

# RECIPE

# EASY BISCUITS

## Ingredients

- 2 cups all-purpose flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1/3 cup cold butter, cubed
- 2/3 cup 2% milk

## Directions

1. Preheat oven to 450° F.
2. In a large bowl, whisk together the flour, baking powder, and salt.
3. Add in the cubed butter until the mixture resembles coarse crumbs.
4. Add the milk. Stir just until moistened.
5. Turn onto a lightly floured surface. Knead gently 8-10 times. Pat dough to 1/2-inch thickness.
6. Cut with a 2½-inch biscuit cutter.
7. Place 1 inch apart on an ungreased baking sheet.
8. Bake until golden brown: 10-15 minutes.
9. Serve warm.

**What to Do:**

Print one set for each small group.

# RECIPE

# PANCAKES

## Ingredients

- 3½ teaspoons baking powder
- 1 teaspoon salt
- 1 tablespoon white sugar
- 1½ cups milk
- 1 egg
- 3 tablespoons butter, melted
- 1 tablespoon vanilla

## Directions

1. In a large bowl, sift together the dry ingredients: flour, baking powder, salt, and sugar.
2. Make a well in the center of the dry ingredients. Pour in the milk, egg, and melted butter.
3. Mix until smooth.
4. Lightly oil a griddle or frying pan. Heat to medium-high heat.
5. Pour 1/4 cup batter onto the griddle for each pancake.
6. Cook until browned on both sides.
7. Serve hot with butter and syrup.

**What to Do:**

Print one set for each small group.

# RECIPE

# CHOCOLATE CHIP COOKIES

## Ingredients

- 1/2 cup butter
- 1/2 cup granulated sugar
- 1/4 cup brown sugar (packed)
- 2 teaspoons vanilla extract
- 1 large egg
- 1 3/4 cups all-purpose flour
- 1/2 teaspoons baking soda
- 1/2 teaspoon kosher salt
- 1 cup semisweet chocolate chips

## Directions

1. Preheat the oven to 350° F.
2. In a large bowl, mix butter with the sugars until well combined.
3. Stir in vanilla and egg until incorporated.
4. Add the flour, baking soda, and salt.
5. Mix dough until just combined. Dough should be soft and a little sticky, but not overly sticky.
6. Stir in chocolate chips.
7. Scoop out 1 1/2 tablespoons of dough. Place 2 inches apart on a baking sheet.
8. Bake for 7-10 minutes or until cookies are set.

**What to Do:**

Print one set for each small group.

# RECIPE

# CHOCOLATE CAKE

## Ingredients

- 2 cups sugar
- 1 $\frac{3}{4}$  cups flour
- 3/4 cup cocoa powder
- 1  $\frac{1}{2}$  teaspoons baking powder
- 2 teaspoons baking soda
- 1/2 teaspoon salt
- 2 eggs
- 1 cup milk
- 1/2 cup vegetable oil
- 1 teaspoon vanilla extract
- 1 cup boiling water

## Directions

1. Preheat oven to 350° F.
2. Grease and flour a baking pan.
3. In a large bowl, combine sugar, flour, cocoa, baking powder, baking soda, and salt.
4. Add eggs, milk, oil, and vanilla to dry mixture.
5. Mix with an electric mixer on medium.
6. Gently mix in boiling water.
7. Pour into pan and bake.
8. Cool on wire rack.

**What to Do:**

Print one set for each small group.

# RECIPE

# MAC AND CHEESE

## Ingredients

- 8 ounces of elbow macaroni, uncooked
- Cheese Sauce:
  - 2 tablespoons butter
  - 2 tablespoons all-purpose flour
  - $\frac{1}{2}$  teaspoon sea salt
  - $\frac{1}{4}$  teaspoon garlic powder (optional, but recommended)
  - 1 cup whole milk
  - $\frac{1}{4}$  cup sour cream or Greek yogurt
  - 2 cups shredded cheddar cheese

## Directions

### *Make the elbow pasta:*

1. Cook elbow macaroni according to package instructions.
2. Be sure to add  $\frac{1}{4}$  tsp salt to the water.
3. Drain and set aside.

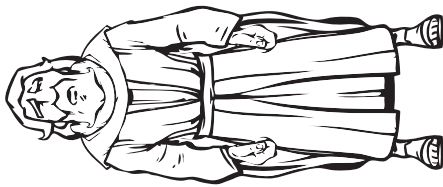
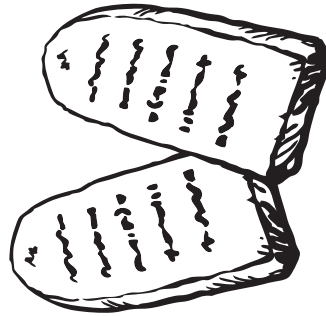
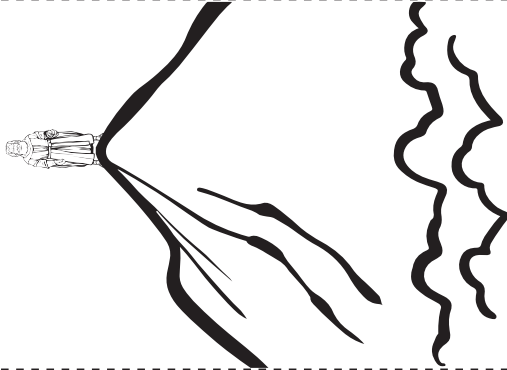
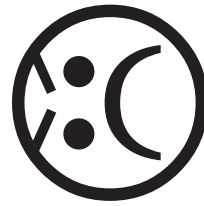
### *Make the cheese sauce:*

1. Mix flour, sea salt, and garlic powder together in a small bowl. Set aside.
2. In a medium saucepan over medium heat, melt the butter.
3. Add flour mixture and whisk to combine.
4. Cook for 1 minute until mixture is slightly brown.
5. Add 1 cup milk and whisk until the mixture is smooth.
6. Add sour cream or Greek yogurt and whisk until smooth.
7. Cook on medium-high heat until the mixture thickens (about 3-5 minutes). Do not let it boil.
8. Once mixture is thick (sticks to the back of the spatula), reduce heat to low and add cheese.
9. Whisk until cheese melts and mixture is smooth.
10. Taste and add more salt/seasoning if desired.
11. Add cooked pasta to the pot of cheese sauce.
12. Stir until the sauce is evenly distributed.
13. Let mac and cheese cool for 3-5 minutes or until the cheese sauce thickens a little bit and sticks to the noodles.
14. Serve warm.

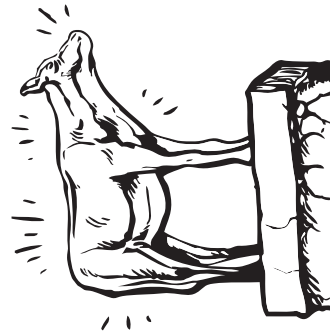
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### What to Do:

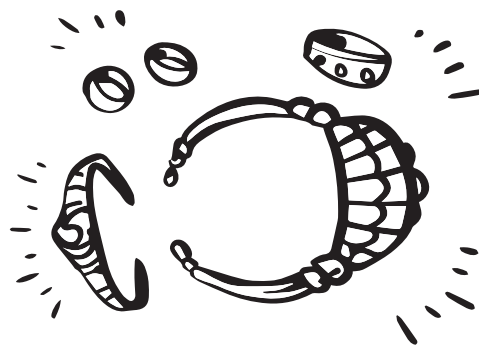
Print one set for each small group.



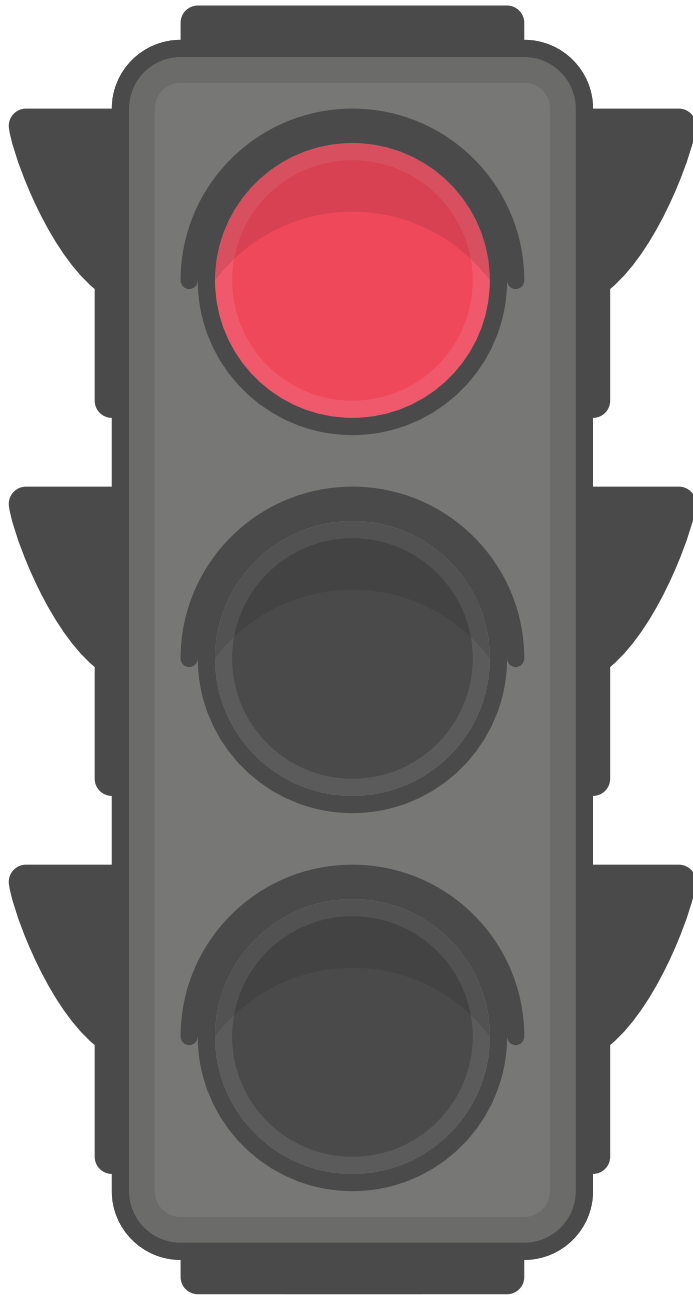
**AARON**



**MOSES**



**What to Do:**  
Print on cardstock and cut apart. Provide one set for each small group.



**WAIT**

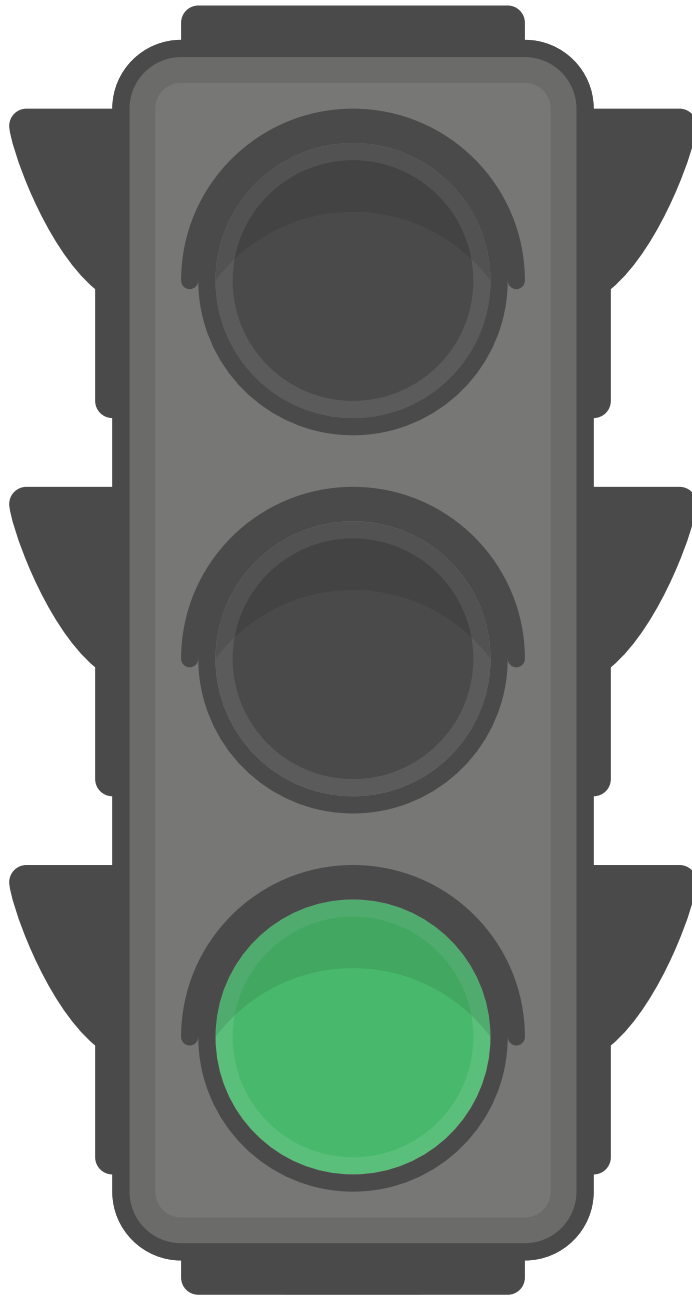
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**What to Do:**

Print on cardstock. Provide one set for each small group.

**"Red Light, Green Light Signs" Activity Pages 1/2**

March 2021, Week 2, Small Group 2-3  
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GO

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**What to Do:**

Print on cardstock. Provide one set for each small group.

**"Red Light, Green Light Signs" Activity Pages 2/2**

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12	19	31	8	21	22	2	8	43	36	32	22	2	1	
9	36	42	8	2	22	15	50	19	15	1	1	22	15	8
32	22	42	36	43	22	47	36							
12	19	31	8	21	22	2	8	43	36	32	22	2	1	
47	42	19	32	4	27:14									

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12	19	31	8	21	22	2	8	43	36	32	22	2	1	
9	36	42	8	2	22	15	50	19	15	1	1	22	15	8
32	22	42	36	43	22	47	36							
12	19	31	8	21	22	2	8	43	36	32	22	2	1	
47	42	19	32	4	27:14									

**What to Do:**

Print and cut apart. Provide one for each kid.

12 19 31 8      21 22 2      8 43 36      32 22 2 1 ;  
9 36      42 8 2 22 15 50      19 15 1      8 19 14 36  
43 36 19 2 8      19 15 1      12 19 31 8      21 22 2  
8 43 36      32 22 2 1 ;  
47 42 19 32 4      27:14

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12 19 31 8      21 22 2      8 43 36      32 22 2 1 ;  
9 36      42 8 2 22 15 50      19 15 1      8 19 14 36  
43 36 19 2 8      19 15 1      12 19 31 8      21 22 2  
8 43 36      32 22 2 1 ;  
47 42 19 32 4      27:14

**What to Do:**  
Print and cut apart. Provide one for each kid.

**A = 19**

**B = 9**

**C = 27**

**D = 1**

**E = 36**

**F = 21**

**G = 50**

**H = 43**

**I = 31**

**J = 35**

**K = 14**

**L = 32**

**M = 4**

**N = 15**

**O = 22**

**P = 47**

**Q = 26**

**R = 2**

**S = 42**

**T = 8**

**U = 20**

**V = 37**

**W = 12**

**X = 40**

**Y = 5**

**Z = 10**

**What to Do:**

Print on cardstock and cut apart. Provide one set for each small group.

**"Code Cards" Activity Page**

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