

# KIDS *in the* KITCHEN!

*presented by*  
The Junior League of Washington



DIGITAL RECIPE BOOK

# SILLY animal TOAST

## WHAT YOU WILL NEED:

- Bread
- Topping such as almond butter, peanut butter, Nutella, or cream cheese
- Fruit
- Raisins

## DIRECTIONS:

1. Spread a layer of topping of choice on your piece of bread.
2. Sprinkle your bread with fruit and raisins to make a funny face.  
Slices of bananas make for great eyes! Try using a half of a strawberry for a nose and blueberries for the mouth.
3. Eat and enjoy!



# HAM & CHEESE ROLL-UPS

## WHAT YOU WILL NEED:

- Cream cheese (softened)
- Ranch seasoning packet
- Deli ham
- American cheese (sliced)
- Flour tortillas

## DIRECTIONS:

1. Combine cream cheese with ranch seasoning.
2. Spread a layer of this mixture on top of the flour tortilla.
3. Add 1-2 pieces of cheese and deli ham to this layer.
4. Roll the premade tortilla up, wrap in plastic wrap, and allow to chill in the fridge for 1 hour.
5. Take out of the fridge, unwrap the plastic wrap, and cut into ½ inch thick rounds.
6. Eat and enjoy!



# STRAWBERRY BANANA

protein smoothie

## WHAT YOU WILL NEED:

- 2 cups of strawberries (fresh or frozen)
- 1 banana (fresh or frozen)
- 1 cup of milk (regular, soy, or almond milk all work)
- ½ tablespoon of honey
- Ice\*

*\*If using fresh fruit, add ½ to 1 cup of ice to the smoothie. If using frozen fruit, no ice is needed*

## DIRECTIONS:

1. Add all ingredients to the blender and blend until smooth!



# BANANA YOGURT POPS

## WHAT YOU WILL NEED:

- 3 Bananas
- $\frac{3}{4}$  cup vanilla yogurt (or any flavor of your choice)
- Popsicle sticks
- Sprinkles or any toppings of your choice

## DIRECTIONS:

1. Cut each banana in half.
2. Place a popsicle stick into the bottom of each banana half.
3. Coat the banana evenly with vanilla yogurt.
4. Top with sprinkles or topping of your choice.
5. Line a small baking sheet with parchment or wax paper.
6. Lay each premade banana popsicle stick on the baking sheet.
7. Place the baking sheet in the freezer and freeze for about 2 hours.
8. Eat and enjoy!



# APPLE SLIDER COOKIES

## WHAT YOU WILL NEED:

- 1 Apple
- Peanut Butter (or other nut butter)
- Toppings: raisins, chocolate chips, nuts, oats, cinnamon, honey, coconut flakes, teddy grahams, sprinkles, or more!

## DIRECTIONS:

1. Cut the apple into round slices.
2. Spread peanut butter (or other nut butter) on the apple slices.
3. Top the slices with your favorite toppings!



# BANANA CHOCOLATE CHIP

*baked oatmeal cups*

## WHAT YOU WILL NEED:

- 4 Bananas (mashed)
- 2 cups low fat milk
- 2 eggs
- 2 teaspoons cinnamon
- ½ cup packed brown sugar
- 1 cup chocolate chips
- 1 ½ teaspoons baking powder
- 1 teaspoon vanilla extract
- 4 cups rolled oats

## DIRECTIONS:

1. Preheat oven to 350 degrees and spray/ line 2 muffin tins.
2. Whisk together eggs, bananas, brown sugar, and milk, then add in vanilla, cinnamon, and baking powder while still whisking.
3. Stir in chocolate chips and oats.
4. Fill each muffin cup about  $\frac{3}{4}$  full with the mixture.
5. Bake for 30-35 minutes until brown on top.
6. Eat and enjoy! Or let them cool before storing in fridge for no more than 1 week.



# NO BAKE PB OAT BALLS

## WHAT YOU WILL NEED:

- 1 ½ cups of uncooked oats
- ½ cup of peanut butter
- 1/3 cup of honey
- ½ cup of semi-sweet chocolate chips or raisins
- 1 teaspoon ground flax seeds

## DIRECTIONS:

1. Add all ingredients except chocolate chips to a large bowl.
2. Mix well with a large spoon, then fold in the chocolate chips.
3. Refrigerate for at least 30 minutes before rolling the mixture into balls.
4. Store the balls in the refrigerator or freeze and thaw before eating.



# PB&J SUSHI ROLLS

## WHAT YOU WILL NEED:

- 2 slices of bread
- 2 tablespoons of jelly
- 2 tablespoons of peanut butter

## DIRECTIONS:

1. Remove crusts from bread.
2. Using a rolling pin, flatten the bread.
3. Spread 1 tablespoon of jelly and 1 tablespoon of peanut butter on each slice of bread.
4. Roll the bread up.
5. Slice the rolls into 4 pieces each.



# MINI PIZZAS

## WHAT YOU WILL NEED:

- 1 english muffin
- ¼ cup grated low fat cheese
- Assorted vegetables: olives, peppers, mushrooms, onion, etc.
- Tomato or spaghetti sauce

## DIRECTIONS:

1. Cut the english muffin in half and lightly toast.
2. Spread both halves of the english muffin with 1 tablespoon tomato or spaghetti sauce.
3. Top each of the english muffin halves with your favorite vegetables finely chopped.
4. Top with low fat mozzarella or other low fat cheese.
5. Toast in 350 degree oven or microwave until cheese is bubbly.
6. Let cool, eat and enjoy!



# FRUIT SALSA

## WHAT YOU WILL NEED:

- 1 or 2 apples
- 1 tablespoon apple jelly
- 1 pint strawberries
- 1 tablespoon orange juice
- 3 kiwi or other fruit
- Zest from  $\frac{1}{2}$  an orange

## DIRECTIONS:

1. Wash all of the fruit well.
2. Chop all of the fruit to  $\frac{1}{2}$ " size pieces.
3. Place all of the chopped fruit in a bowl.
4. Stir in apple jelly, orange juice, and orange zest.
5. Cover and chill until ready to serve.



# CINNAMON SUGAR

*with fruit cups*

## WHAT YOU WILL NEED:

- 10 tortillas
- Cinnamon and sugar
- Water

## DIRECTIONS:

1. Brush each tortilla lightly with water.
2. Sprinkle with cinnamon and sugar.
3. Cut into chip size pieces.
4. Place on baking sheet sprayed lightly with non-stick cooking spray.
5. Bake at 350 degrees for 10 minutes or until crisp.
6. Let cool, serve with fruit salsa and enjoy!



# EASY TRAIL MIX

## WHAT YOU WILL NEED:

- ½ cup peanuts
- ½ cup raisins
- ½ cup banana chips
- ½ cup dried fruit
- ¼ cup carob or chocolate chips (optional)

## DIRECTIONS:

1. Mix all of the ingredients in a bowl.
2. Put into air tight plastic container and store in refrigerator to keep fresh.
3. A great after school snack!



# TLC&T SANDWICH

## WHAT YOU WILL NEED:

- 2 slices wheat bread
- 1 slice tomato
- 1 slice roast turkey
- 1-2 leaves lettuce
- 1 slice cheese
- ½ teaspoon mustard
- ½ tablespoon mayonnaise

## DIRECTIONS:

1. Spread 1 slice of bread with the mayonnaise and mustard.
2. Place the turkey on top of the mayo/mustard.
3. Top the turkey with the cheese, lettuce and tomato.
4. Cut sandwich in half and enjoy!



# ANTS ON A LOG

## WHAT YOU WILL NEED:

- Celery sticks
- Cream cheese or peanut butter
- Raisins

## DIRECTIONS:

1. Wash the celery and cut into 5" long pieces on a cutting board.
2. Spread cream cheese or peanut butter on the celery sticks.
3. Top with raisins and voila! You've got ants on a log.

