



SUNFLOWER BISCUIT BONES



Skits loves these biscuits! You can make this recipe online and in a kitchen.



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Ingredients



If you're making real biscuits in a kitchen, have a grown-up help you. Always ask a grown-up to help **BEFORE** you use an oven. Remember to wash your hands before you start cooking.

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SPEAKS**[™]



Ingredients



measuring cup



wooden spoon



tablespoon



mixing bowl



cookie sheet



oven mitts

Step 1

First, find the tools you'll need.



Ingredients



1 cup cornmeal



1 cup sunflower seeds



2 cups whole-wheat flour



1 egg



1 cup water



1/3 cup vegetable oil



Step 2

Next, find and **measure** your **ingredients**. When you measure an ingredient, use the recipe to **check** the **amount** you need. Notice that the measuring cup has lines with numbers. Be sure that the amount you use is **level** with the right number on the measuring cup.

measure: when you measure, you find the size or amount of something.

ingredients: an ingredient is one of the things that goes into the mixture.

check: when you check something, it means you make sure it's right.

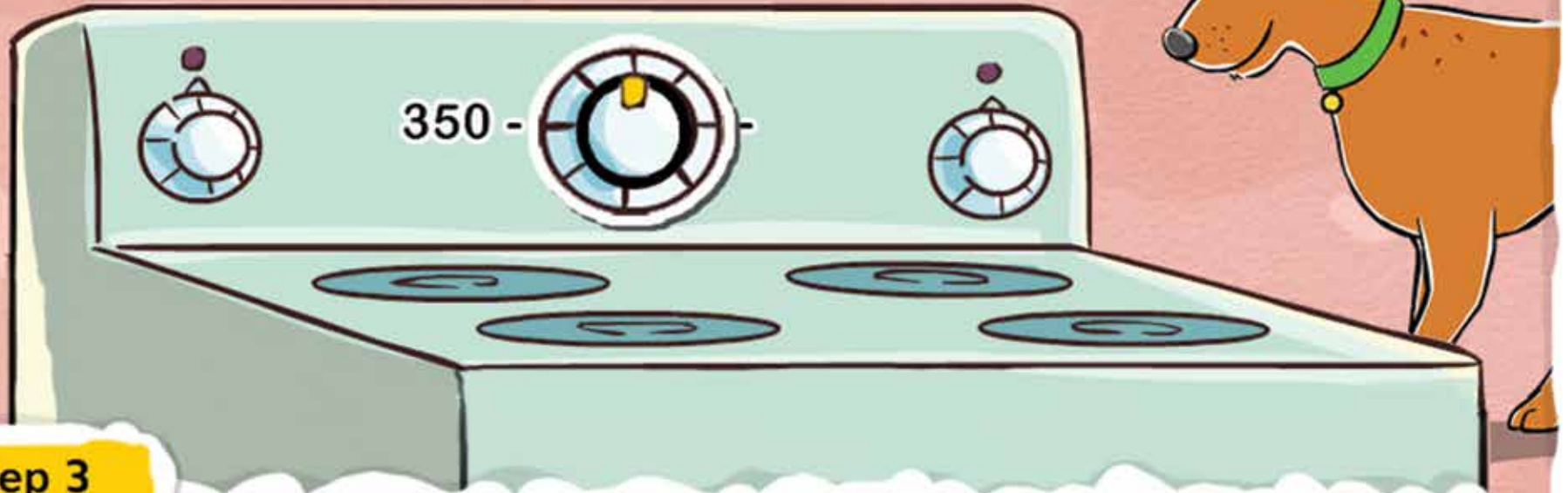
amount: an amount of something is how much of it there is.

level: when something is level, that means it is flat like straight line.

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Ingredients



Step 3

Now set the oven to 350 **degrees**. This will give it time to heat up to the right **temperature** before you need to bake your biscuits.

degrees: you measure how hot or cold something is with degrees.

temperature: the temperature of something is how hot or cold it is.

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Ingredients



Stir mixture

Step 4

Next, use the wooden spoon to **combine** the whole-wheat flour, cornmeal, egg, and sunflower seeds in a mixing bowl. Pour in the water and the vegetable oil. Stir the **mixture** until there are no more big lumps.

combine: when you put two things together, you combine them.

mixture: when you put two or or more things together, you make a mixture.

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Ingredients



Step 5

Then, sprinkle some flour on the table or counter. If the dough is really sticky, **add** a little more flour. Mash and squish the dough for about a minute. When squeezing the dough feels like squeezing your earlobe it's ready!

add: to add means to put things together.

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Ingredients



Step 6

Now, **divide** the dough into **portions** the size of a tablespoon. Take each portion and roll it into a log about as thick as your thumb. Pinch the ends to make a dog bone shape or any shape you want.

divide: to divide means to take apart into pieces.

portions: a portion is a part of something.

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Ingredients



Step 7

Next, put your shaped dough on a cookie sheet. Now, put on your oven mitts. With the help of a grown-up, carefully put the cookie sheet in the oven.



Ingredients



Step 8

Then, set the timer for 35 minutes. Bake your biscuits until they are golden brown. They should be more like the color of my fur than the color of Skits' fur.

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Ingredients



Step 9

Finally, when the timer goes off, put on the oven mitts to take the biscuits out of the oven, with the help of a grown-up. Turn off the oven. Make sure you let the biscuits cool before sharing them with your four-legged friends-no matter how much they beg.