LET’S COOK!

HEALTHY RECIPES FOR KIDS

Food tastes better when you eat it with your family.
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
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!!
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 Tablespoon creamy peanut butter
• 1 Tablespoons honey

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

Serve chilled.
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.
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/usa/community-resources-during-covid-19/