

RICE PUDDING

Child's Tasks: Pouring, whisking eggs, measuring

Ingredients:

3 cups heavy cream

2 cups water

$\frac{3}{4}$ cup sugar

$\frac{2}{3}$ cup long grain rice

2 teaspoons vanilla

5 yolks well beaten

Sprinkle of cinnamon sugar

Kitchen Tools Necessary:

3 Quart casserole

Large and small mixing bowls

Measuring cups and spoons

Whisk



Directions:

In a 3-quart saucepan add rice, heavy cream & water and bring to a very slow boil stirring constantly.

Turn heat down and simmer until thickened.

Remove pot from stove.

Combine beaten egg with sugar and vanilla.

Slowly add mixture into rice mixture.

Cook about 3 minutes stirring constantly.

Remove from heat and pour into casserole dish.

Sprinkle with cinnamon sugar.

Refrigerate for at least 1 hour before serving.



“A cookbook filled with kid
friendly recipes to enjoy
Together as a family”

MACARONI AND CHEESE

Child's Tasks: Pouring, whisking, measuring

Ingredients:

1 box Cellentani Pasta

1 stick butter

3 tablespoons flour

2 cups milk

1 lb. white American cheese

Kitchen Tools Necessary:

3 Quart casserole

Strainer

Pasta pot

Whisk



Directions:

Boil pasta.

Melt butter slowly in quart pot, when bubbles form sprinkle flour over butter.

Stir constantly over low heat until a roux forms.

Slowly add in the milk 1 cup at a time.

Whisk until creamy and simmering.

Add $\frac{3}{4}$ of the cheese; whisk until smooth and creamy.

Drain pasta.

In 3-quart casserole, mix pasta and cheese mixture until smooth.

Top with remaining cheese and bake at 375 degrees for 20 minutes.

CHRISTMAS CRUMB CAKE

Child's tasks: Measuring, mixing

Ingredients:

1 box vanilla cake mix
5 cups flour
½ cup brown sugar
½ cup white sugar
¾ cup vegetable oil
¾ cup milk
3 eggs
1 lb. of butter at room temperature (do not microwave)
½ cup powdered sugar
2 tablespoons cinnamon sugar
1 teaspoon vanilla

Kitchen Tools Necessary:

Mixing Bowls
Measuring cups and spoons
Whisk
Baking dishes

Directions:

Preheat oven to 375.
In large bowl mix cake mix, eggs, milk, oil and vanilla. Blend well.
You will need 2 - 9x9x1½ rectangular pans; well greased.
Divide the batter in 2 (it will be very thick— spread into each pan.)
Bake for 20 minutes.

In 2nd large bowl, mix flour, sugars, and butter.
Using hands blend well and form into crumbs.
When cake is removed from oven, gently add crumbs to each pan.
Bake for additional 20 minutes.
Remove from oven and cool. Sprinkle with confectioner's sugar covering all the crumbs. Sprinkle with cinnamon sugar.

Dear Reader,

When we think of kids in the kitchen, the first thing that comes to mind is a BIG mess! Believe it or not, every healthy snack can be turned into an edible craft project. As the little Chef's learn to prepare their own food, they begin to develop a sense of self-esteem. Along with kitchen safety is the need to ensure that children also understand the importance of cleanliness while cooking. Creating their own food can also help with picky eaters.

My favorite memories are the time spent in the kitchen with my kids and now my grandchildren. Cooking was always my favorite pastime, so I decided to put the two things I love the most together—kids and cooking. That's how Ms. Gail's Kid's Cooking came to be! In the last 15 years I have managed to create some fun recipes for kids to make on their own.

All the recipes in this book are peanut free and will serve 4-6 people.

Enjoy and have fun!

Ms. Gail—Ms. Gail's Kid's Cooking



Tasks by Age

Safety is always first and children, whatever the age, always need to be supervised. You should take the time to go through the kitchen and establish boundaries. I always go over things in the kitchen that are hot, things that are sharp. Here are typical child's tasks by age:

2-3 year olds

Washing fruits and veggies
Mixing
Pouring
Rolling
Picking herbs off the stems
Pouring wet and dry into bowls
Peeling fruits

3-4 year olds

Chopping with a safety knife
Breading
Flouring
Mashing
Kneading
Spreading
Using cookie cutters
Squeezing
Setting the table
Making a sandwich

5 years and Up

Beating eggs
Folding
Reading recipes
Measuring
Grating
Cutting herbs
Using a small knife
Using a peeler
Making salad

KID FRIENDLY CHICKEN TENDERS

Child's Tasks: Whisking eggs, crushing corn flakes, dipping chicken into eggs

Ingredients:

1lb. boneless chicken breast cut into 2-inch strips

2 eggs beaten

1 cup corn flake crumbs crushed in a zip lock bag with a rolling pin

Honey

Kitchen Tools Necessary:

Whisk

Bowls

Cookie Sheet



Directions:

Mix eggs with $\frac{1}{4}$ cup water to create an egg wash.

Dip chicken into egg mixture; roll in crumb mixture until covered.

Heat oven to 400 degrees. Line a cookie sheet with parchment paper and lightly oil.

Add chicken and cook 3 minutes on each side.

Serve with Honey

Adult Friendly Version: Use 1 cup seasoned breadcrumbs instead and sprinkle with parmesan cheese upon removing from oven.



Senior Chefs

Kitchen Tools to have on hand

Veggie Brush
Measuring cups and spoons
Wooden spoons
Spatula
Tongs
Mixing Bowls
Whisk
Rolling pin
Cookie cutters
Spiralizer
Strainer
Cookie sheets
Cutting board
Safety knives
Plastic lettuce knife
Blender
Griddle
Pots for cooking
Pyrex dishes for baking
Oven mitts



Mini Chefs

SALSA

Child's tasks: Chopping, mixing

Ingredients:

5 plum tomatoes seeded and chopped

1 shallot chopped

1 handful cilantro chopped

Salt and pepper to taste

Lime juice from a half of lime

1 piece of garlic minced

Option - Add 1 small jalapeno pepper

Kitchen Tools Necessary:

Mixing bowl

Cutting board

Safety knife

Directions:

Chop tomato, shallot, garlic and cilantro.

Add to small bowl, squeeze lime and add with salt and pepper.

Variations: add black beans or roasted corn.

Refrigerate - serve with fresh chips



CORN AND BEAN SALSA

Child's tasks: Chopping, mixing

Ingredients:

2 ears of fresh corn roasted either on grill or in the oven
(For a quick substitution you can use either canned or frozen corn)

1 can black beans drained

4 plum tomatoes chopped and seeded

1 red pepper chopped

½ cup fresh cilantro chopped

½ tsp. salt

Lime

Kitchen Tools Necessary:

Cutting Board
Safety knife
Mixing Bowls
Measuring spoons

Directions:

Slice corn off cob, add to small bowl.

Add beans, tomatoes, pepper.

Blend well.

Gently fold in cilantro and salt.

Top with squeeze of fresh lime.

Refrigerate - serve with fresh chips.



BANANA ENERGY BALLS

Child's Tasks: These can be created entirely on their own

Ingredients:

1 ¾ cup oats

½ cup nut butter of your choice or Wow Butter

1/3 cup honey

1 tsp vanilla

1 ripe banana

Optional: 1 tsp flax seeds or chia seeds

Kitchen Tools Necessary:

Bowl
Measuring cups and spoons
Masher
Wooden spoon
Cookie sheet
Parchment paper



Directions:

Mash banana until smooth and creamy.

Add nut butter, honey and vanilla.

Stir until well blended and oats are mixed well.

Roll into one-inch balls.

Refrigerate on cookie sheet with parchment for an hour.

FRESH CHIPS

Child's tasks: Sprinkling, cutting

Ingredients:

3 large corn or flour tortilla

Olive oil

Salt or cinnamon sugar

Kitchen Tools Necessary:

Parchment Paper

Cookie Sheet

Pizza cutter



Directions:

Heat oven to 400 degrees.

Place tortilla on cookie sheet with parchment paper.

Brush tortilla lightly with olive oil; sprinkle with salt

For a sweeter chip sprinkle with cinnamon sugar these go well with the fruit dip.

Bake about 8 minutes remove from oven let cool.

Use a pizza cutter to turn into chips.

VEGGIE PASTA SALAD

Child's Tasks: Clean and chop veggies, assist in measuring, mixing

Ingredients:

1 lb. of your favorite pasta cooked

½ lb. uncooked veggies cleaned and chopped

Homemade Ranch Dressing

1 cup Greek yogurt

1 tablespoon lemon juice

½ teaspoon onion powder

½ teaspoon garlic powder

1 tablespoon fresh parsley chopped

Salt and pepper to taste

Kitchen Tools Necessary:

Mixing Bowls

Cutting board

Measuring cups and spoons

Whisk



Directions:

Whisk together dressing ingredients and chill.

Add pasta and chopped veggies to a large mixing bowl.

Slowly add dressing until desired amount.

Chill and serve.

MINI-TURKEY TACO MEATBALLS

Child's Tasks: Measuring, mixing, rolling meatballs

Ingredients:

1 lb. ground turkey

1 egg

½ cup plain breadcrumbs

Taco Seasoning

½ teaspoon each of onion powder, garlic powder, oregano, cumin

1 teaspoon chili powder

¼ teaspoon salt & pepper

Soft or hard tortillas

Kitchen Tools Necessary:

Mixing bowls

Measuring spoons

Parchment paper

Cookie sheet



Directions:

Combine taco seasoning in small bowl.

In medium bowl, combine turkey, breadcrumbs and egg.

Mix well.

Add taco seasoning and mix well.

Preheat oven to 375 degrees.

Place parchment paper on cookie sheet.

Make one-inch meatballs.

Cook 10 minutes—do NOT overcook.

Remove from oven and place 5 meatballs in either soft or hard tortilla.

FUN WITH FRUIT

Child's tasks: Cutting, measuring, mixing

Apple donuts:

Core an apple, cut into ½ inch slices.

Mix ¼ cup cream cheese with 2 tablespoons of your favorite jam.

Top with crushed cereal of your choice.

Fruit Kabobs:

Clean strawberries, cut bananas into one-inch slices, cut pineapples into one-inch cubes.

Thread on wooden skewer.

Fruit Dip:

2 tsp of honey

1 cup vanilla yogurt

1 tsp of cinnamon

Whisk together and refrigerate.

Fruit salad in Ice cream cones:

Chop assorted fruit of your choice—mangoes, pineapples, apples, berries, grapes—into bite size pieces

Add to an empty ice cream cone and top with whipped cream.

Kitchen Tools Necessary:

Cutting boards

Mixing bowl

Measuring cups and spoons

Safety knife

Wooden sticks

GRAHAM CRACKER NO-BAKE CAKE

Child's Tasks: They can do this entirely on their own

Ingredients:

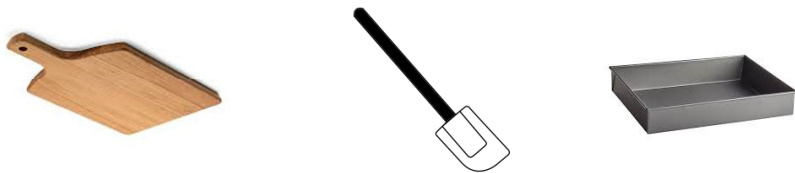
- 1 box Honey Graham Crackers
- 1 large vanilla yogurt
- 1 lb. blueberries or strawberries
- 3 bananas sliced
- Thawed frozen whipped topping

Kitchen Tools Necessary:

- Cutting board
- Spreading spatula
- Rectangular pan/baking dish

Directions:

- Layer graham crackers in pan.
- Layer fruit as second layer.
- Spread whipped topping as third layer.
- Repeat until pan is full—add additional fruit as top layer
- Refrigerate for at least an hour.



STUFFED FRENCH TOAST

Child's Tasks: Cracking, beating eggs, spreading, dipping

Ingredients:

- 12 slices of whole wheat bread
- 8 ounces cream cheese
- 2 eggs well beaten
- 1 teaspoon vanilla extract
- 2 tablespoons butter
- 2 teaspoons cinnamon sugar
- 1 lb. Fresh strawberries sliced

Kitchen Tools Necessary:

- Mixing Bowls
- Spatula
- Measuring cups and spoons
- Griddle



Directions:

- Spread cream cheese on one side of bread.
- Add sliced strawberries; place top on bread.
- Dip bread into well beaten egg.
- Melt butter on griddle or large frying pan.
- Place bread and cook 3 minutes; flip to other side.
- When brown remove and sprinkle with cinnamon sugar.
- (I like to use confectioners' sugar instead of syrup)

RICE BALLS

Child's Tasks: Measuring, mixing, whisking eggs, rolling balls

Ingredients:

2 cups cooked rice of your choice

½ cup parmesan cheese

1 cup flavored breadcrumbs

2 eggs

1 tsp garlic powder, onion powder, parsley

Salt and pepper to taste

Kitchen Tools Necessary:

Mixing Bowls

Measuring cups & spoons

Whisk

Sauté pan



Directions:

In one bowl mix cooked rice, cheese, ½ cup breadcrumbs, seasonings and salt and pepper.

Mix until well incorporated.

Roll into 2-inch balls.

In a separate bowl, mix egg with water to form an egg wash.

Dip rice balls into remaining breadcrumbs.

Heat olive oil in sauté pan.

Sauté and turn rice balls until brown on all sides.

Serve with Marinara Sauce.

MINI-CHEF RAINBOW ROLL-UPS

Child's Tasks: They can create this entirely on their own

Ingredients:

Whole wheat wraps or tortillas

Cream cheese

Option 1: Veggies of choice: Think rainbow colors i.e. peppers, carrots, broccoli, tomatoes

Option 2: bananas, strawberries, blueberries, apples

Kitchen Tools Necessary:

Cutting board

Safety knife

Directions:

Spread cream cheese on wraps.

Slice veggies in thin strips and arrange veggies in rainbow colors.

Roll up and enjoy.



HUMMUS

Child's Tasks: Mashing, measuring

Ingredients:

1 can chickpeas rinsed and drained

3 Tbsp. water

2 Tbsp. olive oil

1 tsp. garlic powder

1/2 tsp. cumin

1/4 cup chopped fresh parsley

Fresh veggies of choice to serve with

Kitchen Tools Necessary:

Bowl

Measuring spoons

Strainer

Masher

Food Processor



Directions:

Mash chickpeas and place in food processor.

Process until smooth; slowly add oil and water until well blended.

Add in garlic powder, cumin and fresh parsley.

Blend well. Cover and refrigerate.

FRUIT SMOOTHIES

Child's Tasks: Measuring, pouring

Ingredients:

3 cups organic fruit juice- apple, cranberry, peach, grape etc.

1 cup assorted frozen fruit cut up - (Strawberries, blueberries, peaches) I find a banana creates a much creamier smoothie.

Tip: add ½ cup vanilla yogurt

Kitchen Tools Necessary:

Blender

Measuring cups

Tongs

Cutting board

Knife

Directions:

Add all ingredients to the blender, blend until smooth.

For added nutrition, try adding 1 tablespoon of flax seed, or vanilla protein powder.



MEATBALLS

Child's Tasks: Measuring, mixing, whisking, rolling meatballs

Ingredients:

2 lbs. ground meat (pork, beef, veal, turkey, chicken)
2 eggs
1 cup flavored breadcrumbs
¼ cup fresh parmesan cheese
2 bulbs garlic chopped finely
¼ small onion chopped finely
1 teaspoon fresh parsley
1 teaspoon of oregano
Salt and pepper to taste

Kitchen Tools Necessary:

Mixing Bowls
Measuring cups & spoons
Cutting boards
Safety knife
Cookie Sheet

Directions:

Add meat to a large bowl. Add eggs.
Add seasonings and mix well.
Fold in breadcrumbs and cheese.
Roll into 2-inch meat balls.
Healthy version = preheat oven to 375 degrees and place meatballs on bake sheet lined with parchment paper. Bake for 20 minutes.
Option 2 - heat olive oil in pan then heat and fry meatballs 15 minutes turning them.



MINI-PUMPKIN PIES

Child's Tasks: They can create this entirely on their own. Pre-measure ingredients and let them take over!

Ingredients:

1pkg. Instant Vanilla Jell-O Pudding Mix (3.4 oz)
¼ tsp. ground cinnamon
1 ½ cups of cold milk
½ cup organic pumpkin puree
1 package of 6 ready-to-use graham cracker pie crusts or 1 – 9-inch pie crust
1 container frozen whipped topping
1 tbsp honey

Kitchen Tools Necessary:

Large mixing bowl
Measuring cups and spoons
Whisk
Spreading spatula



Directions:

Mix milk and vanilla pudding packet until well blended.
Fold in honey, pumpkin puree and whipped topping.
Fill pie shells.
For additional fun, place graham crackers into Ziplock bag and have the kids smash them and sprinkle on top of the pie.

MOCK SUSHI ROLLS

Child's Tasks: They can create this entirely on their own.

Ingredients:

1 cup cooked rice

1 avocado

Whole wheat or spinach wraps

Red, green & yellow peppers cut in thin strips

Shredded carrots

You can really use any kind of veggies!

Kitchen Tools Necessary:

Cutting board

Safety knife



Directions:

Spread tortilla with layer of rice.

Add sliced avocado.

Add peppers and shredded carrots.

Roll and slice into rolls.

MARINARA SAUCE

Child's Tasks: Chopping

Ingredients:

2 cans Italian plum tomatoes

3 pieces of garlic finely chopped

½ onion finely chopped

Handful of fresh basil & parsley chopped

3 tablespoons olive oil

Kitchen Tools Necessary:

Sauté pan

Cutting board

Safety knife



Directions:

Sauté everything but tomatoes in heated olive oil until fragrant.

Add tomatoes gently crushed.

Simmer for 20 minutes.

GRANOLA CRISP

Child's Tasks: Measuring, mixing, chopping

Ingredients:

2 lbs. of your favorite fruit (berries, pears, apples). I like to use whatever is in season.

2 cups quick cooking oats

3 tablespoons cinnamon sugar

4 tablespoons butter

Options for topping: crushed nuts, coconut

Peanut free options: oats, crushed cereal or pretzels

Kitchen Tools Necessary:

Pyrex 8 x 8 pan

Cutting board

Safety knife

Measuring cups and spoons



Directions:

Pre-heat oven to 375 degrees.

Clean, peel and chop fruit into bite size pieces.

Place into rectangular pan.

Mix brown sugar and oats together.

Sprinkle oat mixture over fruit and place small slices of butter on top of oats. Cover pan with aluminum foil and bake for 25 minutes. Remove from oven and sprinkle with cinnamon sugar. You can also top with ice cream or whipped cream.

MONKEY BREAD

Child's Tasks: Rolling, mixing, dipping

Ingredients:

3 containers refrigerator biscuits

½ stick butter

¼ cup brown sugar

3 tablespoons brown sugar

3 tsp. cinnamon

Kitchen Tools Necessary:

Microwavable dish (8 x 8 pyrex)

Measuring cups and spoons

Parchment paper

Mixing bowl



Directions:

Mix brown sugar and cinnamon.

Roll biscuit dough into one-inch balls.

Place sugar mixture in bowl; roll dough balls into cinnamon mixture. Layer into dish

Melt butter and pour over dough.

Place in microwave for 2 minutes at a time (each microwave cooks differently).

Cook until firm; do not overcook.

Remove from pan and sprinkle lightly with confectioners' sugar.

NO BAKE OATMEAL COOKIES

Child's Tasks: Measuring, mixing, folding, rolling

Ingredients:

$\frac{3}{4}$ cup nut butter or Wow butter (peanut free)

$\frac{1}{4}$ cup agave

1 tsp. vanilla

$\frac{1}{2}$ cup dried cranberries

1 $\frac{1}{4}$ cup rolled uncooked oats

Kitchen Tools Necessary:

Mixing bowls

Measuring cups and spoons

Whisk

Parchment paper

Cookie sheet



Directions:

Combine butter of choice with vanilla and agave. Mix well until blended and smooth.

Stir in the rolled oats and cranberries.

Mix until well blended.

Drop by teaspoon onto cookie sheets lined with parchment.

Refrigerate for at least 1 hour.

As an added touch you can roll in coconut flakes before refrigerating.

MS. GAIL'S GOOEY GRANOLA BARS

Child's tasks: Measuring, mixing, rolling

Ingredients:

2 cups quick cooking oats

2 cups rice crispy cereal

$\frac{1}{2}$ cup crushed pretzels

$\frac{1}{2}$ cup dried cranberries or raisins

$\frac{1}{2}$ cup corn syrup

$\frac{1}{4}$ cup brown sugar

1 cup mini marshmallows

Kitchen Tools Necessary:

Measuring cups and spoons

Mixing bowl

Rolling pin

Cookie Sheet



Directions:

Place pretzels in zip lock bag and crush with rolling pin.

In large mixing bowl add corn syrup, brown sugar and marshmallows.

Heat until gooey (about 2 minutes) in microwave.

Stir well; add remaining ingredients until well combined.

Line a cookie sheet with parchment paper, spread evenly and press firmly.

FRUIT WONTONS

Child's Tasks: Filling the wontons

Ingredients:

1 package of wonton wrappers

1 can of apple pie filling, or blueberry pie filling

Confectioners or cinnamon sugar

You can also use fresh fruit of choice chopped in small pieces

Kitchen Tools Necessary:

Parchment paper

Electric Fryer (with vegetable oil)

Directions:

Open wrappers; place individual wrapper on parchment paper.

Fill with one tablespoon of your choice of filling.

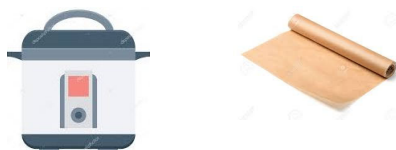
Fold creating a triangle. Gently brush one side with water before sealing and press with fork.

Heat vegetable oil in electric fry pan until hot.

Add about 8-10 wontons at a time. Flip when brown - about 2-3 minutes on each side.

Place on paper towel to drain.

Sprinkle with confectioners or cinnamon sugar.



OREO TRUFFLE BALLS

Child's Tasks: Measuring, rolling, kneading, rolling balls

Ingredients:

40 Oreo cookies

8 ounces cream cheese

1/2 bag chocolate chips

Kitchen Tools Necessary:

Mixing bowl

Zip lock bag

Rolling pin

Measuring cup

Cookie sheet

Parchment paper



Directions:

Place Oreo cookies into zip lock bag.

Crush with rolling pin to create fine crumbs.

Add cream cheese to the zip lock bag and knead until well blended.

Remove from bag and roll into one inch balls.

Melt chocolate chips in microwave until melted.

Roll balls into chocolate.

Place on cookie sheet lined with parchment paper and refrigerate for 1 hour.

PIZZADILLAS

Child's Tasks: Assembling their favorite!

Ingredients:

1 package whole wheat or flour tortillas

1 package shredded Italian cheese

1 cup marinara sauce

Add ons like: broccoli, pepperoni, meatballs

Kitchen Tools Necessary:

Small bowls

Plates

Directions:

This recipe can have lots of varieties. You can save leftover chicken & fish and use your imagination.

I suggest placing all the ingredients on your counter in small bowls and letting your little ones create their own favorite Pizzadilla!

CRANBERRY CORN MUFFINS

Child's Tasks: Measuring, mixing, cracking eggs

Ingredients:

2 cups flour

½ cup corn meal

1 egg

1 tablespoon baking powder

1/3 cup oil or applesauce

2/3 cup milk

½ cup dried cranberries

Kitchen Tools Necessary:

Measuring cups & spoons

Mixing bowls

Muffin tin and papers

Directions:

In large mixing bowl add dry ingredients until well blended.

In small bowl crack egg, add milk & oil (or applesauce).

Mix well - slowly add into large bowl.

Add cranberries.

Preheat oven to 400 degrees.

Place cupcake/muffin papers into tins and fill halfway.

Bake for 15 minutes.



CINNAMON PANCAKES WITH CHOPPED APPLES

Child's Tasks: Pouring, whisking, measuring, chopping

Ingredients:

1 cup of milk

1 Tbsp. oil (or substitute applesauce for a healthier alternative)

1 egg lightly beaten

2 cups of Bisquick

Chopped apples

Kitchen Tools Necessary:

Measuring cups & spoons

Mixing bowl

Whisk

Griddle



Directions:

Pour milk into mixing bowl and add applesauce or oil.

Whisk in the egg.

Slowly add Bisquick, blending into wet mixture.

When the lumps are out you are ready to go.

Preheat Griddle with a touch of butter; measure $\frac{1}{4}$ cup of batter onto hot griddle. When bubbles form, flip.

Top with chopped apples and enjoy with a touch of fresh whipped cream!

QUESADILLAS

Child's Tasks: They can do this on their own except for the cooking

Ingredients:

Whole wheat tortillas

Freshly grated Monterey jack and cheddar cheese

Options: Shredded chicken, spinach, chopped tomatoes, mushrooms, apples

Kitchen Tools Necessary:

Cookie sheet



Directions:

There are many varieties to this recipe.

Always start with a tortilla.

First layer cheese and then add 1 or more of the toppings.

Healthier choice for cooking would be to bake on a cookie sheet for 15 minutes at 350 degrees. You can also microwave for a quick dinner.

STRAWBERRY JAM

Child's Tasks: Cleaning, chopping, mashing, folding

Ingredients:

16 ounces strawberries cleaned and hulled

½ cup sugar

4 tablespoons Ball quick dissolve canning mix

Kitchen Tools Necessary:

Large bowl

Strainer

Cutting board

Safety knife

Masher



Directions:

Clean and chop strawberries.

Place in a large bowl and mash.

Mix sugar and canning mix together.

Sprinkle over berries and fold together.

Refrigerate.

Serve with toast, crackers or pancakes.

BANANA PANCAKES

Child's Tasks: Measuring, mixing, whisking, pouring

Ingredients:

1 ripe mashed banana

1 cup flour

2 tablespoons sugar

1 tablespoon baking powder

1/2 teaspoon salt

1 egg

3/4 cup milk

2 tablespoons applesauce

Kitchen Tools Necessary:

Large and small mixing bowls

Measuring cups and spoons

Masher

Whisk

Spatula

Griddle or frying pan lightly greased

Directions:

Add dry ingredients to bowl.

In separate bowl, mash banana and add egg, milk and applesauce.

Mix until smooth, slowly whisk in dry ingredients.

When well blended, add by the tablespoon to hot buttered grill. When bubbles form, flip to other side.





Junior Chefs

SWEET POTATO & BUTTERNUT SQUASH MASH

Child's Tasks: Scooping potato, measuring, mashing

Ingredients:

4 large sweet potatoes baked

1 lb. butter nut squash boiled and drained

Scoop out inside of sweet potato, add to mixing bowl with butternut squash

4 tablespoons butter

2 tablespoons of cinnamon sugar

Kitchen Tools Necessary:

Large bowl

Masher



Directions:

Add potato, squash and butter to a bowl while hot.

Mash until smooth.

Add a touch of cinnamon sugar to the top.

VEGGIE CHEESE ROLL-UPS

Child's Tasks: Child can assemble/fold on their own

Ingredients:

Corn or flour tortillas

Organic Mexican blend shredded cheese

Carrots, zucchini, corn and black beans

Kitchen Tools Necessary:

Sauté pan

Directions:

Sprinkle veggies on tortillas.

Top with cheese.

Fold in half.

Cooking Options: microwave, bake or sauté!



ZOODLES

Child's Tasks: Washing and peeling with a child safe peeler

Ingredients:

5 large green zucchini's

3 tablespoons of olive oil

Seasoning (my go to is Trader Joe's seasoned salt)

Optional: parmesan cheese or marinara sauce

Kitchen Tools Necessary:

Vegetable brush

Veggie peeler or spiralizer

Sauté pan



Directions:

Clean and peel zucchini.

You can use a spiralizing machine or simply use a vegetable peeler starting from the tip and working to the bottom.

Steam in microwave for 3-4 minutes until soft.

Sauté with 1 tablespoon oil and add your choice of seasoning.

Serve with a touch of parmesan cheese or marinara sauce.