

Virtual Cooking with Kids

#VirtualMV

Cooking with Kids: Easy Peasy Almond Granola



Kid steps: have them measure and place into a LARGE mixing bowl:

1/3 cup brown sugar

4 teaspoons vanilla extract (I pour the bottle while my little baker holds the teaspoon and dumps it into the bowl)

1/2 cup vegetable oil**

1/3 cup maple syrup**

***I will pour these into a measuring cup, and then he will pour them into the mixing bowl. I have him tell me when to stop pouring.*

Have your little baker take a whisk and stir everything together until the sugar dissolves. Then add the dry ingredients to the bowl (below) and mix everything together. Another option is to put the dry stuff in a zip lock and pour the wet stuff in and have your baker shake it).

6 cups old-fashioned oats (not the quick cook ones)

1 1/2 cups of sliced almonds (I buy them pre-sliced)

Once everything is mixed, have your little baker dump the bowl or bag onto a edged/rimmed baking sheet and spread it around so it's flat and even. (I put parchment paper under, but you can also spray it with a cooking spray so it doesn't stick).

Bake at 325 for 40 minutes; then let cool. Great as cereal, on yogurt, or as a snack with dried fruit or chocolate chips.



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Cooking with Kids: Banana Muffins

Kid steps:

Crack one egg into mixer bowl (that way you can pull out any egg shells that fall in)

Pour 1/3 cup melted butter into a mixer bowl (I microwave it, and then hand it to my baker).

1 teaspoon vanilla extract (I have him hold the teaspoon, while I pour... then he dumps it in)

Have your baker peel 3 bananas and place into a blender
Start to blend "wet ingredients"

Next grab a bowl your little bakers can pour the "dry" ingredients that they measure into before adding to the mixer. That way mistakes can be fixed with a second try if they dump too much in!

ADD:

1/2 cup of sugar

1 teaspoon baking soda

Pinch of salt

1 1/2 cups of flour

Once everything is mixed together in the mixer, spray the tins and give your baker a spoon and have him or her fill the muffin tins up with the mix.

Parents: set the oven to 350 degrees. Muffins usually take 25-30 minutes and are done when a toothpick in the center comes out clean. (You can also add 1 cup of chopped walnuts too.)

Great for counting and fine motor skills!

