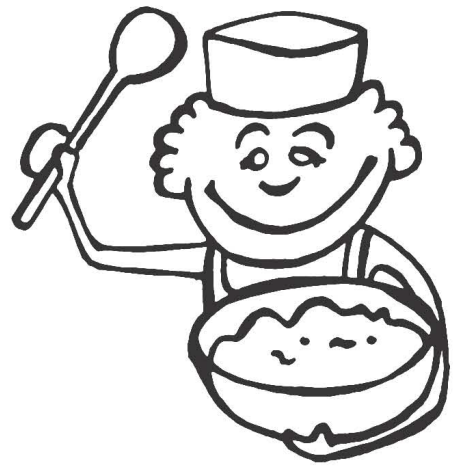




KIDS DIY MOTHER'S DAY RECIPES

Moms are always cooking or fixing food: first breakfast, second breakfast, snack, lunch, snack, dinner, and sometimes a bedtime snack or drink. That's a lot of food. With that in mind, we know most mamas would like a short break from making food for their families and, instead, to have food made for them. We gathered four easy recipes that kids can make with minimal help from an older sibling or grown-up. These are practically no-cook recipes, but they will give the children confidence and allow them to present something lovely to their mama made all by themselves.

With Love,
Sparkle Stories



Sparkle Kitchen

Soft Serve Banana Ice Cream

Ingredients

4-5 frozen bananas

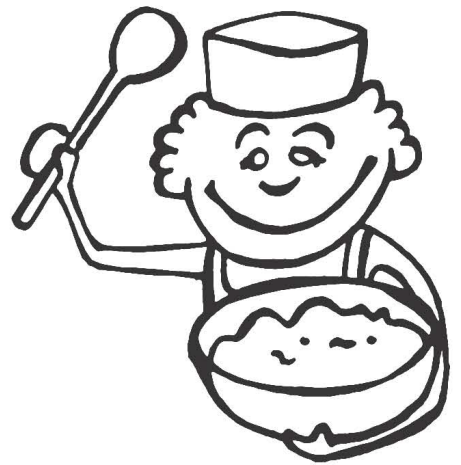
1 tablespoon vanilla

2 tablespoons milk, cream, coconut milk, yogurt, or etc.

Directions

Use a sharp knife to peel the bananas, and cut them into chunks. Toss them in the bowl of a food processor or high powered blender and pulse several times. Next add the vanilla and milk, and continue pulsing and mixing until the ice cream is smooth and creamy.

Serve immediately, either plain or with your favorite toppings.



Sparkle Kitchen

Breakfast Fruit Pizza

Ingredients

½ tablespoon butter

1 whole wheat tortilla

a few big spoonfuls of mascarpone cheese

a drizzle of honey

a handful of mixed fruit, cut into slices if necessary (we used strawberries, blueberries, and kiwi)

Directions

Melt the butter over medium heat in a skillet just large enough to hold the tortilla. Add the tortilla to the pan, and toast on both sides.

Meanwhile, use a fork to whisk the mascarpone cheese with the honey. When the tortilla is toasted, let it cool for about a minute, then spread the cheese mixture over the top.

Now for the fun part!

Take your fruit slices and arrange them on top of your pizza. You can make a pattern, a face, whatever you want. Once you're pleased with how the pizza looks, cut it into four mini pizza slices and enjoy.

(Makes 1 small pizza, increase the recipe as needed for more people.)



Sparkle Kitchen

Mango With Vanilla Bean

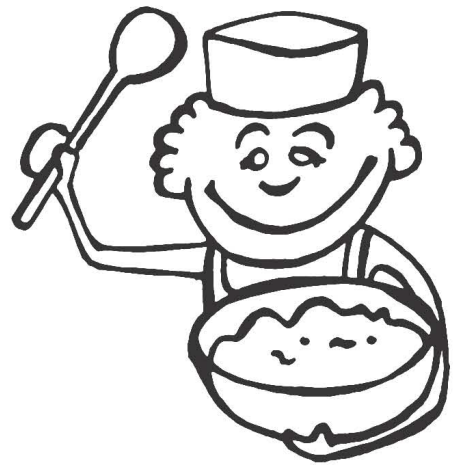
Ingredients

1-2 ripe mangos (feel free to experiment with your favorite summer fruit)

1 vanilla bean

Directions

Peel the mangos and cut the into bite-sized chunks. Carefully use the point of a sharp knife to split the vanilla bean in half, then use the flat side of the blade to scrape the gooey vanilla seeds out. Mix the vanilla seeds with the mango bites, tossing them together well with clean hands. Allow the fruit to chill in the fridge for a few hours to let the flavors meld, if you can stand to wait that long!



Sparkle Kitchen

Peanut Butter, Banana, and Chocolate Chip Quesadillas

Ingredients (for two quesadillas)

- 1 banana
- 2 tortillas
- a few tablespoons peanut butter
- a small handful of chocolate chips

Directions

Working on a cutting board, peel and chop the banana (with a dull butter knife) and set aside.

Use the same knife to spread the peanut butter over the tortillas. Arrange several of the banana slices on top of the tortillas, then sprinkle with chocolate chips.

Fold in half, and toast lightly on a warm griddle. Slice into small triangles before serving.

Enjoy!