

RECIPES for KIDS!

Fun ♥ Easy ♥ Yummy!



Strawberry
Lemonade



Picnic
Kabobs



S'more
Bites

♥ Made with love for little chefs ♥



SUNSHINE STRAWBERRY LEMONADE

Makes 4 Servings

Ingredients


- 1 cup fresh strawberries, hulled
- ½ cup fresh lemon juice
- 3 cups cold water
- 3 tablespoons honey
- Ice cubes for serving
- Lemon slices for garnish

Directions

1. Add strawberries, lemon juice, water, and honey to a blender.
2. Blend until smooth and well combined.
3. Taste and adjust sweetness if desired.
4. Fill serving glasses with ice.
5. Pour the strawberry lemonade over the ice.
6. Garnish with lemon slices and fresh strawberries.

★ Chef Ginger's Tip

Pouring the lemonade over ice instead of blending the ice keeps it fresh, flavorful, and prevents it from becoming watered down. Any extra lemonade can be stored in the refrigerator for later enjoyment.

 Taste together and decide if it needs a little more honey or a little more lemon. Great little chefs always taste as they go!

PICNIC SANDWICH KABOBS

Makes 4 Servings

A fun, hands-on lunch that kids love to build and eat!

Ingredients



- 8 slices whole wheat bread
- 8 slices turkey or ham
- 4 slices cheese, cut into squares
- 1 cucumber, sliced into thick rounds
- 1 cup cherry tomatoes
- 1 cup grapes
- 8 short skewers or craft sticks

Directions

1. Cut the bread into squares or use cookie cutters to create fun shapes.
2. Fold or cut the turkey or ham into bite-sized pieces.
3. Build your kabobs by threading the ingredients onto skewers in any pattern you like:
 - Bread
 - Cheese
 - Turkey or ham
 - Cucumber
 - Cherry tomatoes and grapes on top
4. Repeat until the skewer is full.
5. Arrange on a platter or parchment-lined tray and serve.

Let your child create their own colorful pattern on each kabob. The more involved kids are in making their food, the more excited they are to eat it!

★ Chef Ginger's Safety Tip

  Fill the skewer to the top and place a grape on the pointed end to help cover the tip.

NO-BAKE S'MORES ENERGY BITES

Makes About 12 Bites

A fun, no-bake treat that combines all the flavors of a classic s'more into a bite-sized snack!

Ingredients

- 1 cup rolled oats
- ½ cup crushed graham crackers
- ¼ cup mini chocolate chips
- ¼ cup mini marshmallows
- ½ cup peanut butter or sunflower butter
- ¼ cup honey
- ½ teaspoon vanilla extract

Directions

1. In a large bowl, combine the oats and crushed graham crackers.
2. Add the mini chocolate chips and mini marshmallows.
3. Stir in the peanut butter, honey, and vanilla extract.
4. Mix until everything is well combined.
5. Roll the mixture into 12 bite-sized balls.
6. If the mixture feels soft, place the bites in the refrigerator for 10–15 minutes before serving.

Chef Ginger's Tip:

Lightly wet your hands before rolling to keep the mixture from sticking to your fingers.

Allergy-Friendly Option:

Sunflower butter makes a delicious substitute for peanut butter.

Kids Love This Because:

They get all the gooey, chocolatey flavors of a campfire s'more—no campfire required!