

Customize-Your-Own Oatmeal Adventure

INGREDIENTS:

Rolled oats
Milk (dairy or plant-based)

Toppings:

Sliced bananas, chopped nuts, honey, cinnamon, raisins, dried cranberries, blueberries, kiwis, nuts, mini chocolate chips and ect.



INSTRUCTIONS:



In a pot, combine oats and milk in a 1:2 ratio (e.g., 1/2 cup oats and 1 cup milk).



Heat the mixture on medium heat, stirring occasionally, until creamy.



Pour the warm oatmeal into bowls.



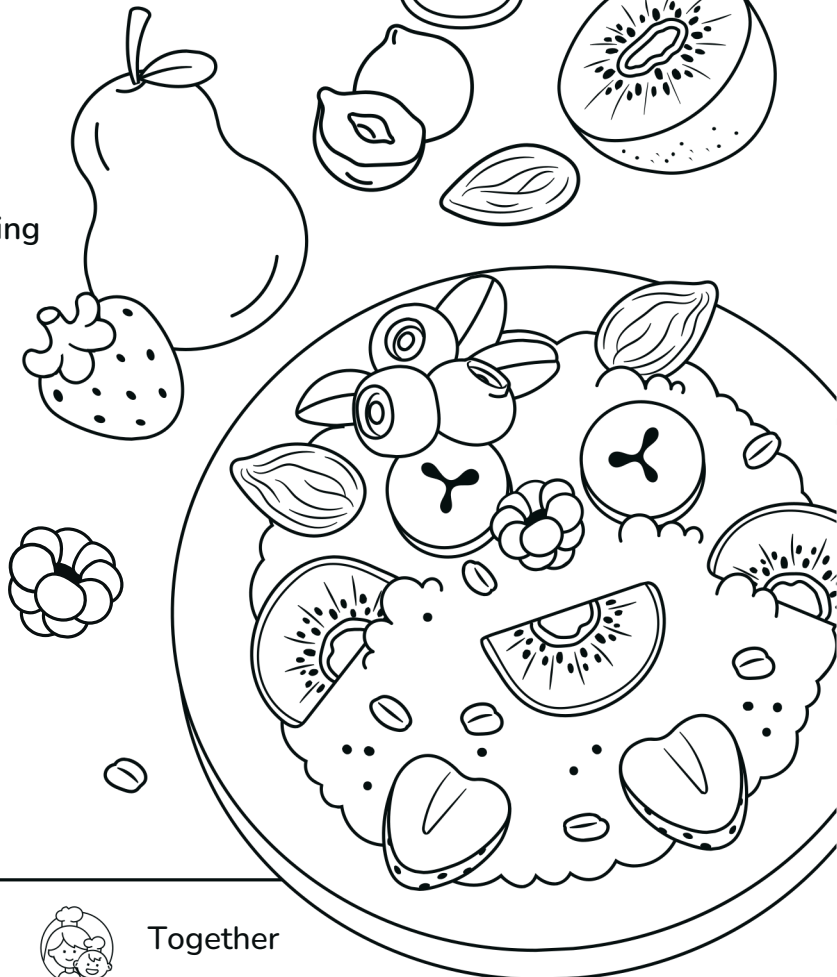
Lay out an assortment of toppings on the table.



Let each person customize their oatmeal with their favorite toppings.



Enjoy your unique oatmeal creations together!



Parent Step



Kid Step



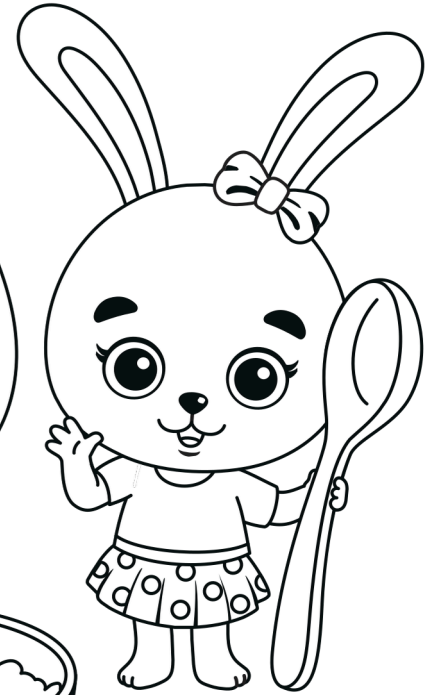
Together

Disclaimer :Check for food allergies before preparing. Parents should supervise and assist with cooking and decorating.







Cheesy Veggie Burrito

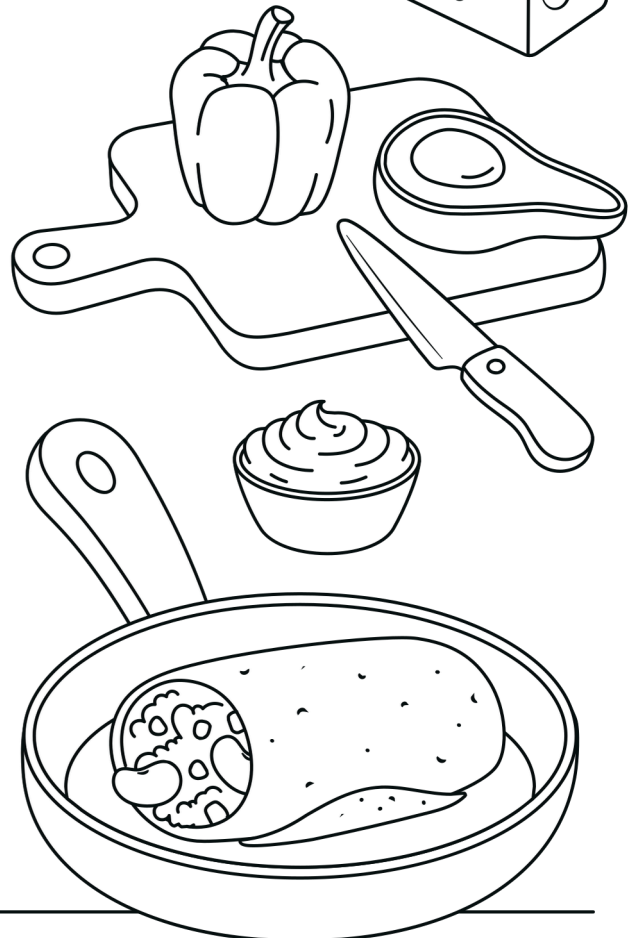
INGREDIENTS:

Whole wheat tortillas
Cooked brown rice
Black beans (canned and drained)
Grated cheddar cheese
Diced bell peppers
Sliced avocado
Salsa or Greek yogurt (optional)



INSTRUCTIONS:

-  Preheat a non-stick skillet on medium heat.
-  Lay out tortillas and fill the center with rice, beans, cheese, bell peppers, and avocado.
-  Fold the sides of the tortilla over the fillings, then roll it up tightly.
-  Place the burrito seam-side down in the skillet. Cook until cheese melts and the tortilla is golden brown (about 2-3 minutes per side).
-  **Caution** :Be careful when using the skillet. Parents should handle the flipping.
-  Serve with salsa or Greek yogurt if desired. Enjoy!



Parent Step



Kid Step



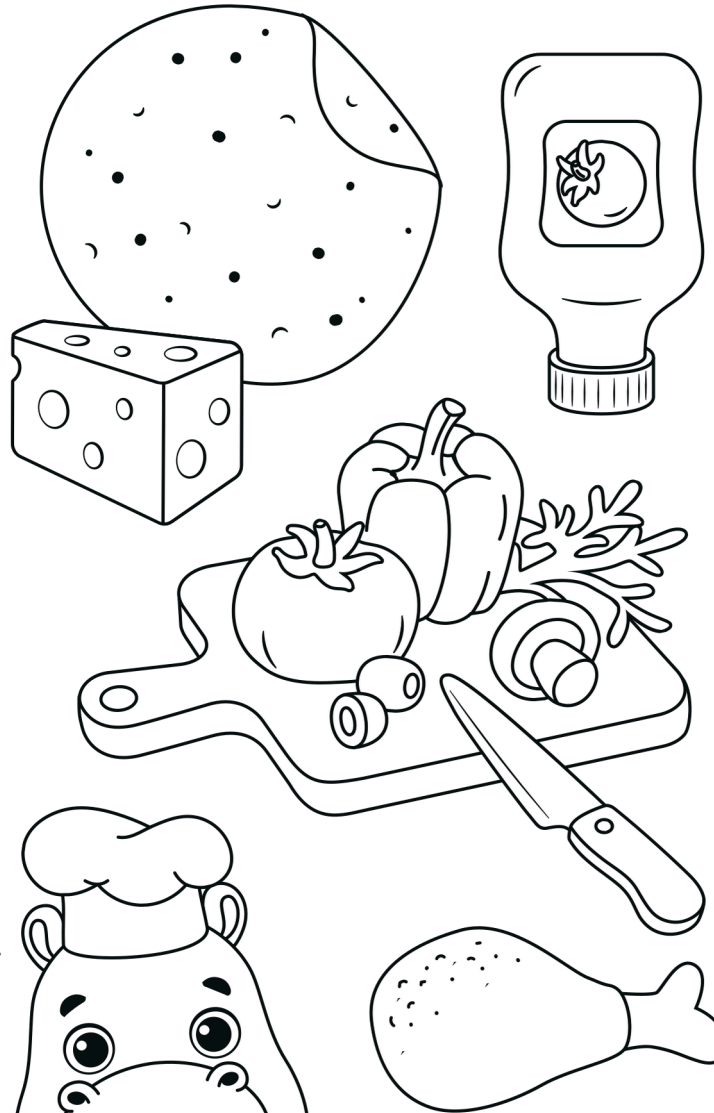
Together

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Easy Pizza

INGREDIENTS:

Whole wheat English muffins
or pita bread
Tomato sauce
Grated mozzarella cheese
Sliced veggies (bell peppers,
mushrooms, tomatoes)
Cooked chicken or turkey (optional)
Dried oregano or basil



INSTRUCTIONS:



Preheat the oven according to the bread packaging.



Split open the bread to create two halves.



Spread tomato sauce over each half.



Sprinkle cheese over the sauce.



Add sliced veggies and cooked meat if using.



Place the pizzas on a baking sheet and bake until cheese melts (about 8-10 minutes).



Parents should handle the hot baking sheet and oven.



Sprinkle dried herbs over the pizzas.
Enjoy!



Parent Step



Kid Step



Together

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Crunchy Veggie Wraps

INGREDIENTS:

Large lettuce leaves
(such as Romaine or iceberg)
Sliced turkey or ham
Sliced cheese
(cheddar, Swiss, or your choice)
Sliced cucumbers
Shredded carrots
Hummus or ranch dressing
(optional)



INSTRUCTIONS:



Lay out the lettuce leaves on a clean surface.



Place a slice of turkey or ham on each lettuce leaf.



Add a slice of cheese, cucumber slices, and shredded carrots.



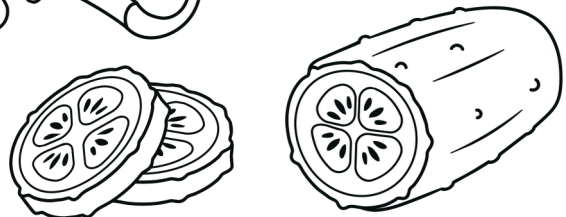
Drizzle a small amount of hummus or ranch dressing, if desired.



Roll up the lettuce leaf, tucking in the sides to create a wrap.



Slice the wraps in half with a sharp knife. Enjoy!



Parent Step



Kid Step



Together

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Apple Peanut Butter Delight

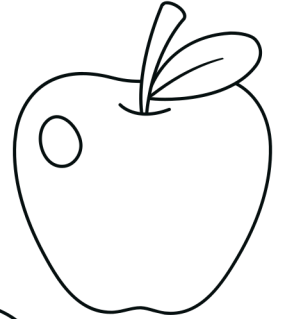
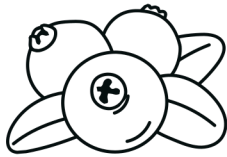
INGREDIENTS:

Apples, cored and sliced into rounds.

Peanut butter or almond butter.
Granola.

Raisins or dried cranberries.

Mini chocolate chips (optional).



INSTRUCTIONS:



Lay out the apple slices on a serving plate.



Spread a thin layer of peanut butter or almond butter on each apple slice.



Sprinkle granola, raisins, and mini chocolate chips over the nut butter.



Parents should handle the chocolate chips if using, due to choking hazards.



Press another apple slice on top to make a sandwich. Enjoy!



Parent Step



Kid Step



Together

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Bimi Boo "Kids Cooking" App

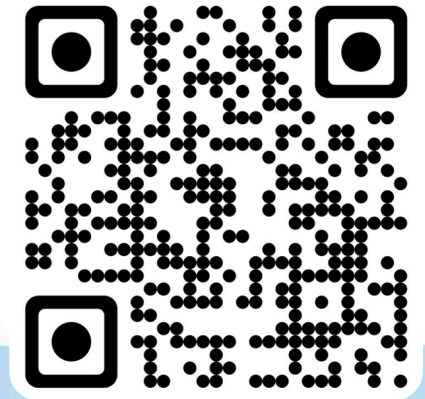
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