



CONSENT, WAIVER, RELEASE, AND ASSUMPTION OF RISKS

By signing this waiver, I release, indemnify and hold harmless, the Town of Mooresville, it's officials, officers, employees, agents, or their successors and assigns, Mooresville Public Library (MPL), MPL staff and volunteers, any invited judges, vendors, sponsors, and any observers or participants from any and all liability, damage, claim of any nature whatsoever arising out of and in any way related to my/my child's/my family's attendance or participation in any Mooresville Public Library cooking programs ("Cooking Program(s))".

I recognize that attending and/or participating in any Cooking Program(s) presents some risk of injury and/or illness, including without limitation the risk of burns, cuts, choking and contact with allergens or dangerous substances. I agree that my safety and that of my child/my family is primarily my responsibility and not that of the Town of Mooresville, its officials, officers, employees, agents, volunteers, invited judges, vendors, sponsors, or other observers or participants attending the Cooking Program(s).

I also recognize that the Town of Mooresville assumes no liability whatsoever for personal injuries or property damage that may arise from my/ my child's/my family's attendance and/or participation in the Cooking Program(s).

I agree to abide by all safety guidelines and rules applicable to the Cooking Program(s), including but not limited to following any instructions given by an instructor. I further agree to carefully supervise and ensure that my minor child(ren) also abide by all safety guidelines and rules applicable to the Cooking Program(s).

Authorization is hereby given for medical treatment deemed necessary by medical personnel should I or my child be injured during the Cooking Program(s).

This consent, waiver, and release will be construed broadly to provide a waiver and release to the maximum extent permissible under North Carolina and/or federal law.

I HAVE READ THIS DOCUMENT AND UNDERSTAND ITS CONTENT AND ACKNOWLEDGE THAT IT IS BEING SIGNED VOLUNTARILY. I AGREE THAT THIS DOCUMENT IS NOT ONLY BINDING ON ME BUT IS ALSO BINDING ON MY PERSONAL REPRESENTATIVES, EXECUTORS, HEIRS, AND NEXT OF KIN, AS WELL AS ANY MINOR CHILD I HAVE ALLOWED TO PARTICPATE.

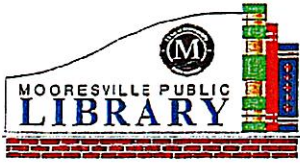
Participants Name(s): _____

(Participants under the age of 18 must have a Parent or Legal Guardian sign their Consent.)

Signature of Participant/Parent or Legal Guardian: _____

Printed Name: _____ Date signed _____

Emergency contact name and number:



Mooresville Public Library

Library Cooking Programs Allergy and Permission Form

Participants in the Mooresville Public Library's cooking program will have an opportunity to learn about healthy food and food preparation. Participants will also be able to taste their creations. To ensure the safety of participants, a list of all ingredients will be provided at each program/class. Please check the list of ingredients carefully. The menu for this program may include the following:

List ingredients:

Please See Page 3.

Please circle any above listed ingredients to which the participant has an allergy. Please list additional allergies below and indicate if the allergy relates to ingestion only or also contact or odor:

_____	_____
_____	_____
_____	_____

If you have a severe known allergy or may require the use of an EpiPen, please indicate this below with details or instructions on how to respond should such a reaction occur. Please indicate below the location of any EpiPen you possess and let the instructor know verbally regarding its location as well.

Participants Name(s): _____

Signature of Participant/Parent or Legal Guardian: _____

Date: _____

Teen Kitchen Capers April 2025

Item(s) Being Made: Smoothie Bowls with Homemade Granola

Ingredients and Allergies

For the Granola:

- Old Fashioned Oats: **Ingredients:** Whole Grained Oats.
- Coconut
- Honey
- Pumpkin Seeds
- Maple Syrup
- Flax Seed
- Butter: **Ingredients:** Cream, salt. **Allergens:** Contains Milk and its derivatives.
- Vanilla Extract

For the Smoothie Bowls:

- Blueberries
- Strawberries
- Coconut
- Pineapple
- Oat Milk: **Ingredients:** Oat Base (Water, Oats). Contains 2% or Less of: Low Erucic Acid Rapeseed Oil, Dipotassium Phosphate, Calcium Carbonate, Tricalcium Phosphate, Sea Salt, Citrus Fiber, Dicalcium Phosphate, Riboflavin, Vitamin A Acetate, Vitamin D2, Vitamin B12.
- Unsweetened Almond Milk: **Ingredients:** Almond Milk (Filtered Water, Almonds), Calcium Carbonate, Sea Salt, Potassium Citrate, Sunflower Lecithin, Gellan Gum, Vitamin A Palmitate, Vitamin D2 and D-Alpha Tocopherol (Natural Vitamin E). **Allergens:** Contains Tree Nuts and Their Derivatives. Free from Cereals and Their Derivatives, Milk and its derivatives, Lactose.
- Vanilla Extract
- Peanut Butter (optional): **Ingredients:** Roasted Peanuts, Sugar, Contains 2% or Less of Molasses, Fully Hydrogenated Vegetable Oils (Rapeseed, Cottonseed and Soybean), Salt. **Allergens:** Contains Soybean and its Derivatives, Peanuts and their derivatives.
- Nutella/Hazelnut & Cocoa Spread (optional): **Ingredients:** Sugar, Vegetable oil, Palm Oil, Hazelnuts, Skim Milk, Cocoa, Lecithin as Emulsifier, Vanillin: an Artificial Flavor. Sugar, Whey Powder, Lactose. **Allergens:** Contains Soybean and its Derivatives, Milk and its derivatives. Free from Cereals and Their Derivatives.
- Chocolate Syrup (optional): **Ingredients:** High Fructose Corn Syrup, Water, Corn Syrup, Cocoa*, Sugar, Contains Less than 2% of Salt, Potassium Sorbate (a Preservative), Artificial Flavor, Xanthan Gum, Citric Acid, Polysorbate 60.
- Vanilla Yogurt: **Ingredients:** Cultured Pasteurized Organic Whole Milk, Organic Cane Sugar, Organic Natural Vanilla Flavor, Pectin, Lactase Enzyme†, Vitamin B3. **Allergens:** Contains Milk and its derivatives.



Groovin' Granola

Serves 10

Equipment:

- Mixing bowl
- Mixing spoon
- Measuring cups
- Aluminum foil/parchment paper
- Baking sheet (s)
- Sandwich baggies

Ingredients:

- 2 1/2 cups oats
- 1/2 cup organic coconut
- 1 Tbsp honey
- 1/4 cup pumpkin seeds
- 1/4 cup maple syrup

Ingredients:

- 1 Tbsp ground flax seed
- 1-2 Tbsp butter, room temperature
- 1/4 cup raisins
- 1/2 cup raisins or chopped apricots

Directions:

Preheat oven to 300°F. Have the students measure all ingredients up to and including butter and add to a large mixing bowl and combine with a spoon or clean hands until all ingredients are evenly coated. Line baking sheets with foil or parchment paper and spread mix out on both sheets and bake for 35-45 minutes, stirring occasionally and rotating the sheets between shelves. Remove from the oven when lightly browned. Add raisins and cranberries and allow to cool. Store in a sealed container or divide the mix among student baggies so they have a yummy snack.

Active time: 10-15 minutes

Total time: 50-60 minutes



Yield: 1 smoothie bowl

Strawberry Banana Smoothie Bowl

This strawberry banana smoothie bowl is thick, creamy, and such a healthy treat! It is vegan and you can add any toppings you like!

Prep Time	Blend Time	Total Time
3 minutes	5 minutes	8 minutes



Ingredients

- 1 ½ frozen bananas
- 1 cup frozen strawberry slices
- ¼ cup almond or oat milk
- 1 tablespoon peanut butter (optional)
- ½ teaspoon vanilla extract (optional)

Instructions

1. Add all ingredients to a high-powered blender or food processor and blend until smooth. Stop to scrape down the sides as needed.

Notes

You may need to add some more milk to get this smoothie bowl blended. I like mine to be super thick, so I use my food processor which works well with little liquid. With a blender you will likely need more liquid.



Did you make this recipe?

Please leave a comment on the blog or share a photo on [Pinterest](#)

© Bree

Cuisine: Vegan / **Category:** Smoothie Bowls



Yield: 1 smoothie bowl

Blueberry Banana Smoothie Bowl

This smoothie bowl is made with frozen blueberries and bananas and it is dairy-free. It is tasty and fruity and can be topped with any of your favorite smoothie bowl toppings!



Prep Time	Blend Time	Total Time
5 minutes	5 minutes	10 minutes

Ingredients

- 2 frozen bananas
- 1 cup frozen blueberries
- ¼ cup oat milk or almond milk (see note below)
- ½ teaspoon vanilla extract (optional)
- 1 tablespoon peanut butter (optional)

Instructions

1. Add all ingredients to a high-powered blender or food processor.
2. Blend until smooth, scraping down sides as needed.

Notes

If you don't have a powerful blender or food processor, it will be difficult to blend this smoothie bowl with only ¼ cup of milk. If you need more milk, add one tablespoon at a time. If you add too much liquid, your smoothie bowl will get too thin and you will no longer be able to eat it with a spoon.

I like my smoothie bowls to be super thick like soft serve ice cream. I find for this thickness, it works better using a food processor.

Calorie count does not include optional ingredients.

