

MCI June-Kids in the Kitchen #1

KITCHEN RULES:

- Ask permission to cook or bake.
- Wear an apron or clothes you don't mind getting dirty.
- Keep damp cloth or paper towels to wipe up spills.
- Always clean up the kitchen when you are finished!!

KITCHEN SAFETY:

- Wash your hands with soap and warm water before cooking.
- Always use hot pads or pot holders to handle hot pans and utensils.
- Make sure an adult is present if you use the oven, stove sharp knives, etc.

TIPS FOR SUCCESS:

- Read your recipe and all the directions first-Make sure you have everything you need.
- Gather all of your ingredients, utensils and equipment first.
- Have fun!!

Sunshine Smoothie Pops

2 cups frozen mango chunks
1 cup frozen pineapple chunks
1 ripe banana, cut in large chunks
1/3 cup orange juice
1 cup water
1/4 cup plain non-fat Greek yogurt
1/2 teaspoon vanilla extract

Place all ingredients in blender and blend until smooth and creamy. You may need to pulse the blender a few times to break up the frozen fruit. Add more liquid if the mixture is too thick. Pour into frozen treat molds and place in freezer. To remove from mold, run under hot water to loosen the pops.

Strawberry-Vanilla Overnight Oats

1/2 cup old-fashioned oats

2 Tablespoons milk

1 Tablespoon ground flax seed

1/2 teaspoon vanilla extract

1/2 cup vanilla non-fat Greek yogurt

1/2 cup sliced fresh or frozen strawberries

1-2 Tablespoons sliced almonds

Layer all ingredients in a 2-cup mason jar or other container with a tight-fitting lid. Stir to combine and refrigerate for at least 4 hours or overnight. When ready to eat, top with almonds.