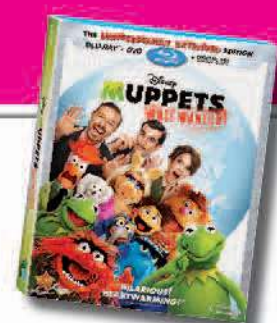
1 cup brown rice flour	1 cup brown sugar
1/2 cup sorghum flour	1 egg or egg substitute
2 tsp baking powder	1/2 cup applesauce
1 tsp baking soda	1 1/2 tsp vanilla extract
1 1/2 tsp cinnamon	1 1/2 cups grated carrot
1/2 tsp nutmeg	3/4 cup crushed pineapple
1/2 tsp sea salt	1/2 cup chopped walnuts
1 tsp xanthan gum	1/2 cup shredded coconut
1/2 cup coconut oil	

DIRECTIONS:

1. Preheat oven to 350° F
2. Combine flours, baking powder, baking soda, spices, salt, and xanthan gum in a medium mixing bowl and whisk together thoroughly.
3. Combine oil and sugar in a large mixing bowl. Use an electric mixer to beat together on high for a few minutes 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 your dry and wet mixtures along with your walnuts and shredded coconut stirring together thoroughly.
5. Set mini paper cupcake cups into mini muffin trays. Then, carefully pour your batter into each cup 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 frosting and serve.

Makes 24+ Mini Cupcakes

**ON BLU-RAY™ COMBO PACK
AND DIGITAL HD AUGUST 12**



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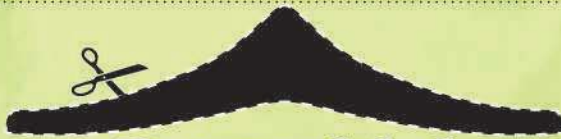
CHANGE YOUR IDENTITY QUICKLY AND EASILY

HAVE AN ADULT HELP YOU WITH THIS ACTIVITY!

Have an adult help you cut out each mustache template on black construction paper or cardboard. Use a piece of clear tape to secure to your upper lip or attach the mustache to a black straw and hold above your upper lip!

Change your identity like Constantine with these mustaches and moles!

Moles



Pyramidal



Pencil



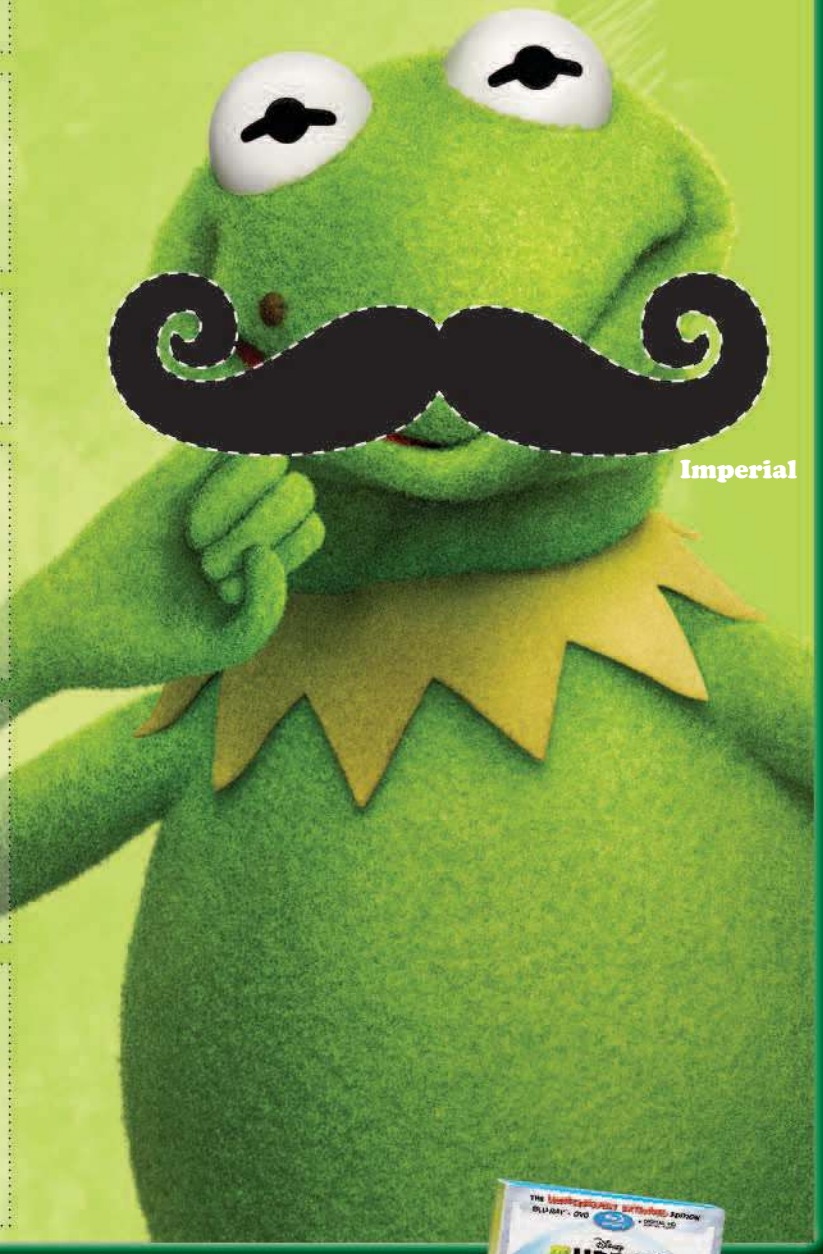
Lampshade



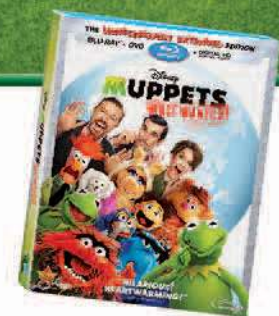
English



Walrus



ON BLU-RAY™ COMBO PACK
AND DIGITAL HD AUGUST 12



Disney
MUPPETS
MOST WANTED

CONSTANTINE'S POTATO & ONION PIEROGIES

RUSSIAN STYLE DUMPLINGS



DIRECTIONS: Have an adult help you with this activity!

Prepare your filling: Chop potatoes and boil in a pot of water until tender. Once tender, drain and set aside. While your potatoes boil melt butter in a pan and fry your onions until caramelized golden brown then set aside. Mash sautéed onion, garlic, butter, milk, and salt and pepper, to taste. Set aside.

Prepare your dough: Carefully pour your flour into a mound on a cutting board. Combine eggs, water and sour cream in a mixing bowl and whisk together thoroughly. Make a crater in the center of the flour mound. Pour egg mixture into the center into the crater until full. Use a fork to gently combine mixture within the confines of the crater. Continue working your ingredients together by creating a crater in the center of your dough and working in your egg mixture until completely combined. Once combined, knead your dough together for 5-10 minutes flouring your surface as needed until you have a consistent malleable texture. The, wrap your dough in plastic wrap and allow it to rest for about 30 minutes.

Prepare and fill your dumplings: Roll out your dough to a thickness 1/16" and cut into 3" circles. Add a rounded tablespoon scoop of filling to one side of your dough circle

INGREDIENTS:

Filling:

- 5 potatoes (medium size)
- 4 garlic cloves (medium size)
- 1 cup chopped yellow onion (medium size)
- 2 tablespoons butter for sautéing onion
- 3 tablespoons butter, for the mashed potatoes
- 1/4 cup whole milk
- Salt and pepper

Dough:

- 2 organic eggs
- 3 cups all-purpose flour
- Extra flour for your prep board
- 2 cups of safflower oil to fry in
- 2 cloves garlic (medium size) finely minced
- 1 tablespoon organic sour cream
- 1/4 cup water
- Extra water for moistening

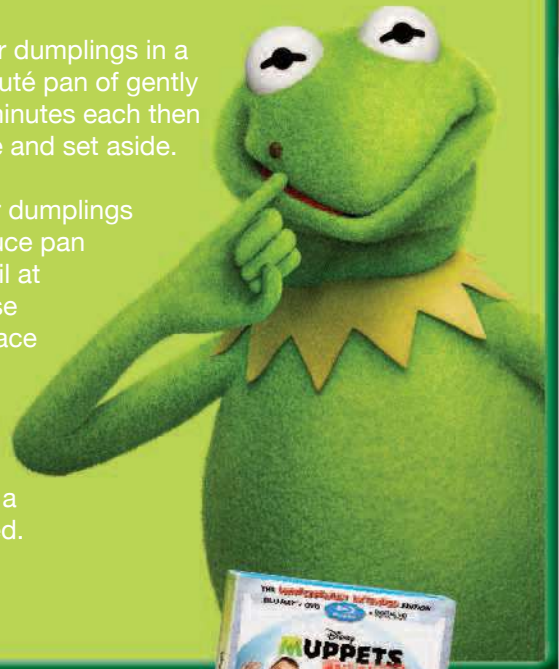
in a half moon shape. Fold the other side of your dough over the filling and gently roll the edges together pressing closed slightly with your fingertips. Repeat until all your dough and filling is finished. Set all your dumplings aside on a baking sheets or platter.

Boil & Fry

Boil each in your dumplings in a large shallow sauté pan of gently boiling for 2-3 minutes each then carefully remove and set aside.

Fry each of your dumplings in a medium sauce pan with 2 cups of oil at 350 degrees. Use long tongs to place and turn your dumplings until fully cooked to light golden color. Fry 6-9 at a time until finished.

Makes 2 dozen
 (24) Pierogies



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 AND DIGITAL HD AUGUST 12**

