



Cooking with Kids

Simple recipes for a messy good time!

**Cambridge
in Motion**
Eat healthy. Move often. Live well.

Skip to the
end for kid-
friendly
cooking tasks
by age!

Strawberry Hummus

Makes 3 cups

INGREDIENTS

- 1, 15 oz, can chickpeas (drained & rinsed)
- 2 cups strawberries
- 3 TBSP honey or maple syrup
- 2 TBSP nut butter
- 1 tsp vanilla extract

Try Frozen Strawberries! Frozen fruits with no added sugar are just as healthy and tasty as fresh! Remember to thaw before using in this recipe.



INSTRUCTIONS

1. Put all the ingredients in the blender or a food processor and puree until smooth.
2. Enjoy!

Enjoy with whole grain crackers and other sliced fruits!

Tomato & Peach Toast

Makes 1 serving

INGREDIENTS



- 2 slices whole wheat bread, toasted
- 2 tsp butter
- 2 ounces fresh mozzarella
- 1/2 medium tomato, thinly sliced
- 1/2 ripe peach, thinly sliced

INSTRUCTIONS

1. Butter the toast when it pops.
2. Layer the cheese, tomato slices and then peach slices on top of the toast.
3. Enjoy!



Make it Minty! Try some chopped mint leaves on top for a little extra sophistication - it really brings all the flavors together.

Enjoy as a snack or meal!

Blueberry Pie Oatmeal

Makes 1 serving

INGREDIENTS

- 1/2 cup frozen blueberries
- 1 tbsp honey
- 1/4 tsp vanilla extract
- 1/2 tsp cornstarch
- 1/2 cup quick cook or rolled oats
- 1 tbsp water
- pinch of salt



INSTRUCTIONS

1. Cook the oatmeal according to package instructions.
2. In a small pan, combine the blueberries, water, honey, vanilla, and salt. Stir to combine, then sprinkle on the cornstarch and mix evenly. Bring to a boil, then let simmer for 5 minutes.
3. Serve blueberry mixture on top of oatmeal & enjoy!

Enjoy
as a tasty
breakfast!

Spinach Quesadillas

Makes 1 quesadilla

INGREDIENTS

- 1, 8-10 inch whole wheat tortilla
- 1/2 cup frozen or fresh spinach, chopped
- 1/3 cup shredded mozzarella cheese
- 1 tsp dried oregano

INSTRUCTIONS

1. Stir together the cheese, oregano and spinach (thawed if frozen).
2. Heat a non-stick skillet over medium heat.
3. Place tortilla in the skillet and spoon the filling onto half, fold over the other half of tortilla to cover.
4. Cook on each side until cheese is melted and outside is golden.



Enjoy
as a
snack or
meal!

Add some herbs! Try some cilantro, parsley, basil and/or green onion to liven up this tasty meal!

Banana Frozen Dessert

Makes 4.5 cups

INGREDIENTS

- 5 ripe bananas, peeled & frozen (very ripe is best)
- 1 tsp vanilla extract
- 1/4-1/2 cup milk (any kind)



INSTRUCTIONS

1. In a food processor combine vanilla, frozen bananas, and 1/4 cup of the milk.
2. Cover and process until smooth, adding the other 1/4 cup milk if needed.
3. Serve immediately for a soft-serve ice cream or freeze at least 4 hours for a scoopable ice cream. Store in the freezer for up to 1 week.

Top with fruit & nuts! Try sliced berries, mangoes, walnuts, almonds, etc.

Enjoy as
a cool
summer
dessert!

Fruited Greek Yogurt Bark

Makes 4 servings

INGREDIENTS

- 2 cups unsweetened Greek Yogurt (plain or vanilla)
- 1 small mango, diced
- 5 strawberries, thinly sliced
- 1/4 cup shredded coconut
- zest from 1 lime



INSTRUCTIONS

1. Combine yogurt and mango in food processor or blender and puree until smooth.
2. spread mixture onto small lined sheet or glass container in ~ 1/4 inch layer.
3. Top with strawberries, coconut & lime zest.
4. Freeze for at least 2 hours.
5. Break into peices and serve!

Use fruit you have! Try pineapple, peaches or bananas if you can't find a ripe mango. Skip the coconut if you can't find it - this will still taste delicious without it.

Enjoy as the
perfect
cold
dessert!

PB&J Parfait

Makes 1 serving

INGREDIENTS

- 1/4 cup granola
- 1/2 cup berries, sliced (strawberry, blueberry, raspberry, etc.)
- 3/4 cup unsweetened vanilla yogurt
- 2 TBSP peanut butter →

***If you have an allergy,** you may be able to use another nut butter OR sunbutter!

Pick your favorite fruits! Can't find the berries you're looking for? No worries! Try any fruit with this parfait and it will be great.

INSTRUCTIONS

1. Starting with the yogurt, layer small amounts of the ingredients in a cup or jar, one at a time, until you run out.

*Enjoy as a
snack or
breakfast!*



Kid-Friendly Kitchen Tasks

3-5 YEARS OLD

Children at this age love to help in the kitchen, but be sure to supervise them closely.

- Use cookie cutters
- Rinse produce in a large bowl filled with water
- Clear tabletops
- Mix simple ingredients
- Use a pastry brush to oil bread, vegetables and other foods
- Use a plastic knife to cut soft fruit or vegetables on a cutting board
- Use pieces of fruit to craft funny fruit faces



8-9 YEARS OLD

Skills and abilities within this age range tend to vary. Tailor cooking tasks to the child's maturity level.

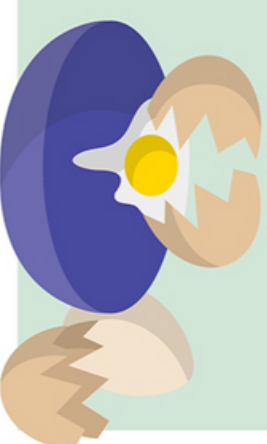
- Rinse and clean vegetables
- Use a can opener
- Beat eggs
- Measure and mix dry ingredients
- Use a food thermometer
- Juice citrus fruits
- Pound chicken on a cutting board



6-7 YEARS OLD

Kids can start to handle more complex kitchen tasks as their fine motor skills further develop around this age range.

- Crack eggs into a bowl
- Use a vegetable peeler
- De-seed peppers and tomatoes
- Shuck and rinse corn
- Use blunt scissors to cut green onions, parsley and other herbs
- Stir and prepare instant pudding
- Prepare lettuce for a salad



10-12 YEARS OLD

Help preteens feel independent in the kitchen by providing them with more responsibilities (but still keep an eye on them!).

- Boil pasta and vegetables
- Simmer ingredients on the stovetop
- Follow a simple step-by-step recipe
- Slice and chop vegetables
- Bake and microwave foods



Sourced from Eat Right → <https://bit.ly/2M4ZH0h>

