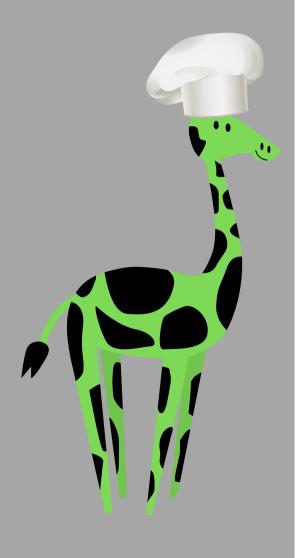
FREE KIDS COOKING CLASS



WEEK 1 MENU & INGREDIENT LIST

Peanut Butter & Jelly Sushi Rolls

Sandwich bread

Peanut butter (or any spread substitute)

Jelly, Jam or Honey (or you can omit)

Sprinkles (optional, but so fun!)

Cinnamon Toast

Sandwich bread Ground cinnamon Granulated sugar Butter (or butter alternative)

Fruit & Veggie Game

Celery Strawberries Cheese sticks

Oven S'mores Packets

Graham Crackers
Regular sized marshmallows (if you only have minis that's ok!)
Semisweet chocolate chips (milk or dark are fine too)
Aluminum Foil

Strawberry Banana Smoothie

Banana

Frozen strawberries (or other frozen fruit eg: blueberries, raspberries peaches, mango)
Apple Juice (check your pantry, do you have a juice box?
Even if it's not apple juice it will work!)

THE GREEN GIRAFFE EATS