

Popover Recipe

The only difficult thing for small children about making popovers is waiting for them to come out of the oven. The batter is simple and light – easy for small arms to stir. Once in the oven, this wimpy-looking batter gets transformed into puffy little breads. Children are amazed by this magic! This is chemistry at its most enjoyable. They'll want to make these again and again.

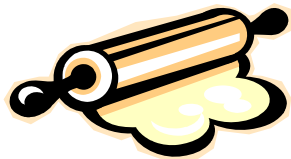
2 tablespoons butter
1 cup milk
2 eggs
1 cup flour

¼ teaspoon salt

- 1) Preheat oven to 375°F, and melt butter.
- 2) Brush the insides of 12 muffin cups with melted butter.
- 3) Break eggs into the mixing bowl.
- 4) Add milk and beat well.
- 5) Add flour and salt and whisk until reasonably well blended – it doesn't have to be perfect.
- 6) Use a ¼-cup measure with a handle to pour batter into each muffin cup. They should be one-half to two-thirds full.
- 7) Bake 30 minutes without opening the oven.
- 8) Remove muffins from the pan and prick with a fork to let the steam escape. Spread with butter, peanut butter and/or mashed berries, and eat!

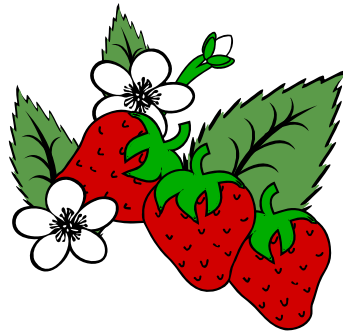
YIELD: 1 dozen

Taken from *Pretend Soup and Other Real Recipes* by Mollie Katzen and Ann Henderson



Funny Faces

Begin with an English muffin, rice cake, tortilla or piece of bread. Spread a layer of peanut butter on top. Then decorate with various foods. Use shredded cheese or carrots for hair. Ears or eyes may be banana slices or chopped grapes and pineapple tidbits could be teeth. Provide several toppings and let your child use his/her imagination. Allow the child to experiment and explore the foods. Worry about the mess later.

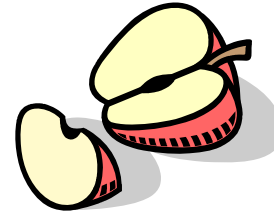


Frozen Berry Yogurt Popsicles

Ingredients:

2 cups berry yogurt (any flavor)
1 can pears, including juice

Blend yogurt, pears and juice in blender, then pour into ice-pop molds or paper cups, and put in the freezer overnight. When using paper cups, insert popsicle sticks into the mixture when it is firm, but not yet completely frozen. Makes 4 large or 8 small popsicles.



Frozen Applesauce and Fruit Cup

Ingredients:

1 c. chunky or regular applesauce
10 oz. pkg frozen strawberries, thawed
11 oz. can mandarin orange segments, drained
1 c grapes, chopped
2 T. orange juice concentrate

In medium bowl, combine all ingredients. Spoon fruit mixture into individual dishes or paper cups. Freeze until firm. Remove from freezer about 30 minutes before serving. 7 (½ cup) servings.



Go Fishing Snack

1/3 cup Goldfish crackers
10-12 pretzel sticks (fishing poles)
1-2 Tbs. peanut butter

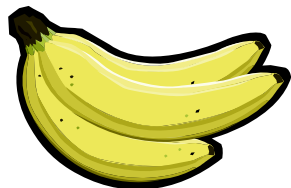
Put the peanut butter and pretzels on a plate and goldfish crackers in a bowl or glass. Dip a fishing pole in the peanut butter and "catch" a fish with it.

Healthy Banana Split

Ingredients:

1 small, ripe banana
½ cup fresh blueberries or other fresh fruit
½ cup nonfat or low-fat vanilla yogurt
½ cup low-sugar, high fiber cereal
(such as Cheerios, Wheaties, Grape-Nuts, or Bran Flakes)

1. Peel the banana and slice it lengthwise (from tip to tip). Wash the blueberries by placing them in a colander and running water over them. (If you are using another fruit, wash it and cut it into small pieces.)
2. Spoon the yogurt in a mound in the center of a cereal bowl.
3. Sprinkle the cereal on top of the yogurt
4. Arrange the banana halves on either side of the yogurt
5. Sprinkle the top with the blueberries or other fruit



Caterpillar Biscuit Snacks

Ingredients:

Refrigerator Biscuits
Pretzel Sticks
Raisins
Butter or Margarine (melted)
Try any or all of the following: Poppy Seeds, Sesame Seeds, Grated Cheese, or Colored Sprinkles

1. Prepare small bowls of sesame seeds, poppy seeds, grated cheese or sprinkles. Use two biscuits to form four small

dough balls.

2. Dip the dough balls into the melted butter and then roll them in seeds, cheese or sprinkles.
3. Press the balls together on a cookie sheet to form a caterpillar.
4. Bake the biscuits according to the directions on the package.
5. When the caterpillar biscuits are done, poke raisins onto the ends of two pretzel sticks and press them into the heads of the biscuit caterpillar for antennae.



Crunchy Bananas on a Stick

4 firm ripe bananas
8 wooden sticks with rounded ends
1 to 2 containers (6 ounces each) Yoplait Custard Style yogurt (any flavor)
3 cups Cheerios Cereal

Cover cookie sheet with waxed paper. Peel bananas; cut bananas in half. Insert wooden stick into cut end of each banana. Roll in yogurt, then in cereal. Place on cookie sheet. Freeze about 1 hour or until firm. Wrap each banana in plastic wrap or aluminum foil. Store in freezer. 8 servings

Spider Crackers Recipe

Round Crackers
Peanut Butter
Pretzel Sticks
Raisins

1. Spread peanut butter on one side of each cracker.
2. Stick the pretzels on the peanut butter

- on one of the crackers so they look like the spider's legs sticking out (4 sticking out on each side).
3. Then put the other cracker, peanut butter side down, on top of it to hold the "spider legs" in place.
4. Using the peanut butter as "glue", add 2 eyes using the raisins.



Berry Banana Fruit Smoothie

(makes 4 servings)

1 ripe banana
8 oz. strawberry yogurt
6 oz. unsweetened pineapple juice
Blend all ingredients together in a blender.

Orangana Smoothie

(makes 4 servings)

1 ripe banana
8 oz. vanilla yogurt
6 oz. orange juice
Blend all ingredients together in a blender.

Lemon Velvet Smoothie

(makes 4 servings)

10 oz. milk
3 oz. orange juice concentrate
4 oz. lemon yogurt
Put mixture in a container with a lid and shake well.

