



Kids Can Cook



Fun with Fruit

Cooking with kids is about harnessing imagination, empowerment, and creativity. Let children have fun with their food during snack time.

Ingredients:

Bananas

Apples

Grapes

Oranges

Kiwi

Blueberries

Directions:

Cut up a variety of fruits and allow children to use their imaginations and get creative with their food!

We have included some pictures for inspiration.



Caution: Please cut grapes and blueberries in half to avoid choking hazard for younger children.





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Easy, All Natural, and Edible Finger Paints

Cooking and art; mix ingredients to make edible paints and then children can create a masterpiece using their yummy finger paints.

Pink Finger Paint: In a small bowl; mix together 2 tablespoons Greek yogurt, 1 tablespoon of beets, pear & pomegranate puree and 1-teaspoon rice baby cereal until well blended.

Yellow Finger Paint: In a small bowl, mix together 2 - tablespoons Greek yogurt, 3 - teaspoons of butternut squash puree and 1 - teaspoon rice baby cereal until well blended.

Orange Finger Paint: In a small bowl, mix together 2 - tablespoons Greek yogurt, 1-tablespoon carrot puree and 1-teaspoon rice baby cereal until well blended.



Green Finger Paint: In a small bowl, mix together 1 - tablespoon Greek yogurt, 4 teaspoons green bean puree and 2 teaspoons rice baby cereal until well blended.

Purple Finger Paint: In a small bowl; mix together 2 - tablespoons Greek yogurt, 1-tablespoon apple & blackberry puree and 1-teaspoon rice baby cereal until well blended.

