



# KIDS IN THE KITCHEN



Breakfast, lunch and dinner are sorted with these yummy (mostly) healthy recipes perfect for kids to make and enjoy

Make sure you have permission from a parent or guardian before messing up the kitchen, using sharp utensils or using the oven/microwave or other kitchen electrical goods.



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# Breakfast

## Loaded Egg Muffins

### Ingredients:

- 7 Eggs
- 1/4 Cup Milk
- Cheese
- Tomatoes, mushroom, shallots, ham, peas, spinach (or anything you think would be yum!)
- Salt & Pepper
- Oil

### Method:

- Oil a muffin tray ready for your mixture
- Preheat oven to 180 degrees
- Whisk eggs, milk and a pinch of salt and pepper together in a bowl
- Add your flavours into the muffin tray and pour egg mixture over
- Sprinkle a bit of cheese on top
- Bake for approx. 15-20mins
- Eat them all or save some for breakfast tomorrow!



# Breakfast

## Smoothie Bowl

### Ingredients:

- Fresh or frozen fruit of your choice (1 cup of each)
- 1/2 Cup milk
- Toppings of your choice—Eg sliced fruit, cereal, chopped nuts, seeds, coconut, honey

### Method:

- In a blender, combine your fruit and milk and blend until desired consistency is reached
- Pour into a bowl, add toppings and enjoy



# Lunch

## Sushi Sandwiches

### Ingredients:

- Bread
- Your choice of spread. Eg mayonnaise, butter, sauce, relish
- Your choice of fillings. Eg ham, chicken, salmon, cheese, grated carrot, lettuce, sliced cucumber, pickles tomato, onion

### Method:

- Cut crust from bread and roll flat using a rolling pin
- Add your choice of spread to the bread
- Leave a gap at the top edge and line up your chosen fillings across the bread horizontally
- Roll it up like you would a sushi roll!





# Lunch

## Pizza Rolls

### Ingredients:

- 1 Tablespoon dry yeast
- 4 cups plain flour
- 2 Teaspoons sugar
- 1 Teaspoon salt
- 1/4 Cup oil
- 1 1/2 Cups water
- Tomato paste
- Pizza toppings! Eg cheese, ham, mushrooms, pineapple, salami, sundried tomatoes, olives,

### Method:

- Preheat oven to 180 degrees
- Combine yeast, flour, sugar, salt, oil and water into a bowl and mix well until a soft dough has formed.
- Roll out onto floured board and knead for 2 minutes.
- Using rolling pin, roll dough flat
- Spread tomato paste over dough and sprinkle with cheese
- Add desired toppings
- Roll dough into a log and slice approx. 2cm thick slices and place on lined baking tray
- Cook for 15-20mins
- Enjoy!!!



# Dinner

## Dorito Chicken Tenders

### Ingredients:

- Chicken breast—cut into strips
- 1 large bag of doritos
- 1/4 Cup mayonnaise

### Method:

- Preheat oven to 180 degrees
- Open the bag of doritos just enough to let the air out
- Using a rolling pin, crush the doritos into crumbs
- Once the chips are crushed, pour them into a shallow dish
- Using a baking brush, coat your chicken strips in a thin layer of mayonnaise and press each side into the crushed doritos
- Place onto a baking tray and bake for 15-20 minutes
- Serve with a fresh garden salad



# Dinner

## Rainbow Fritters

### Ingredients:

- 1 grated carrot
- 1 cup corn kernels
- 1 grated zucchini
- 1 diced capsicum
- 2 eggs
- 1/2 cup flour
- 1/4 cup parmesan

### Method:

- Squeeze the liquid from the zucchini and carrot (this makes sure you don't get floppy fritters!)
- Mix all ingredients together
- Add a bit of oil to a frying pan and place over medium heat
- Using a tablespoon, scoop a spoonful of mixture and drop it into the pan.
- Flatten with a spatula and fry for 2-3 minutes on each side
- I like mine with tomato sauce!!

# Snacks

## Milo Balls

### Ingredients:

- 250g packet of plain biscuits
- 395g sweetened condensed milk
- 1 cup desiccated coconut
- 1/3 cup milo

### Method:

- Crush the biscuits in a food processor (or in a zip lock back with a rolling pin)
- Mix all ingredients together until well combined
- Roll into teaspoon sized balls and refrigerate
- Enjoy as an after school snack, or an anytime snack as they are DELICIOUS!





# Snacks

## Grandmas Shortbread

### Ingredients:

- 1/2 cup icing sugar
- 1 cup butter (softened)
- 1.5 cups plain flour

### Method:

- Preheat oven to 200 degrees
- Mix dry ingredients together
- Add butter and knead into a soft dough (add more flour if required)
- Roll out onto a floured surface approx. 1/2cm thick
- Cut with cookie cutter or make your own shapes
- Line a flat baking tray with baking paper and place cookie shapes on top
- Bake for 15-20mins
- The cookies should still be slightly soft to touch when you take them out. Let them cool and they will harden and be the most delicious cookies you have ever eaten!

