Kids 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 Wisk, and stir everything together until the sugar dissolves. Then have them 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 them shake it).

- 6 cups old fashion 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 or you can 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.
Virtual Cooking with Kids

#VirtualMV

Cooking With Kids: Fruit Smoothies

What’s great about this easy activity is it allows your little baker to work on fine motor skills and counting/measuring in a practical way. I use frozen fruit that I freeze before it goes bad, but you can also use fresh fruit and add some ice cubes.

**Supplies needed:** Frozen Fruit, Yogurt, Protein Powder, Almond Milk, Blender, ¼ measuring cup, a liquid 2 cup measuring cup.

**Kids Steps:**

Place frozen banana in blender (peel if using a fresh banana)  
Take ¼ cup and fill it with frozen blueberries; add to blender  
Count out 6 frozen strawberries. Place them one at a time in the blender.  
Have your little baker scoop the protein powder into the blender with the scoop provided, or add between ¼ and ½ cup.  
Use ¼ cup measuring cup to scoop in some vanilla yogurt. (anywhere between ¼ - ½ cup is fine)  
For the liquid (we used 12 oz vanilla almond milk), I’ll show my little baker the 12 oz. marker on our liquid measuring cup, and I have him tell me when to stop as I pour since the carton doesn’t have a handle and is heavy when it’s full. Then I let him pour it into the blender after it’s measured since it has a handle, which minimizes spills.

Then we add the lid on top and then place it on our blender stand. Then I tell him which setting to use on the blender and let him turn the dial. If your mixture clumps, add more liquid. You can omit the yogurt if you’re a dairy free home.
Cooking with Kids: Banana Muffins

Kid steps:
- Crack one egg into mixer bowl (this way you can pull out any egg shells that fall in)
- Pour 1/3 cup melted butter into 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 in blender
- Start to blend “wet ingredients”

Next get 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:
- ½ cup of sugar
- 1 teaspoon baking soda
- Pinch of salt
- 1 ½ cups of flour

Once everything is mixed together in the mixer, spray the tins and give your baker a spoon and have them 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!

For more fun ideas, visit our Virtual Activity Center!