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Everest Cookies



INGREDIENTS

- 1. 1/2 cup Butter, Softened
- 2. 1/2 cup Sugar
- 3. 1 Large Egg, Room Temperature
- 4.3/4 tsp Vanilla Extract
- 5. 1/4 tsp Almond Extract
- 6. 1-3/4 cups All Purpose Flour
- 7. 1/2 tsp Ground Cinnamon
- 8. 1/4 tsp Salt
- 9. 1/4 tsp Baking Powder
- 10.1 can (16 oz.) Vanilla Frosting
- 11. 1 cup White Spinkles
- 12. 3/4 cup Blue Decorating Icing
- 13. 1/4 cup Black Decorating Icing
- 14. 36 Candy Eyes
- 15. Additional Sprinkles and Candies

INSTRUCTIONS

- 1. In a large bowl, cream butter and sugar until light and fluffy. Beat in egg and extracts. In another bowl, whisk flour, cinnamon, salt and baking powder; gradually beat into creamed mixture. Shape into a disk; wrap in plastic. Refrigerate until firm enough to roll, about 1 hour.
- 2. Preheat oven to 350°. On a lightly floured surface, roll dough to 1/8-in. thickness. Cut with a floured 4-in. gingerbread man cookie cutter. Place 1 in. apart on ungreased baking sheets. Bake until light brown, 9-11 minutes. Remove from pans to wire racks to cool completely.
- **3.** Spread cookies with vanilla frosting and decorate with sprinkles. Add face, hands and feet with blue icing; add mouth with black icing. Use additional sprinkles for teeth; add eyes. If desired, add additional sprinkles or candies for decoration.

Nutrition facts:

1 cookie: 345 calories, 14g fat (6g saturated fat), 24mg cholesterol, 173mg sodium, 52g carbohydrate (36g sugars, 0 fiber), 2g protein.

Everest's Snowballs

Makes about 2 dozen cake pops

INGREDIENTS

- **1. 15.25 oz** Box White or Blue Velvet Cake Mix
- 2. 1 Can Vanilla Frosting
- 3. 2 cups White Candy Melts
- 4. Edible White Glitter
- 5. Blue Sprinkles



INSTRUCTIONS

- **1.** Make cake according to the directions on the box.
- 2. Once cake is baked and cooled, scoop out the cake without scraping into the bottom.
- **3.** Place baked cake into the bowl, take your fork and break up into small pieces and add about 3/4 of the can of frosting and mix well.
- **4.** Chill in refrigerator for about 10-15 minutes. Once chilled, roll into 1 inch balls and place on a parchment lined cookie sheet and stick into freezer for about 20 minutes.
- 5. When they are ready, take your white candy melts and put in a microwave safe bowl. Microwave to do this until discs are all melted. Next take a cake ball and dip into the white melt, make sure to get a nice even coat. Place on your parchment paper and sprinkle with edible glitter and blue sprinkles.
- **6.** Let them set up at room temperature. They are now ready to enjoy and share!





UNSCRAMBLE

Rearrange the scrambled letters to reveal the hidden words.

REBLEBRYU

TEQUS

PSFIRNEDHI

GAMIC

LIOVIN

TANIMUON

→ WORD LIST -

BLUEBERRY

QUEST

FRIENDSHIP

MAGIC

VIOLIN

MOUNTAIN





WORD SEARCH

Find the characters from the film

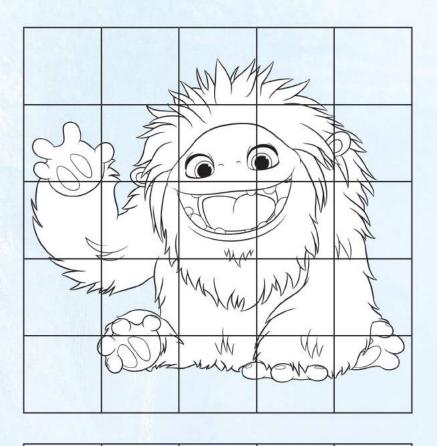
RONAINAIAXOA **WORD LIST EVEREST** BADYAPANECAZ YI ULPENGAHAIBA **PENG** RADPASKAUKHL JIN NCPAQATRBACM **BURNISH** IAJFASAACZON NAINAI SLGAEAGDTAAS ZARA HAARCETAYRGY AMEFANAFJAYA AVDAJINAGBIK

EAIUHARAJARA





Use the grid to help you draw Everest.















EVEREST ORNAMENT



SUPPLIES:

- 1. Faux fur fabric strips
- 2. Black, White and Grey felt
- 3. Googly eyes
- 4. Pipe cleaner
- 5. Fabric glue
- 6. Ribbon
- 7. Scissors

DIRECTIONS:

STEP 1:

Cut a strip of faux fabric with the scissors and glue to the glass ornament balls. Then, starting at the top, go all the way around to the top again. It is important to make sure faux fur strip is secure.

STEP 2:

Now, cut another faux fur strip and glue this strip the opposite way around the middle, perpendicular to the previous strip of fur.

STEP 3:

Next, it's time to fill in the gaps. Continue gluing strips of the faux fur until the entire ornament has been covered, but you can still access the hook on the top.

STEP 4:

Cut an oval shape out of the grey felt for Everest's face and glue on the pair of googly eyes with the fabric glue on the grey felt, then cut 2 small circles out of the black felt for Everest's nose and then glue them between his eyes.

STEP 5:

Cut Everest's big smile with the black felt into a thin U-shaped line (that follows the bottom of your grey felt face piece). Cut half circles for Everest's round teeth out of the white felt and use fabric glue to stick them touching the top of his smile (2 teeth on the left and 3 teeth on the right). Glue his smile along the bottom of the grey felt/his face.

STEP 6:

Glue Everest's face onto your furry ornament!

STEP 7:

Finally, to finish off your *Abominable* movie ornament, cut a piece of ribbon, thread it through the ornament hook and knot the top so it is ready to hang.



ABOMINABLE ADORABLY UGLY HOLIDAY SWEATER

WHAT YOU'LL NEED!

- 1. Grey, white, and black felt
- 2. Scissors
- 3. Glue gun
- 4. Sweater of your choice
- 5. Pack of LED batteryoperated lights*
- 6. White fluffy fabric
- 7. Star jewels*
- 8. Candy cane pipe cleaners*
- 9. Little white pom poms*

*Optional



STEPS:

- **1.** Draw Everest's body outline on the back of the fluffy white fabric (print a picture of Everest and use as a guide to outline if needed).
- 2. Cut an oval shape out of the grey felt for Everest's face and use the white and black felt to make round eyes (2 big circles from white felt and 2 smaller circles from black felt, glue black on top of white). Glue on the pair of eyes to the grey felt, then cut 2 small circles out of the black felt for Everest's nose and then glue them between his eyes.
- 3. Cut Everest's big smile with the black felt into a thin U-shaped line (that follows the bottom of your grey felt face piece). Cut half circles for Everest's round teeth out of the white felt and use glue to stick them touching the top of his smile (2 teeth on the left and 3 teeth on the right). Glue his smile along the bottom of the grey felt/his face. Cut out his round ears with grey felt and glue them to the sides of his head.
- **4.** Take Everest and glue his feet and head to your sweater, leaving his abdomen unglued. Behind his abdomen, cut a hole in your sweater for the lights and string them though (battery pack hidden inside sweater). Then wrap your lights around Everest like he got twisted in festivities and glue along the wire (lights optional).
- **5.** Optional: add additional decorations with stars, pipe cleaners, pom poms, etc.
- **6.** To secure battery pack: turn sweatshirt inside out and cut a piece of felt into a square that will fit your battery pack, then glue 3 sides of fabric and place inside sweatshirt where you want to keep the battery pack, so it acts like a pocket.
- **7.** Now it's time to turn on your lights and have an Abominable fashion show!

BUILD EVEREST'S HOME

LET'S GET BUILDING! Here are some tips!

MATERIALS:

Every fort is unique - ask your parents/adults for permission and help finding the best Mount Everest materials, here are some starter ideas:

- 1. Blankets
- **2. Sheets** (white and blue on the outside to make it look like Mt. Everest)
- 3. Pillows
- 4. Couch or Chair Cushions
- 5. Mattresses
- 6. Dining Room Chairs
- 7. Tall table
- 8. String Lights
- 9. Books to weigh down the blankets and sheets
- 10. Sleeping bags

FACE THE TV AND GRAB ABOMINABLE

Yi made Everest a wonderful fort on her rooftop, now it's your turn to make him feel at home with your own yeti fort!

BE CREATIVE WITH YOUR MATERIALS

Use what you've got around the house. Bring out the coat rack, clamps, duct tape, etc.

USE LIGHTWEIGHT SHEETS FOR THE TOP

The heavier the blankets, the hotter the fort will get, AND the more likely they are to weigh everything down. You do NOT want your awesome fort to cave in and start an avalanche!!!

MAKE IT COMFY

Feel like you're cozying up with Everest. Use two or three heavy quilts and pads on the bottom and then create a sort of yeti nest with lots of pillows.

BRING EVEREST HOME

Decorate the inside of your fort to make Everest feel at home. Put up string lights to represent his magical abilities, hang up your Everest ornament, draw pictures of your dream adventure and hang them up too.

PLAY THE MOVIE

Don't forget to grab snacks; blueberries, soda pop, baked goods from the recipes included or your own favorite snack! Finally, cozy up, play the movie, and experience the magic of *Abominable* inside your very own yeti cave on Mount Everest.

