

GOOD THINGS FOR KIDS TO MAKE AND EAT

Sunday Morning Sweet Rolls

- 1 pkg refrigerator crescent rolls
- 1/4 cup melted butter
- 8 large marshmallows
- 1/3 cup sugar
- 2 tbl cinnamon

Mix sugar and cinnamon together. Dip marshmallow in butter, then sugar mixture. Wrap crescent roll around marshmallow, sealing all edges. Dip entire roll in butter and then sugar mixture. Place in muffin tins and bake at 375° for 10-13 minutes.

Honey Crispies

- 1/2 cup powdered sugar
- 1/2 cup honey
- 1/2 cup peanut butter
- 1 1/2 cups crispy rice cereal
- 1/2 cup raisins
- 1/2 cup multi-flavored or chocolate sprinkles

Place a piece of waxed paper on a cookie sheet so crispies won't stick. Combine powdered sugar, honey and peanut butter in a medium bowl. Stir until mixed well. Stir in cereal and raisins. Using hands, shape mixture into one inch balls. Roll ball in sprinkles and place on cookie sheet. Refrigerate for one hour. Store any leftovers in a tightly covered container in the refrigerator. Makes about 30 crispies.

Cake Mix Cookies

- 1 box cake mix
- 1/2 cup vegetable oil
- 2 eggs

Preheat oven to 350 degrees. Mix ingredients well. Drop teaspoons of dough on ungreased cookie sheet about 2 inches apart. Bake 8 to 10 minutes.

- Different things: Add walnuts to Chocolate Devil's Food cake mix, use strawberry cream cheese frosting on yellow cake mix.

Pretzel Dip

- 2 tbl peanut butter
- 3 tbl applesauce
- 2 large carrot (if you want)
- pretzel sticks for dipping

Put peanut butter and applesauce into a small bowl. Grate the carrot, adding 3 tablespoons to the bowl. Stir the ingredients together until they are well mixed. Scoop up the dip with pretzel sticks. Makes enough dip for 2 kids to snack on.

Banana Igloos (recipe is for one igloo)

- 1 small ripe banana (5 or 6 inches long)
- 1/4 cup plain yogurt
- 1 tbl flaked coconut
- small paper cup
- ice cream stick or a small spoon

Peel banana and break into a few pieces. Put in a small mixing bowl. Mash the banana with a potato masher until it is mushy and there are no big lumps. Add the yogurt mix to the banana and stir to mix well. Add the shredded coconut and mix. Spoon the mixture into a small paper cup. Put an ice cream stick into the middle of the cup. Freeze the mixture until firm, at least 60 minutes. To remove igloo from cup, place cup into about 1 inch of hot water, making sure no water gets into the cup, and count to five.

Different things: Instead of coconut, add chopped nuts, raisins, miniature chocolate chips or crushed cookies or candy bars

Peanut Butter and Jelly Waffle Sandwich

- 8 miniature frozen waffles
- 1/3 banana, sliced
- 1/2 tbl Peanut butter
- 1/2 tbl jelly

Toast waffles. Spread waffles, sandwich style, with peanut butter, jelly and banana slices. Top each bottom with another waffle to make a sandwich. These can be wrapped in plastic and easily popped into a lunch bag. Makes 2 servings.

Banana Pops

- 1 cup vanilla yogurt
- 1/2 cup orange juice
- 1 medium ripe banana, cut into chunks

In a blender, combine the ingredients; cover and process until smooth. Pour into Popsicle trays, or into small plastic disposable cups and insert Popsicle sticks in center. Freeze until firm, about 5 hours or overnight. Makes 6 servings.

Kids Cake

- 1 1/2 cups all purpose flour
- 1 cup sugar
- 1/4 cup cocoa
- 1/2 teaspoon salt
- 1 tsp. baking soda
- 1 teaspoon vanilla
- 1 tablespoon white vinegar
- 1/3 cup vegetable, peanut or light olive oil
- 1 cup cold water, milk or chocolate milk

Preheat oven to 350°F.

There are no mixing bowls to worry about, since the cake is mixed directly in the pan so that you can make it more often.

Grease the pan well with Crisco or vegetable shortening.

Measure the flour, sugar, cocoa and salt and baking soda into the pan. Using a fork or whisk, stir all ingredients until no streaks remain and everything is well combined.

Scoop out three holes or valleys in the flour mixture. Pour the vinegar into the first hole; the vanilla into the second hole, and the oil into the third.

Pour the water or milk over everything and stir with a fork or whisk until everything is well blended. Don't forget the corners of the pan and the edges!

Bake 35-40 minutes. Cool 5 minutes and cut into squares. Serve while still warm with ice cream or Cool Whip.