Food tastes better when you eat it with your family.

KIDS, LET’S COOK!
TASTY & HEALTHY RECIPES

INMED South Africa
Kids’ Kitchen Safety Rules

- Always ask permission before cooking
- Roll up sleeves and tie hair back
- Wash hands before during & after you cook
- Always ask for help when touching hot food
- Never use a knife or turn on the stove without adult supervision
- Remember to clean up the kitchen
3-Ingredient Peanut Butter Cookies

You will need:
• 1 cup peanut butter no sugar added
• 3/4 cup granulated sugar
• 1 egg

Instructions:
1. Preheat oven to 350°F.
2. Line two baking sheets with parchment paper.
3. Mix peanut butter, sugar, and egg together in a bowl using an electric mixer or spoon, until smooth and creamy.
4. Roll mixture into small balls and arrange on a baking sheet; flatten each with the back of a fork, making a criss-cross pattern.
5. Bake in the preheated oven for 10 minutes.
6. Cool cookies on the baking sheet for 2 minutes before moving to a cooling rack for a few more minutes.

ENJOY!!
Creamy Banana & Peanut Butter Smoothie

You will need:
- 1 large very ripe banana, preferably frozen and chopped
- 1 cup (240 ml) fresh milk (or almond milk)
- 3 Tablespoons creamy peanut butter
- 1 Tablespoons honey

Instructions:
1. Mix all the ingredients in a blender.
2. Add more milk if desired.

Serve chilled.
Chickpea Salad
Chickpea Salad

This healthy, summer Chickpea Salad with cucumbers and tomatoes is great for lunch or as a side dish with anything you're grilling!
Serves 4

You will need:
• 2 1/4 cups diced cucumbers, partially peeled
• 1 cup diced, seeded tomato
• 1/4 cup diced red onion
• 2 tablespoons fresh lemon juice
• 1/2 tablespoon minced fresh parsley
• 1 tablespoon extra virgin olive oil
• 1/2 teaspoon kosher salt and pepper, to taste
• 410 g can chickpeas, rinsed and drained

Instructions:
Combine all the ingredients together and toss well.
Rainbow Fruit Skewers

How To Make:

Take 7 wooden skewers and thread the following fruit onto each:

• 1 raspberry
• 1 hulled strawberry
• 1 tangerine segment
• 1 cube of peeled mango
• 1 chunk of peeled pineapple
• 1 chunk of peeled kiwi
• 1 green and 1 red grape
• 2 blueberries

Arrange in a rainbow shape on a platter.
For more tips and ideas for having fun and staying safe at home, please visit

https://inmed.org.za/community-resources-during-covid-19/