



Kids Can Cook



Two Ingredient Banana Chocolate Chip Ice Cream Bites

Frozen bananas and mini chocolate chips are all it takes to make these tasty little ice cream bites that are the perfect healthy summer treat!

Ingredients:

6 Very Ripe Bananas
¾ cup Mini Chocolate Chips

Equipment:

Mini Muffin Tin
Blender/Food Processor
Baking Sheet
Parchment paper
Plastic Wrap



Directions:

1. Line a baking sheet with parchment paper. Slice bananas into 1/2-inch slices and lay flat on lined baking sheet. Cover with plastic wrap and place in freezer for 1 -1/2 hours.
2. Remove from freezer and let sit out for 5 minutes to soften up slightly.
3. Place bananas in the food processor or blender and pulse/blend until smooth and creamy. Stir in ½ cup mini chocolate chips.
4. Grease a mini muffin pan with non-stick cooking spray. Scoop the banana ice cream into each cup, and then sprinkle the tops with more mini chocolate chips. Place the muffin pan in freezer for one hour.
5. Remove from freezer, place in a freezer safe container with a layer of parchment paper between each layer.
6. When ready to eat, remove from freezer and allow to sit out for a few minutes.





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Canada Day Fruit Kabobs

Celebrate Canada 150 with these festive and fun fruit kabobs!

Ingredients:

Strawberries
Bananas
Watermelon
Skewers (cut off sharp ends)
Maple Leaf cookie cutter



Directions:

1. Slice strawberries and bananas.
2. Cut watermelon into slices, as thick as your cookie cutter will cut.
3. Using your cookie cutter, cut out maple leaf shapes in your watermelon, one for every kebab.
4. Assemble fruit on skewer to form a Canadian flag pattern; red, white, red maple leaf, white, red.

