

COOKING *with* KIDS

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5 *Quick & Easy*
recipes with **5**
ingredients or less

*Get the kids involved
with recipes like* ↘

Hugs and Kisses Cupcakes
Delicious Orange Frothy
Small Turkey Burgers
Peanut Butter Balls
Cheezee Calzone

COOKING *with* KIDS

Hugs and Kisses Cupcakes

Ingredients

Chocolate or vanilla cupcake mix
Vanilla flavored frosting
Red cinnamon heart candies

Directions

Make cupcakes ahead of time so that the kids can jump in at the end to decorate. Once cupcakes have cooled, have the kids use plastic knives to spread on the frosting. Once all the cupcakes have been frosted, start to decorate cupcakes with the red cinnamon candies. Decorate by creating the letter "X" on some and the letter "O" on the others (XO for hugs and kisses).

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Peanut Butter Balls

Ingredients

1/2 cup peanut butter
1/2 cup honey
1 cup crushed rice krispies
2 tablespoons powdered milk

Directions

Kids can crush up the rice krispies by putting them into a plastic bag and gently crushing down with a large spoon. Once crushed, pour them into a bowl. Then mix all other ingredients together in a large bowl. Start rolling ingredients into small balls. Roll the balls in the crushed rice krispies until covered. Ready to eat!

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Small Turkey Burgers

Ingredients

1 pound ground dark-meat turkey
Pinch of salt
Pinch of freshly ground pepper
2 tablespoons ketchup

Directions

Have an adult heat the grill. While heating, the kids can mix together the ground turkey with the salt, pepper and ketchup. Roll the ground meat into 8 balls and press down to make patties. Once the adult has grilled the burgers, have the kids pick different toppings to put on them and place them in buns.



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Cheeze Calzone

Ingredients

Pizza dough
3/4 cup marinara sauce
1 1/2 cups of shredded pizza cheese
1 cups of sliced pepperoni

Directions

Roll out pizza dough. Have your kids spoon on the marinara sauce, sprinkle the cheese and layout the slices of pepperoni. Start to carefully roll the dough up. Roll it as if you are rolling a poster up. You can put a little olive oil on the top of the calzone if you would like. The adult should transfer the calzone to a lightly greased baking sheet and place in over at 400 degrees until golden brown.

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Delicious Orange Frothy

Ingredients

- 2 cups of milk
- 1 cup of water
- 3 tablespoons of sugar
- 1 teaspoon of vanilla extract
- 6 ounce can frozen orange juice concentrate

Directions

Have the kids put all the ingredients into a blender. Once all the ingredients are in, add some ice cubes. Then, the adult should operate the blender. Blend the mixture until frothy. Pour into some fun colorful cups with a slice of orange on the side and enjoy!



tip!

Get the Kids Involved.

To help ensure that your kids are eating their lunches, try to involve them in the choices. Have them tell you two or three things they would really like to have in their lunches.


*Try it for a few weeks!
After that you can work together to create new menus.*

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