



Food tastes better when you  
eat it with your family.









**KIDS, LET'S COOK!**  
**TASTY & HEALTHY RECIPES**



# Kids' Kitchen Safety Rules

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-  Always ask permission before cooking
-  Roll up sleeves and tie hair back
-  Wash hands before during & after you cook
-  Always ask for help when touching hot food
-  Never use a knife or turn on the stove without adult supervision
-  Remember to clean up the kitchen



# 3-Ingredient Peanut Butter Cookies

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## You will need:

- 1 cup peanut butter no sugar added
- 3/4 cup granulated sugar
- 1 egg

## Instructions:

1. Preheat oven to 350°F.
2. Line two baking sheets with parchment paper.
3. Mix peanut butter, sugar, and egg together in a bowl using an electric mixer or spoon, until smooth and creamy.
4. Roll mixture into small balls and arrange on a baking sheet; flatten each with the back of a fork, making a criss-cross pattern.
5. Bake in the preheated oven for 10 minutes.
6. Cool cookies on the baking sheet for 2 minutes before moving to a cooling rack for a few more minutes.

**ENJOY!!**





# Creamy Banana & Peanut Butter Smoothie

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## You will need:

- 1 large very ripe banana, preferably frozen and chopped
- 1 cup (240 ml) fresh milk (or almond milk)
- 3 Tablespoon creamy peanut butter
- 1 Tablespoons honey

## Instructions:

1. Mix all the ingredients in a blender.
2. Add more milk if desired.

Serve chilled.



# Chickpea Salad



# Chickpea Salad

This healthy, summer Chickpea Salad with cucumbers and tomatoes is great for lunch or as a side dish with anything you're grilling!

Serves 4



## You will need:

- 2 1/4 cups diced cucumbers, partially peeled
- 1 cup diced, seeded tomato
- 1/4 cup diced red onion
- 2 tablespoons fresh lemon juice
- 1/2 tablespoon minced fresh parsley
- 1 tablespoon extra virgin olive oil
- 1/2 teaspoon kosher salt and pepper, to taste
- 410 g can chickpeas, rinsed and drained

## Instructions:

Combine all the ingredients together and toss well.



# Rainbow Fruit Skewers

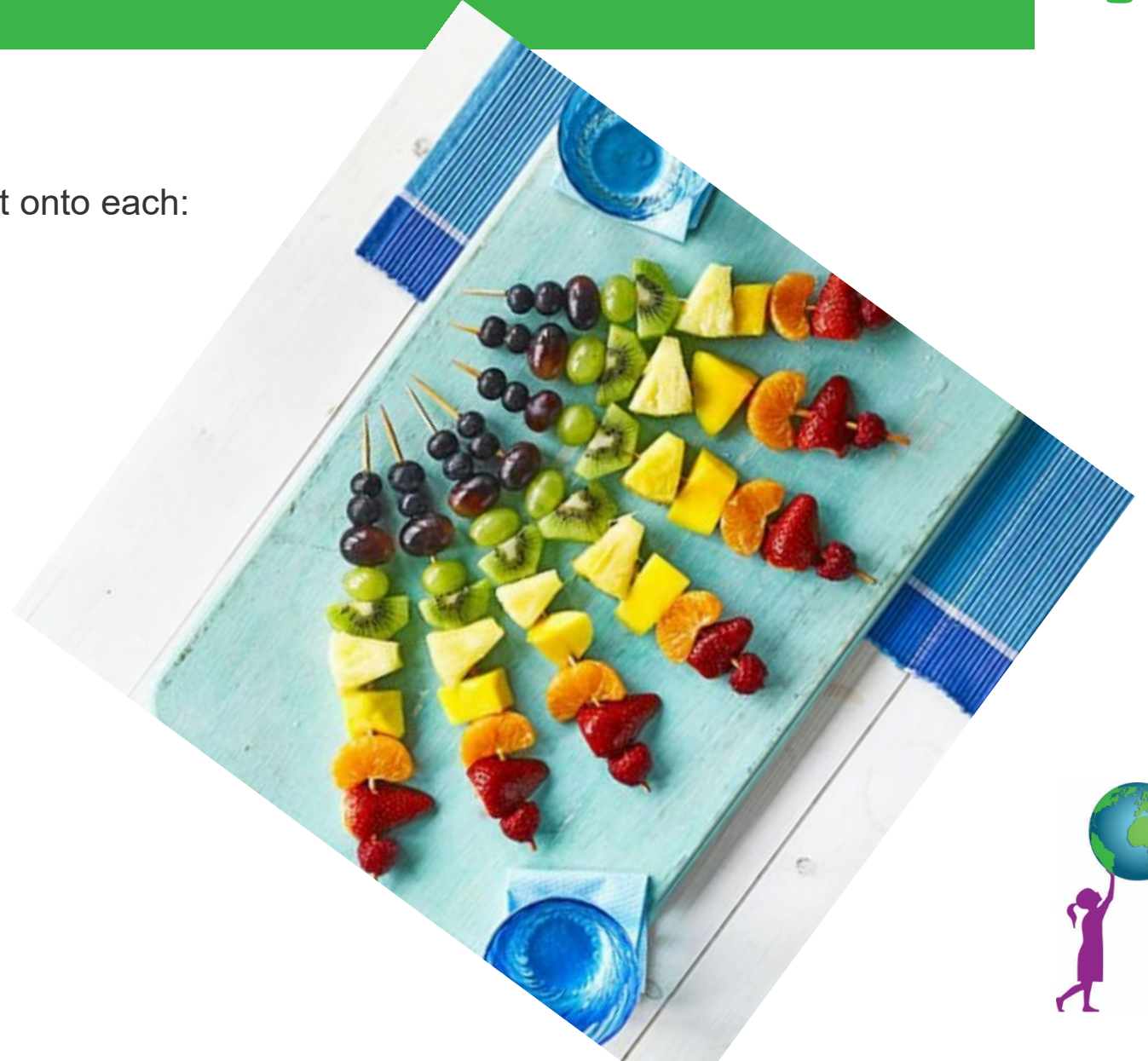
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## How To Make:

Take 7 wooden skewers and thread the following fruit onto each:

- 1 raspberry
- 1 hulled strawberry
- 1 tangerine segment
- 1 cube of peeled mango
- 1 chunk of peeled pineapple
- 1 chunk of peeled kiwi
- 1 green and 1 red grape
- 2 blueberries

Arrange in a rainbow shape on a platter.





**For more tips and ideas for having fun and  
staying safe at home, please visit**

<https://inmed.org.za/community-resources-during-covid-19/>

