# HIGH WYCOMBE RECREATION CENTRE

200 Newburn Road, High Wycombe 6057 Email: recreation@kalamunda.wa.gov.au

Ph: 9359 1700 City of Kalamunda Recreation



# **Child Registration Form**

# **Kids Cooking Club**

<u>Child's Details:</u>					
First Name:	Surname:				
Date of Birth:					
Parent's Details:					
First Name:	Surname:				
Phone (H):	(M):				
Address:					
Suburb:					
Email:					
Emergency Contact (other than yourself):					
First Name:	Surname:				
Phone:	Relationship:				

**<u>Attendance</u>**: (Please write the dates your child will be attending)

Payment Details:	
Days enrolled:	x \$27.20 =
Payment type:	Date

## **Promotional Material Permission**

High Wycombe Recreation Centre may seek photographs for promotional literature and displays. We are therefore seeking permission to take photos of your children while they are enjoying our facilities to further promote our Centre. These photos are strictly for the City of Kalamunda's use only.

By signing below, I give permission for my child to have their photo taken for promotional use by the City of Kalamunda.

Parent Signature: \_\_\_\_

Date: \_\_\_\_

If you DO NOT wish for your child's photo to be taken DO NOT fill out this section of the form.

Allergies & Medication - Please provide any important information about your child:
Child's allergies/medical conditions:
Please provide information regarding the level of exposure your child can withstand from an allergic substance, e.g. touch, smell, taste, etc.:
What procedure should be followed if your child is exposed to an allergic substance or shows signs from their medical condition?
If an "Action Plan" form is required, you must return it to the Centre on your child's first visit.
Please provide us with any medical documents you feel will assist us in delivering a greater quality of care to your child and note that medication is not administered by staff. Please refer to the Kids Cooking Club Rules & Info Sheet for further details.

## **CONDITIONS**

- Full payment is required on enrolment.
- A minimum of 72 hours' notice must be given in the event of a cancellation, unless a medical certificate is presented.
- Refunds will be given for cancellations of more than 72 hours' notice. Where a refund is given an administration fee may apply.

## **DISCLAIMER**

For the purpose of being allowed to participate in the programs & activities at the City of Kalamunda - High Wycombe Recreation Centre, I agree to acknowledge and accept the following; Kitchen education such as cooking may come with innate risks associated with the Kids Cooking Club program. The City of Kalamunda takes care in providing a high service, however participating in our junior programs at High Wycombe Recreation Centre may cause serious injury, paralysis or death. I agree to my child participating in programs at High Wycombe Recreation Centre at their own risk. It is my responsibility to ensure that my child's valuables and personal effects are safe and that my child wears appropriate footwear/safety equipment whilst participating. I am responsible to bring my child to the instructor of the program each class, and to retrieve my child from the instructor after each class. In the event that I cause loss, damage and/or injury to a third party/third party property and this has resulted due to my negligence, I accept that any costs, losses or liabilities I incur are my responsibility.

I agree that the information declared above is true and correct and I have read and understand that my rights are limited by this disclaimer.

Parent/Guardian Signature:	Date:
Staff Signature:	Date:

# **Take Away Food Disclaimer**



In allowing your child to take away the food prepared and cooked during the Kids Cooking Club you acknowledge that the City of Kalamunda will not be responsible for the safe transportation and storage of the food and understand that this agreement is on the basis that we accept no liability in respect of the safety of this food for human consumption once removed from the premises.

This food has been prepared in a registered food premises and care will be taken during the food preparation process to use safe and hygienic food handling techniques.

If you or anyone else requires information on the types of ingredients used for those who may have an allergic reaction to certain ingredients please make the organiser aware of this prior to your child attending this course.

In consideration of our permitting you to take the food away you agree to indemnify and keep indemnified **(High Wycombe Recreation Centre)** against any and all loss, liability and damage howsoever arising in respect of such food.

Your signature below will represent your understanding of this disclaimer will be applied for <u>all\_kids</u> cooking club classes.

Sign:\_\_\_\_\_

Date: \_\_\_\_\_

# **HIGH WYCOMBE RECREATION CENTRE**



200 Newburn Road, High Wycombe 6057

Ph: 9359 1700

# **Kids Cooking Club**

#### **High Wycombe Recreation Centre – Kids Cooking Club:** 9:15am-12:00noon

Due to the High Wycombe Community and Recreation Centre being an unstaffed facility as well as for safety reasons, please arrive no later than 9:10am. There will be no access to the program once the entry door has been locked to allow the class to commence at 9:15am. Credit or refunds will not be issued to students arriving late to class.

# Kids Cooking Club is a Nut Free Zone

Please make sure that your children do not bring any nuts and products containing nuts into the Centre. We appreciate that only a small percentage of children are allergic to these products but this small change will ensure a safe environment for all the children in the Centre.

## **PARENT RESPONSIBILITIES**

- If an "Action Plan" form is required, the parent/guardian must return it to the Centre on your child's first visit. Please • see Crèche staff for a form.
- If the parent is requested to return to the Centre by a staff member then they must return promptly to attend to their child.
- Parents are required to directly supervise their children before and after the Kids Cooking Club program attendance • times.
- Please note: Closed in shoes and hair tied back is compulsory. •

## CHARGES & ENROLMENT

All charges must be paid at reception with enrolment before the Kids Cooking Club program commences.

## SIGN IN / SIGN OUT

It is important that your child is **signed-in** and **signed-out** correctly and that all allergies and other relevant medical conditions are noted on the signing in forms. For the safety of the children we ask that the person that signs in the child be the one to collect them at the end of the session unless previous arrangements have been made with the Kids Cooking Club staff.

### YOUR CHILD'S INFORMATION

An information sheet must be filled out about your child before they can be enrolled in the Kids Cooking Club program. This sheet may need to be filled out more than once for purposes of updating your child's information file. This information is extremely important so we can be informed of any allergies or special needs that the Kids Cooking Club staff need to know about.

### WHAT TO BRING / WHAT NOT TO BRING

- Please ensure your child is wearing closed in shoes. •
- Please bring a nut free snack. •
- An empty food container. •
- Please bring along a labeled drink. •
- Please do not bring toys from home (no responsibility is taken for lost or damaged toys). •

### MEDICAL

For the health and safety of all children in the centre:

- Children cannot attend the Kids Cooking Club program when they are sick with an infectious condition or unwell, • these include:
  - × Chicken Pox
- × Conjunctivitis

× Diarrhoea

- × Gastroenteritis
- × Vomiting

- Parent will be asked to collect their children if they become ill or very upset during their time cared for in the Kids • Cooking Club program.
- Medication **cannot** be administered to children by the staff at High Wycombe Recreation Centre.

# **Ingredients for the Classes**



Healthy Mexican Rice Beef BowlsBeef MinceRed Kidney BeansCorn KernelsCucumberCorianderRiceCuminChocolate Brownie SandwickerEggsCaster SugarIring SugarCreamFlourChocolate Brownie SandwickerBaking PowderPowderIring SugarCreamFlourRaspberry JamVanillaBaking PowderPowderIring SugarCreamFlourChicken Meatball CurryBaking PowderPowderBreadcrumbsSoy SauceCurry PasteChicken Reatball CurryZucchiniGarlicBreadcrumbsSoy SauceCurry PasteChicken Reatball CurryZucchiniGarlicBreadcrumbsSoy SauceCurry PasteCoconut MilkChicken StockSweet PotatesBrown SugarLime JuiceFrozen PeasCorianderWeet-Bix SiteFlourCoconutSugarButterIcing SugarMilkFriday 12th July 2019CoconutSugarButterIcing SugarMilkFriday 12th July 2019CoconutSugarButterIcing SugarMilkCoconutCoconutSugarIcing SugarFiozen PeasParsleyMacaroniCauliflowerFlourIcing SugarEggBaking PowderVanillaMilkCoconutIcing SugarIcing SugarIcing SugarParsleyVanillaMilkCoconutIcing SugarIcing SugarIcing SugarParsleyVanillaMilk<	Tuesday 9 <sup>th</sup> J	luly 2019						
Been Minde   Beans   Corn Remeis   Currinities   <	Healthy Mexican Rice Beef Bowls							
Dark ChocolateButterEggsCaster SugarIcing SugarCreamFlourRaspberry JamVanillaBaking PowderPowderIIIIThursday 11th July 2019Chicken Meatball CurryChicken MinceCarrotZucchiniGarlicBreadcrumbsSoy SauceCurry PasteCoconut Milk Chicken StockSweet PotatoesBrown SugarLime JuiceFrozen PeasCorianderWeet-Bix SliceFlourCoconutSugarButterIcing SugarMilkFriday 12th July 2019Cauliflower Macaroni and CheeseMacaroniCauliflowerFlourMilkCheeseFrozen PeasParsleyMonte CarloBiscuitsButterIcing SugarEggBaking PowderVanillaMilkCoconutIIcing SugarEggBaking PowderVanillaMilkCoconutIIcing SugarEggBaking PowderVanillaMilkCoconutIIcing SugarFlourMilkCheeseFrozen PeasParsleyMonte CarloBiomGaram MasalaIcing SugarEggBaking PowderVanillaPassionfruitShortbread EggsBreadcrumbsSalt & PepperSeeded MustardPassionfruit PulpTuesday 16th July 2019ChrosesEggSalt & PepperSeeded MustardTomato SauceCheeseEggBreadcru	Beef Mince	-	Corn Kernels	Cucumber	Coriander	Rice	Cumin	
Chocolate Raspberry JamButterEggsCaster SugarLing SugarCreamHourRaspberry JamWanillaBaking PowderImage SugarIndianImage SugarImage SugarIma		ownie Sandwic	hes	•	•	•	•	
Jam 1 Varinia Powder A and A	Dark Chocolate	Butter	Eggs	Caster Sugar	Icing Sugar	Cream	Flour	
Chicken Meatball CurryChicken MinceCarrotZucchiniGarlicBreadcrumbsSoy SauceCurry PasteCoconut MilkChicken StockSweet PotatoesBrown SugarLime JuiceFrozen PeasCorianderWeet-Bix SliceWeet-BixFlourCoconutSugarButterIcing SugarMilkFriday 12% JUY 2019Cauliflower Macaroni and CheeseMacaroniCauliflowerFlourMilkCheeseFrozen PeasParsleyMonte CarloBiscuitsIcing SugarEggBaking PowderVanillaMilkCoconutIcing SugarEggBaking 	Raspberry Jam	Vanilla						
Chicken MinceCarrotZucchiniGarlicBreadcrumbsSoy SauceCurry PasteCoconut MilkChicken StockSweet PotatoesBrown SugarLime JuiceFrozen PeasCorianderWeet-BixFlourCoconutSugarButterIcing SugarMilkFriday 12 <sup>th</sup> July 2019Cauliflower Macaroni and CheeseMacaroniCauliflowerFlourMilkCheeseFrozen PeasParsleyMonte CarloBiscuitsPlain FlourBrown SugarButterIcing SugarVanillaMilkCoconutIcing SugarEggBaking PowderVanillaMilkCoconutIcing SugarEggVanillaMilkCoconutIcing SugarEggVanillaMilkCoconutIcing SugarEggVanillaMilkCoconutIcing SugarEggVanillaMonday 15 <sup>th</sup> July 2019Icing SugarGaram 	Thursday 11 <sup>i</sup>	<sup>th</sup> July 2019						
MinceCarrotZucchiniGarlicBreadcrumbsSoy SauceCurry PasteCoconut MilkChicken StockSweet PotatoesBrown SugarLime JuiceFrozen PeasCorianderWeet-Bix SliceWeet-BixFlourCoconutSugarButterIcing SugarMilkFriday 12 <sup>th</sup> July 2019Cauliflower Macaroni and CheeseMacaroniCauliflowerFlourMilkCheeseFrozen PeasParsleyMonte CarloBiscuitsMilkCheeseFrozen PeasParsleyMilkCoconutIcing SugarEggBaking PowderVanillaMilkCoconutIcing SugarEggBaking PowderVanillaMilkCoconutIcing SugarEggParsleyVanillaMilkCoconutIcing SugarEggParsleyVanillaMilkCoconutIcing SugarFlourVanillaIcing SugarVanillaMilkCoconutIcing SugarIcing SugarPuff PastryVegetable OilPeasGaram MasalaIcing SugarPassionfruit PulpPassionfruitTuesday 16 <sup>th</sup> July 2019Cortenter EggCaster SugarPassionfruit PulpCoring Icing SugarFlourCornflourEggCaster SugarPassionfruit PulpCommon Garam MasalaIcing SugarSalt & PepperSeeded MustardTomato Suce<	<b>Chicken Mea</b>	tball Curry						
Coconut MilkChicken StockPotatoesBrown SugarLime JuiceFrozen PeasCorianderWeet-BixFlourCoconutSugarButterIcing SugarMilkFriday 12th July 2019Cauliflower Macaroniand CheeseMacaroniCauliflowerFlourMilkCheeseFrozen PeasParsleyMonte Carlo BiscuitsPlain FlourBrown SugarButterIcing SugarEggBaking PowderVanillaMilkCoconutIcing SugarEggBaking PowderVanillaMilkCoconutIcing SugarEggDawing PowderVanillaMilkCoconutIcing SugarEggBaking PowderVanillaMonday 15th July 2019Icing SugarBeef StockCorianderPuff PastryVegetable OilPeasGaram MasalaIconflourBeef StockCorianderPuff PastryVegetable OilPeasFlourCornflourEggCaster SugarPassionfruit PulpTuesday 16th July 2019Icing SugarFlourCornflourEggCaster SugarTomato SauceBeef MinceCheeseEggsBreadcrumbsSalt & PepperSeeded MustardTomato SauceBeef MinceCheeseEggsBreadcrumbsSalt & PepperSeeded MustardTomato SauceFunfetti Pancakes with Whiped Maple ButterMilkButterMaple Syrup100's & 100's & 100's &	Chicken Mince	Carrot	Zucchini	Garlic	Breadcrumbs	Soy Sauce	Curry Paste	
Weet-BixFlourCoconutSugarButterIcing SugarMilkFriday 12th July 2019Cauliflower Macaroni and CheeseMacaroniCauliflowerFlourMilkCheeseFrozen PeasParsleyMonte Carlo BiscuitsPlain FlourBrown SugarButterIcing SugarEggBaking PowderVanillaMilkCoconutIIcing SugarEggBaking PowderVanillaMilkCoconutIIcing SugarEggBaking PowderVanillaMonday 15th July 2019Beef SamosasBeef StockCorianderPuff PastryBeef MinceOnionCuminGarlicBeef StockCorianderPuff PastryVegetable OilPeasGaram 	Coconut Milk	Chicken Stock		Brown Sugar	Lime Juice	Frozen Peas	Coriander	
Friday 12th July 2019     Cauliflower Macaroni and Cheese     Macaroni   Cauliflower   Flour   Milk   Cheese   Frozen Peas   Parsley     Monte Carlo Biscuits   Plain Flour   Brown Sugar   Butter   Icing Sugar   Egg   Baking Powder   Vanilla     Milk   Coconut   Icing Sugar   Egg   Baking Powder   Vanilla     Milk   Coconut   Icing Sugar   Egg   Baking Powder   Vanilla     Monday 15 <sup>th</sup> July 2019   Beef Samosas   Beef Samosas   Beef Samosas   Puff Pastry     Vegetable Oil   Peas   Garam Masala   Garam   Icing Sugar   Puff Pastry     Vegetable Oil   Peas   Garam Masala   Seef Stock   Coriander   Puff Pastry     Vegetable Oil   Peas   Garam Masala   Cornflour   Egg   Caster Sugar   Passionfruit Pulp     Tuesday 16 <sup>th</sup> July 2019   Flour   Cornflour   Egg   Seeded Mustard   Tomato Sauce     Beef Mince   Cheese   Eggs   Breadcrumbs   Salt & Pepper   Seeded Mustard   Tomato Sauce     Flour   Bi Carb Soda	Weet-Bix Slie	ce						
Cauliflower Macaroni and CheeseMacaroniCauliflowerFlourMilkCheeseFrozen PeasParsleyMonte Carlo BiscuitsPlain FlourBrown SugarButterIcing SugarEggBaking PowderVanillaMilkCoconutIIcing SugarEggBaking PowderVanillaMilkCoconutIIcing SugarEggBaking PowderVanillaMonday 15th July 2019Beef SamosaIsing SugarGarlicBeef StockCorianderPuff PastryBeef MinceOnionCuminGarlicBeef StockCorianderPuff PastryVegetable OilPeasGaram MasalaIsing SugarFlourCornflourEggCaster SugarPassionfruit PulpPassionfruit Shortbread EggsButterIcing SugarFlourCornflourEggCaster SugarPassionfruit PulpTuesday 16th July 2019EggSalt & PepperSeeded MustardTomato SauceFlourEggSalt & PepperSeeded MustardTomato SauceFlourBi Carb SodaCaster SugarMilkButterMaple Syrup100's & 100's & 100's	Weet-Bix	Flour	Coconut	Sugar	Butter	Icing Sugar	Milk	
MacaroniCauliflowerFlourMilkCheeseFrozen PeasParsleyMonte Carlo BiscuitsPlain FlourBrown SugarButterIcing SugarEggBaking PowderVanillaMilkCoconutIIIIIMonday 15 <sup>th</sup> July 2019Beef SamosasBeef MinceOnionCuminGarlicBeef StockCorianderPuff PastryVegetable OilPeasGaram MasalaGarlicBeef StockCorianderPuff PastryPassionfruit Shortbread EggsButterIcing SugarFlourCornflourEggCaster SugarPassionfruit PulpTuesday 16 <sup>th</sup> July 2019Chicken FajitasBeef MinceCheeseEggsBreadcrumbsSalt & PepperSeeded MustardTomato SauceFlourBi Carb SodaCaster SugarMilkButterMaple Syrup100's & 100's & 100's & 100's &								
Monte Carlo BiscuitsPlain FlourBrown SugarButterIcing SugarEggBaking PowderVanillaMilkCoconutIIIIIMonday 15th July 2019Beef SamosasBeef MinceOnionCuminGaralicBeef StockCorianderPuff PastryVegetable OilPeasGaram MasalaIIIIPassionfruit Shortbread EggsButterIcing SugarFlourCornflourEggCaster SugarPassionfruit PulpTuesday 16th July 2019Chicken FajitasBeef MinceCheeseEggsBreadcrumbsSalt & PepperSeeded MustardTomato SauceFlourBi Carb SodaCaster SugarMilkButterMaple Syrup100's & 100's & 100's & 100's &	Cauliflower N	Macaroni and C	heese		-			
Plain FlourBrown SugarButterIcing SugarEggBaking PowderVanillaMilkCoconutIIIIIIMonday 15th July 2019Beef SamosasBeef SamosasBeef MinceOnionCuminGarlicBeef StockCorianderPuff PastryVegetable OilPeasGaram MasalaIIIIPassionfruit Shortbread EggsButterIcing SugarFlourCornflourEggCaster SugarPassionfruit PulpTuesday 16th July 2019CornflourEggCaster SugarPassionfruit PulpChicken FajitasBeef MinceCheeseEggsBreadcrumbsSalt & PepperSeeded MustardTomato SauceFlourCaster SugarMilkButterMaple Syrup100's & 100's & 100's &	Macaroni	Cauliflower	Flour	Milk	Cheese	Frozen Peas	Parsley	
Plain FlourBrown SugarButterIcing SugarEggPowderVanillaMilkCoconutImage: SugarImage: SugarImage: SugarPowderVanillaMonday 15th July 2019Beef SamosasBeef SamosasBeef MinceOnionCuminGarlicBeef StockCorianderPuff PastryVegetable OilPeasGaram MasalaImage: SugarPowderVanillaPuff PastryPassionfruit Shortbread EggsButterIcing SugarFlourCornflourEggCaster SugarPassionfruit PulpTuesday 16th July 2019EggsBreadcrumbsSalt & PepperSeeded MustardTomato SauceBeef MinceCheeseEggsBreadcrumbsSalt & PepperSeeded MustardTomato SauceFlourBi Carb SodaCaster SugarMilkButterMaple Syrup100's & 100's & 1000's	Monte Carlo	Biscuits						
Monday 15th July 2019Beef SamosasBeef MinceOnionCuminGarlicBeef StockCorianderPuff PastryVegetable OilPeasGaram MasalaImage: Colspan="6">Addition of the stockCorianderPuff PastryPeasionfruit Shortbread EggsButterIcing SugarFlourCornflourEggCaster SugarPassionfruit PulpTuesday 16th July 2019Chicken FajitasBeef MinceCheeseEggsBreadcrumbsSalt & PepperSeeded MustardTomato SauceFunfetti Pancakes with Whipped Maple ButterMilkButterMaple Syrup100's & 100's & 100's &	Plain Flour	Brown Sugar	Butter	Icing Sugar	Egg		Vanilla	
Beef SamosasBeef MinceOnionCuminGarlicBeef StockCorianderPuff PastryVegetable OilPeasGaram MasalaIndext StockCorianderPuff PastryPassionfruit Stortbread EggsButterIcing SugarFlourCornflourEggCaster SugarPassionfruit PulpChicken FajitasBeef MinceCheeseEggsBreadcrumbsSalt & PepperSeeded MustardTomato SauceFlourBi Carb SodaCaster SugarMilkButterMaple Syrup100's & 100's & 100's &	Milk	Coconut						
Beef MinceOnionCuminGarlicBeef StockCorianderPuff PastryVegetable OilPeasGaram MasalaImage: StockCorianderPuff PastryPassionfruit Shortbread EggsButterIcing SugarFlourCornflourEggCaster SugarPassionfruit PulpTuesday 16th July 2019Chicken FajitasBeef MinceCheeseEggsBreadcrumbsSalt & PepperSeeded MustardTomato SauceFunfetti Pancakes with Whiped Maple ButterFlourBi Carb SodaCaster SugarMilkButterMaple Syrup100's & 100's	Monday 15 <sup>th</sup>	July 2019						
Vegetable OilPeasGaram MasalaImage: Construct of the second of the	Beef Samosa	S						
Vegetable OilPeasMasalaImage of the set of th	Beef Mince	Onion	Cumin	Garlic	Beef Stock	Coriander	Puff Pastry	
ButterIcing SugarFlourCornflourEggCaster SugarPassionfruit PulpTuesday 16th July 2019Chicken FajitasBeef MinceCheeseEggsBreadcrumbsSalt & PepperSeeded MustardTomato SauceFunfetti Pancakes with Whipped Maple ButterFlourBi Carb SodaCaster SugarMilkButterMaple Syrup100's & 100's	Vegetable Oil	Peas						
ButterIcing SugarFlourContriourEggCaster SugarPulpTuesday 16 <sup>th</sup> July 2019Chicken FajitasBeef MinceCheeseEggsBreadcrumbsSalt & PepperSeeded MustardTomato SauceFunfetti Pancakes with Whipped Maple ButterSalt & PepperSeeded MustardTomato SauceFlourBi Carb SodaCaster SugarMilkButterMaple Syrup100's & 100's	Passionfruit	Shortbread Egg	IS					
Chicken Fajitas     Beef Mince   Cheese   Eggs   Breadcrumbs   Salt & Pepper   Seeded Mustard   Tomato Sauce     Funfetti Pancakes with Whipped Maple Butter   Seeded Mustard   Tomato Sauce     Flour   Bi Carb Soda   Caster Sugar   Milk   Butter   Maple Syrup   100's & 100's	Butter	Icing Sugar	Flour	Cornflour	Egg	Caster Sugar	Passionfruit Pulp	
Beef MinceCheeseEggsBreadcrumbsSalt & PepperSeeded MustardTomato SauceFunfetti Pancakes with Whipped Maple ButterFlourBi Carb SodaCaster SugarMilkButterMaple Syrup100's & 100's	Tuesday 16 <sup>th</sup>	July 2019						
Beef Mince Cheese Eggs Breadcrumbs Sait & Pepper Mustard Sauce   Funfetti Pancakes with Whipped Maple Butter   Flour Bi Carb Soda Caster Sugar Milk Butter Maple Syrup 100's & 100's	<b>Chicken Fajit</b>	tas						
Flour Bi Carb Soda Caster Sugar Milk Butter Maple Syrup 100's & 100's	Beef Mince	Cheese	Eggs	Breadcrumbs	Salt & Pepper			
Flour Bi Carb Soda Sugar Milk Butter Maple Syrup 1000's	Funfetti Pane	Funfetti Pancakes with Whipped Maple Butter						
	Flour	Bi Carb Soda		Milk	Butter	Maple Syrup		
	Eggs							

# **Ingredients for the Classes**



Thursday 18 <sup>th</sup> July 2019						
<b>Healthy Musl</b>	hroom Strogano	off				
Mushrooms	Brown Onion	Garlic	Thyme	Flour	Vegetable Stock	Tomato Paste
Sour Cream	Parsley	Pasta	Sage			
Vanilla Honey Cupcakes						
Eggs	Honey	Vanilla	Buttermilk	Coconut Oil	Flour	Baking Powder
Cream Cheese						