

FREEZER COOKING PLAN

Baking and Snacks

This plan makes a collection of breads, cookies, granola, cookies and trail mix.

The Recipes

[Maple Vanilla Almond
Granola](#)

make 2 batches

[Mix and Match Muffin Mix](#)

make 3 batches

[Bulk Batch Zucchini
Bread](#)

make 1 batch

[Whole Wheat
Snickerdoodles](#)

make 1 batch

[Nut-Free Monkey Munch
Trail Mix](#)

make 1 batch

This summer I'm reminded that kids (and adults) are hungrier than at other times during the year. I think it's the extra free time and fresh air that makes us want to nosh.

Preparing a bunch of snacks and baked goods bridges the gap between meals and helps us avoid fast food when we're out and about.

Granted, I have to do a bit of baking, but if I bake in the evening once things cool down, I can have the best of both worlds: plentiful goodies without heating up the kitchen.

Check out this freezer cooking plan so that you, too, can enjoy some good cheap eats this summer.



Groceries:

This is a grocery list for all ingredients needed to make this freezer meal plan.

Read through the list carefully to see what you already have on hand or what you might omit in order to accommodate a family preference or to trim costs further.

Dairy/deli section

- 1 cup butter
- 11 eggs

Produce

- 6 cups grated zucchini

Canned/dry goods

- 19 1/2 cups unbleached flour
- 2 1/2 cups whole wheat flour

- 10 cups old-fashioned rolled oats (do NOT use quick oats)
- 2 cups wheat germ
- 1/4 cup flax seed meal
- 2 cups oat bran
- 2 cups dry-roasted, unsalted almonds
- 1 cup maple syrup
- 5 cups plus 2 tablespoons sugar
- 5 1/2 cups brown sugar
- 4 cups vegetable oil
- 4 tablespoons plus 3/4 teaspoon baking powder



Freezer Meal Plan: Baking & Snacks

- 2 tablespoons baking soda
- 2 1/2 teaspoons cream of tartar
- 1 cup dried cranberries
- 1 cup dried banana chips
- 1 cup chocolate chunks
- 1 1/2 cups nuts, chocolate chips, or a combination
- 4 1/2 cups mix-ins for muffins (dried fruit, nuts, chocolate)
- 1/2 cup sunflower seeds
- 1/2 cup pepitas

Spices & Extracts

- salt
- ground cinnamon
- vanilla extract

Packaging:

- plastic wrap
- plastic or glass containers labeled for Not Too Sweet Granola
- plastic or glass container labeled for Nut-Free Monkey Munch Trail Mix
- quart-size zip-top freezer bags labeled for Snickerdoodles
- gallon-size zip-top freezer bags labeled for Zucchini Bread
- glass jars, plastic containers, or freezer bags labeled for Muffin Mixes

Special Equipment:

- large baking sheets
- loaf pans

Prep List:

- shred the zucchini
- soften the butter

Cooking Plan:

1. Start the granola in the oven. Be sure to set the timer.
2. Prepare cookie dough and chill it in the refrigerator.
3. Prepare the trail mix. Store in a cool, dry place. [TRAIL MIX DONE]
4. The granola should be done. Allow it to cool completely before packaging.
5. Prepare the zucchini bread and bake. Be sure to set the timer.
6. Prepare the muffin mixes. Store in a cool, dry place or freezer for longest shelf life. [MUFFIN MIXES DONE]
7. Form the cookie dough into balls and place on prepared baking sheet.
8. Once the zucchini bread is done, cool the loaves on a rack.
9. Bake the cookies. Alternatively, you can freeze the dough balls and bake them as needed. Cool baked cookies on a rack.
10. Once the granola is cool, package it and store in a cool, dry place or freezer for longest shelf life. [GRANOLA DONE]
11. Once the zucchini bread is cool, wrap it in plastic wrap and then place in freezer bags. Freeze. [ZUCCHINI BREAD DONE]
12. Once the cookies are cooled, place them in labeled freezer bags and freeze. [COOKIES DONE]