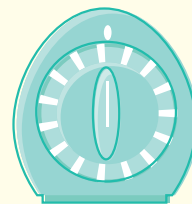




Sparky's Recipes

COOKING with KIDS

I love cooking. When I am not teaching kids about fire safety, you can usually find me in the kitchen. Letting kids help in the kitchen is a great way to teach them about cooking safety and the importance of eating healthy. Here are some of my favorite recipes. Before you begin, make sure to read my **Kids in the Kitchen** tips. These tips can help you figure out what you're old enough to do on your own — and when it's time to ask a grown-up for help.



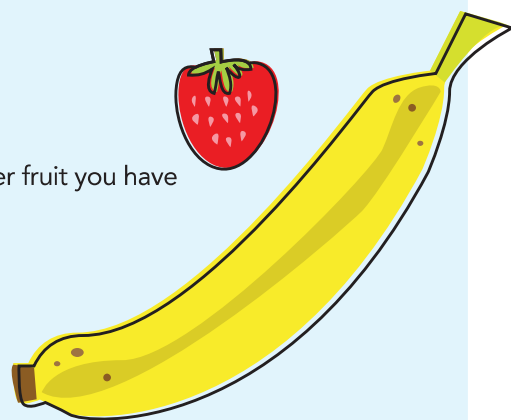
Sparky's "BARK" fait (Parfait) *This makes 4.*

Ingredients:

- 2 cups vanilla yogurt (I used Greek yogurt)
- 2 cups your favorite granola
- 2 cups fresh berries (raspberries, blueberries, strawberries (sliced) or any other fruit you have like: bananas, peaches or mangos, peeled and sliced)
- 4 tablespoons honey (*optional*)

Directions:

1. Line up 4 tall glasses, or whatever you would like to put your parfait in.
2. Spoon 2 tablespoons of yogurt into each glass.
3. Spoon 2 tablespoons of granola over the yogurt.
4. Then, add 2 tablespoons of fruit.
5. Keep repeating these steps until your glass is full. You can add a little bit of honey here and there, to taste.



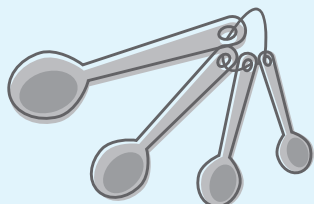
Cinnamon-sugar chips *This makes 8 dozen.*

Ingredients:

- 6 tablespoons unsalted butter, melted
- 1 tablespoon sugar
- 3/4 teaspoon ground cinnamon
- 12 flour tortillas (10" in diameter)

Directions:

1. Preheat oven to 375°.
2. Stir together butter, sugar, and cinnamon in a small bowl.
3. Brush tortillas with butter mixture
4. Using a butter knife, or a cookie cutter, cut each tortilla into 8 wedges.
5. Put wedges in a single layer on a baking sheet.
6. Bake until crispy (about 10 to 12 minutes).



Make sure you let the chips cool on a wire rack before you eat them. Yum!

Sparky's Recipes

COOKING with KIDS

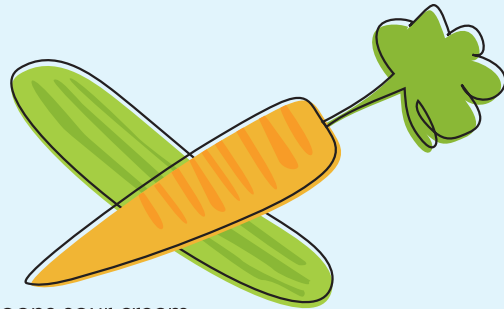
Sparky's Sushi Sandwiches (Say that 3x fast!) *This makes 8.*

Ingredients:

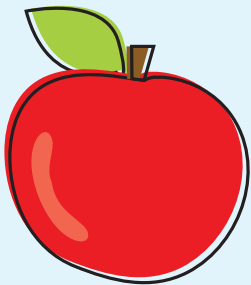
- 2 slices of whole wheat bread
- 3 tablespoons cream cheese
- 1-½ tablespoon of sour cream
- Carrots, sliced thin
- Cucumbers, sliced thin

Directions:

1. Take a rolling pin and flatten 2 slices of bread.
2. Mix together 3 tablespoons cream cheese and 1-½ tablespoons sour cream.
3. Using a butter knife, spread your mixture on your slices of bread.
4. Lay 2 carrot and 2 cucumber sticks (6" long) at the bottom of each slice of bread, let them hang over edges.
5. Roll up the bread, pressing gently to seal.
6. Cut each roll in four equal pieces.



Slippery Snail Snack



Ingredients:

- 1 Granny Smith apple
- Approx. 3" length of celery stalk
- 2 raisins
- 2 thin strips of carrot
- Peanut butter

Equipment:

- 1 sealable plastic storage bag
- Kitchen knife

Directions:

1. Cut a thin vertical slice from the side of your apple (this will be the snail's body).
2. Cut a celery stalk that is about 1" longer than the width of the apple slice.
3. Fill the inside of the celery stalk with peanut butter, and put aside..
4. Now put some peanut butter in the plastic bag and snip just the corner off.
5. Lay your apple slice down on a flat surface. Gently squeezing your plastic bag of peanut butter, add a swirl on one side.
6. Add the "raisin" eyes to one end of the celery (on the peanut butter). Add the thin strips of carrots for antennae.
7. Now carefully attach the apple slice onto the celery stalk.

