Cooking with Kids @ Your Library 101

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Tips & Tricks for Working with Kids & Food So You Don’t Bite Off More Than You Can Chew
Recipe for Success

1-1½ hours

3-4 teams of 3-5 kids, a mix of older and younger, so they can help each other

3-4 recipes that provide variety for picky eaters, vegans, vegetarians, and food intolerances & allergies

each recipe table is a station that teams rotate through
Set Up

1 table per recipe and 1 additional table per appliance (microwave, blender) with plenty of space between them
tables and chairs at the back for caregivers and kids to eat
easy access to sink & multiple trashes
disposable or easy to wipe down tablecloths
The Right Tools

kitchen appliances that won’t easily burn kids, like microwaves, blenders, chocolate melters, fridge & freezer

kitchen utensils that do the job without cutting skin, like potato mashers and child-safe knives

large enough bowls to mix in without spilling
Winning Ingredients

simple, not-too-exotic ingredients that make up common kids’ foods like pizza or tacos

clean, healthy ingredients that parents and kids both think are tasty

common substitutes for ingredients kids tend to be intolerant or allergic to
Be Prepared

make recipes ahead of time to see if they make the amount you need

always buy enough ingredients for 1-2 extra groups in case kids have to start a recipe over

not too many recipes that use the same appliance, otherwise it’s more of a wait for that appliance program

gloves and baggies for recipes that involve making food with your hands
Be Flexible

it’s going to be messy, and that’s ok, so don’t try to make it perfect

don’t put out all your disposable dishes and silverware in the beginning, as kids will go through it too fast and there will be none left

if kids make too much, they can share some of their mix with the next group or make extra for their families
It’s All About Timing

each group has their own speed

identify kids who need to leave early and guide their group through quicker

check on all groups’ progress ½ & ¾ of the way through so that every kid gets to make every recipe

groups who finish early can eat their creations with their families
Don’t Stress the Mess

dress for a mess and advertise that kids should too

set lids aside in a safe place so they don’t get lost or accidentally thrown out

put liquid or powder ingredients that come in a large container, like a gallon jug, into a smaller container for kids to measure out of
Don’t Stress the Mess Continued

if kids mix and make the recipe in a to go container, then they can just take it and you don’t have to clean it after

kids tend to overestimate how long it takes to microwave something, so keep an eye on them while doing so

kids don’t always realize when something is undercooked, like mug cake batter
Outcomes-More Than Just Food

how to cook for themselves

how to cut up fruits & vegetables

reading, as in the *whole* recipe

measuring math

physics & chemistry of mixing & baking
Outcomes Continued

problem solving

it’s ok to start over

it’s ok to get messy, as long as you clean it up

sharing

teamwork

how to be a fair leader
Favorite Recipes
Pinkalicious’s Rainbow Lemonade Fruit Smoothies

You Will Need:
* 2 Cups Lemonade or Pink Lemonade
* 2 Cups Vanilla Yogurt
* 2 Cups Berries
* Plastic Cups

Steps:
1. Use a blender to mix lemonade, yogurt, and berries into a delicious smoothie.
2. Pour into glasses and share.

Fizzy Fruit Soda
-Makes 1 per Kid

You Will Need
(Step 1) 1 tablespoon, frozen juice

(Step 2) 1 cup, ⅛ tablespoon, spoon, club soda

Steps
1. Put 1 tablespoon frozen juice concentrate into cup.
2. GENTLY pour 1 cup club soda into cup & GENTLY stir until the frozen juice concentrate is nearly dissolved.
3. Try it. If you want to make it fruitier, add more frozen juice concentrate ⅛ tablespoon at a time.
Pumpkin Pie Smoothie
(Serves Several/Make 1 Batch)

blender, plastic spoons, plastic cups

1 cup, 1 teaspoon

1 cup pumpkin puree, 1 teaspoon pumpkin pie spice, 1 cup vanilla soymilk, 1 cup vanilla greek yogurt, honey—a few squirts added slowly to taste
cool whip & pumpkin pie spice to top

Steps
1. Blend pumpkin puree, pumpkin pie spice, vanilla soymilk, and vanilla greek yogurt until well combined.

2. Add small squirts of honey at a time and blend again, tasting between squirts until you reach a desired sweetness.

3. Top with cool whip and a sprinkle of pumpkin pie spice.

Strawberries & Cream Parfait-Make Together

You Will Need:
Strawberries, Sugar (2 TBSP Sugar per Pint Berries)
Single Layer Cake
1 3.4OZ Vanilla Instant Pudding Mix, 2 Cups Milk Whipped Cream

Knife & Cutting Board
Mixing Bowl, Measuring Cups—1 Cup, 1 TBSP Whisk, Cookie Cutter Cups, Spoons

Steps:
1. Slice strawberries. Place in bowl & cover with sugar. Let sit for 30-45 minutes until juicy.

2. Beat vanilla pudding mix and milk for 2 minutes until smooth. Set in fridge for 5-15 minutes.

3. Cut out a circle of cake & place it in the bottom of a cup. Add a thin layer of strawberries. Add a thick layer of vanilla pudding. Top it with whipped cream and strawberry slices.
Apple Cheesecake Breakfast Quesadillas
-group shares 1 batch cream cheese on several tortillas

Tortillas
1 Cup Cream Cheese, Softened
1 Tablespoon Granulated Sugar
¼ Teaspoon Vanilla
¼ Teaspoon Cinnamon
Apples, Sliced Thin
¼ Stick Butter, Melted
Cinnamon & Sugar, Combined (for topping)
Mixing Bowl, Spatula, Knife, Brush, Plates, Bowls, Spoons

1. Mix cream cheese, sugar, vanilla, and cinnamon until smooth and creamy.

2a. Spread on one half of large tortilla. Top with apple slices; fold tortilla in half. (2b. If you are making this at home, you can lightly butter & brown both sides of tortilla on a skillet, with the help of an adult.)

3. Brush 1 side of the quesadilla with butter and sprinkle with cinnamon & sugar topping.
No Bake Cinnamon Roll-ups—each member makes 1 roll, but shares 1 batch of glaze with the group

Roll Ingredients
1 Slice Bread
Butter, Softened
Cinnamon & Sugar, Combined (for topping)
Knife, Cutting Board, Rolling Pin, Bowls, Spoons

Glaze Ingredients
1 Cup Confectioners Sugar
1½ Tablespoons Water
¾ Teaspoon Vanilla
Mixing Bowl, Spoons, Plates

Roll Instructions
1. Cut the crust off the bread. Use a rolling pin on the bread until it is extremely thin.

2. Spread a generous amount of butter on the bread. Sprinkle cinnamon and sugar over it, making sure to coat it evenly.

3. Roll up your bread tightly. You may have to use a bit more butter to make it stay rolled up.

Glaze Instructions
1. Combine all ingredients and mix until smooth.

2. Drip glaze over your roll.
Chicken Enchilada Pinwheels (Several)

- ¼ cup cream cheese
- ¼ cup salsa
- ¼ cup chicken
- ¼ cup shredded cheese
- ½ tablespoon taco seasoning
- tortillas
- mixing bowl
- spoons
- plates
- knife
- ¼ cup, ½ tablespoon

1. Mix cream cheese, salsa, chicken, shredded cheese, and taco seasoning until well combined.
2. Spread on tortillas.
3. Roll tortilla up and cut into small sections.

Mug Pizza (1 pizza)

- ¼ cup all purpose flour
- ¾ teaspoon baking powder
- 1-2 pinches baking soda
- ¼ teaspoon salt
- 3 tablespoons milk or soy milk
- 1 tablespoon oil
- 1 tablespoon marinara sauce
- 1-2 tablespoons shredded cheese
- mini pepperoni
- bowls, spoons, forks
- ¼ cup, ⅛ teaspoon, 1 tablespoon

1. Mix flour, baking powder, baking soda, and salt until well combined.
2. Mix in milk and oil (some lumps are ok).
3. Spoon on a layer of pizza sauce.
4. Sprinkle on a layer of cheese.
5. Top with pepperoni.
6. Microwave for 1-1 ½ minutes or until dough has risen and cheese is bubbling (you can microwave several together).
Salsa & Chips-Make Together

You Will Need:
2 Cups Diced Tomatoes
½ Cup Diced Bell Peppers
½ Cup Diced Onion
1 TBSP Lime Juice
1 TBSP Cilantro
1/2 TBSP Mint, ½ TBSP Basil
Chips

Knife & Cutting Board
Mixing Bowl
Measuring Cups
—1 Cup, ¼ Cup, ½ Cup, 1/8 Cup, 1/2 TBSP
Masher
Bowls & Spoons

Steps:
1. Dice tomatoes, bell peppers, onion, cilantro, and mint.

2. Place tomatoes, bell peppers, onions, lime juice, cilantro, and mint in bowl. Use masher to mush until well combined. Eat with chips.

Fruit Salsa

2/3 Cup Chopped Strawberries
2/3 Cup Chopped Apples
2/3 Cup Peaches
Graham Crackers
Bowls, Spoons

1. Mix strawberries, apples, and oranges evenly.
2. Dip graham crackers in salsa & enjoy.
Caramel Dip w/Apples

1 Tablespoon Caramel Topping
1 1/2 Cups Cool Whip
3/4 Cup Vanilla Greek Yogurt
Apple Slices

1/2 Cup, 3/4 Cup, Tablespoon, Bowl, Spoon, Plate

Steps:
1. GENTLY mix caramel topping (if too stiff, microwave for 30 seconds) & cool whip until well combined.

2. GENTLY mix in vanilla greek yogurt until well combined.

3. Top with caramel sauce & dip apple slices.

Chocolate Fruit Skewers
-Makes 2 per Kid

You Will Need
(Step 1) plate, 2 skewers, strawberries, blueberries, bananas

(Step 2) melted candy melts or candy wafers

(Step 3) bowls of sprinkles, ice cream cone crumbs, oreo crumbs, diced andes candies

Steps
1. Put fruit chunks on skewers.

2. Dip skewers in melted chocolate.

3. Dip skewers in sprinkles, ice cream cone crumbs, oreo cookie crumbs, or diced andes candies.

4. Set on a plate to cool and harden before eating.
**Pizza Dip (1/4 Recipe)**

**Ingredients**
* 1/3 Cups Cream Cheese
* Pizza Sauce
* Shredded Mozzarella Cheese
* Pepperoni Slices
* Tortilla Chips

**Kitchen Supplies**
* Microwave Safe Bowl
* Plastic Spoons
* Plastic Knives
* Measuring Cups

**Steps**
1. Soften cream cheese by microwaving it in bowl for 30 seconds. Mix with spoon until smooth. Spread evenly in bowl.

2. Pour medium amount of pizza sauce over cream cheese layer and smooth out evenly.

3. Sprinkle medium amount of shredded mozzarella cheese over sauce. Top with layer of pepperoni, if you like.

4. Microwave w/lid for 30 seconds to 1 minute or until cheese melts. Let cool and serve with chips.

**S’mores Dip (1/4 Recipe)**

**Ingredients**
* 1/2 Cups Chocolate Chips
* 1/2 Cups Sweetened Condensed Milk
* 1/4 Cups Marshmallow Fluff
* Gram Crackers

**Kitchen Supplies**
* Microwave Safe Bowl
* Plastic Spoons
* Plastic Knives
* Measuring Cups

**Steps**
1. Microwave w/lid chocolate chips and condensed milk for 1 minute. Stir well until chips are melted. If needed, microwave 1 minute more.

2. Drop spoonfuls of marshmallow fluff over chocolate mixture. Microwave w/lid for 30 seconds or until marshmallow fluff is soft.

3. Run knife through mixture to create swirls. Serve with gram crackers.
The Queen of Heart's Favorite Fruit Tarts

You Will Need:
*Large Tray
*Mixing Bowl & Spatula
*4 Ounces Cool Whip
*Just Under 1 Cup Sweetened Condensed Milk
*1/2 Packet Kool Aid Mix
*4 4oz Graham Cracker Crusts

Steps:
2. Pour into graham cracker crusts. Staff will chill them for 30 minutes in a freezer so you can eat them or take them home with you at the end of the program.

Mini Grasshopper Pudding Pies

Ingredients:
¼ package instant pistachio pudding mix
½ cup milk
1/8 teaspoon mint extract
½ cup cool whip
1 row chopped Andes candies
3-4 mini pie crusts

Steps:
1. Beat pudding mix, milk, and mint extract with whisk for 2 minutes.
2. GENTLY and SLOWLY fold in cool whip and Andes candies until blended.
3. Pour into crust and chill.
Fruity Mug Bread Pudding—Makes 1 per Kid

You Will Need
(Step 1) hot cup or mug, 1 cup, cooking spray, 1 cup bread cubes

(Step 2) ¾ cup, ¼ teaspoon, 1 tablespoon, bowl, whisk, fork
1 egg, ¼ cup milk or soy milk,
2 teaspoons sugar, ¼ teaspoon vanilla extract

(Step 3) spoon, ¼ cup,
¼ cup blueberries or diced strawberries or apples or bananas

(Step 4) microwave, toothpicks
(Step 5) caramel sauce

Steps
1. Spray the inside of a hot cup or mug. Put 1 cup bread cubes in mug.

2. In different bowl, whisk together 1 egg, ¼ cup milk/soy milk, 2 tablespoons sugar, and ¼ teaspoon vanilla with a whisk or fork.

3. Pour liquid over bread cubes and mix until bread is soaked. Mix in ¼ cup fruit evenly.

4. Microwave for 1 minute. Check by poking center with a toothpick. If it comes out clean, then it’s done—if not, microwave for 30 seconds at a time until done.

5. Let cool and top with caramel sauce.

Snickerdoodle Mug Cake
-group shares 1 batch poured into 3-5 cups

¾ Cup Flour
4 Tablespoons Granulated Sugar
½ Teaspoon Baking Powder
½ Teaspoon Cinnamon
½ Cup Milk or Vanilla Soy Milk
4 Tablespoons Salted Butter, Melted
1 Teaspoon Vanilla
Cinnamon & Sugar, Combined (for layers & topping)
Mixing Bowl, Whisk, Spatula, Bowls, Cups, Spoons

1. In a mixing bowl, whisk together flour, sugar, baking powder, and cinnamon until no streaks of any ingredients remain.

2. Blend in milk, butter, and vanilla until batter is smooth.

3. Scoop a spoonful of batter, then sprinkle a spoonful of cinnamon & sugar. Alternate layers until they reach half way up the cup, ending with cinnamon sugar.

4. Microwave for 1-1½ minutes (you can heat more than 1 at a time). If still gooey then heat in 15 second intervals until the cake is done to your liking. Allow to cool!
Chocolate Chip Pumpkin Bread
(Serves 1/Make 1 Per Person)

microwave, paper cups, plastic spoons, kabob sticks

1 tablespoon, ½ teaspoon

3 tablespoons white cake mix, 1 tablespoon pumpkin puree, 1 tablespoon water, ½ teaspoon pumpkin pie spice, chocolate chips as desired

cool whip & pumpkin pie spice to top

Steps
1. Mix cake mix, pumpkin puree, pumpkin pie spice, and water in paper cup until well combined.

2. Mix in chocolate chips until well combined.

3. Microwave for 1 minute. Check with a kabob stick to see if still liquid-y. Microwave for an additional 30 seconds at a time, as needed.

4. Top with cool whip and a sprinkle of pumpkin pie spice.

Mug cake (1 cake)

6 tablespoons cake mix
2 tablespoons unsweetened applesauce
1 tablespoon water
chocolate chips or sprinkles

microwavable cups
1 tablespoon spoons
microwave

1. Mix cake mix, applesauce, water, and chocolate chips or sprinkles together in a cup (if more than ¾ full move some to another cup)

2. Microwave for 1 minute. If needed, microwave for another 30 seconds. (you can microwave several together)

3. Let cool and top with cool whip, sprinkles, and chocolate chips.
Fudge in a Bag
- group shares 1 batch

½ Cup Cream Cheese
3¾ Cups Confectioners Sugar
¾ Cup Cocoa Powder
2½ Tablespoons Butter
Resealable Bags, Knife, Plates

1. Place all ingredients in a resealable bag. Place that bag in a second bag. Seal bags.

2. Repeatedly squeeze bags until all ingredients are mixed together.

3. With the ball of fudge still in the bag, flatten it out with your hand and then remove and cut into squares.