



# Recipe Book

## Cooking with Kids

### Hi Parents!

Preparing and enjoying meals together is a great way to spend time as a family.

And when kids focus their attention on following a recipe they learn more than just how to make a meal. They also gain valuable reading, language, and math skills, learn science concepts, and develop their fine motor skills. All while having fun along the way!

We hope you and your family have fun making these simple and fun recipes.

See you in the kitchen!

**Jackie**

Editor, Owlkids

PHOTOS: LAURA ARSIE



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# Super Smoothie

Start your day with  
a yummy strawberry smoothie!

## You'll need:

- 10 strawberries, stems removed
- 125 mL (½ cup) of your favourite yogurt
- 30 mL (2 tbsp.) honey or syrup
- Ice
- Blender
- Glass

## What to do:

- ① With a grown-up's help, put the berries, yogurt, honey and ice into a blender.
- ② Blend until smooth.
- ③ Pour the mixture into a glass. Yum!





# Donuts for Lunch?

Make a fun sandwich!

## You'll need:

- Bread
- Sandwich fillings
- Your favourite toppings
- Large and small round cookie cutters

## What to do:

- 1 Use a large cookie cutter to cut bread into circles.
- 2 Use a small cookie cutter to make holes in the centres.
- 3 Add your favourite fillings.
- 4 Decorate the top to look like a donut.



# Rainbow Toast

Make a colourful and tasty treat!



## You'll need:

- Milk
- Bread
- Empty cups
- Food colouring\*
- Clean paintbrush

## What to do:

- 1 Pour some milk and a drop of food colouring in each cup.
- 2 Use the paintbrush to paint a picture onto a piece of bread.
- 3 Toast the bread in the toaster and enjoy!

\*You can also use berry or vegetable juice instead of food colouring.



# Blast Off

Make a  
rocket  
sandwich!

**1** Cut bread  
into quarters.

**2** Add your  
favourite sandwich  
toppings.

**3** Top your  
rocket with a  
triangle of cheese or  
a big strawberry.

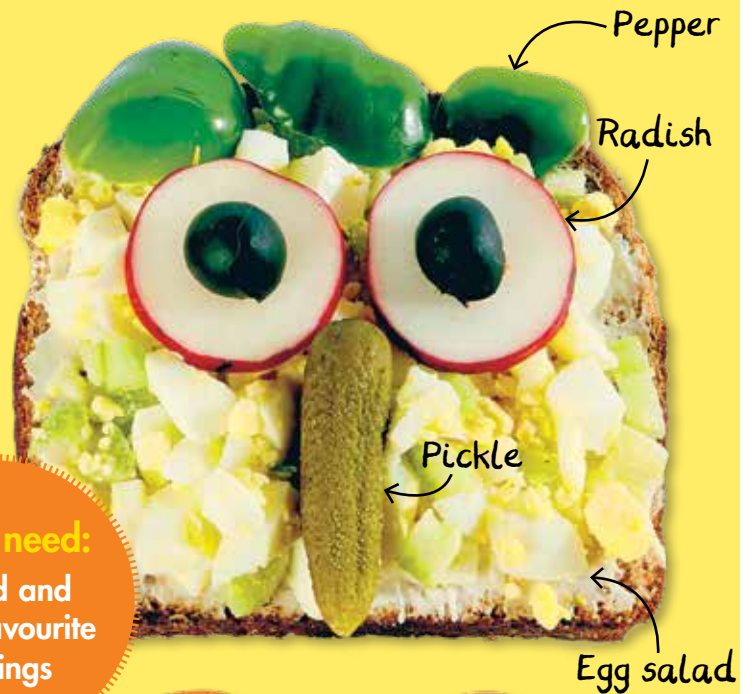
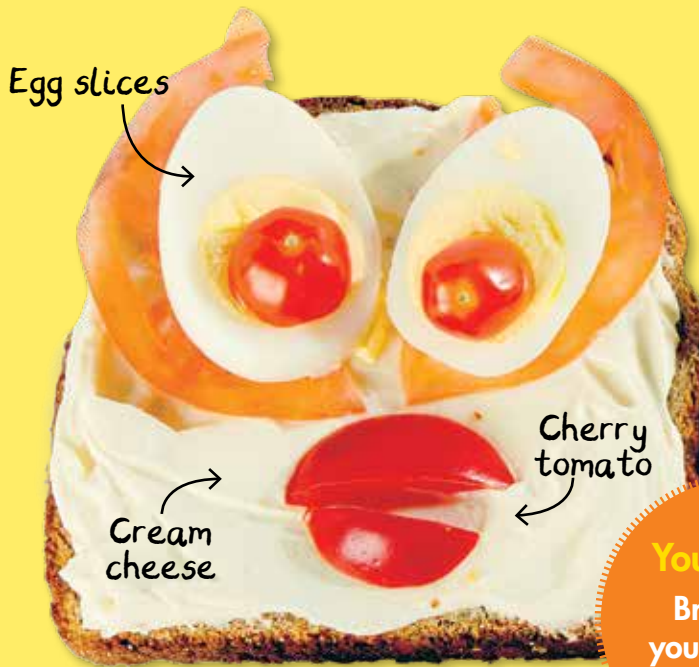
## You'll need:

- Bread
- Cheese, meat or alternative
- Sliced veggies or fruit
- Skewers

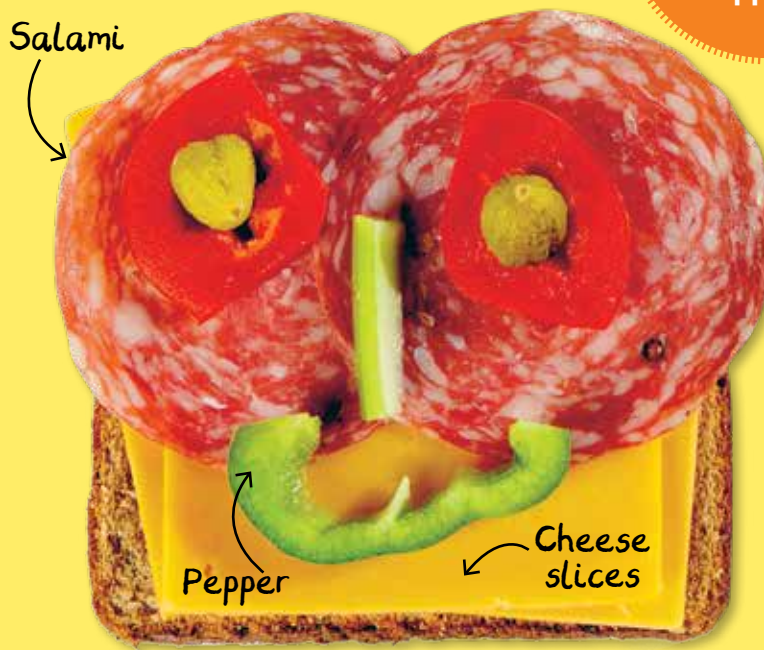
Be careful  
with the sharp  
ends of the  
skewers!

# Funny Faces

Make a silly snack for you and your family!



**You'll need:**  
Bread and  
your favourite  
toppings





# Flying Fun



## You'll need:

- 3 grapes
- 2 long crackers
- Chunk of cheese
- Sliced fruit
- Toothpicks

Make a yummy airplane treat!



## What to do:

- 1 Stick two grapes onto a toothpick for wheels. Lay a long cracker on top of the wheels for the bottom wings.
- 2 Add a chunk of cheese and place another cracker on top to make a second set of wings.
- 3 Stick on sliced fruit for a propeller and rudder. Add half a grape to the front for the airplane's nose.



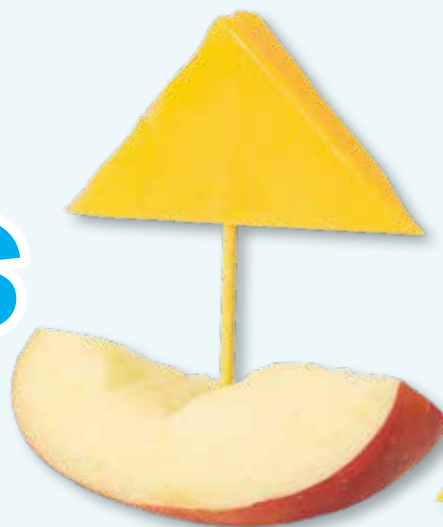
# Sea Snacks

Dive into a yummy treat!



## FUN FISH

Pile cottage or cream cheese mixed with blue food colouring on top of a bagel. Add fish crackers and broccoli for seaweed.

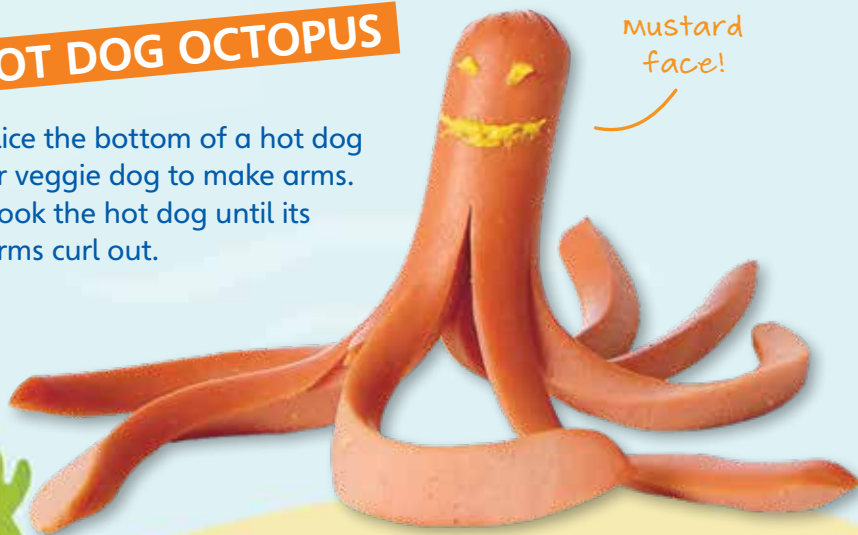


## CHEESE BOATS

Cut cheese into triangles and use toothpicks to attach them to slices of pepper or apple.

## HOT DOG OCTOPUS

Slice the bottom of a hot dog or veggie dog to make arms. Cook the hot dog until its arms curl out.



Add a mustard face!

# Cute Critter

Make art you can eat!

## You'll need:

- Pineapple
- Oranges
- Banana
- Pear
- Berries
- Dried fruit

Oranges  
make a  
great lion  
mane!

Dried fruit is  
perfect  
for a  
nose and  
mouth.

Thinly slice  
pears or  
apples  
for  
whiskers.





# Fun Fruit



## You'll need:

- Sliced fruit
- Berries
- Cereal
- Plate

## What to do:

Arrange the ingredients on a plate to make a picture!

# Summery Snack

Turn fruit into a  
cute little caterpillar  
you can eat!

## You'll need:

- Grapes
- Strawberries
- Cream cheese or icing
- Mini-chocolate chips
- Wooden skewers

## What to do:

- 1 Stick a few grapes onto a skewer.
- 2 Add a strawberry for a head.
- 3 Use icing or cream cheese to stick on chocolate chips for eyes.



Caterpillars eat lots  
and lots of leaves to grow big  
and turn into butterflies. They have  
strong jaws and teeth that  
are great for chewing.

Be careful  
with the sharp  
ends of the skewers!  
**PARENTS:**  
Cut grapes in half  
for younger  
children.



# Tasty Treat

Make a colourful berry parfait.

## You'll need:

- Granola or trail mix
- Strawberries or raspberries
- Plain yogurt mixed with honey or syrup

Layer all the ingredients in a tall glass and enjoy.



Yum!



# Potion Power

Make a spooky wizard's potion you can drink!



## You'll need:

- Green juice or lemonade
- Gummy worms
- Ice cubes
- Whipped cream, sprinkles and a green grape (optional)

Top with whipped cream and green sprinkles. Add a grape, too!

Add gummy worms for extra wizard power!

Fill a glass with green juice and ice cubes.





# Magic Wands

Make a yummy and magical treat!

## You'll need:

- Pretzel sticks or bread sticks
- Icing, nut butter or cream cheese
- Your favourite toppings

## What to do:

- 1 Spread the cream cheese, icing or nut butter onto a bread stick or pretzel stick.
- 2 Roll over or sprinkle on toppings like small candies, nuts or raisins.



Raisins, Nuts, Icing



Marshmallows,  
Nut Butter



Coconut, Chocolate Icing



Jelly Beans,  
Cream Cheese

# Frosty Feast

Make a bowl of snowy popcorn.



## You'll need:

- 1.25 L (5 cups) popcorn
- 250 mL (1 cup) white chocolate
- Candy sprinkles
- Large bowl
- Tray lined with parchment paper

## What to do:

- 1 Put the popcorn in a large bowl.
- 2 Melt the chocolate in a microwave or on the stove and stir it into the bowl of popcorn.
- 3 Spread the popcorn onto the tray and add the sprinkles.
- 4 Refrigerate the popcorn for about 30 minutes, then break it into bite-sized pieces.

Try this recipe with your favourite cereal instead of popcorn.



# Cool Cookies

Make footprint fossil cookies.

## You'll need:

- Your favourite shortbread cookie recipe
- Large toy dinosaur
- Coloured icing

## What to do:

- 1 Bake the cookies according to the directions.
- 2 As soon as you remove the cookies from the oven, use the dinosaur toy to make footprints in each one.
- 3 Fill the footprints with icing.

### BONUS

Serve your cookies on a layer of crushed chocolate cookies!

Real fossils are imprints of animals or plants that have hardened in rock.

STOMP!  
STOMP!



# Best Bars

Make your own granola bars!

## You'll need:

- 375 mL (1½ cups) rolled oats
- 60 mL (¼ cup) coconut oil or Wowbutter
- 60 mL (¼ cup) syrup, honey or date paste
- 125 mL (½ cup) dried berries or other fruit

## What to do:

- 1 Mix all the ingredients together in a large bowl.
- 2 Spread the mixture onto a baking sheet or into a flat dish.
- 3 Refrigerate for one hour and then cut into bars. Yum!

Wrap a bar in parchment paper to bring to school.



# Cocoa Dip

*Make a chocolatey dip for your fruit!*

## You'll Need:

- 2 avocados
- 1 banana
- 125 mL (1/2 cup) raw honey or syrup
- 60 mL (1/4 cup) cocoa powder
- 30 mL (2 tbsp.) oil (like coconut or olive)
- Pinch of salt
- Food processor or blender



## What to do:

- 1 Put all the ingredients in a food processor and blend until smooth.
- 2 Dip pieces of your favourite fruits into the chocolate mixture.

Chocolate comes from cocoa plants in the Amazon! Bananas, avocados, coconuts and grapefruit grow there, too.



# Popsicle Party

**Make a cool  
treat on a  
warm day!**

## **You'll need:**

- Juice and/or blended fruit
- Popsicle moulds
- Craft sticks

Blended kiwi

Blended strawberries

Pomegranate juice

Pineapple juice

Orange-mango juice

## **What to do:**

- 1 Pour a layer of juice into the bottom of the popsicle moulds.
- 2 Freeze the moulds for about one hour.
- 3 Remove from the freezer and pour in another layer of juice or blended fruit. Freeze again.
- 4 Repeat these steps until the moulds are filled. Add a stick before the last layers are fully frozen.
- 5 Freeze overnight and enjoy!