

JEDI FOOD TRICKS

MAY THE FORCE GUIDE YOU IN THE KITCHEN

NOVEMBER 2013

THE WAY CHILDREN WILL EAT HEALTHIER

NEW STUDY REVEALS CHILDREN EAT MORE NUTRITIOUS IF IT INVOLVES STAR WARS

The scientists at New Alderaan University revealed last month that human children eat more nutritious if it is shaped as Star Wars items.

Humans love the Star Wars movies made by our galaxy a decade ago and studies show that the people on Earth still enjoy watching the movies. The problem with the people on Earth is that they do not like to eat their vegetables.

Earth is covered in "fast-food" restaurants so many do not eat very nutritious items. When the scientists at New Alderaan University gave human children vegetables not in any Star Wars shapes, they refused to eat them.

"Many children looked at their food and said they would not touch them,"

Professor Mike Ota said. "When we then gave them their vegetables shaped in Star Wars scenes and characters, they were excited to eat them."

Some ideas to forming these scenes to feed your children can include, R2D2 and C3PO hanging out in a field in the planet of Naboo.



Use Star Wars characters as a alternative to feed vegetables to your human children.

By: Princess Leia



THINK GEEK VOTED BEST PLACE TO BUY YOUR STAR WARS GADGETS

In our October issue, we asked readers to vote for their favorite places to buy their Star Wars gear and gadgets for the kitchen.

On the ballot was Think Geek, Star Wars official website, Junk Food, and Target.

With an overwhelming amount of votes, the online website Think Geek takes the prize as the best place to buy your Star Wars Gadgets.

Congratulations Think Geek!

By: Staff

ICE SABER COOKBOOK NOW AVAILABLE

The third addition of the Star Wars Cookbook is now available at your favorite Star Wars gadget stores and bookstores all over the galaxy.

These Star Wars recipes are inspired by the movies we made and you love.

What makes this cookbook different from the previous two editions of the cookbook is the Ice Saber kit that comes with each cookbook.

This recipe is perfect for those hot days on Tatooine when you want something cold to eat.

This book has 30 sweet, chilled treats in this Star Wars-themed cooking kit, from Mos Icelly to Qui-Gon Gin-



This cookbook is great for families and friends who live in hot planets like Tatooine and Earth.

gerbread Ice Cream Sandwiches to Frozen Hoth Chocolate. These recipes will appeal to any Jedi appetite.

This cookbook is being sold for \$20 at most locations.

By: C3PO

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RECIPE OF THE MONTH: PRINCESS LEIA CUPCAKES



Princess Leia Cupcakes are perfect for your children's birthday parties or other special occasions.

Ingredients:

Cupcakes, Cream cheese frosting, Black frosting, Heart quins and Oreos

For the cream cheese frosting:

8 ounces cream cheese, 1/4 cup butter, 1 cup confectioner's sugar, 1-1/2 teaspoon vanilla

To make the frosting, beat together the cream cheese and butter. Slowly add the confectioner's sugar, then the vanilla. Beat until it is combined and spreadable.

For the Princess Leia cupcakes, bake any type of cupcake you want and let it cool. Take the cooled cupcake and spread a thin smooth layer of frosting on top.

Using a frosting tinted black, do one side of the hair first. Add the other side of the hair and then the eyes. Place a little heart quin for the lips.

For the hair, take an Oreo and stick it into the side of the cupcake liner using the black frosting. Do the same for the other side. To get rid of the 'white line' (i.e. the creamy center), simply run a thin layer of black frosting down the center of the sandwich cookie.

By: Princess Leia



THE 5 MUST HAVE ACCESSORIES FOR THANKSGIVING DINNER

1



R2D2 Bottle Stopper
\$14.99
www.thinkgeek.com

2



Death Star Cookie Jar
\$50.00
www.starwars.com

3



Star Wars Character Coaster Set
\$12.99
www.thinkgeek.com

4

Star Wars Slug Oven Mitt
\$20.00
www.thinkgeek.com



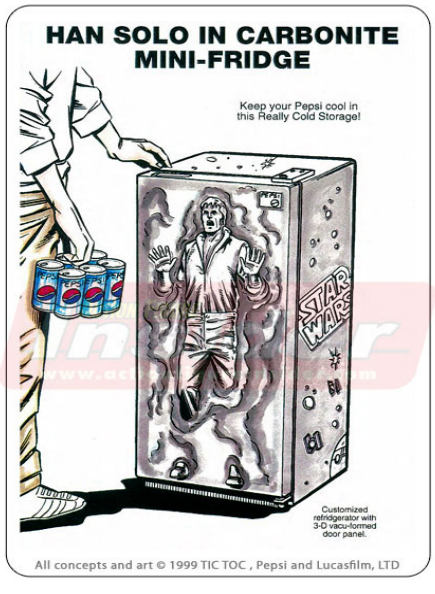
5



Stars Wars Flexible Spatula Set
\$30.00
www.williams-sonoma.com

EDITORIAL OF THE MONTH:

REJECTED STAR WARS CONCEPT ITEM SHOULD BE ON SHELVES



The Han Solo In Carbonite Mini Fridge was a concept item to have come out this past summer but it did not.

The editors of Jedi Food Tricks feel that this was a mistake and should have gotten on shelves this past summer.

According to Pepsi, the sponsor for this mini fridge, they rejected this concept item because of the following reasons. First, it would cost a lot of money to build and sell. Second, they did not feel it will sell well in the market.

This fridge is perfect for your cool-

ing needs and even Han Solo said he would have liked this fridge in his Millennium Falcon.

“The Han Solo in Carbonite mini fridge would have looked great in my ship,” Solo said. “Even Chewie was excited to have it on board for all his drinks and food that would taste better cold.”

We say to take a stand and have this mini-fridge back on the way to our homes.

By: Editorial Staff

FEATURED ITEM: WILLIAMS & SONOMA CUPCAKE KIT



Williams & Sonoma will be selling their “Star Wars Cupcake Decorating Kit Galactic Empire” for the holiday season.

It will be selling for \$12. You can buy this item in stores starting November 25.

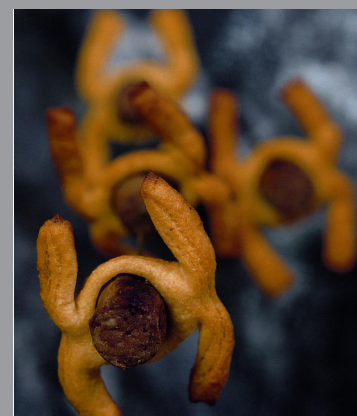
FAMILY TO DO LIST: TIE FIGHTER TIES

THESE INTER-GALACTIC FINGER-FOODS ARE SURE TO START A BATTLE IN YOUR OWN KITCHEN: A BATTLE OVER WHO TAKES COMMAND OF THE FRESH-FROM-THE-OVEN FLEET OF TIE FIGHTER TIES!

Ingredients:

- 4 pre-cooked sausages or hot dogs, approx. 5-inches long
- 1 package refrigerator breadsticks (8 breadsticks)
- Ketchup or mustard

1. Preheat the oven to 350 degrees F.
2. Cut sausages in half crosswise.
3. Open the package of breadsticks and separate the lengths of dough.
4. Cut the lengths in half and set aside. You should have 16 lengths of dough when you are finished.
5. Place one sausage half, cut-side down, on a baking sheet
6. Take 1 length of dough and wrap it around the base of the sausage half. Cross the ends and let them fall on in



Tie Fighter Ties are a perfect way for your family to enjoy your sausages.

the form of the letter V. And wrap the same sausage in the opposite direction. Repeat with other sausages

8. Bake according to breadstick package directions, or until dough puffs up and turns golden brown.

By: C3PO

LETTERS TO THE EDITOR

LAST MONTH WE ASKED READERS TO SUBMIT LETTERS TO BE ANSWERED BY OUR GUEST COLUMNIST, YODA!



Luke from Tatooine:

Dear Yoda,

Everytime I try to bake a cake, the force does not remind me what time it is suppose to finish cooking. Do you have any tips on how to keep my cakes from over cooking?

Luke Dear,

Hard baking for a jedi, it is. Use a timer of course. The force helps not.
-Yoda



Han from Corellia

Dear Yoda,

I get mad at my friend Chewy for always eating the food I cook before I can try them myself. What can I do to keep a wookie out of the kitchen?

Han Dear,

Eating everthing ,Wookie does. Talk to Chewy next time before cooking or baking.

-Yoda



Vader from Death Star:

Dear Yoda,

What is your favorite food before a light saber battle?

Vader Dear,

Seeds I grind. Soup I put.

-Yoda



We want to hear your thoughts, ideas on this issue and for our upcoming issues! Email us your letters to:

letters@jedifoodtricks.galaxy

READER SUBMISSION OF THE MONTH



Thank you Luz Fregoso from Earth for your submission of your cake topper you made for your daughters 21st birthday. It is out of this world!

We hope she enjoyed this cake topper as much as we enjoyed looking at it!

Do you have an awesome idea or item you want to show the galaxy? Email us at: readersubmission@jedifoodtricks.galaxy

www

OUR MISSION STATEMENT

FOR THE STAR OF THE STAR WARS SAGA TO HELP GUIDE THE HUMANS, JEDIS, PADWANS, WOOKIEES, EWOKS, STORMTROOPERS AND ALL THE OTHER CREATURES OF THE GALAXY TO A BETTER LIFE IN THE KITCHEN WITH NEW PRODUCTS AND RECIPES THE FIRST FRIDAY OF EVERY MONTH

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