



Special Diets

See helpful substitutions for our recipes:

kidstir.com/dietary-modifications



Digital Shopping

Find this grocery list online and get store discounts:

kidstir.com/shopping-lists



Blueberry Streusel Muffins

Makes 6 muffins

- 4½ ounces blueberries
- ½ cup milk
- 1½ tablespoons butter
- 1 egg
- 1 cup all-purpose flour
- 6 tablespoons sugar
- ½ teaspoon vanilla extract
- 1½ tablespoons vegetable oil
- 1 teaspoon baking powder
- salt

Streusel Topping

- 2 tablespoons flour
- 2 tablespoons sugar
- 1 tablespoon butter
- salt

Ham & Swiss Crepes

Serves 4

- 10 ounces mushrooms
- 8 ounces spinach
- 1 clove garlic
- 16 slices ham
- 4 slices Swiss cheese
- 1 cup flour
- 1 cup milk
- 2 tablespoons butter
- 3 eggs
- 2 tablespoons oil
- salt & pepper
- 1 small bunch chives (optional)

Chai Tea Latte

Serves 4

- 5 cups whole milk
- ½ teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ½ teaspoon ground cardamom
- ⅛ teaspoon ground cloves
- ⅛ teaspoon ground black pepper
- 6-8 teaspoons brown sugar
- 4 black tea bags (optional)

