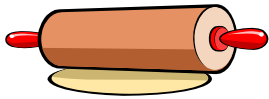


IUSD School Readiness Program



Empowering Children and Families  
for School Success



Presented By:



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IUSD School Readiness Program, Program Educator



The recipes and information in this packet were compiled from numerous resources including cookbooks, educators, friends and all of the websites listed within. Cooking with Kid's in your classroom can be an amazing, fun experience. When kids cook, they are increasing math skills, science skills, fine motor skills, gross motor skills and language skills. You can have cooking projects that go along with a theme, letter of the week, holiday, special event, or you can cook just for fun! Bon Appetit!



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IUUSD School Readiness Program





## Cooking with Kids!-Recipe Websites

Many of the recipes in this packet can be found at these following websites.

- 🍴 <http://www.colormehealthy.com/index.html>
- 🍴 <http://www.easy-kids-recipes.com/index.html>
- 🍴 <http://familyfun.go.com/recipes/>
- 🍴 <http://www.kidshealth.org/kid/recipes/index.html>
- 🍴 <http://pbskids.org/zoom/activities/cafe/>
- 🍴 <http://kids.cdkitchen.com/>
- 🍴 <http://www.justkidsrecipes.com/>
- 🍴 <http://www.kidnetic.com/>
- 🍴 <http://www.recipesource.com>
- 🍴 <http://starchefs.com/kids/>
- 🍴 <http://www.mealsmatter.org/index.aspx>
- 🍴 <http://bitsyskitchen.com/kids.html>



# Cooking with Kids – Fun and Easy Recipes!

\*Note: Some of these recipes have peanut butter as an ingredient. If you are in a peanut free school or have allergies in your class, substitute a different nut butter, apple butter or cream cheese instead.

## Puppy Chow



- 1 cup Chocolate Chips
  - 1/2 cup Butter
  - 1/2 cup Peanut Butter/Almond Butter
  - 7 cups of Chex Cereal (rice, corn, or both)
  - 2 cups of Powdered Sugar
1. Melt the Chocolate Chips, Butter and Peanut Butter on the stove or in the Microwave until there are no lumps or bumps.
  2. Add the Chex and stir.
  3. When all stirred together pour the Chex and the powdered sugar in a large Ziploc bag or a plastic bag from the grocery store and shake for about 1 minute.
  4. Enjoy!

## Cat's Eyes



- Bananas
  - Ritz crackers
  - Peanut Butter/Almond Butter/or Cream Cheese
  - Raisins
1. Slice your bananas at an angle so that they are long ovals, not round.
  2. Spread your Ritz crackers with peanut butter and place the banana slices on top.
  3. Put a dab of peanut butter on your raisins and place in the center of each banana.

## Rice Krispie Bars

- 6 cups Kellogg's Rice Krispies
  - 1 bag of white marshmallows
  - 3 tablespoons butter or margarine
  - Non-stick cooking spray
1. Melt the margarine in a non-stick pan and add the entire bag of marshmallows
  2. Stir over medium heat until the marshmallows have completely melted
  3. Add Rice Krispies and mix together well
  4. Pour mixture into a 9" by 13" pan that has been sprayed with non-stick cooking spray
  5. Flatten the mixture using a large spoon or a Ziplock baggie that has also been sprayed with cooking spray
  6. Cut into squares when cool

## Banana in a Blanket

Tortillas (Soft Taco Style)

Peanut Butter/Almond Butter/or Cream Cheese

Mini M&M'S or raisins

Banana



1. Heat the tortillas in the microwave (on a paper towel) for 15 seconds.
2. Spread peanut butter onto the tortilla.
3. Sprinkle M & M's (or raisins) on top of the peanut butter.
4. Lay peeled banana on the edge of the tortilla.
5. Roll the tortilla around the banana.



## Super Shape Sandwiches

Bread (2 slices)

Mayonnaise or Mustard

Lunch Meat (any will do)

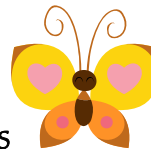
Cheese

\*If you don't like lunch meat, use peanut butter and jelly or another alternative instead\*

Knife (plastic will do)

Large Cookie Cutter (any shape you like)

1. Spread condiments onto one slice of bread
2. Add lunchmeat or other toppings
3. Place the other piece of bread on top
4. Press sandwich together firmly
5. Place cookie cutter in center of the sandwich and press down firmly. While holding the cookie cutter down, pull off the surrounding bread and crust.
6. Now you have a delicious shape sandwich



## Butterfly Bites

cream cheese (or peanut butter)

celery sticks

2 large twist pretzels

2 pretzel pieces or pretzel sticks for antennae

knife

1. Spread cream cheese on a celery stick. That's the butterfly's body.
2. Then put one twist pretzel on each side of the celery for the wings.
3. Use pieces of a pretzel for antennae.
4. Enjoy your butterfly bite!



## Alphabet Pretzels

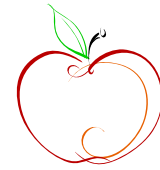
two tablespoons of honey  
1/2 packet of yeast  
1/3 cup warm water  
two eggs  
two tablespoons cooking oil  
1/2 cups flour  
salt (Kosher works best)  
baking brush  
cookie sheet  
spoon



1. First, mix two tablespoons of honey and 1/2 packet of yeast with 1/3 cup warm water.
2. Beat one egg into the mixture.
3. Add 2 tablespoons of cooking oil and then gradually add 1 1/2 cups flour so that you have stiff dough. You may not need to add all of the flour.
4. Knead the dough. If you use your hands, make sure you've washed them. You also might want to put a little flour on your hands so the dough doesn't stick to them.
5. Break off small bits and roll them into "snakes." Take the "snakes" and shape them into any letters that you want.
6. Beat the other egg in a bowl and using the back of a spoon, brush the egg on the pretzels.
7. Sprinkle salt over the pretzels.
8. Bake them in the oven at 350 degrees for 10 to 12 minutes or until they're golden brown. Cool and then eat.

## Apple Volcanoes

apples  
peanut butter/cream cheese/or almond butter  
raisins  
granola



1. Cut the top off the apple.
2. Core the apple and discard.
3. Fill the center of the apple with peanut butter.
4. Sprinkle granola and raisins on the top for the lava.

## Dino Dessert

1 slice of watermelon  
3 strawberries sliced in half  
1 small piece of banana sliced in half lengthwise  
2 half-circle slices of an orange  
1 raisin  
knife  
plate



1. First, carefully cut a watermelon slice in half and put it on a plate. This is the body of your dinosaur. The watermelon rind is his back.
2. Put the strawberry halves on top for his plates.
3. Then, use half of an orange slice for the head and a raisin for the eye.
4. Take the other half of the orange slice and separate the segments, but don't cut through the peel. This is your dino's tail.
5. For its legs, take a small piece of banana and slice it in half lengthwise. Put the banana legs below the watermelon.



## Ants on a Log

- peanut butter (or cream cheese)
- celery
- raisins



1. Spread the peanut butter on the celery stick.
- 2 Put the raisins on the peanut butter.



## Strawberry Surprise Popsicles

peanut butter (or almond butter)  
8-ounce container of strawberry yogurt  
aluminum foil  
2 paper cups  
popsicle sticks  
knife  
spoon

1. Take a knife and spread 3 stripes of peanut butter up the insides of each cup.
2. Fill up the cups with yogurt.
3. Cover the cups with aluminum foil.
4. Use a knife to put a little hole in the aluminum foil.
5. Push a popsicle stick through the foil.
6. Put your cups in the freezer until they're frozen.
7. Peel off the cups and enjoy!



## Fluffy Peanut Butter/Almond Butter Dip



1/2 cup creamy peanut butter (or almond butter)  
one 8-ounce container of vanilla yogurt  
1/2 cup whipped cream (store bought or homemade)  
1/8 teaspoon ground cinnamon  
sliced fruit for dipping (bananas, apples, pears, etc.)  
mixing bowl  
measuring spoons  
wooden spoon  
plate

1. Slice your fruit into bite-size pieces and put them aside.
2. Mix all the ingredients (except for the fruit) together in a bowl. Make sure you get all of the clumps out so it's smooth and creamy.
3. When the dip is all blended, put it on a plate with the fruit slices and serve.

## English Muffin Pizzas

Pre-sliced English muffins (plain, sourdough, or whole wheat)  
Tomato Sauce  
Mozzarella Cheese  
Favorite Pizza Toppings  
Tin Foil  
Cookie Sheet  
Spoon



1. Pre-Heat Oven to 350°F
2. Place halved English muffins face up on a tin foil lined cookie sheet.
3. Spoon tomato sauce onto each muffin half
4. Sprinkle mozzarella cheese on top of the sauce
5. Top the pizzas with your favorite toppings (It is really fun to make a face out of the toppings)
6. Bake in oven until cheese is melted)
7. Enjoy!

## Monkey Sandwiches

1 Ripe Banana  
1/3 Cup Peanut Butter (smooth or crunchy)  
1/4 tsp cinnamon  
Graham Crackers  
Spoon  
Fork  
Mixing bowl  
Plastic wrap



1. Place the banana into the mixing bowl and mash it with a fork.
2. Add the peanut butter and cinnamon and mix until the ingredients are blended together.
3. Break a graham cracker in half.
4. Spread the mixture onto half of the graham cracker.
5. Create a sandwich by placing the other graham cracker on top.
6. Continue steps 4-5 until all mixture is used.
7. Wrap the sandwiches in plastic wrap and place in freezer for 2-3 hours.
8. Unwrap and enjoy!

## Frozen Pudding Pops

Pudding Mix (any flavor you like)  
1/2 cup light cream  
Paper Cups  
Popsicle Sticks



1. Prepare the pudding according to the directions on the box.
2. Stir in 1/2 cup light cream with 1/2 cup of pudding.
3. Pour mixture into paper cups and place cups in the freezer.
4. After 1 hour, insert popsicle sticks and freeze until firm.
5. Enjoy!

## Munchy Oat Bars

- $\frac{3}{4}$  stick butter
- $\frac{1}{2}$  cup packed light brown sugar
- 3 tbsp honey
- $1\frac{1}{2}$  cup quick cook oats
- $\frac{1}{2}$  tsp salt
- 4 large dried apricots
- $\frac{1}{4}$  cup raisins
- $\frac{1}{4}$  cup dried cranberries
- $\frac{1}{3}$  cup dried coconut
- $\frac{1}{4}$  cup pumpkin seeds

1. Melt the butter, brown sugar and honey into a saucepan over a low heat
2. Put the rest of the ingredients into a large bowl. Snip the apricots with scissors.
3. Mix it all up
4. Pour the warm butter/honey/sugar mixture into the bowl
5. Stir until everything is well mixed together
6. Spoon into a greased 8inch, square baking pan and press down. Press with a potato masher to level the surface
7. Bake in a preheated 350°F oven for 20 minutes

## Everything in the Kitchen Cupboard ~ Trail Mix

- Cereal
- Cheese Crackers
- Pretzels
- Animal Crackers
- Banana Chips
- Raisins
- Any other dry ingredient you would like to add

1. Pour various dry ingredients into a large bowl
2. Mix all of the ingredients together
3. Scoop into Ziploc® baggie and enjoy
4. You can close the baggie to bring the trail mix on the go, or to keep fresh for later enjoyment

## Perfect Pasta

- 4 tbsp honey
- 2 tbsp rice wine vinegar
- 2 tbsp soy sauce
- 1 tbsp sesame oil
- Pre-cooked Rotisserie Chicken
- 1 cup corn
- 2 cups broccoli
- grape tomatos
- 7 oz pasta shapes

1. Cook/drain the pasta and cook the broccoli (set aside)
2. Tear the chicken into bite sized pieces, remove any skin
3. Slice the green onion (grown-up job)
4. Make the dressing by mixing together the honey, rice wine vinegar, soy sauce, and sesame oil
5. Mix together the pasta, broccoli, chicken, tomatos, corn and the dressing
6. Dish it up and Enjoy!

## Dirt Cups



- Chocolate Pudding (for the dirt)
  - Milk
  - Graham Crackers or Oreo Sandwich cookies (for the rocks)
  - Gummy Worm
1. Prepare the chocolate pudding according to the directions on the package (whisk w/ cold milk)
  2. Pour some Oreo sandwich cookies, Trader Joe's Jo-Jo's cookies, or graham crackers into a Ziploc baggie. Seal the bag and crush the cookies into small pieces.
  3. Pour some of the crushed cookies into a plastic cup and spoon chocolate pudding on top. Add a gummy worm and enjoy your delicious dirt cup!

# Pizza Pizazzio Recipe



## Ingredients

- Whole Wheat or Regular Pizza Dough from Trader Joes
- Mozzarella Cheese (the slices work best)
- Whichever meat you prefer (pepperoni, salami, ham, etc.)
- Baby Spinach (stems pulled off) \*This is a fun job for the kids!
- Fresh Basil (stems pulled off) \*This is a fun job for the kids!
- Grape Tomatoes Quartered or diced (if you like)
- Garlic (chopped fine)
- Garlic Powder
- Extra Virgin Olive Oil
- Parmesan Cheese
- Flour
- Tomato Sauce for dipping (Trader Joes has a great fat free, low sodium one!)

## Tools

- Rolling Pan
- Baking Sheet
- Knife or Grater (for cutting/slicing/chopping)

## Directions

1. Flour the surface that you're going to work on. Place refrigerated pizza dough onto floured surface. Leave for 20-30 minutes (to help it come to room temperature)
2. Roll out the pizza dough with a floured rolling pin
3. Place a layer of mozzarella cheese onto the dough, leaving about 1-1 ½ inches of dough on all sides.
4. Make a layer of spinach, basil, garlic and tomatoes (and any other topping)
5. Make a layer of meat on top of the veggie layer
6. Make one additional cheese layer (to help glue all the goodies in).
7. Starting with the dough closest to you, roll the pizza into a log, pressing and folding as you go.
8. Make sure that the outside edges are pinched tightly so nothing oozes out in the oven.
9. Cover the entire pizza with olive oil and sprinkle the top with garlic powder and parmesan cheese.
10. Bake (according to temperature on the dough package) until golden and bubbly. I think it's 15-20 minutes at 425degrees.
11. Let cool at least 10 minutes before slicing!!! Slice and enjoy with sauce as a dip!

\*This is a recipe that I made up myself! Lots of fun to make and a great way to sneak in healthy greens such as spinach or broccoli!