

Kid's Corner: Kitchen Edition

Teaching children the basics of cooking, proper nutrition and healthy eating habits are lessons that will last a lifetime. Cooking teaches kids about science, math and reading. Kids are also more likely to try new foods when they are involved in the preparation. Let's get cooking! Allow children to participate in age-appropriate tasks in the kitchen, while assisting or preparing the recipes below.

Breakfast | Fantastic French Toast

Ingredients

Makes 3 servings

- 1 large egg
- ¼ cup non-fat milk
- ¼ teaspoon vanilla extract
- 3 slices of whole wheat bread
- Syrup
- (Optional) fruit



Directions:

1. Put the egg, milk and vanilla in a shallow bowl and beat with a fork until well mixed.
2. Preheat the skillet over medium heat.
3. Grease the pan with a thin layer of oil or non-stick cooking spray.
4. Dip both sides of bread, one slice at a time, in the egg mixture and cook.
5. Cook until one side of the toast is golden brown. Turn the bread over to cook the other side.
6. Serve with syrup and fruit.

Nutrition per serving without syrup: 100 calories, 2.6 g fat, 13.3 g carbohydrates, 1 g fiber, 2.5 g sugar, 5 g protein

Snack | Monster Trail Mix Bites

Ingredients

Makes 12 Bites

- 1 cup old-fashioned oats
- ½ cup mini chocolate chips
- (Optional) ¼ cup chopped peanuts
- ¼ cup raisins
- ¼ cup mini M&M's
- ¾ cup creamy peanut butter or sunflower butter
- 1 tablespoon honey
- ½ teaspoon kosher salt



Directions:

1. In a large bowl, stir oats, chocolate chips, peanuts, mini M&M's, melted peanut butter, honey and salt.
2. Stir together until combined, then scoop into tablespoon size balls and refrigerate them 1 to 2 hours or until firm.
3. Serve.

Nutrition per serving: 182 calories, 11.8 g fat, 16 g carbohydrates, 1.8 g fiber, 10 g sugar, 5.5 g protein