



WHO ARE YOUR HEROES?

WRITE DOWN THE HEROES YOU KNOW THAT MATCH THE ABILITIES OF THE PARR FAMILY



MR. INCREDIBLE

STRENGTH



ELASTIGIRL

FLEXIBILITY



VIOLET

PROTECTION



DASH

SPEED



JACK-JACK

ADAPTABILITY

MY SUPER POWERS:

NOW THAT YOU'VE
CREATED A LIST OF THE
INCREDIBLE HEROES
AROUND YOU, USE YOUR OWN
POWERS TO HELP TO INSPIRE
OTHERS TO MAKE A POSITIVE
DIFFERENCE EVERY DAY.

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HELEN PARR
“ELASTIGIRL”



JACK-JACK'S COOKIE NUM NUM RECIPE

When Jack-Jack gets riled up and transports himself to another dimension, nothing tempts him back home quite like these classic chocolate chip cookies. Try making these yourself and see how quickly your little ones appear.

COOKIE NUM NUM

INGREDIENTS

- 2 1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/2 teaspoons vanilla extract
- 1 cup butter (softened)
- 3/4 cup sugar
- 3/4 cup brown sugar (packed)
- 2 large eggs
- 2 cups semi-sweet chocolate chips

DIRECTIONS

(Makes about 4 dozen cookies)

- Heat oven to 375 F
- In a bowl, combine the flour, baking soda and salt.
- In a large mixing bowl, beat butter, sugar, brown sugar and vanilla extract at medium speed until creamy.
- Add eggs one at a time. Mix on low speed until each are incorporated.
- Gradually blend dry mixture into wet mixture. Once mixed, stir in the chocolate chips gently.
- Drop by tablespoon onto ungreased baking sheets.
- Bake for 9 to 11 minutes or until golden brown.
- Cool on baking sheets for a few minutes then transfer to a wire rack to cool completely.

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DASHIELL “DASH” PARR



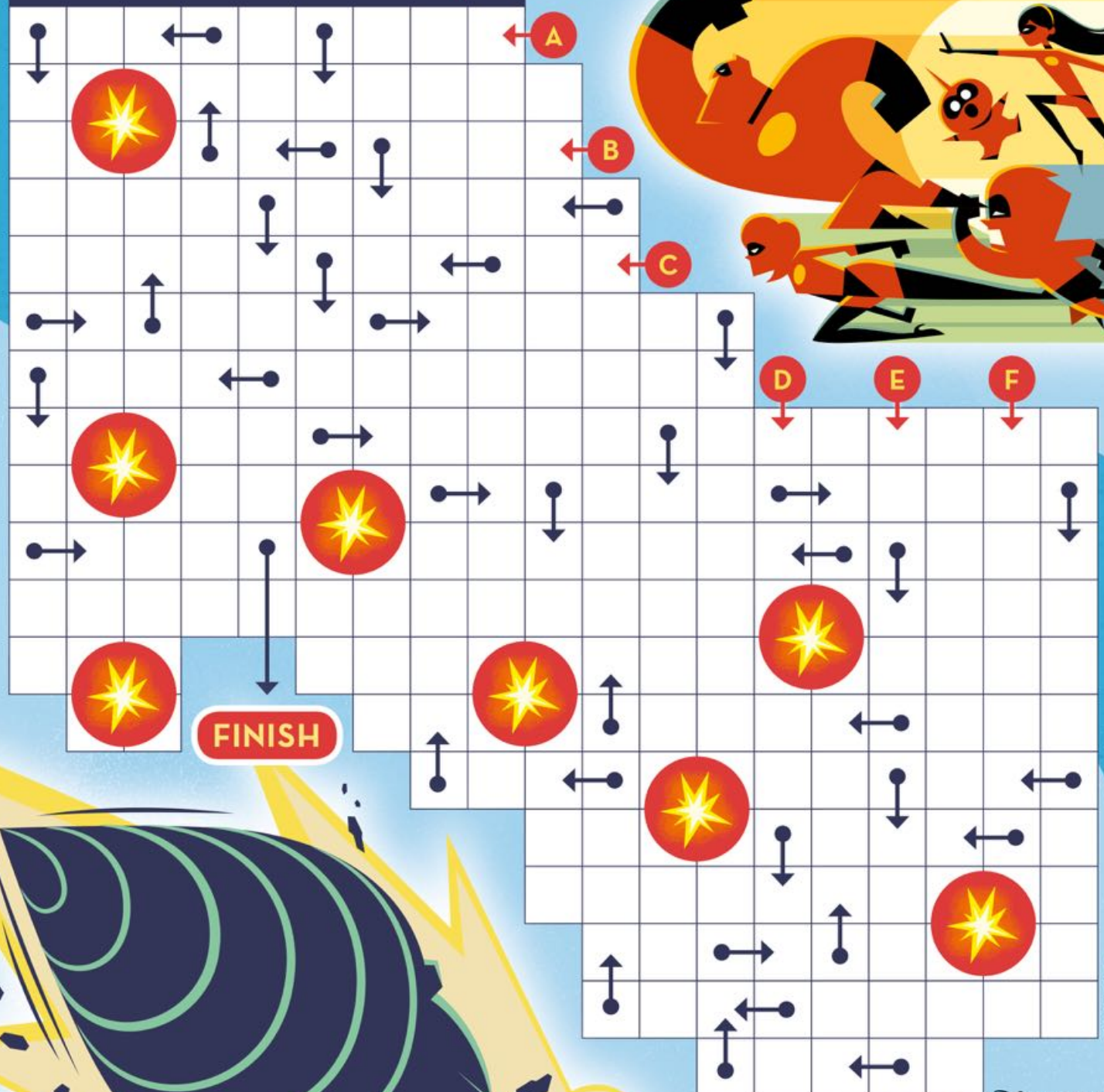
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MISSION: UNDERMINER

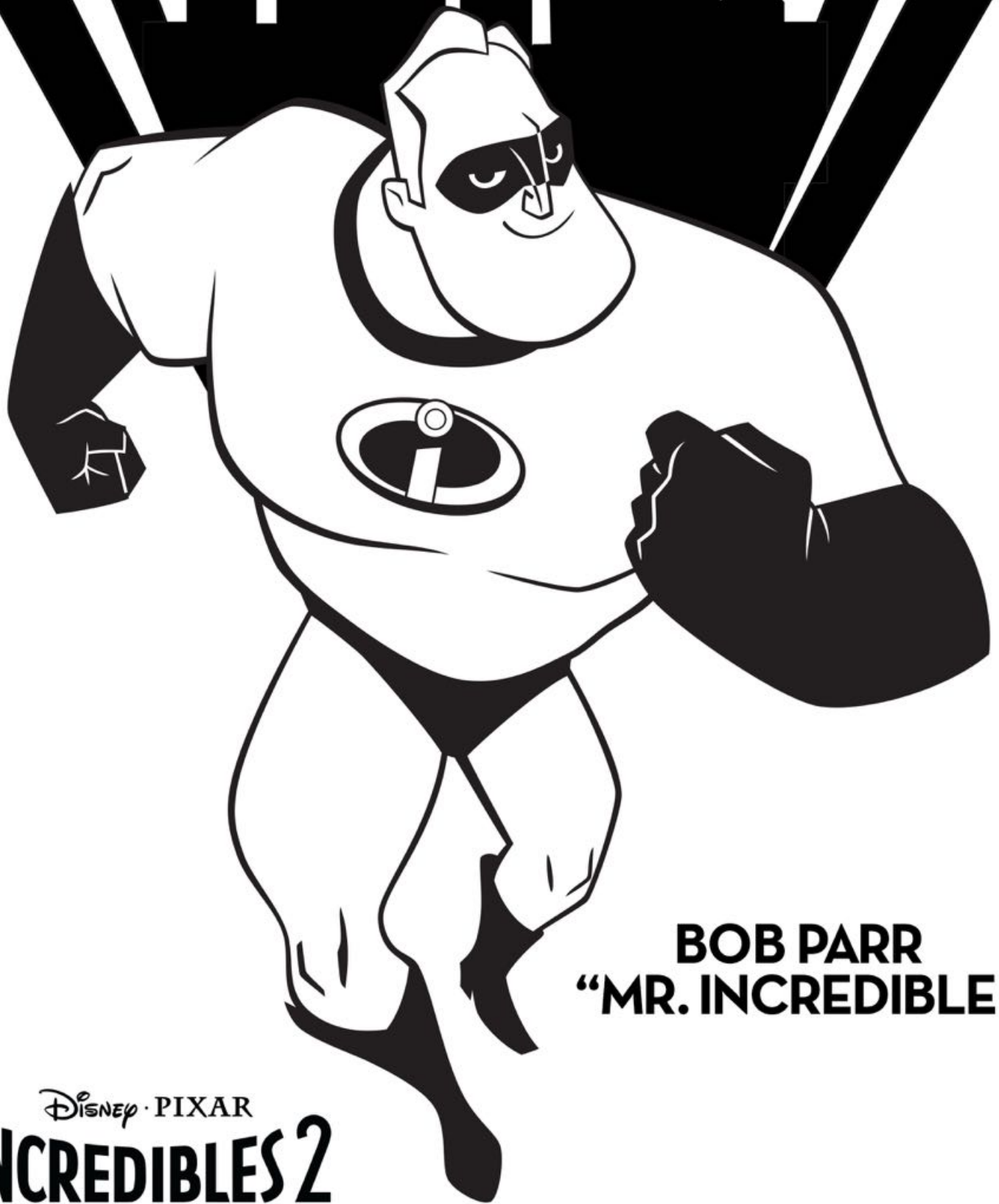
Find the path that leads the Incredibles to the Underminer's Drill. Use the arrows to move up, down, left or right. If you reach an explosion, try using a different route.

START



FINISH

SOLUTION: E



BOB PARR
"MR. INCREDIBLE"

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BOB'S INCREDIBLE WAFFLES



When Bob is charged with keeping an eye on the kids, he relies on this *incredible* waffle recipe that he knows is a sure hit. Make these for your little ones to get their morning off to a great start.

BOB'S INCREDIBLE WAFFLES

INGREDIENTS

- 1 cup all-purpose flour
- 1/2 cup sugar
- 1/4 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/4 cup cornstarch
- 1/2 teaspoon salt
- 1 cup buttermilk
- 1/3 cup unsalted butter (melted)
- 1 large egg
- 1 teaspoon vanilla extract

DIRECTIONS

(Makes about 4 large waffles)

- Separate the egg yolk from the egg white.
- In a medium bowl beat the egg white until stiff peaks form.
- In another large bowl, mix the dry ingredients: flour, baking soda, baking powder, cornstarch, sugar and salt.
- Add the wet ingredients: buttermilk, melted butter, egg yolk and vanilla extract. Stir to combine but leave batter lumpy.
- Carefully fold the beaten egg white into the batter just until combined. Let the mixture sit for 30 minutes.
- Heat up your waffle iron and cook according to your waffle iron's directions until golden brown and crispy.
- Enjoy immediately with butter and syrup.

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VIOLET PARR

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JACK-JACK PARR