

RECIPE FOR:

INGREDIENTS:

DIRECTIONS:

MAIN DISH

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MAIN DISH

MAIN DISH RECIPE CARDS

RECIPE FOR:

INGREDIENTS:

DIRECTIONS:

SIDE DISH

RECIPE FOR:

INGREDIENTS:

DIRECTIONS:

SIDE DISH

SIDE DISH RECIPE CARDS

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RECIPE FOR:

INGREDIENTS:

DIRECTIONS:

DESSERT

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DESSERT

DESSERT RECIPE CARDS

RECIPE FOR: GRANOLA YOGURT PARFAIT

INGREDIENTS:

1/2 c. fresh or frozen (partially thawed)

Raspberries

3/4 c. vanilla low-fat yogurt

2 tbsp. low-fat granola

DIRECTIONS:

In a parfait dish or large glass, spoon some raspberries, vanilla yogurt and granola.

Repeat layering until the dish is full.

MAIN DISH

RECIPE FOR: ENGLISH MUFFIN PIZZA

INGREDIENTS:

4 English muffin, split

Canned pizza sauce

2 c. shredded mozzarella

Pepperoni, ham or other pizza toppings

DIRECTIONS:

Preheat oven to 375 degrees F.

Place the English muffin halves cut side up onto a baking sheet. Spoon some pizza sauce onto each muffin. Top with mozzarella cheese and other toppings.

Bake for 10 minutes in preheated oven, or until the cheese is melted and browned on the edges.

MAIN DISH

MAIN DISH RECIPE CARDS

Kid Friendly Recipes

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RECIPE FOR: FRUIT KABOBS

INGREDIENTS:

Strawberries

Bananas

Oranges

Grapes

Watermelon

Cantaloupe

Apples

Bamboo Skewers

DIRECTIONS:

Cut the stems off the strawberries. Section the oranges. Cube the watermelon

and cantaloupe. Slice the bananas. Wedge the apples.

Thread the fruit onto the skewers.

SIDE DISH

RECIPE FOR: FRUIT PIZZA

INGREDIENTS:

1/4 Watermelon

1/4 c. Cool Whip

Blackberries

Raspberries

Blueberries

DIRECTIONS:

Cut a 1.5" thick slice of watermelon.

Lay the round watermelon slice flat on a service dish.

Frost the top with cool whip.

Cut the strawberries into slices. Top the watermelon with berries.

Cut like a pizza and serve!

SIDE DISH

SIDE DISH RECIPE CARDS

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RECIPE FOR: MINI S'MORE PIE

INGREDIENTS:

Mini Pie Crust

2 Marshmallows, cut in half

1/4 (3 squares) Hershey Chocolate Bar

DIRECTIONS:

Preheat oven to 350 degrees F.

Place the mini pie crust on a baking sheet. Place the 3 squares of chocolate into the crust. Place the 4 marshmallow halves in a circle on top.

Bake for 10 minutes or until marshmallow is golden brown.

DESSERT

RECIPE FOR: ICE CREAM SANDWICHES

INGREDIENTS:

1/2 Gallon Ice Cream

Graham Crackers

DIRECTIONS:

Break 40 graham crackers in half.

Place 20 graham cracker squares onto a cookie sheet.

Spoon ice cream onto each graham crackers.

Top with other graham crackers.

Store in freezer until ready to serve.

DESSERT

DESSERT RECIPE CARDS

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RECIPE MEASUREMENT ABBREVIATIONS

- Teaspoon tsp. or t.
- Tablespoon tbsp. or T.
- Cup c.
- Pint pt.
- Quart qt.
- Gallon gal.
- Ounce oz.
- Fluid Ounce fl. oz.
- Pound lb.

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MAIN DISH

SIDE DISH



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DESSERT

