Kids in the Kitchen

Kid-Friendly Recipes

Name: _____

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Fro-nana and Peanut Butter Treat

Ingredients:

- 2 frozen bananas (without peels)
- 1-2 Tablespoons of reduced fat peanut butter

Kitchen Utensils:

- Electric blender (use only with parental supervision)
- Rubber scraper
- Ice cream bowl
- Spoon

Directions:

- Place frozen bananas into blender. Place lid on blender.
- Blend until almost smooth. You may have to stop several times and scrap sides of blender with rubber scraper.
- Add peanut butter to blender.
- Blend until creamy.
- Enjoy!

Toppings:

- Berries, dark chocolate chips, bananas, nuts

Bananas are a great source of potassium, a mineral that aids in healthy muscle and body growth.

Layers of the Earth Parfait

Ingredients:

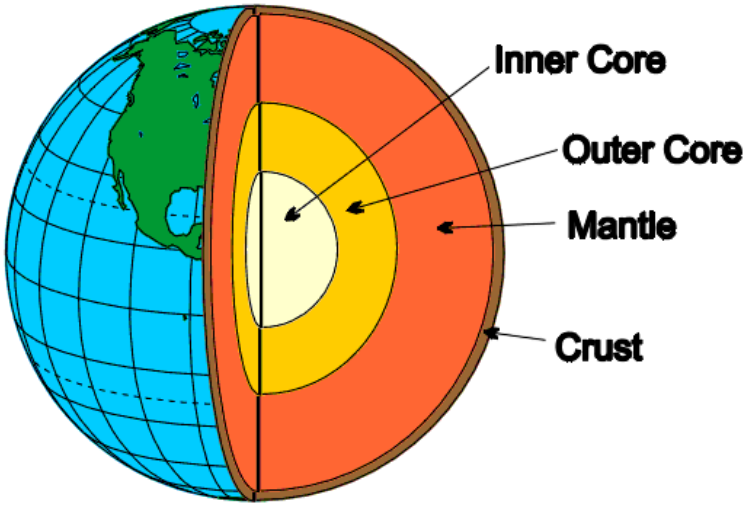
- ½ cup yogurt (Inner Core)
- 2 Tablespoons nuts (Outer Core)
- ¼ cup fresh blueberries, blackberries, or raspberries (Mantle)
- 2 Tablespoon low fat granola (Crust)

Kitchen Utensils:

- Spoon
- Clear cup
- Tablespoon
- ½ cup measuring spoon
- ¼ cup measuring spoon

Directions:

- Place yogurt (Inner Core) into the bottom of the clear cup.
- Layer nuts (Outer Core) on top of the yogurt.
- Layer berries (Mantle) on top of the nuts.
- Top with low fat granola (Crust).



Fruit and Nut Burrito

Ingredients:

- 1 whole wheat tortilla
- ¼ cup fresh fruit (strawberries, bananas, blueberries, kiwi, peaches), sliced
    - Please ask an adult for help when slicing fruit.
- 1 Tablespoon dried fruit (cranberries, raisins, dates)
- 2 Tablespoons low fat cream cheese
- 1 tablespoon chopped walnuts, almonds, or pecans (optional)

Kitchen Utensils:

- Butter knife
- Plate
- Tablespoon
- ¼ cup measuring spoon
- Cutting board
- Knife (use only with parental supervision)

Directions:

- Place the whole wheat tortilla on a plate.
- Spread low fat cream cheese on tortilla.
- Sprinkle dried fruit and nuts onto cream cheese.
- Top with fresh fruit.
- Roll into a burrito and enjoy!

Half of your grains should be whole grains. The label above can be found on many, but not all, whole grains. To learn more about whole grains, check out the Whole Grains Council. http://www.wholegrainscouncil.org/

Avocado Boats

Ingredients:

- 1 avocado
- 4 Tablespoons of chunky salsa

Kitchen Utensils:

- Knife (use only with parental supervision)
- Cutting board
- Bowl or plate
- Tablespoon
- Spoon

Directions:

- Slice avocado lengthwise (with parental help).
- Remove the pit from the avocado so that there is a hole in each half of the avocado.
- Fill each hole with 2 tablespoons of chunky salsa.
- Use a spoon to eat the avocado boat (do not eat the peel).

To ripen an avocado, place it in a brown lunch bag for a few days. It should be stored at room temperature.

Smiling Spinach Pizzas

Spinach contains minerals such as calcium, fiber, and iron that are important for good health!

Ingredients:

- 1 whole wheat English muffin, split in half
- 2 low fat shredded mozzarella string cheese sticks
- 4 black olives
- ¼ cup green pepper, sliced
- ¼ cup spinach leaves
- 4 tablespoons of pasta sauce or marinara sauce

Kitchen Utensils:

- Toaster oven (use only with parental supervision)
- Spoon
- Knife (use only with parental supervision)
- Cutting board
- 2 plates
- Tablespoon
- ¼ cup measuring spoon

Directions:

- Have an adult slice the green pepper into strips.
- Place one half of the English muffin on each plate so that you will have 2 smiling pizzas.
- Using a spoon, spread 2 tablespoons of pasta sauce or marinara sauce on each half of the muffin.
- Separate mozzarella strings and place on both halves of the muffin.
- Place 2 black olives on each half to serve as the eyes.
- Place 1 strip of green pepper on each smiling pizza. The pepper will be the mouth.
- Add spinach leaves as hair for the smiling pizza.
- Place smiling pizza in the toaster oven and toast until the cheese melts. You must watch carefully so that you do not burn the pizzas.
- Next time, use a variety of vegetable toppings to create different faces for different emotions (sad, happy, angry, and scared).

Shapes and Patterns Kabobs

Ingredients:

- Grapes
- Strawberries
- Cherry tomatoes
- Cucumber
- Banana
- Kiwi
- Blueberries
- Cantaloupe cubes
- Green bell pepper slices

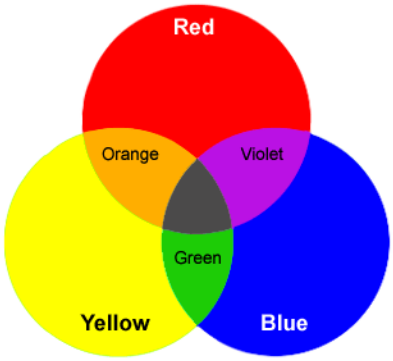
Kitchen Utensils:

- 10 Skewers
- Knife (only use with parental supervision)
- Cutting board
- Plate

Directions:

- Have an adult slice the cucumber, banana, kiwi, cantaloupe, and green bell pepper
- Place fruits and vegetables on skewers to make the following patterns.
    - Grape, banana, strawberry, grape, banana, strawberry, grape
    - Bell pepper, tomato, cucumber, tomato, bell pepper
    - Cantaloupe, blueberry, kiwi, grape, kiwi, blueberry, cantaloupe
    - Cucumber, tomato, cucumber, tomato, cucumber, tomato
    - Grape, grape, grape, kiwi, kiwi, kiwi, banana, banana, banana
    - Strawberry, blueberry, strawberry, blueberry, strawberry, blueberry
    - Strawberry, cantaloupe, banana, kiwi, grape, blueberry
    - Tomato, cucumber, bell pepper, tomato, tomato, tomato
    - Kiwi, blueberry, blueberry, blueberry, grape, grape, grape, kiwi
    - Tomato, grape, tomato, grape, tomato, grape
- Enjoy a skewer or two and refrigerate the rest for healthy snack, or share with your family and friends.

Primary Colors Smoothies



Ingredients:

- 6 ounces of plain, low fat yogurt
- 1 cup frozen or fresh fruit
    - Try a mixture of different fruits such as bananas, strawberries, blueberries, kiwi, peaches, mangos, or pineapple.
    - If you are really adventurous, try adding a little fresh spinach to your smoothie for a real nutrient boost.
- ¼- ½ cup 100% fruit juice, depending on desired thickness
    - Try orange juice, cranberry juice, or another favorite fruit juice.

Kitchen Utensils:

- Electric blender (use only with parental supervision)
- Rubber scraper
- Cup
- Straw
- Liquid measuring cup

Directions:

- Place fruit into blender.
    - If you use fresh fruit, you should add a few ice cubes when blending to add thickness.
- Add yogurt and 100% juice to the frozen fruit. Place the lid on the blender. Notice all of the colors before you blend the mixture.
- Blend until smooth. Add ice if needed.
    - You may have to stop several times to scrape the sides of the blender.
- Pour into a glass and enjoy! Notice the color of the blended mixture. What colors did you use to create this new color?
- To make homemade popsicles, pour any remaining smoothie into a freezable container or small cup. When mixture is about halfway frozen, place a popsicle stick in the center. If you do not have popsicle sticks, simply store the mixture in a small plastic freezer container.

Banana Pops

Ingredients:

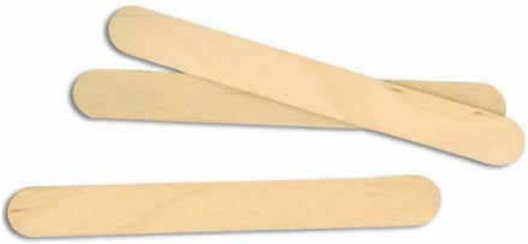
- 1 banana
- ¼ cup plain, low fat yogurt
- ¼ cup granola or graham cracker crumbs

Kitchen Utensils:

- Butter knife
- 2 shallow bowls
- 2 popsicle sticks or skewers

Directions:

- Cut the banana in half.
- Place one popsicle stick or skewer through the length of each banana half.
- While holding the stick or skewer, roll each banana in yogurt.
- Next, coat each banana with granola or graham cracker crumbs by gently rolling it through the topping.
- If you like frozen treats, try freezing these pops before eating.
- To make smaller servings, toothpicks can be used with small slices of banana.



My Favorite Healthy Snack

Ingredients:

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Kitchen Utensils:

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Directions:

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Contact Information:

Diane Gillie

(803) 734-8193

DGillie@ed.sc.gov

Meredith Hair

(803) 734-8187

MHair@ed.sc.gov