

# 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!)

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### Cinnamon Toast

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

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### Fruit & Veggie Game

Celery  
Strawberries  
Cheese sticks

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### 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

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### 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!)