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25 Tasty Ideas Cooking with Kids

5 Fun Dinner Ideas

1. Spaghetti and Meatballs

Meatballs don't have to be complicated, you don't need to spend hours slaving to get the texture right. This Spaghetti and Meatballs recipe is very easy to make.

http://www.mykidstime.com/food-and-recipes/spaghetti-meatballs/

2. Easy Peasy Macaroni and Cheesey

This recipe for Easy Peasy Macaroni Cheese (-y as we call it in our house) has leek and Worcester sauce for extra flavour and breadcrumbs for a crunchy topping.

http://www.mykidstime.com/food-and-recipes/easy-peasy-macaroni-cheese-y/

3. Carrot Apple and Ginger Soup

Kids will enjoy helping to chop carrots, apple and then stir the soup broth and slurp the end result

http://www.mykidstime.com/carrot-apple-ginger-soup/

4. Pasta with Bacon, Peas and Cream

This delicious pasta recipe doesn't take long to prepare and will suit most fussy palates too.

http://www.mykidstime.com/food-and-recipes/pasta-with-bacon-peas-cream/

5. Mini Burgers

Kids will enjoy helping to mix and shape the mini burgers (remember to wash hands before and after!)

http://www.mykidstime.com/food-and-recipes/clodagh-mckenna-s-mini-gourmet-burgers/

5 Fun Things to Bake

1. Chocolate Chip Cookies

Nothing more delicious than warm chocolate chip cookies straight from the oven!

http://www.mykidstime.com/food-and-recipes/summer-picnic-recipe-emma-s-chocolate-chip-cookies/

2. Blueberry Crumb Bars

These Blueberry Crumb Bars would be a nice alternative for breakfast, or lunchboxes. These work equally as well with other fruits such as raspberries or plums.

http://www.mykidstime.com/food-and-recipes/blueberry-recipes-crumb-bars/

3. Sweet Potato Lemon Drizzle Cake

This Lemon Drizzle Cake has a secret ingredient, potato! You will not believe that potatoes are hidden inside the batter when you taste it. The potatoes make it wonderfully moist and light.

http://www.mykidstime.com/food-and-recipes/sweet-potato-lemon-drizzle-cake/

4. Rice Krispie Buns

Such a simple easy recipe to make and kids love them! All you need is chocolate and rice krispies! You can add other treats into them for variations such as mini marshmallows.

http://www.mykidstime.com/food-and-recipes/rice-krispyrecipe-easy-to-make-and-easy-to-eat/

5. Jam Tart Hearts

These jam tarts hearts are really easy to do and quick to put together, and ideal for fun cooking with children too. It's amazing how you forget that good old jam is sooo tasty!

http://www.mykidstime.com/food-and-recipes/jam-heart-tarts/

5 Fun Things to Make for Lunchboxes

1. Carrot Muffins

These healthy carrot muffins, are packed full of carrots and sultanas and make a great healthy lunchbox option.

http://www.mykidstime.com/food-and-recipes/healthy-carrot-muffins/

2. Hummus

This quick and easy hummus recipe makes enough for 4 to 6 people as a tasty lunchtime snack served with carrots, celery and pitta bread. It also keeps for about 4 days in the fridge in a sealed container.

http://www.mykidstime.com/food-and-recipes/quick-and-easy-hummus-recipe/

3. Flapjacks

Try this easy Superfood Flapjack recipe. The addition of mixed dried fruits and various seeds along with the oats means that they are essentially a power bar.

http://www.mykidstime.com/food-and-recipes/superfood-flapjacks/

4. Ham & Cheese Muffins

Another tasty healthy option for lunchboxes or snacks, these muffins can be adjusted to your children's tastes if they aren't keen on things like mustard or spring onions.

http://www.mykidstime.com/food-and-recipes/savoury-muffins-ham-cheese/

5. Crispy Chickpeas

These crispy chickpeas are a great alternative to nuts, and ideal for lunchboxes, if your child's school has a nut ban due to allergies.

http://www.mykidstime.com/food-and-recipes/chickpea-recipes-crispy-chickpeas/

5 Tips for Cooking with Kids

1. Get in the right frame of mind

Cooking with children requires energy, patience and tolerating mess.

2. Let them help choose the recipe

Give children a bit of control by allowing them to choose the recipe.

3. Be organised

Make sure you have plenty of aprons, and equipment that the children can use.

4. Keep your hands off

Suppress your inner control-freak and resist the temptation to jump in. Remember if you teach them things from an early age it's a skill learnt for life.

5. Set ground rules

Insist they always wash their hands before they start and have their own aprons on.

More tips for Stress-Free Cooking With Kids
http://www.mykidstime.com/food-and-recipes/10-tips-stress-free-cooking-kids/

Top 5 Recommended Pieces of Equipment for Cooking with Kids

1. Apron
2. Smaller utensils

3. Non slip sheet for under the bowl
4. Weighing scales with big numbers
5. Step to reach the worktop

Your Cooking Habits

Some stats from our 2015 Cooking With Kids Survey...

1. 63% cook of you cook with your child at least once a week

2. Favourite cooking activity with your child is baking (90%) followed by family meals (46%)

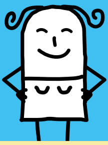
3. 78% of you let your child do stirring and mixing while 28% let their kids chop things

4. Cakes are the favourite thing that your child likes to make (35%) and making dinner options like pizza is popular too (20%)

5. 54% don't enjoy the mess/clean up afterwards and 12% say it takes longer

Tell us in one sentence why you love to cook with your kids

1. Teaching them a life skill
2. It's a great time to bond and it's great fun.
3. The smile on his face is just magical
4. Teaches kids independence and me patience :-)
5. Making great memories



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