

Delicious Dirt Dessert Recipe

When you go outside to dig in the dirt, what do you find?
Rocks? Clumps of soil? Worms?

Try this fun recipe and make some “dirt” that’s safe to eat!



Photo by Michelle Smith

Ingredients:

- 1 box of instant pudding -- chocolate for mud, vanilla for sand or a combination of both
- 1 package of your favorite crunchy cookies -- chocolate sandwich cookies, graham crackers, vanilla wafers, etc.
- 2 cups of milk or a milk alternative such soy, oat, almond, or coconut
- 1 package of gummy worms (optional)

Ingredients Options:

- You may opt to mix in a whipped topping (such as Cool Whip or CocoWhip) with the pudding before putting it into the fridge.
- Try other mix-ins that might represent rocks, pebbles and other soil textures. Chocolate or butterscotch chips, different colors of sprinkles, blueberries or cut strawberries could work.
- Many brands offer gluten free cookies. Lucy’s, Enjoy Life and Glutino are a few.
- Gelatin-free gummy worms made with organic fruit juice are available from Surf Sweets.

Tools:

- Electric mixer or whisk
- Paper or Ziploc bag
- Large serving spoon or rolling pin
- Serving containers: cups, new sand pails or clean ceramic pots

Instructions:

1. Make the pudding according to the package instructions and put it in the refrigerator to set.
2. While the pudding sets, place the cookies in a bag and seal it tightly. Crush the cookies by using a rolling pin or the back of a big spoon.
3. Now the fun part! Create your dirt dessert:
 - Put a layer of crushed cookies in the bottom of serving container
 - Scoop pudding on top of the cookies
 - Layer your dirt by putting cookies then pudding then cookies, etc.
 - Stick gummy worms in the top

Yum! Enjoy your delicious dirt dessert!

