



# **Cooking With Kids!**

## **12 Fun Recipes Just For Kids!**



**WRITTEN BY: JODI DANEN, RDN**



# Hello!

I'm Jodi, the voice behind Create Kids Club. I'm the mom of 2 kids & a registered dietitian with a passion for getting kids cooking.

**Are you looking for a hobby to do *with* your children?**

**Do you want your children eating a more varied diet, but wonder how to get more fruit and veggies into their meals & snacks?**

If so, you're in the right place! I've been a dietitian for 18 years, a mom for 12, and desire the same things as you.

After years of experimenting with all kinds of options trying to get my kids eating more nutritious foods, *I have found the easiest solution also happens to be pretty fun*. It's cooking with your kids. The photos on the cover are now 7 years old. It has been a joy over the years cooking with my kids, sharing memories, & watching their abilities & interest grow.

This ebook is about making memories while teaching valuable life skills. Your children will get to play with their food, learn to use kitchen utensils safely, and have a whole lot of FUN!

You'll find recipes for kids of all ages. The little ones will need help, elementary aged kids need some assistance, and middle schoolers & teens can do them all on their own.

When a child plays a role in creating meals and snacks - they eat them! I am so excited to share this fun book with your family!

**For more family-friendly recipes [CLICK HERE](#)**

[www.createkidsclub.com](http://www.createkidsclub.com)



# How To Get Children Cooking By Age

**Studies show that children who cook are far more likely to try new foods and eat more healthy foods.**

## Infants:

Even the youngest of children benefit from time spent in the kitchen with their parents. Talk to infants while you cook. Let them touch and smell the different ingredients. They can also:

- Observe from high-chair or bouncy seat
- Play with safe cooking tools such as wooden spoons, whisks, spatulas, plastic bowls or even plastic measuring cups



## Toddlers:

As children enter the toddler years, they can (and will want to!) do more in the kitchen. There are a lot of things they can do to "help" including:

- Pour dry or liquid ingredients into a bowl
- Wash fruits and vegetables
- Pick herbs off the stem
- Tear lettuce greens into pieces
- Brush oil or butter with a pastry brush
- Stir the batter in a bowl
- Mash vegetables
- Sprinkle salt or herbs
- Use child-safe knives and start "chopping" softer fruits and veggies



## Preschoolers:

The preschool years bring even more opportunities such as these skills that work on their fine motor skills:

- Use child-safe knives to chop harder fruits and veggies
- Roll out and knead pizza dough
- Juice lemons and limes
- Crack an egg
- Set a timer
- Measure & level dry ingredients with a straight edge
- Whisk a sauce
- Peel a hard-boiled egg
- Set the table
- Wash appropriate dishes in sink

# How To Get Children Cooking By Age



## Elementary Ages:

By now, children are able to handle more complicated tasks, and even try out some kitchen equipment. These are tasks children can now handle:

- Reading a recipe
- Use a small knife
- Cook with you at the stove
- Peel fruits and vegetables
- Grate cheese with a grater
- Use a hand mixer

- Grease a baking pan
- Scoop batter into muffin cups
- Scrape down the mixer bowl
- Thread food onto skewers
- Help put groceries away
- Load and unload the dishwasher



## Middle Schoolers:

By middle school, children are able to move into the full-on cooking mode. Preteens will continue to gain confidence in the kitchen. Core skills to learn and practice at this age with your help include:

- Help meal plan
- Learn about food safety issues, especially how to handle and fully cook meat and poultry.
- Put foods into the oven, and take them out
- Use a thermometer
- Cook soup

- Use specialty appliances such as a waffle iron, or high-speed blender
- Roast veggies
- Make pancakes on a griddle
- Use a food processor or stand mixer
- Use a chef's knife or other larger knives



## Teens:

Teenagers no longer need close supervision & can safely cook most foods themselves. Teens who want to learn more advanced skills can focus on the following, which will require some instruction and guidance:

- Learn safe handling & cleaning of sharp blades on blenders or food processors
- Learning to chop, dice, and mince
- Baking more complicated recipes
- Marinate food
- Panfry or grill

- Use mandolin
- Use outdoor grills
- Learn to modify recipes to suit their tastes
- Explore new cuisines
- Master day to day cooking to ensure success when they leave home

# Recipe Guide By Age

Following each recipe, you'll find a guide that breaks the recipe down into skills by age.

As a child progresses by age, remember they can complete the skills in all categories above their current level.

Here is an example of the skill levels you'll find in this ebook:

## Toddler



## Preschooler



## Elementary Aged



## Middle Schooler



## Teens





# Blueberry Muffins

## Ingredients:

- 2 1/2 cups whole wheat flour
- 1/2 cup granulated sugar
- 1 1/2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1 1/2 cups plain Greek Yogurt
- 2 overripe medium bananas, mashed
- 2 eggs
- 1/4 cup Mazola® Corn Oil
- 2 tsp. vanilla
- 1 1/2 cups frozen blueberries

## Instructions:

- Preheat oven to 400°F. Prepare muffin tins with non-stick cooking spray.
- In a medium-sized bowl, whisk flour, sugar, baking powder, baking soda, and salt together.
- In another medium-sized bowl, whisk yogurt, mashed bananas, eggs, oil, and vanilla.
- Add wet ingredients to dry ingredients, stir until just blended.
- Place frozen blueberries in a small bowl. Measure 2 tbsp. of the dry flour mixture, stir into blueberries.
- Gently fold blueberries into batter.
- Divide batter into muffin tins.
- Bake at 400°F for 20 minutes or until a toothpick inserted into the center of the muffin comes out clean. Check mini muffins after 12-15 minutes.

For Further Instructions [CLICK HERE](#)

# Blueberry Muffin Age Guide

## Toddler



- Help spray muffin tins
- Mash bananas
- Whisk dry ingredients
- Whisk wet ingredients

## Preschooler



- Crack eggs
- Measure dry ingredients
- Measure wet ingredients
- Blend blueberry mixture
- Set timer

## Elementary Aged



- Read the recipe
- Preheat oven
- Scoop batter into muffin tin
- Check to see if muffins are done with a tooth pick
- Help clean up

## Middle Schooler



- Carefully put muffins into the oven
- Carefully take muffins out of the oven

## Teens



- Can make the whole recipe by themselves

For Further Instructions [CLICK HERE](#)



# Fruit Waffle Cones

## ***Ingredients:***

- 12 waffle cones
- 1 carton strawberries, washed
- 1 large bunch grapes, washed
- 1 carton blueberries, washed
- 1/2 cup chocolate chips
- 1/2 cup butterscotch chips

## ***Instructions:***

- In a medium-sized bowl, add chocolate chips and butterscotch chips. Microwave for 1 minute then stir. Continue to microwave in 20-second increments, stirring each time, until melted.
- Dip waffle cone into melted chocolate and set aside on a tray lined with wax paper. Repeat for all cones. Set aside and let chocolate dry.
- Have children use a wide mouth straw to remove strawberry stems. Slice strawberries with a kid-friendly knife.
- Mix strawberries, grapes, and blueberries in a medium-sized bowl.
- Spoon fruit into waffle cones, once the chocolate is dry.
- Drizzle with leftover chocolate sauce. Reheat chocolate sauce if it has hardened.

For Further Instructions [CLICK HERE](#)

# Fruit Waffle Cones Age Guide

## Toddler



- Scoop chocolate chips & butterscotch chips
- Wash fruit
- With kid-safe knife, help chop soft fruit
- Mix fruit together

## Preschooler



- Using kid-safe knife, chop firm fruits
- Use a straw to destem strawberries
- Pick grapes from stems
- Spoon fruit into cones

## Elementary Aged



- Read the recipe
- Help heat chocolate
- Help stir chocolate
- Help dip waffle cones in melted chocolate

## Middle Schooler



- Can complete recipe all on their own

## Teens



For Further Instructions [CLICK HERE](#)



# Fruit Parfait

## ***Ingredients:***

- 2 cups vanilla yogurt
- 1 banana, sliced
- 8 strawberries
- 3 slices watermelon
- 12 raspberries

## ***Instructions:***

- Slice a "V" into the strawberry to remove the stem. Slice against "V" to make a heart shape.
- Use a small heart-shaped cookie cutter to cut watermelon.
- Layer fruit and yogurt. Top with fruit hearts.

For Further Instructions [CLICK HERE](#)

# Fruit Parfait Age Guide

## Toddler



- Help wash fruit
- Help scoop yogurt into dishes

## Preschooler



- Using a kid-safe knife, cut v into strawberries and slice
- Using cookie cutters, cut hearts in watermelon
- Assemble parfait, layering fruit and yogurt

## Elementary Aged



- Can make this recipe all on their own!

## Middle Schooler



## Teens



For Further Instructions [CLICK HERE](#)



## Double Chocolate Brownies

### ***Ingredients:***

- 15 oz. can black beans, drained and rinsed
- 2-3 tbsp. water
- 3 large eggs
- 3 tbsp. unsweetened applesauce
- 3/4 cup granulated sugar
- 1/2 cup cocoa powder
- 1/2 cup mini semi-sweet chocolate chips + extra for sprinkling on top (use milk chocolate chips for sweeter brownies)
- 1 tsp. vanilla extract
- 1/2 tsp. baking soda
- 1/2 tsp. salt

### ***Instructions:***

- Preheat oven to 350 degrees.
- Prepare 8 x 8-inch baking dish with non-stick cooking spray.
- Add drained black beans plus 2 tbsp. water to blender. Puree until smooth. Add additional tbsp. of water if the beans are still too thick to puree. Scrape sides to ensure all beans are pureed.
- Add the rest of the ingredients to blender, blending until well mixed.
- Pour mixture into prepared baking dish.
- Bake 30 minutes or until knife inserted into the center of pan comes out clean.

For Further Instructions [CLICK HERE](#)

# Double Chocolate Brownies Age Guide

## Toddler



- Help measure chocolate chips
- Add ingredients to blender

## Preschooler



- Crack eggs
- Measure ingredients
- Prepare pan with non-stick cooking spray
- Set timer

## Elementary Aged



- Read the recipe
- Preheat oven
- Use the blender to puree brownie mix
- Help scrap sides of blender
- Pour into prepared baking pan

## Middle Schooler



- Place brownies carefully into the oven
- Take brownies carefully out of the oven

## Teens



- Can make this recipe on their own

For Further Instructions [CLICK HERE](#)



# Frozen Yogurt

## ***Ingredients:***

- Plain Greek yogurt
- muffin liners or ice cube molds
- baking sheet
- fresh or frozen fruit such as pomegranate seeds, kiwi slices, strawberries, blueberries, raspberries
- dried fruit or nuts
- honey or maple syrup

## ***Instructions:***

- Place yogurt and toppings into small child-friendly bowls.
- Place toppings along with muffin tin or ice cube tray on the baking sheet to help with clean up.
- Flavor the yogurt with honey or maple syrup if desired.
- Guide children to use the yogurt as the “glue” to hold their fruit or sweet toppings together as they layer them into the muffin tin or ice cube molds.
- Freeze for 1-2 hours.
- Let soften slightly before eating. Cut up yogurt into bite-sized pieces for small children.

For further instructions [CLICK HERE](#)

# Frozen Yogurt Age Guide

## Toddler



- Stir honey into yogurt
- Help wash fruit

## Preschooler



- Help chop fruit with a kid-safe knife
- Layer yogurt and fruit into molds
- Carry yogurt filled molds to freezer

## Elementary Aged



- Can make this recipe on their own with some guidance

## Middle Schooler



## Teens



For further instructions [CLICK HERE](#)



## Blueberry Smoothie

### ***Ingredients:***

- 1 cup frozen blueberries
- 1 whole overripe banana (fresh or frozen)
- 1 cup fresh spinach
- 2/3 cup 1% milk
- 1/3 cup plain Greek yogurt
- 1-2 tbsp. honey or maple syrup
- 1 tbsp. ground flax seed

### ***Instructions:***

- Place all ingredients in the blender, puree until smooth
- Serve with a straw for more fun!

For further instructions [CLICK HERE](#)

# Blueberry Smoothie Age Guide

## Toddler



- Pour ingredients into blender

## Preschooler



- Measure ingredients

## Elementary Aged



- Read the recipe
- Use the blender to puree smoothie
- Pour into cup

## Middle Schooler



- Can make this recipe all on their own

## Teens



For further instructions [CLICK HERE](#)



# Animal Pancakes

## ***Ingredients:***

- 2 cups Bisquick Pancake & Baking Mix
- 1 cup milk
- 2 large eggs
- 1 cup shredded zucchini
- 1/2 cup yogurt
- variety of fruit - raspberries, blueberries, cuties, strawberries, banana slices
- breakfast meats such as sausage & bacon
- nonstick cooking spray

## ***Instructions:***

- Preheat griddle, spray with nonstick cooking spray before pouring pancakes
- Make pancakes according to box instructions, adding shredded zucchini before blending
- Pour batter onto hot griddle. Pour large and small pancakes or use cookie cutters to make a variety of shapes.
- Place fruits, yogurt, and breakfast meats into fun serving dishes. Serve alongside pancake shapes. Let your family assemble their own creations for breakfast, lunch, or dinner!

For further instructions [CLICK HERE](#)

# Animal Pancakes Age Guide

## Toddler



- Stir pancake batter
- Wash fruit
- Assemble animal pancakes

## Preschooler



- Crack eggs
- Measure pancake mix and shredded zucchini
- Help chop fruit with a kid-safe knife
- Prepare griddle or pan with non-stick cooking spray

## Elementary Aged



- Read the recipe
- Shred zucchini
- Pour pancakes onto griddle or pan
- Flip pancakes

## Middle Schooler



- Help cook bacon & sausages

## Teens



- Can make this recipe on their own

For further instructions [CLICK HERE](#)



## Lemon Lime Soda

### ***Ingredients:***

- 1 whole lemon
- 1 whole lime
- 2 tbsp. apple juice concentrate (plus more to taste if desired)
- 8 oz. sparkling water
- 1 cup ice

### ***Instructions:***

- Squeeze lemon into the bowl. Squeeze lime into a separate bowl.
- In a drinking cup, add 2 TBSP of the freshly squeezed lemon juice, 1 TBSP of freshly squeezed lime juice.
- Add 2 TBSP apple juice concentrate to the mixture, gently stir.
- Fill drinking cup with ice.

For further instructions [CLICK HERE](#)

# Lemon Lime Soda Age Guide

## Toddler



- Wash fruit
- Pour fruit juice into a cup
- Add ice to cup
- Stir soda

## Preschooler



- Squeeze juice out of lemon & lime
- Measure lemon and lime juice
- Measure apple juice concentrate

## Elementary Aged



- Read the recipe
- Cut lemon & lime in half with a kid-safe knife

## Middle Schooler



- Can make this recipe on their own

## Teens



For further instructions [CLICK HERE](#)



# Naan Pizza

## ***Ingredients:***

- 6 whole naan bread pieces
- 1/2 cup pizza sauce
- 1 tbsp. olive oil
- 1 tsp. minced garlic
- 3/4 cup shredded mozzarella cheese

- 1/4 cup fresh parmesan cheese, sliced
- 1/4 cup pepperoni
- 1/4 cup sliced mushrooms
- 1/4 cup diced peppers
- 1/4 cup sliced tomatoes
- 1/4 cup sun-dried tomatoes
- 1/4 cup arugula blend
- 1 tsp. red pepper flakes

## ***Instructions:***

### PEPPERONI PIZZA:

Spread pizza sauce on naan bread. Sprinkle with cheese. Top with pepperoni and more cheese.

### VEGGIE PIZZA:

Spread pizza sauce on naan bread, sprinkle with cheese. Top with veggies and more cheese.

### MEDITERRANEAN PIZZA:

Brush naan bread with olive oil and minced garlic. Top with cheese and sun-dried tomatoes. Place arugula on top of the cheese. Add additional cheese and red pepper flakes if desired.

For further instructions [CLICK HERE](#)

# Naan Pizza Age Guide

## Toddler



- Wash veggies
- Break veggies into small pieces
- Sprinkle cheese onto pizza

## Preschooler



- Spread marinara sauce onto pizza
- Brush pizza with olive oil & garlic
- Add cheese and toppings onto pizza
- Set timer

## Elementary Aged



- Read recipe
- Preheat oven

## Middle Schooler



- Carefully place pizza into the oven
- Carefully take pizza out of the oven

## Teens



- Can make this recipe on their own

For further instructions [CLICK HERE](#)



## Turkey "Sushi" Rolls

### ***Ingredients:***

- whole grain wrap
- 2 ounces turkey meat (ham and rotisserie chicken work well too)
- 1/4 cup shredded mozzarella cheese
- small handful shredded carrots
- 4-5 spinach leaves
- 1 tbsp. of your favorite dip such as hummus, ranch, mayo, etc.

### ***Instructions:***

- Spread dressing of choice on the tortilla
- Sprinkle shredded mozzarella cheese over the dressing & top with spinach and turkey
- Place carrots horizontally across the bottom part of the tortilla
- Carefully start rolling the end of the wrap with the carrots over itself, rolling tightly as you go
- Slice into pieces and place in plastic lunchbox container, serve with chopsticks for added fun!

For further instructions [CLICK HERE](#)

# Turkey "Sushi" Rolls Age Guide

## Toddler



- Spread dressing onto tortilla
- Sprinkle cheese onto the tortilla

## Preschooler



- Measure ingredients
- Top tortilla with spinach and turkey

## Elementary Aged



- Read the recipe
- Using a kid-safe knife, cut carrots
- Roll up tortilla tightly
- Cut tortilla into pieces

## Middle Schooler



- Can make this recipe on their own

## Teens



For further instructions [CLICK HERE](#)



# Waffle Hashbrowns

## ***Ingredients:***

- 4 eggs
- 2 tsp butter or oil
- 6 red potatoes
- 1/4 tsp granulated garlic
- 1/4 tsp salt
- 1/8 tsp pepper
- 1/8 tsp crushed red pepper flakes (optional)
- Non-stick cooking spray
- paper towel

## ***Instructions:***

- Heat waffle iron.
- Place potato into blender and pulse until chopped, not pureed
- Place paper towel into a bowl, then squeeze chopped potatoes with the paper towel, removing excess water
- Add seasonings to potatoes, stir
- Spray waffle iron with non-stick cooking spray
- Place potatoes onto the griddle, spreading evenly, waffle iron will be very full and won't close tightly
- Cook 2 minutes, then carefully shut waffle iron tightly
- Continue cooking 14 minutes
- While hash brown is cooking, heat 2 tsp butter or oil in a skillet over medium-high heat
- When the pan is hot, crack eggs, one at a time, carefully and slowly into the pan
- IMMEDIATELY turn down the heat to low, season with a bit of salt & pepper if desired
- Slowly cook eggs until white is set and yolks are cooked to your preference, longer for over hard eggs
- Carefully remove waffle hash brown from the waffle iron
- Divide hash brown into 4 sections and top with a fried egg

For further instructions [CLICK HERE](#)

# Waffle Hashbrowns Age Guide

## Toddler



- Wash potatoes
- Place potatoes in the blender
- Help squeeze water from potatoes

## Preschooler



- Turn the waffle iron on
- Crack the eggs
- Measure and add seasonings to potatoes
- Season fried egg with salt and pepper

## Elementary Aged



- Read the recipe
- Use the blender to pulse potatoes
- With help, pour the egg into the hot pan
- Cut cooked hashbrown into 4 pieces & top with egg

## Middle Schooler



- Spray waffle iron with non-stick cooking spray
- Carefully place potatoes onto waffle iron
- Using hot pads, shut waffle iron and cook
- Carefully remove cooked waffle hashbrowns

## Teens



- Can make the recipe on their own

For further instructions [CLICK HERE](#)



# Spaghetti & Meatball Cups

## ***Ingredients:***

- 8 oz dry spaghetti
- 1 cup marinara sauce
- 1 cup shredded mozzarella cheese, divided
- 1 large egg
- 12 precooked meatballs
- salt & pepper

## ***Instructions:***

- Preheat oven to 375°F. Spray muffin tin with non-stick cooking spray.
- Cook pasta per box instructions. Drain.
- In a medium-sized bowl, blend cooked spaghetti noodles with 1/2 cup mozzarella cheese, egg, and salt and pepper to taste. Blend well.
- Divide spaghetti mixture among 12 muffin tins, pushing down to fit.
- Add a spoonful of marinara sauce on top of the spaghetti.
- Sprinkle remaining cheese on top of the sauce & place a meatball on top.
- Cook for 20 minutes. Enjoy right away, refrigerate, reheat & serve in a thermos for school lunch, or freeze for later.

For further instructions [CLICK HERE](#)

# Spaghetti & Meatball Cups Age

## Toddler



- Stir egg & spices into cooled pasta
- Place meatball on top
- Sprinkle with cheese

## Preschooler



- Crack Egg
- Set timer
- Count out meatballs
- Measure ingredients
- Spoon marinara sauce onto pasta

## Elementary Aged



- Read the recipe
- Preheat oven
- Spray muffin tin with non-stick cooking spray
- Place blended pasta into muffin tins

## Middle Schooler



- Boil water
- Carefully cook pasta
- Carefully drain pasta
- Place spaghetti cups into the oven
- Remove spaghetti cups from the oven

## Teens



- Can make this recipe on their own

For further instructions [CLICK HERE](#)



**Thank you for your purchase!**

**I hope your family enjoys the recipes as much as mine does.**

**The excitement & pride you'll see on your child's face when they serve the foods they made makes any mess worth it every time!**



*7 years later and they still love to cook!*

**Follow Us On Social Media!**

