



kidstir Snack Happy!

Cook up snacks from scratch in your kitchen

Hungry for an afternoon snack?

It's no surprise! We get a big portion of our daily calories from snacks. That's why it's so important that we eat good food in these mini-meals!

In this kit, you'll find recipes for homemade versions of favorite snack foods. You'll also play food games and learn chef's secrets.

Start with the easiest snack recipe: [Take a Dip!](#) Use your new kid-sized herb snippers to make a ranch dressing that's better than the bottled stuff with MSG. Next, stir the all-natural honey into the recipe for [Honey Bear Bars](#). Lastly, bake [Fish Food](#) with your set of mini cookie cutters and only five pantry staples.

When it's time to nibble, your good-for-you foods will get you snacking happy!



Share your food adventures with us!

There's more! →



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Build Your Cookbook!

Add your new Snack Happy recipes to your cookbook binder in the Snacks tab.

Look for more fun recipes, videos, and downloadables at kidstir.com/diy

Don't have your FREE cookbook binder yet? Subscribe at

Kidstir.com



Plan ahead! Write down your cooking day. Do your grocery shopping a day or two before-hand. Check off We Made It! when you're done.

Shopping List

• Snack Happy! •



Take a Dip!

- ☐ 6-ounce container (2/3 cup) plain Greek yogurt
- ☐ 2 tablespoons milk
- ☐ 1 teaspoon white vinegar
- ☐ a few sprigs each of fresh parsley and dill
- ☐ garlic clove
- ☐ salt and pepper
- ☐ fresh veggies for dipping (such as carrots, broccoli, and peppers)



Honey Bear Bars

- ☐ 3 tablespoons butter
- ☐ 1/3 cup brown sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 2 1/2 cups quick oats
- ☐ 1/4 cup chocolate chips



Fish Food

- ☐ 8 ounces (2 cups) shredded sharp cheddar cheese
- ☐ 4 tablespoons (1/4 cup) butter
- ☐ 1 cup all-purpose flour (or white wheat flour)
- ☐ 1/4 teaspoon salt
- ☐ 2 1/2 tablespoons milk
- ☐ plastic wrap
- ☐ parchment paper

Check off each item when you find it! ☒

Cooking Date

☐ We Made It!

Cooking Date

☐ We Made It!

Cooking Date

☐ We Made It!



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take a dip!

Mix up a healthy homemade ranch dressing



ingredients

6-ounce container ($\frac{2}{3}$ cup)
plain Greek yogurt

2 tablespoons milk

1 teaspoon white vinegar

a few sprigs each
of fresh parsley and dill

1 garlic clove

salt and pepper

fresh veggies for dipping!

tools

medium-size bowl

spoon or small whisk

measuring spoons

herb snippers (our gift to you)

garlic press

kitchen skills



snipping herbs
with scissors



using a
garlic press



measuring



adding salt
and pepper
to taste



getting creative
with food
presentation



step-by-step

Hands-on-time
15 minutes

Start-to-eat-time
15 minutes



1

Spoon the yogurt into a medium-size bowl. Add the vinegar and milk to the bowl. Stir with a spoon or a small whisk.



2

Snip the parsley and dill with your snippers. Cut only the leaves—not the stems! Measure 1 tablespoon of each. Stir the herbs into the yogurt dip.



3

Peel the garlic clove. Squeeze the handle over the bowl of yogurt and press out a little garlic. Stir well. You can add more garlic to taste.



Note to grown-up helpers!

Most kids can make this dip on their own. You might lend a hand with the measuring, herb snipping, or garlic crushing. Taste the dip together and ask them “What would you change?” Write down how you adapt the recipe so you don’t forget!

3



4

Add a pinch of salt and a pinch of pepper. Stir it up and give it a taste test. Does it need more salt or pepper? Add a pinch more!



5

Serve the dip with veggies on the side. Then cover the rest of the dip and refrigerate overnight. This will bring the flavors together even more!

Makes 1 cup

Get Creative!

Switch up the flavor with these ideas:

- Try fresh mint, oregano, or basil for a new dip taste.
- Use avocado instead of yogurt for a non-dairy dip.
- Make a curry dip. Just add 1 tablespoon of curry powder to the Greek yogurt and stir well.

CHEF'S SECRETS Food Flower

Chefs make their food not only taste good, but look good, too! Try presenting your dip in a fun way. Put it in a small bowl and arrange carrot slices around it. Add an herb stem so it looks like a flower. Dig in!

Make a rainbow! You can also arrange colorful fruits and veggies into arches. Use your dip for the pot of gold at the end of your rainbow!



4

Kitchen Garden Herbs

Chefs use herbs to add flavor to their recipes. Give different herbs a taste test. Write down a description so you'll remember the flavor for your own recipes. You can use the words listed below for ideas!



chives



rosemary



mint



cilantro



basil



parsley



dill

• Words to describe flavor •

delicate
fresh
savory

earthy
blech!
bitter

perfumy
sweet
yummy

full-bodied
spicy
sour

Herb Snippers

Did you know that many of the foods you can cut with knives can be cut with scissors? You can use the snippers we gave you to cut herbs, fruits, veggies, and any of the foods below. When you're done snipping, wash the scissors in soapy water and dry them with a dishcloth. Keep them in your kitchen drawer—and use them just for cooking!

• Snip Away! •

- Herbs
- Lettuce
- Bell peppers
- Tomatoes
- Strawberries
- Peaches
- Cabbage
- Cucumbers
- Pizza dough
- Tortillas
- Bread slices
- Cooked meat



Note to grown-up helpers!

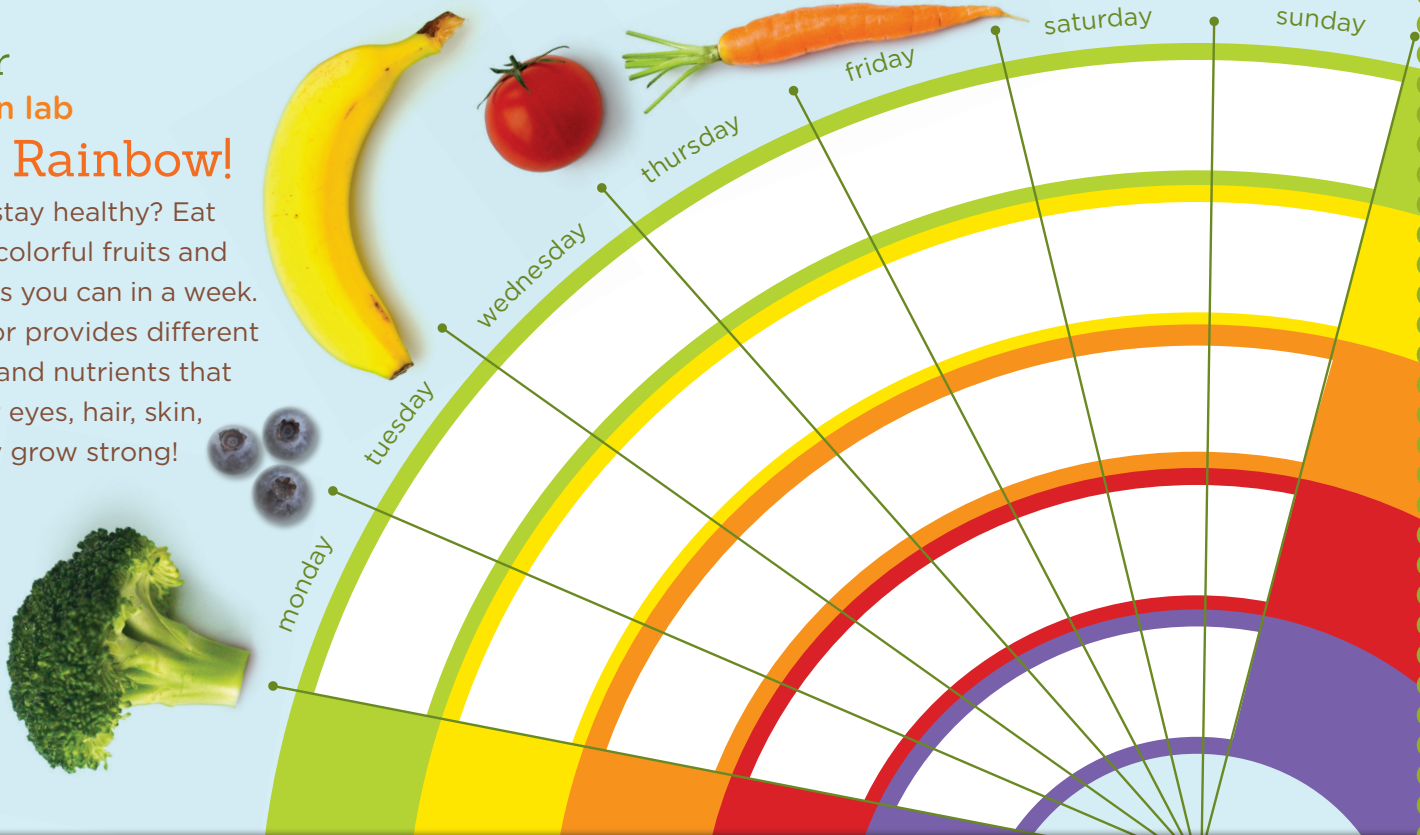
Help your child by cutting peppers, apples, and other fruits and veggies into thick slices with a sharp knife first. This will make their dicing and chopping with scissors much more manageable.

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nutrition lab

Eat a Rainbow!

Want to stay healthy? Eat as many colorful fruits and veggies as you can in a week. Each color provides different vitamins and nutrients that help your eyes, hair, skin, and body grow strong!



Keep Track! After you eat a fruit or veggie, color in the matching space on the day of the week. Share your rainbow with Kidstir!



Green

broccoli
lettuce
spinach
peas
kale

Yellow

banana
corn
pineapple
squash
grapefruit

Orange

carrot
orange
peach
yam
cantaloupe

Red

tomato
strawberry
pomegranate
apple
watermelon

Blue/ Purple

eggplant
blueberry
grape
beet



Healthy Family!

Print a rainbow for each family member (mom and dad, too!) at www.kidstir.com. Whose rainbow is the most colorful after a week?



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honey bear bars

Turn wholesome oats into chewy granola treats



ingredients

3 tablespoons butter

•

2-ounce honey bear (our gift to you)

•

$\frac{1}{3}$ cup brown sugar

•

1 teaspoon vanilla extract

•

2 $\frac{1}{2}$ cups quick oats

•

$\frac{1}{4}$ cup chocolate chips
(or see list of other stir-ins on page 4)

tools

measuring spoons

•

measuring cups

•

large cooking pot

•

whisk

•

rubber spatula or wooden spoon

•

8 x 8 inch pan

•

knife

kitchen skills



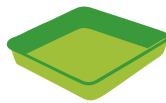
melting
butter



measuring



whisking



buttering
a pan



cooking on
a stove



step-by-step

Hands-on-time
15 minutes

Start-to-eat-time
30 minutes



1

* A grown-up should help melt the butter in a large pot over medium heat. Add the brown sugar, honey, and vanilla extract.



2

Whisk away! Keep whisking until the sugar dissolves, or turns into liquid. Turn off the heat.



3

Pour the oats into the pot. Stir it all up with a spatula or wooden spoon! Make sure you stir well for at least 3 minutes so it's all combined.



Note to grown-up helpers!

You're in charge of the stovetop work. Your kids can stand on a sturdy step stool and help you whisk and stir the oaty mixture with close supervision. Together, read the safety tips in Stovetop Cooking on page 6 before you get cooking!

3



4

Spread into a buttered 8 x 8 inch pan with a spatula or spoon. Or, rub butter on your hands, then press the mix firmly into the pan with your palms. Press chocolate chips on top.



5

* Refrigerate for about 15 minutes. Ask a grown up to help you cut the granola bars with a knife. Eat one, then cover and store extras in the fridge.

Makes 12 granola bars

Get Creative!

Switch up the flavor on your Honey Bear Bars. Skip the chocolate chips and add $\frac{1}{4}$ cup of one of these options instead. Press the ingredient into the top of your bars in step 4.

- raisins
- dried cranberries
- almonds
- sunflower seeds
- white chocolate chips
- coconut chips
- peanut butter chips

CHEF'S SECRETS

How to Butter a Pan

To prevent foods from sticking to a pan, bakers and chefs "grease" the dish. To do this, add a half tablespoon of butter to your pan. Then rub it around with waxed paper or paper towel. Don't forget to butter the corners and sides!



Snack Shop! Wrap up your Honey Bear Bars individually in plastic wrap or foil. Then download our colorful printable wrappers at www.kidstir.com.

Where's my food from?

Did you know that most of the food we buy in stores originally comes from plants and trees? Look at each food and find its origin. Write the matching number in the circle with a pencil. Then check your answers!

food



1

almonds



4

raisins



2

honey



5

chocolate



3

coconut



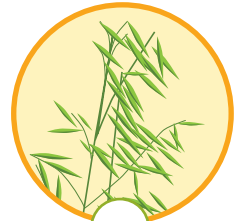
6

oatmeal

origins



palm tree

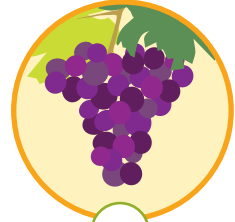


oats



1

almond tree



grapes



bee hive



cocoa plant

Answers: almond tree (1); bee hive (2); palm tree (2); raisins (4); coconut (3); chocolate (5); grapes (3); oatmeal (6); cocoa plant (5); oats (6)

Stovetop Cooking

Ask a grown up to cook with you.



Stand on a sturdy stool if you can't reach the stove.



Always use potholders when touching
hot pots and pans.



Turn panhandles to the side so they aren't
accidentally knocked off the stove.



Be extra careful:
hot liquids can cause serious burns!



Keep everyone—and everything—away
from the stove.



Remember to switch off the stovetop
when you are all done.

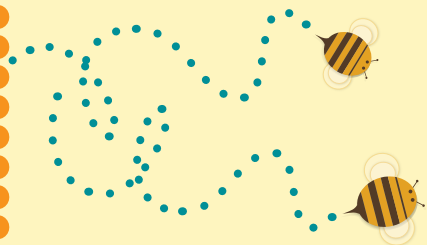


Don't forget! Pots stay hot even after
they're taken off the stove.

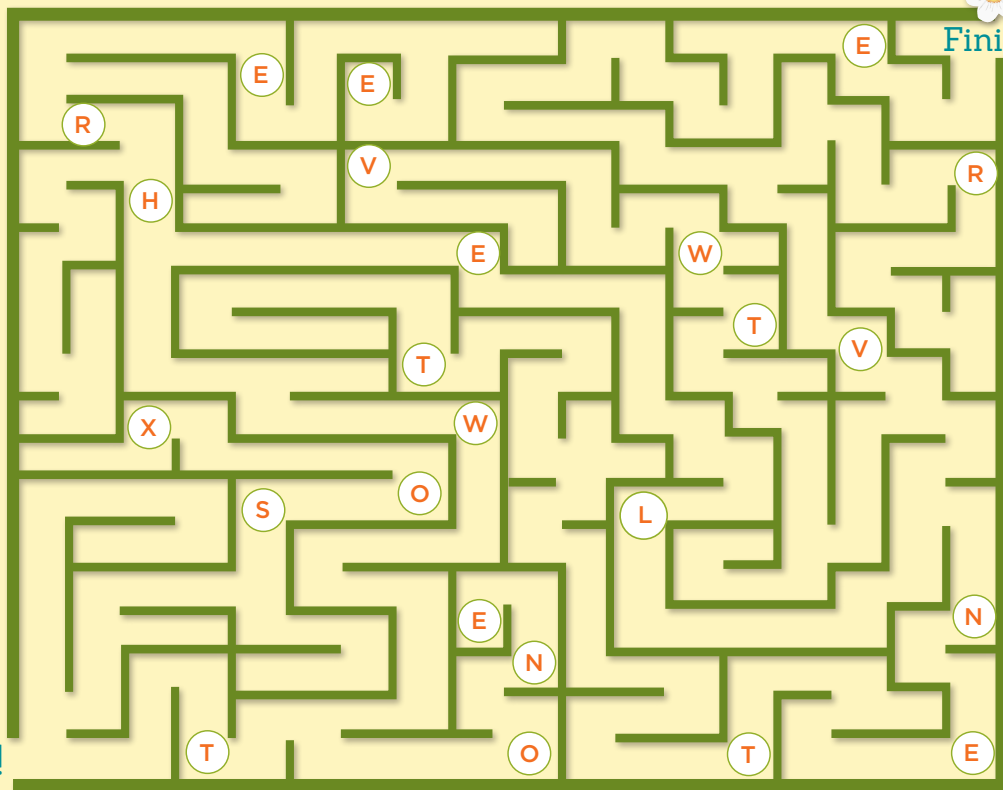


A-maze-ing Bees!

Without bees, we wouldn't have raspberries, apples, and many other fruits and veggies. Why? Bees play an important role in pollinating flowers so fruit can grow. Today, there's a bee crisis and many bees are disappearing. Scientists are trying to solve this mystery fast. Otherwise, we may not have yummy fruits and veggies to eat!



Start!



Finish!

Follow the maze! Help the bee find the way to the flower from start to finish. The letters along the correct path spell out the answer to the fun fact. Write the letters here!



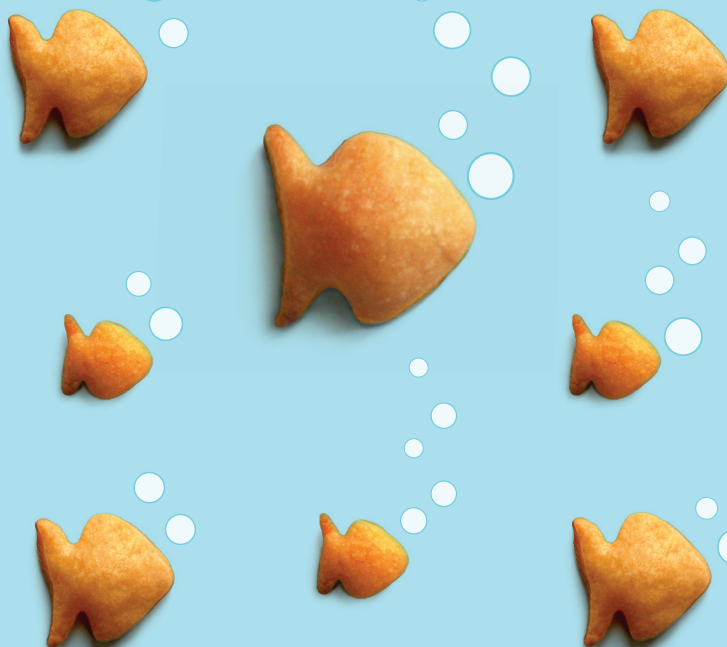
How many bees does it take to make a teaspoon of honey?



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fish food

Bake up a batch of cheddar crackers



ingredients

8 ounces (2 cups)
shredded sharp cheddar cheese

4 tablespoons ($\frac{1}{4}$ cup) butter,
cut into chunks

1 cup all-purpose flour (or white wheat flour)

$\frac{1}{4}$ teaspoon salt

2 $\frac{1}{2}$ tablespoons milk

tools

measuring spoons and cups

food processor or pastry cutter
(see Tools of the Trade on page 4)

parchment paper and plastic wrap

rolling pin

fish cookie cutters (our gift to you)

cookie sheet

kitchen skills



preheating
the oven



measuring



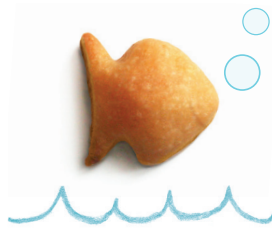
whisking



kneading



baking



step-by-step

Hands-on time
10 minutes

Start-to-eat time
30 minutes



1

* Put the cheese, butter, flour, and salt in a food processor. Press the button and mix it up! Mix until it looks sandy.



2

• Pour the milk through the top of the food processor. Mix for 2 minutes or until the dough balls up. Gather any crumbs, then form into a big ball.



3

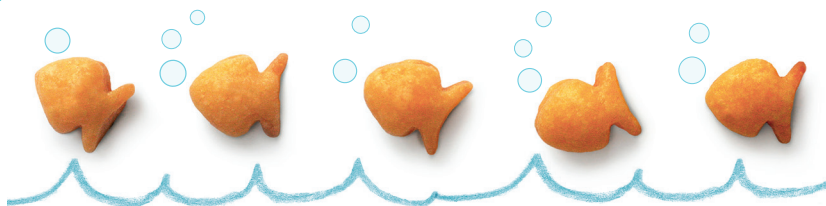
• Flatten the ball on a piece of plastic wrap. Cover with more plastic wrap. Roll it out with a rolling pin. Refrigerate for 10 minutes (or up to 3 days).



Note to grown-up helpers!

You're in charge of safely operating the food processor, including securing and removing the blade. Kids can press the buttons and pour the milk into the top. You should also preheat the oven and put the cookie sheet into—and take it out of—the oven.

3



Preheat the oven to 350°. Roll the chilled dough to $\frac{1}{4}$ inch thickness. (If it's too hard, let it soften a bit.) Cut it with fish cutters. Use up all the dough or chill and cut another day.



* Place the fish on a parchment paper lined cookie sheet. Bake for 8 to 12 minutes. The tiniest fish will bake the fastest. Eat right away!

Makes 3 dozen crackers



Get Creative!

You can substitute other cheeses for the Cheddar. Try grated Parmesan or Monterey Jack. You can also add $\frac{1}{2}$ teaspoon of dried spices. Pizza fish anyone? Add $\frac{1}{4}$ teaspoon of dried basil and a $\frac{1}{4}$ teaspoon of dried oregano.

TOOLS OF THE TRADE

Don't have a food processor?

Mix the dough with a pastry cutter or fork in steps 1 and 2. Mix the cheese, flour, butter, and salt until the butter disappears. Mix in 2 $\frac{1}{2}$ tablespoons of milk. If the dough is too dry, add more milk, 1 teaspoon at a time, until you can form a ball.



Go Fish! Add your homemade fish food to the baggies and gold fish bowls in this kit. Need more? Download extras at www.kidstir.com.



Cheeses Around the World

The world is filled with amazing cheeses. They're all different colors and tastes. Buy some and give them a taste test.

☒ Check off each box after you try the cheese!



Stilton/England



Havarti/Denmark



Feta/Greece



Monterey Jack/USA



Brie/France



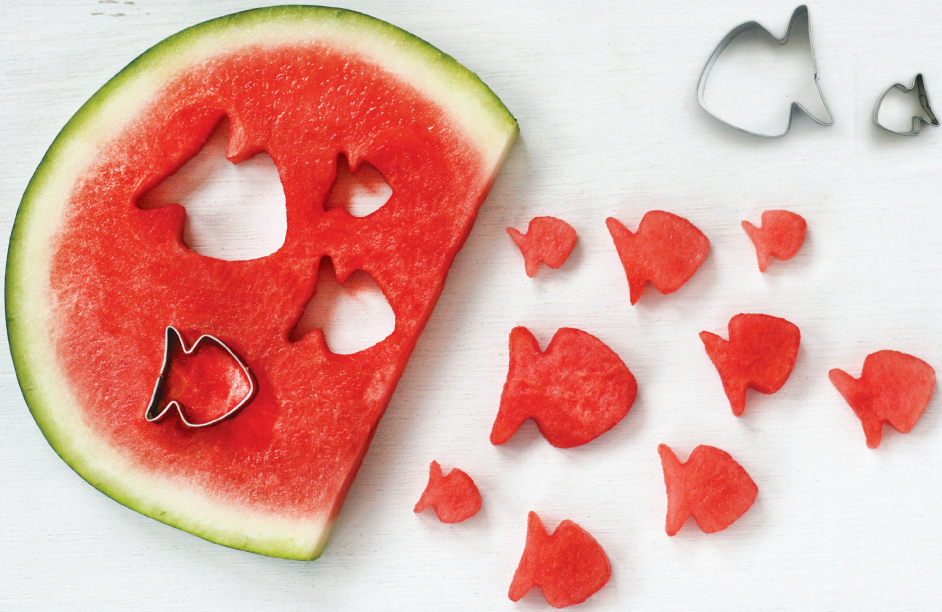
Mozzarella/Italy



Gruyère/Switzerland

Cookie Cutter Fun

Want to make your food look fun? Use a cookie cutter! Chefs use them not just for cutting cookies. They also cut watermelon, cheese, and even peppers. Give it a try!



• Cookie Cutter Tips •

Some cutters have a cutting side.
Look for it before you start cutting.

If you're cutting cookie or cracker dough,
start with cold dough for easy cutting.

Is your dough sticking to your cutters? Keep a small
dish of flour nearby and dip your cutter in it!



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creative presentation

Make your Own Goldfish Bowls!

- 1 Cut out the two cards below.
- 2 Slide each card into a baggie.
- 3 Slip in some Fish Food.
- 4 Seal it up. Share with a friend!

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Cut along the dotted lines.  Download extras on Kidstir.com 





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Juice Bar-ista

Learn how to be a mix-master of delicious drinks!



Feeling thirsty?

Turn your kitchen into a juice bar
and mix up some yummy drinks.

In this kit, you'll find recipes for three super easy sips.
You'll also learn how to set up a drink stand, make fancy
ice cubes, and garnish your glasses.

Start your day with **Purple Power!** Make this superfood
smoothie with fresh blueberries and the chia seeds in this kit.

In the afternoon, use your new melon ball maker to
mix up a refreshing **Magic Melon-ade**. For dessert, make a
Cocoa Cow shake. Don't forget to freeze some
in your colorful new ice poppers.

Cheers to you!



Share your food adventures with us!

There's more! →



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Build Your Cookbook!

Add your new Juice Bar-ista recipes to your cookbook binder in the Drinks tab.

Look for more fun recipes, videos, and downloadables at kidstir.com/diy

Don't have your Welcome Kit and cookbook binder yet? Sign up at

Kidstir.com



Shopping List

• Juice Bar-ista •



Purple Power

- ☐ 1 ripe banana
- ☐ 1/2 cup blueberries
- ☐ 1/2 cup milk
- ☐ 1/2 cup Greek yogurt (plain, vanilla, or blueberry)
- ☐ 1 tablespoon honey

Buy blueberries at the farmers market and try one before you take home the pint!



Magic Melon-ade

- ☐ Small seedless watermelon
- ☐ 1 tablespoon sugar or honey
- ☐ 1 lemon
- ☐ 1 cup ice

Watermelons weigh 2 to 20 pounds, so go for a smaller one! It should have a dark green rind and no bruises.



Cocoa Cow

- ☐ 1 cup milk
- ☐ 2 tablespoons cocoa powder
- ☐ 2 cups all-natural vanilla ice cream
- ☐ chocolate bar
- ☐ whipped cream
- ☐ mint leaves

Check off each item when you find it! ☒

Cooking Date

☐ We Made It!

Cooking Date

☐ We Made It!

Cooking Date

☐ We Made It!

Plan ahead! Write down your cooking day. Do your grocery shopping a day or two before-hand. Check off We Made It! when you're done.



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purple power!

Start your day with a superfood smoothie



ingredients

1 ripe banana

•

½ cup Greek yogurt (plain, vanilla, or blueberry)

•

½ cup milk

•

½ cup fresh blueberries
(plus extras for garnish)

•

1 tablespoon honey (optional)

•

chia seeds (our gift to you)

tools

blender

•

butter knife

•

small bowl

•

skewers

kitchen skills



slicing



measuring



operating a
blender



cooking with
chia seeds



garnishing



step-by-step

Hands-on time
10 minutes

Start-to-eat time
10 minutes



Peel the banana. Then slice it with a butter knife. (For a thicker smoothie, you can freeze the banana for 2 or more hours).



Measure 1 teaspoon of chia seeds into a small bowl. Cover with 1 tablespoon of water and soak for 5 or more minutes. Watch them expand!

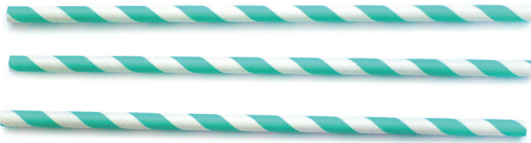


Place the banana, blueberries, yogurt, honey, and milk into the blender. Add 2 teaspoons of the soaked chia seeds.



Note to grown-up helpers!

Be sure to review the Blender Basics tips before you get started. Once the smoothie is blended, taste it and encourage customization. Does it need sweetening? Add a little extra honey. A fuller fruit flavor? Add more blueberries or a strawberry or two.



✱ A grown-up should help younger kids blend the drink for about 3 minutes, or until it is creamy. You may need to turn it off half way and scrape the sides.



Pour the smoothie into glasses. For a garnish, thread fresh blueberries onto a skewer and set in the drink.

Serves 2 to 3

Get Creative!

Now that you're a pro at making smoothies, pick and choose different ingredients to include (see page 5 for ideas). Or, try one of these twists:

Pink Lady

Use $\frac{1}{2}$ cup of fresh raspberries or strawberries instead of blueberries.

Dairy Free Dream

Skip the yogurt and milk and use 1 cup of juice (a purplish juice, such as cranberry, blueberry, or pomegranate).

SECRET INGREDIENT Chia Seeds!

Did you know that chia seeds are a superpower food? They are packed with nutrients, protein, fiber, and healthy omega-3 fats. When you sprinkle them into your smoothie, you won't even taste them. But they help your body stay strong!



More Smoothie Fun! Try our Mango Creamsicle at kidstir.com/diy.



Mix n' Match Smoothies

With smoothies, anything goes! Pick and choose ingredients and mix them up in the blender. Write down your combo and give it a name!

Choose 1 cup of fruit or veggie



berries



mango



pineapple



banana



avocado



peaches



cucumber



spinach

Add 1 cup liquid



Milk + yogurt



fruit juice



soy, rice, or
almond milk



coconut milk
or water

My smoothie!

_____ + _____ = _____
fruit or veggie liquid smoothie name

Chia Critter

Check out these easy tips for growing a garden friend.

Science Play!

When you grow chia seeds, you'll learn all about plant science.

Seeds need water, sun, and soil to grow. Observe how the plant changes everyday. Keep track of how long it takes to sprout. You can even nibble on the plant—it's edible and good for you!

- 1 Fill a small cup with potting soil.
- 2 Sprinkle with 5 or so chia seeds. Cover with a thin layer of soil.
- 3 Spray with a little water every day until the chia seeds sprout (around 5 days).
- 4 Draw a pet face on paper. Tape it to the front of the cup. Now say hello to your chia critter!





Nutrition Lab

Rethink Your Drink!

Before you grab a bottled drink, look out for hidden sugar on the label. The more sugar you drink, the less hungry you'll be for good foods (like veggies, protein, and whole grains).

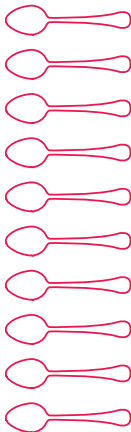
4 grams
of sugar =
1 teaspoon
of sugar

Look at the typical amount of sugar in the drinks below.

Color one spoon for every teaspoon. Then check the labels of other drinks.

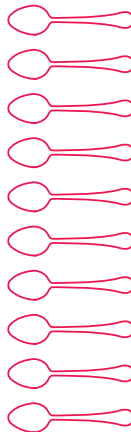
You'll find that content varies by flavor, ingredients, brands, and serving size!

cola



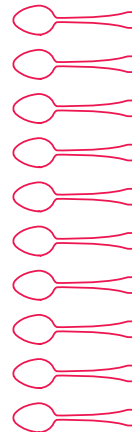
10 teaspoons (40 grams)

sports drink



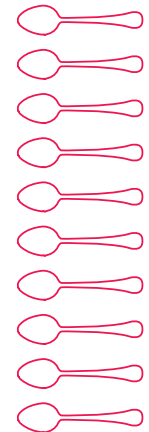
5 teaspoons (20 grams)

juice box



7 teaspoons (28 grams)

a drink in your fridge



___ grams \div 4 = ___ teaspoons



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Magic Melon-ade

Mix up a watermelon lemonade slushy



ingredients

small seedless
watermelon

•

1 lemon

•

1 tablespoon sugar
or honey

•

1 cup ice

tools

knife and cutting board

•

hand-held juicer

•

blender

•

measuring spoons

•

melon ball maker
(our gift to you)

kitchen skills



measuring



operating
a blender



using a melon
baller



juicing



garnishing



step-by-step

Hands-on time
15 minutes

Start-to-eat time
15 minutes



1

* A grown-up should carefully cut the watermelon in half.



2

• Use the melon baller to scoop out the watermelon fruit until you have 2 cups of fruit.



3

* A grown-up should cut the lemon in half. Squeeze one half on a juicer. Measure until you have 2 tablespoons of lemon juice.



Note to grown-up helpers!

It's your job to cut the watermelon in half. Use a big, heavy chef's knife and it should split easily. You will have more than you need for one recipe so make watermelon balls with the rest for snacks. Be sure to read *Blender Basics* before you get started, too.



4

* Place the watermelon, lemon juice, ice, and sugar or honey into a blender. Blend for 3 minutes until it turns slushy.



5

Pour into glasses. Make melon ball garnishes. Cut a slit with a picnic knife, then slip the melon ball on the rim. Serves 2 to 3

Have a Ball!

Scoop out extra watermelon balls and put them on a plate, then freeze overnight. Add these watermelon ice cubes to plain or sparkling water for a refreshing drink!



CHEF'S SECRETS Party Punch!

Having a pool party or summer birthday bash? Serve the Magic Melon-ade in a watermelon rind. Scoop out all the fruit from half of a watermelon. Then fill it up with a few batches of the fruity drink!



It's a party! Learn how to make party straws on kidstir.com/diy.

Nice Ice



Give your ice cubes a little flavor and fun with this quick trick. Put mint leaves, berries, or mini slices of lemon, lime, or watermelon into an ice cube tray. Add water, then freeze overnight. Pop your Nice Ice into your drinks for a flavor infusion!

Melon Ball Maker

Melon ball makers are fun to use in the kitchen. Give yours a try! Push the melon baller into a watermelon or canteloupe, turn the handle, and make balls. Try using the tool for other foods. Here are some ideas!

Make tiny balls of ice cream
for a party



Scoop out cookie dough



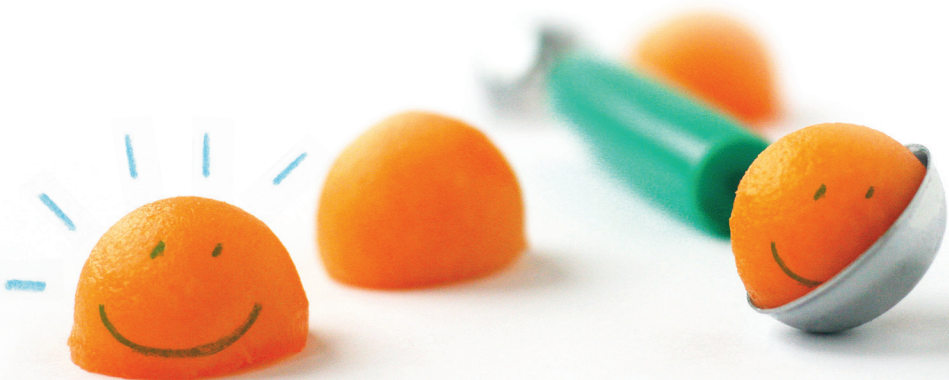
Make meatballs or falafel balls



Take out seeds from cherry tomatoes,
peppers, or cucumbers



Use both sides of the melon ball maker
(for two sizes of melon balls!)



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'S



write your name above

Melon-ade \$\$ Box



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Money Math

Melon-ade Stand

Have fun, earn money, and do a good deed with a Melon-ade stand!

- Make a cash box for your earnings. Cut along the dotted line and tape this page to your Kidstir shipping box.
- Download a business record on kidstir.com to tally up profits.
- Donate some of your earnings to a cause you care about!





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cocoa cow

Make a chocolate frappé—and a freezer pop, too!



ingredients

1 cup milk

•

2 tablespoons cocoa powder

•

2 cups all-natural vanilla ice cream

•

chocolate bar, frozen

•

whipped cream

•

mint leaf

tools

blender

•

measuring cups and spoons

•

grater

•

ice poppers
(our gift to you)

kitchen skills



measuring



operating a
blender



using a grater



making pops



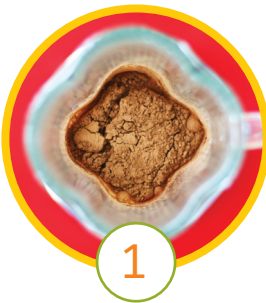
garnishing



step-by-step

Hands-on time
10 minutes

Start-to-eat time
10 minutes



1

Measure and pour the milk into the blender. Add the cocoa powder.



2

* Blend the milk and cocoa for about 1 minute.



3

* Scoop the ice cream into the blender. Blend it up for about 2 minutes until it's nice and frothy.



Note to grown-up helpers!

Talk about the ingredients in a traditional shake and explain that this version is all-natural. Chocolate syrup, which is often used in frappés, has high fructose corn syrup. This recipe uses 100% cocoa powder. Chocolate sprinkles are also processed and this drink is garnished with real chocolate bar shavings. Be sure to also use natural ice cream and whipped cream for a better-for-you treat.



Make a garnish for the glass. First, grate the frozen chocolate bar and place the shavings on a small plate. Then, pour a bit of the shake into another small plate. Dip the rim into the shake, then dip it into the shavings.



Pour the frappé into glasses. Top with whipped cream, a mint leaf, and a few extra chocolate shavings. Mmm . . . enjoy!

Serves 2 to 3



Get Creative!

Try these variations on your frappé:

Chocolate Monkey

Add a ripe banana and a little extra milk in step 2.

Mint Cocoa Frappé

Add a few fresh mint leaves or $\frac{1}{8}$ teaspoon of mint extract into the blender in step 2 for a minty flavor.

Frozen Yogurt Frappé

Skip the ice cream altogether and use 2 cups frozen yogurt instead.

FROZEN TREAT

Cocoa Cow Pops

Looking for a chilly treat on a hot summer day? Pour your Cocoa Cow into the Ice Poppers included in your kit. Work over the sink in case there are spills. Snap on the cap and freeze overnight. Push up on the pop and enjoy your fudge freeze!



More Frozen Fun: Find the recipe for Orange Floats at kidstir.com.

Drink Garnishes



Want to make your drinks look all fancy?

Here are some tricks to try!

Fruity Fun

Slide a straw through a piece of kiwi or strawberry and set it on the drink.

Tasty Rim

Dip the glass edge in the drink, then dip in cinnamon sugar or grated white chocolate.

Mini Kebabs

Slip fruit on a party pick and set on top of your glass.

Lemon or Lime Slice

Slice and slip the citrus on the rim of the glass.



More fun ideas!

Dress up your drinks with paper straws or drink umbrellas.

Blender Basics

Find a safe place for the blender where you can reach it (use a step stool, if you need to).

•
Make sure the cord is out of the way.

•
When you add stuff to the blender, pour it in the top. Keep fingers out of the inside and far away from the blades.

•
Put the lid on tightly before you press the buttons (or you'll have smoothies on the ceiling!).

•
Read the settings on the blender (blend, liquefy, crush) and start with the lowest one first.

Always ask
a grown-up
before you use
a blender!



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Food History



The Story of Chocolate

Chocolate wasn't always a treat you eat. More than 2000 years ago, it was a **drink** made of cocoa beans that tasted very bitter. The Mayans and Aztecs called the drink Xocoatl.

The Aztecs used **cocoa** beans as money. They paid taxes with their cocoa beans. And they could trade 1 cocoa bean

for a tamale. Or buy a hen for 100 **beans**!

When the Spaniards came to the Americas, they brought cocoa beans back to Europe. But it tasted **bitter** and many people did not like it. The Europeans added **sugar** and later **milk**. Soon, the chocolate bar we know and love today was born.



Word Scramble

Find these words from the Story of Chocolate!

- 1 oaocc _____
- 2 ragus _____
- 3 tcloaoche _____
- 4 betirt _____
- 5 iklm _____
- 6 kirnd _____
- 7 ensab _____

Answers:
1. cocoa; 2. sugar; 3. chocolate; 4. bitter; 5. milk; 6. drink; 7. beans

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Bake Me Happy!

Serve up fresh-baked treats for big smiles

Take out the flour and turn on the oven.
It's time to start baking up goodies from scratch!

In this kit, you'll find three amazing bakery treat recipes. You'll also discover fun facts about bananas and sesame seeds, learn kitchen skills and science, and play food games.

Start by making a yummy quick bread for breakfast, **Go Bananas!** Mix up the batter and add a special Chocolate Swirl topping. Use your new Whisk Away to make **Poppin' Popovers** for an after-school snack. Then bake **Awesome Apple Crisp** for a fruity dessert—and

take it out of the oven
with your Puppy Potholder.

Mmm-mmm good!



Share your food adventures with us!



There's more! →





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Build Your Cookbook!

Add your Bake Me Happy! recipes to your cookbook binder in the Bakery tab.

Look for more fun recipes, videos, and downloadables at kidstir.com/diy

Don't have your FREE
cookbook binder yet? Subscribe at
Kidstir.com



*Plan ahead! Write down your cooking day.
Do your grocery shopping a day or two before-
hand. Check off We Made It! when you're done.*

Shopping List

• Bake Me Happy! •



Go Bananas!

- ☐ 2 cups flour
- ☐ 1 teaspoon baking soda
- ☐ 1/4 teaspoon salt
- ☐ 1/2 cup vegetable oil
- ☐ 1 cup sugar
- ☐ 2 eggs
- ☐ 3 large (or 4 small) ripe bananas

• Makes 1 loaf



Poppin' Popovers

- ☐ 2 tablespoons butter
- ☐ 2 eggs
- ☐ 1 cup milk
- ☐ 1 cup flour
- ☐ 1/2 teaspoon salt

• Makes 9 to 12 popovers

*Some good apples
for baking are
Cortland, Honey
Crisp, Granny
Smith,
Braeburn, and
Golden Delicious.*



Awesome Apple Crisp

- ☐ 6 apples
- ☐ 1 1/2 cups quick oats
- ☐ 3/4 cup brown sugar
- ☐ 3 tablespoons flour
- ☐ 1 tablespoon cinnamon
- ☐ 1/2 cup butter
- ☐ 1/2 pint heavy or whipping cream

• Serves 6 to 8

Check off each item when you find it! ☒

Cooking Date

☐ We Made It!

Cooking Date

☐ We Made It!

Cooking Date

☐ We Made It!



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go bananas!

Swirl a little chocolate surprise into your banana bread



ingredients

2 cups flour (wheat or white or mixture of both)

1 teaspoon baking soda

$\frac{1}{4}$ teaspoon salt

$\frac{1}{2}$ cup vegetable oil

1 cup sugar

2 eggs

3 large (or 4 small) ripe bananas

3 tablespoons Chocolate Swirl (our gift to you)

tools

loaf pan

measuring spoons and cups

3 mixing bowls

Whisk Away (our gift to you)

wooden spoon

fork

kitchen skills



measuring



baking



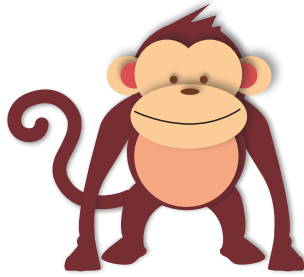
stirring batter



mashing
bananas



swirling
chocolate



step-by-step

Hands-on time
15 minutes

Start-to-eat time
1 hour and 15 minutes



1

Preheat the oven to 350°. Oil the loaf pan (use a pastry brush or paper towel to spread it on the pan). Set aside.



2

Stir together the flour, baking soda, and salt in a mixing bowl. Set aside.



3

Whisk the oil and sugar in a bowl. Whisk in the eggs. Mash the bananas with a fork in a separate bowl. Stir the bananas into the egg mixture with a wooden spoon.



Note to grown-up helpers!

Your kids can probably do steps 1-4 with just a little help from you. Teach them how to preheat the oven and put the bread safely into the oven (they can use the Puppy Potholder from this kit!). Remind younger kids that the entire oven is hot so use caution.

3

Tip: The riper the banana, the sweeter the bread!



4

Pour the egg mixture over the flour mixture. Stir with a wooden spoon until the flour disappears. Pour the batter into the oiled loaf pan. Spoon the chocolate on top and swirl it like a snake with a knife.



5

✱ Bake the Go Bananas! bread for about 1 hour. Check if it's done by inserting a toothpick in the center. If it comes out clean, the bread is done.

1 loaf

Get Creative!

Experiment with your banana bread recipe. Try these variations:

- Use coconut oil instead of vegetable oil for a tropical flavor.
- Bake the bread without the Chocolate Swirl. Instead, spread the chocolate on the baked bread like you would jam.
- Make Go Bananas! muffins or mini loafs.
- Try swirling in other nut and seed butters, such as almond, sunflower seed, peanut, or hazelnut.

SECRET INGREDIENT

Chocolate Swirl

Take a taste of the Soom Chocolate Sesame Butter before you swirl it into your banana bread. It's yummy—and good for you, too. It's made with just three ingredients (ground up sesame seeds, cocoa powder, and a little powdered sugar). Plus, it is a great source of protein, calcium, iron, and more.



Gift from the Kitchen. Want to give your banana bread as a gift? Download our printable gift tags on www.kidstir.com and wrap it up!

4

A World of Bananas

More than 100 billion bananas are eaten every year. But where in the world do they grow? Take a look at the list below. Then answer the riddle!

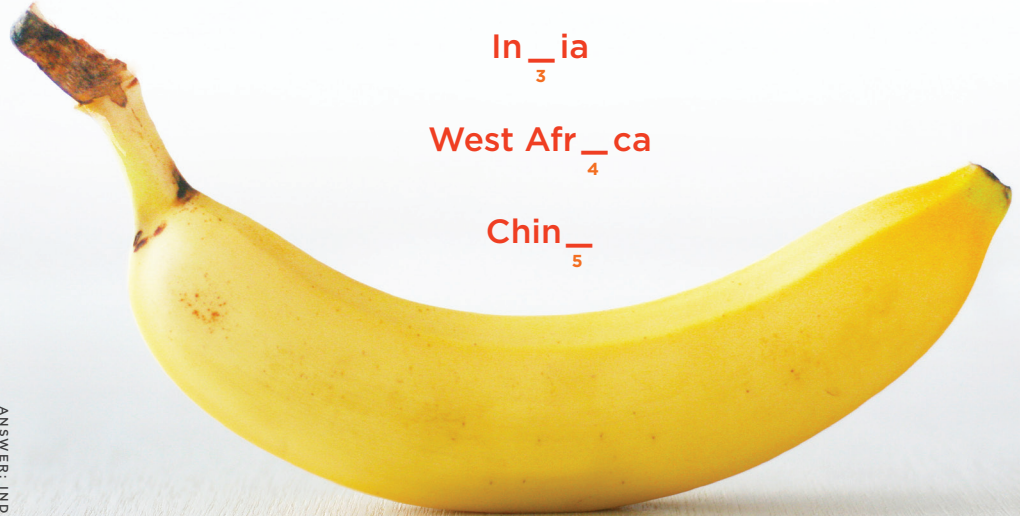
Lat n America
1

The Caribbea
2

In ia
3

West Afr ca
4

Chin
5



ANSWER: INDIA

Solve it!

Which country produces the most bananas around the world?

Fill in the letters in the blank spaces above. Then copy the letters here to find out (use the numbers for help!).

1 2 3 4 5

5

Open Sesame!

Nutty, buttery sesame seeds are one of the world's oldest foods. In fact, the saying "Open sesame" comes from an old folktale. It's the magic password that opened a door to a robber's den. Sesame plants are native to Africa, but they grow in many parts of the world now. The plants have flowers and pods filled with yummy sesame seeds.

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Give sesame seeds a taste test with these ideas!

Add them to your salads,
noodles, or stir-fries for a little
crunch and flavor.



Enjoy tahini, a paste made
from ground-up sesame seeds.
(The Chocolate Swirl in this kit
is chocolate tahini!)



Stir them into baked goods.
Mix them into cookie dough batter.
Or sprinkle on buns and rolls before you bake.

Note: If your child has a sesame allergy, skip the Chocolate Swirl in this kit. Chocolate tahini is a good sandwich spread option, though, for kids who are not allergic to sesame but have other nut allergies.



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poppin' popovers

Bake a yummy balloon you can eat!



ingredients

2 tablespoons butter

2 eggs

1 cup milk

1 cup all-purpose flour

$\frac{1}{2}$ teaspoon salt

tools

measuring spoons and cups

12-cup muffin tin

Whisk Away (our gift to you)

pastry brush

large mixing bowl

2-cup measuring cup (optional)

kitchen skills



melting butter



measuring



cracking an egg



whisking



baking



step-by-step

Hands-on time
10 minutes

Start-to-eat time
45 minutes



1

* Preheat the oven to 400°. Grown-ups can help melt the butter in a small saucepan (or heat it in the microwave for 30 seconds).



2

Dip a pastry brush into the melted butter. Paint it on the muffin tin. Brush the insides and rims as well as the top of the pan. Save the melted butter for step 3.



3

Crack the eggs into a large bowl. Whisk away! Add the milk, flour, salt, and the rest of the melted butter. Whisk again until most of the lumps disappear.



Note to grown-up helpers!

Let your kids do most of the work but stay nearby as a handy assistant. Teach them how to melt butter, preheat the oven, and put the popovers safely into the oven (they can use the Puppy Potholders). Remind your kids to be careful around the hot oven—and to not open the door before 30 minutes or the popovers will collapse.

3



4

Pour the batter into the buttered muffin tin. Fill each cup $\frac{2}{3}$ of the way. (Tip: you can first put the batter in a measuring cup to make the pouring easier!)



5

* Bake the popovers for 30 to 35 minutes, or until golden brown and puffy. Remove the pan from the oven. Then carefully pop them out of the hot pan. Call everyone to the kitchen—and eat them right away!

Makes 9 to 12 popovers



Get Creative!

Serve your popovers as a side dish to soups and salads. Flavor the batter before you bake the popovers for a savory taste. Add a few tablespoons of grated cheese or fresh snipped chives. Or, spice up the batter with a $\frac{1}{2}$ teaspoon of dried herbs or spices (try basil or even chili powder!).



No two popovers are alike!

CHEF'S SECRETS

Fresh Popover Toppings

Warm popovers taste yummy with a little butter and jam. But you can also try spreading them with apple butter, nut and seed butters, or even a sprinkle of cinnamon sugar.



We're Jammin! Spread homemade refrigerator jam on your fresh baked popovers. Get the recipe at www.kidstir.com.

Popover Experiment!

The perfect popover is like a balloon filled with hot steam. That balloon “pops over” the sides of the pan when it’s all filled up with hot air. The shell of the balloon is made of the protein in the eggs and flour. Steam comes from the hot liquid (the milk) heating up.

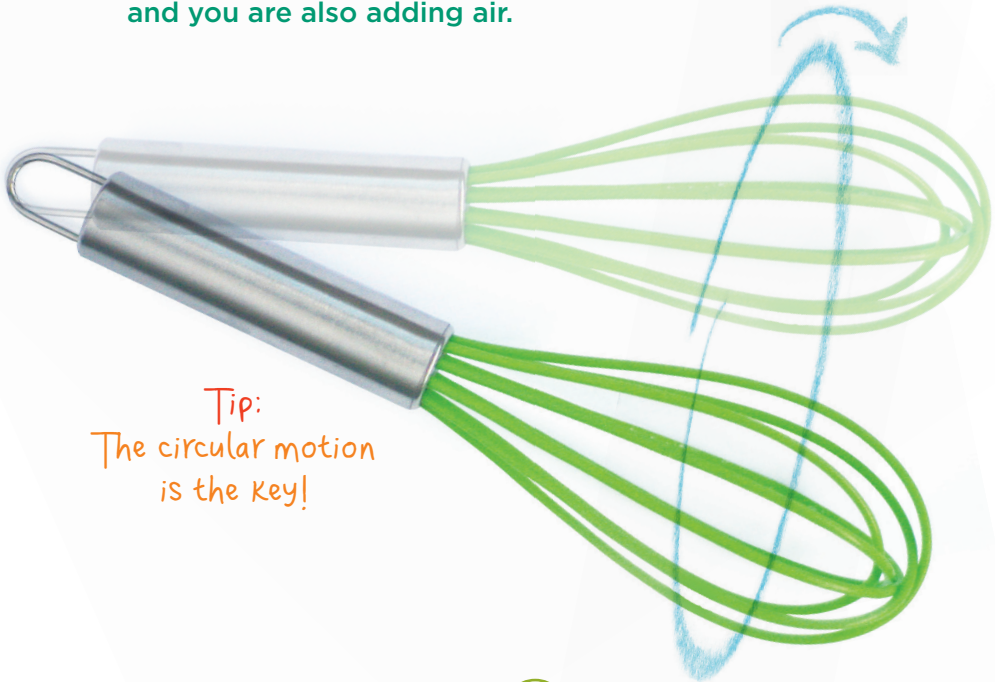
• Try This •

Blow up a balloon, paper bag, or piece of bubble gum. When it fills with air, it is like a perfect popover. Now pop it. This is what happens when your popover doesn’t bake properly. The outer shell of the popover doesn’t form and air gets out—and you have a flat popover!

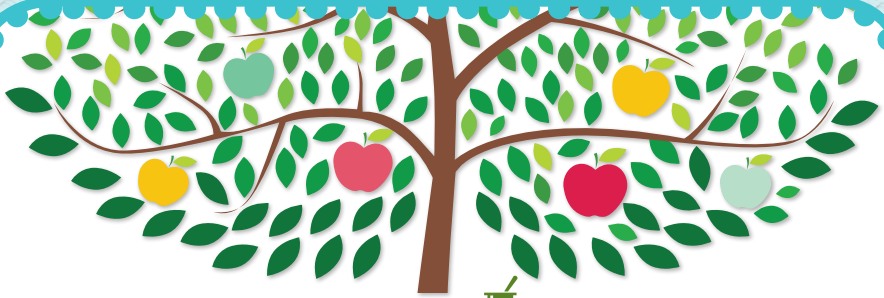
Whisk Away!

Ready to whisk eggs for popovers?
Use your new Whisk Away!

- 1 Hold the whisk handle as if you were holding a pencil.
- 2 Have a steady grip, but not too tight.
- 3 The work of whisking is all done in your wrist (not your arm). Make small circles toward you over and over.
- 4 Practice makes perfect! Whisk an egg!
- 5 What's happening? When you whisk, you are mixing—and you are also adding air.



Tip:
The circular motion
is the key!



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awesome apple crisp

Make a crumb topping with sugar 'n spice
and everything nice



ingredients

6 apples (see below for varieties)

1 ½ cups quick oats

¾ cup brown sugar

3 tablespoons flour

1 tablespoon cinnamon

½ cup butter, softened

whipped cream (see page 5)

tools

vegetable peeler and knife

8 or 9-inch square baking pan

measuring spoons and cups

1 large mixing bowl

puppy potholder (our gift to you)

spoon and fork

kitchen skills



measuring



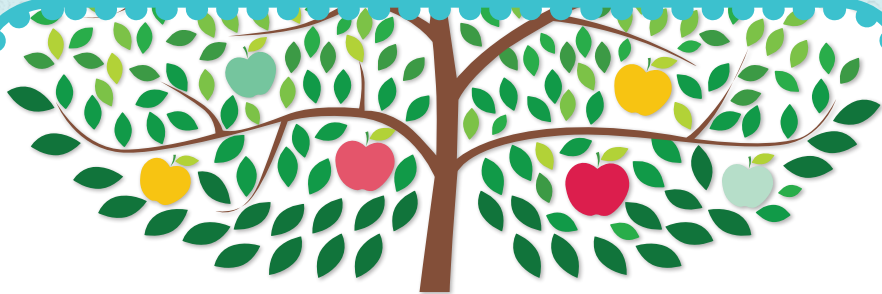
peeling apples



baking



making a crumb
topping



step-by-step

Hands-on time

15 minutes

Start-to-eat time

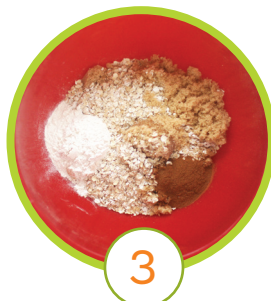
1 hour



* A grown-up can help peel the apples, cut them in quarters, and core them. Then cut the apples up into chunks with a picnic or paring knife.



• Spread the apples evenly into the baking pan. Next, preheat the oven to 375°.



• Place the oats, brown sugar, flour, and cinnamon into a mixing bowl and stir it up. Add the softened butter and mix with a fork (or your clean hands!) until crumbly.

* Note to grown-up helpers!

Show your kids how to safely use a vegetable peeler. Quarter and core the apples, then let the kids cut them into smaller chunks with a knife or wavy cutter (any apple shape is fine!). Kids can also help put the crisp into the oven, wearing the Puppy Potholder and holding the pan firmly. Remind them to use caution near the hot oven.

3



* Crumble the topping evenly over the sliced apples. Use the Puppy Potholder to carefully place the pan in the oven.



Bake for 40 to 45 minutes or until the topping is light brown and the juices start to bubble. Cool the Awesome Apple Crisp, then spoon it into cups or bowls and top with whipped cream.

Serves 6 to 8

Get Creative!

Try stirring $\frac{1}{2}$ cup of any of these extras into your apple crisp before you bake it!

- dried cranberries
- dried cherries
- fresh blueberries
- pear slices
- butterscotch chips



FARM TO TABLE

Go Apple Picking!

For the freshest, tastiest apples, go apple picking at a local orchard. Bring a bag with you to load up. The best apples for baking include Cortland, Honey Crisp, Granny Smith, Braeburn, and Golden Delicious. Be sure to also ask at the orchard for local favorites.



Easy as Pie! Learn how to make homemade apple pie and fun variations on www.kidstir.com.

Whipped Cream

Learn how real bakers turn cream into a dessert topping.

1

Start with $\frac{1}{2}$ pint of cold heavy or whipping cream.
Pour the cream into a mixing bowl.

2

A grown-up should help fit a whisk attachment onto an electric mixer (or whip by hand with the Whisk Away tool).
Then start whipping!

3

When the cream starts to thicken, stop mixing. Then add 1 to 2 tablespoons of sugar and 1 teaspoon vanilla extract.

4

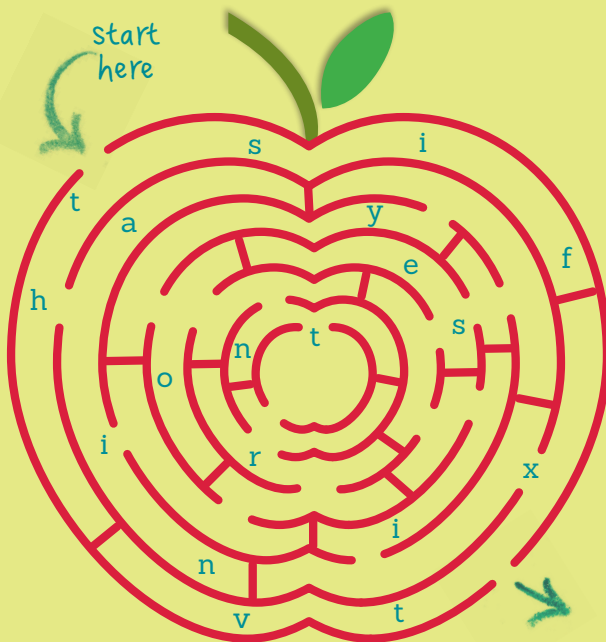
Keep whipping! Watch for soft peaks to form—or whip until stiffer peaks form. But be careful: too much mixing could turn your cream into butter!



5

An Apple a Day

Looking for a healthy snack? Bite into an apple! Not only are they delicious, they are low in sugar and high in fiber so you'll stay fuller longer without a sugar crash. Try to choose organic apples, if you can. Conventional apples are sprayed with pesticides. Organic apples may not look as perfect, but they are better for you.



Follow the Maze!

Find your way from start to finish through the apple maze. The letters along the correct path spell out the answer to the fun fact. Write the letters below!

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ANSWER: THIRTY-SIX

How many apples does it take to make 1 gallon of apple cider?
