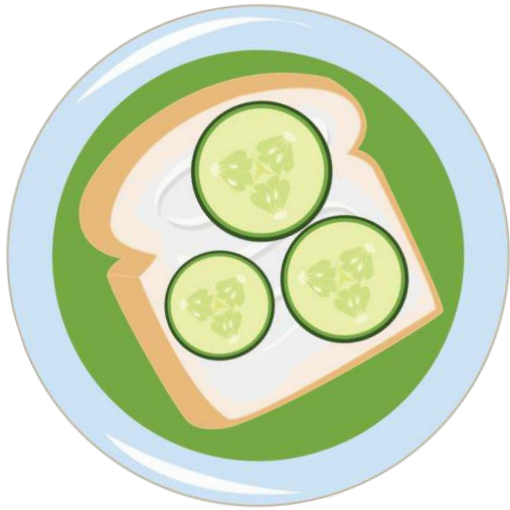


COOK

a picture cookbook for kids



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EAT
Your
VEGGIES

Welcome to the KID'S PICTURE COOKBOOK

Get kids in the kitchen making... anything.

This mini cookbook is full of little snacks and bites that small children can make with little to no help from their "grown-ups". They require very few materials or special equipment.

Many of these snacks come from my childhood. My 9 brothers and sisters and I would make these bites and create a restaurant requiring our parents, family, and each other to "buy" our specialties. I can personally attest that they have been tried and tested by 10 children with glowing "child" reviews.

Some of these recipes have been updated from the ones we made years ago into a healthier variation. We often made Popsicles with Kool-aid (remember that?) but I've recommended the much healthier alternative of fruit juice. Regardless of how you tweak and change these quick bites for your family's health guidelines the point of this cookbook is to help you get your kids in the kitchen making and baking on their own. I truly believe that learning the kitchen is an invaluable life skill for confidence, health, and more!

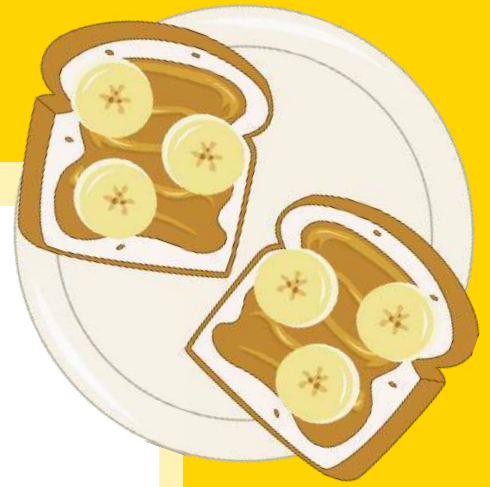
JANEL HUTTON
Founder, NellieBellie



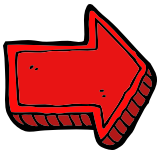
NELLIEBELLIE'S

Kids Cook

CHECKLIST



STOP!!



You always need to ask an adult to supervise while you cook in the kitchen.
GO ASK...NOW!

The Basics

- Apron (you can use a dish towel tied around your waist)
- Plate
- Butter knife (ask your parents!)
- Grown-up for supervising

Optional

Popsicle molds



fruit juice ICE POPS

SERVES 4

These easy treats are perfect for an after-school snack. Put them in the freezer after supper and eat them when you get home from school!

INGREDIENTS

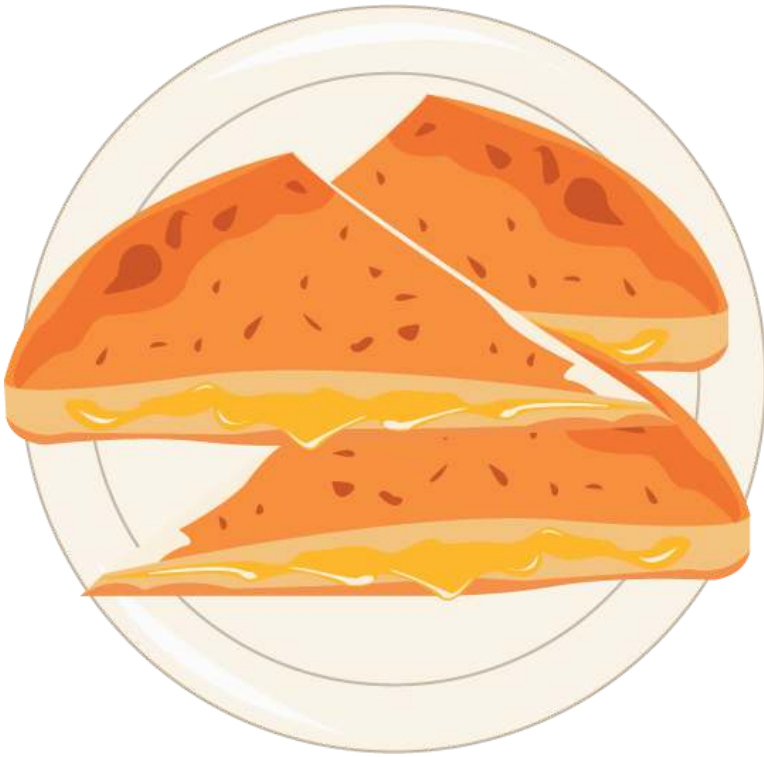
Fruit Juice (any kind!)
optional: ice pop mold
optional: sliced fruit

1. Use an ice pop mold, if you have one. (this is a great thing to ask someone to buy for you!) If you don't have one, you can use a plastic cup or cupcake tins. If you don't know what would work, ask an adult to help you.
2. Pour juice into molds and carefully put the molds into the freezer until tomorrow.
3. If you aren't using ice-pop molds, pour juice into your container and carefully put it into the freezer.
4. After 2 hours check to see if your juice is frozen enough so that you can stick a Popsicle stick into your juice and it will stay up. If not, put it back into the freezer and check again in an hour or so.
5. When you can, put the sticks into the ice pops and leave in the freezer overnight.
6. After school, carefully take the ice pops out of the molds and eat!! Enjoy!

*-add a bit of sliced fruit
-top off the juice with
a bit of sparkling water*

easy QUESADILLAS

SERVES 4



This salty meal is great for lunch and only takes a few minutes.

1. Get a tortilla.
2. Put cheese on half of the tortilla. Shredded works best, but add whatever (and how much) cheese you'd like.
3. Fold the tortilla in half.
4. Put the quesadilla in the microwave for one minute.
5. Eat!

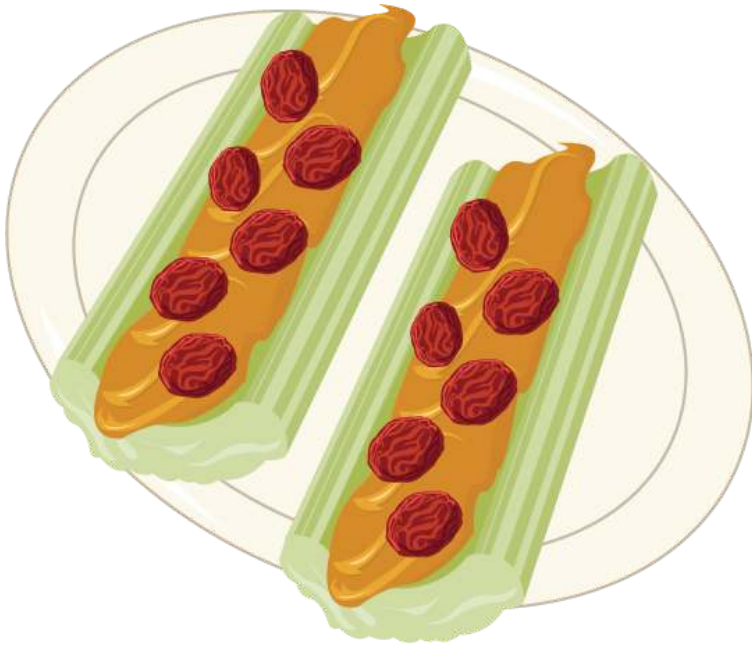
INGREDIENTS

tortillas
cheese

-dip it in some salsa
-smear some sour cream on top

ants ON A LOG

SERVES 4



This snack is so fun to eat! Count how many ants you put on your log. How many can you fit?

INGREDIENTS

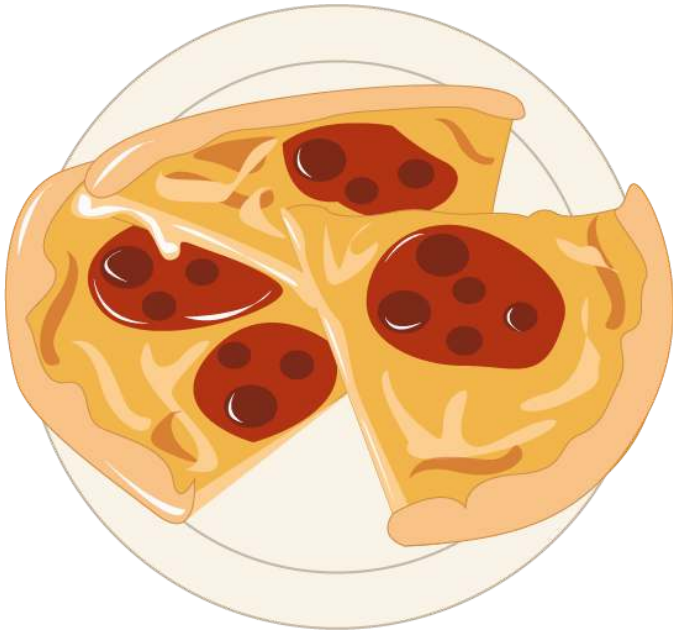
celery
peanut butter
raisins

1. Wash your celery and break it off into smaller pieces (ask an adult to help if needed!)
2. Take some peanut butter and put it onto the celery (like it shows in the picture!) with a butter knife.
3. Put your ants (raisins) on the log and eat!

-use chocolate chips as your ants
-use nutella instead of peanut butter

tortilla PIZZA

SERVES 4



You can make any type of pizza you'd like with this recipe, whether that's cheese, pepperoni, or sausage.

1. Smear some pizza sauce on top of the tortilla.
2. Sprinkle cheese on top of the tomato sauce.
3. Put your favorite toppings on top of the cheese.
4. Put it in the microwave for one minute.
5. Eat. Careful, it might be hot!

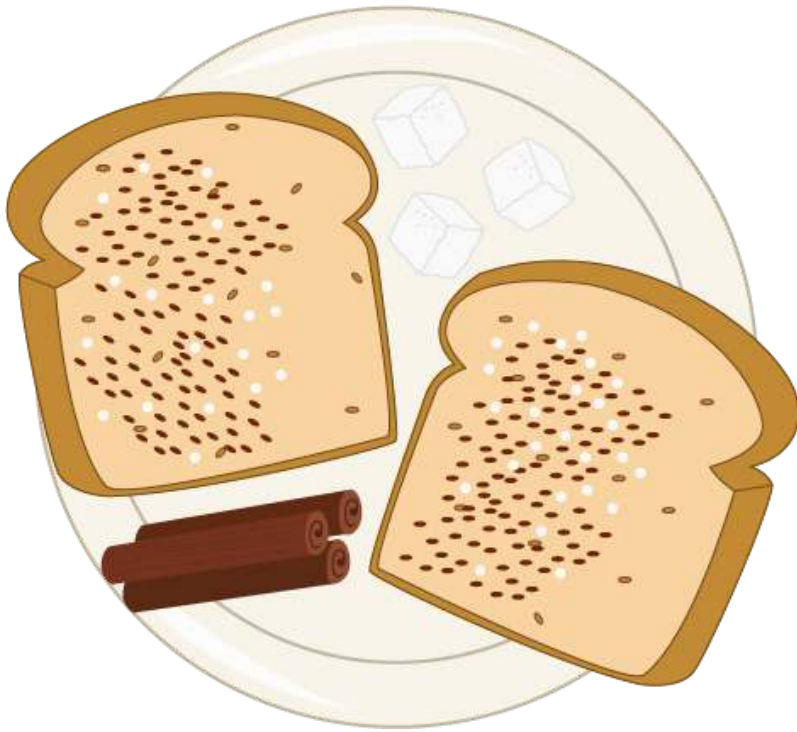
INGREDIENTS

tortillas
pizza sauce (or any tomato sauce)
cheese
pepperonis

- if you want it crispy, ask your parents to put it in the oven
- make fun faces with your toppings!
- use english muffins, naan, or bagels for a fun change!

fairy TOAST

SERVES 4



This is a perfect, sweet and sparkly breakfast.

1. Ask an adult to help you find a toaster. Toast some pieces of bread in the toaster.
2. Spread the butter all over the toast.
3. Sprinkle the sugar on top of the butter (carefully!)
4. Sprinkle the cinnamon on top as well.
5. Eat!

INGREDIENTS

bread

butter

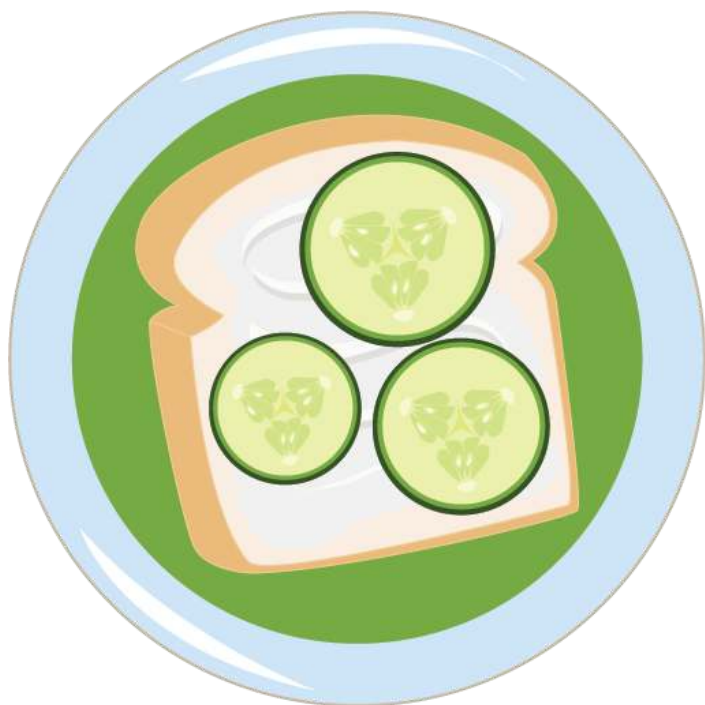
sugar

cinnamon

-sprinkles are fun to add!

cucumber TEA SANDWICHES

SERVES 4



Put on your prince or princess crown and feel like royalty while you eat these fancy sandwiches!

1. Take some bread. Squish the bread with your palms so it's flattened (this helps the cream cheese spread).
2. Spread the cream cheese on top of the bread.
3. Ask an adult to help you slice some cucumbers.
4. Put the cucumbers on top of the cream cheese. Put on as many as you want!
5. If you'd like, you can add some salt and pepper. Otherwise, eat!

INGREDIENTS

bread
cream cheese
cucumbers
optional: salt & pepper

-instead of bread, try using crackers
-cut the cucumber slices into fun shapes with cookie cutters

*microwave*POPCORN

SERVES 4

This is the best snack for watching movies.



INGREDIENTS

popcorn kernels

oil

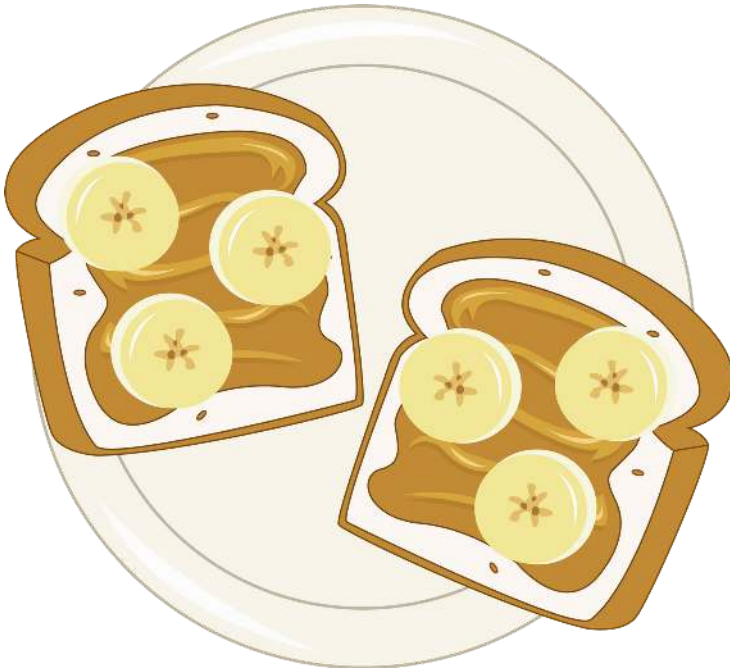
brown paper bag

1. Ask an adult to help you find a 1/2 cup measure cup and a teaspoon.
2. Pour the popcorn kernels into the 1/2 cup until it is filled. Pour these popcorn kernels into a bowl.
3. Pour the oil into the teaspoon until it is filled. Pour this into the bowl with the popcorn kernels. Find a wooden spoon and use it to stir the popcorn and oil together until the popcorn kernels are shiny.
4. Pour the kernels into the brown bag. Fold the top of the bag a few times until it is closed.
5. Put it into the microwave for 2 1/2-3 minutes. Listen to the sound of the popcorn popping. When you can count two seconds in between pops it's done!
6. Take out the popcorn and eat! (Careful, it might be hot!)

-things to add to your popcorn: salt, pepper, cheese, butter, cinnamon, or sugar

pbb SANDWICHES

SERVES 4



These easy treats are perfect for an after-school snack. Put them in the freezer after supper and eat them when you get home from school!

1 Ask an adult to help you find a toaster. Put some pieces of bread in the toaster and toast!

2. Smear some peanut butter over the toast when it's finished.

3. Ask an adult to help you cut up some bananas. Put the bananas on top of the peanut butter.

4. Eat!

INGREDIENTS

bread

peanut butter

bananas

-use strawberries instead of bananas
-add some honey for sweetness



banana CHOCO POPS

SERVES 4

These chilly snacks are perfect for warm days. They're sweet!

1 Take a banana and put a wooden stick in the bottom of it.

2. Melt some chocolate in the microwave for 30 seconds. Take it out and stir. Put it in the microwave for another thirty seconds until it's completely melted.

DON'T COOK IT FOR LONGER THAN 30 SECONDS AT A TIME!

3. Dip the banana in the warm chocolate. Cover it as much as you'd like!

4. Add whatever toppings you'd like.

5. Freeze for a few hours.

6. Remove from freezer and eat!



INGREDIENTS

bananas

chocolate

popsicle sticks

**ADULT HELP
NEEDED!**

-add some nuts, chocolate chips, banana chips, or other toppings to the chocolate before it hardens