

# SUMMER COOKING CAMP FOR KIDS!

Fun & easy recipes for kids to help  
beat the heat!

by: Rachel of [myminiadventurer.com](http://myminiadventurer.com)

Welcome to Summer Cooking Camp for kids! All the recipes in this book are meant to be easy recipes you can make together with your kids. The recipes are for kids of all ages, and adults will enjoy them, too! Kids love cooking and take pride in the food that they've created!

I created this ebook with 7 recipes we've loved to make in the past! You can find even more kid friendly recipes on my blog: <http://myminiaadventurer.com>

I hope you enjoy the recipes in this ebook!

-Rachel



Most of the recipes in this book use fresh produce of some sort! Here are a few ideas for fun activities to go along with this book:

- Go strawberry picking. Check out <http://www.pickyourown.org/> to find strawberry picking farms in your area!
- Visit your local farmers market to pick out veggies for the recipes. Talk about where food comes from & discover what fresh foods are available in your region!
- Make the recipes and have a picnic with your homemade food!
- Host a "kids chef party" and invite friends over to make recipes together!

Note: Some recipes or steps will need extra guidance from an adult! Please use your discretion based on your child's age and experience level with cooking.



## MELON SWIRL POPSICLES

These popsicles are refreshing and just the right amount of sweet! They are perfect for summer because melon is not only hydrating but also packed with vitamins.

### **What you need:**

1/2 a small watermelon

1/2 a cantaloupe

1/2 cup apple juice or water, divided

### **Directions:**

Cut up the watermelon and remove all the seeds. Blend with 1/4 cup of apple juice until smooth. Set aside in a measuring cup.

Repeat step 1 with the cantaloupe.

Pour the blends into your popsicles molds, alternating between watermelon and cantaloupe to make layers. Use a butter knife to gently swirl the layers together.

Freeze overnight, or at least 6 hours.

Enjoy as a refreshing treat on a hot day!



## MAKE-YOUR-OWN TORTILLA PIZZAS

These mini pizzas are great for an easy weekday lunch. They are easy and delicious, and your kids can help put the toppings on to make their own customized pizzas. This is perfect for when you have leftover tortillas from taco night, and as a bonus you don't have to wait for any dough to rise!

### **What you need:**

tortillas  
spaghetti or pizza sauce  
shredded mozzarella cheese  
pepperoni, or other toppings of choice

### **Directions:**

Preheat oven to 350F.  
Place tortillas on baking sheet. Add sauce, cheese and toppings.  
Bake in preheated oven 5-7 minutes, or until cheese is hot and melted.  
You can cut the pizzas up in slices to serve, or roll them up burrito style to eat!



## EASY PAN CON TOMATE

Pan Con Tomate is a very popular toast recipe in Spain, especially in the Catalan region. You'll find versions of this recipe offered as appetizers in almost every restaurant in Barcelona! It's easy to make and perfect for an afternoon snack or appetizer.

### **What you need:**

- 1 (or more) large baguette
- 1 can whole peeled tomatoes
- 1 clove of garlic, peeled & cut in half
- olive oil to drizzle & salt to sprinkle

### **Directions:**

- Preheat oven to broil
- Drain tomatoes and then add to food processor. Blend until pureed.
- Cut baguette in half lengthwise and then into smaller pieces
- Drizzle bread with olive oil.
- Toast under broiler 2-4 minutes until crisp but not burnt.
- Sprinkle bread with salt and then use a spoon to spread the tomato puree over the warm toasted bread. Serve while still warm!



## TROPICAL SANGRIA MOCKTAIL

Sangria is the perfect drink to have in the summer so why not whip up a version that's a mocktail for kids to enjoy? This fun, fruity drink is a delicious drink to make summer special!

### **What you need:**

1 can tropical fruit mix, or 1 1/2 cups frozen tropical fruit mix

Pineapple juice

Sprite (or tonic water, or similar substitute of your choice)

### **Directions:**

Add half the fruit to a pitcher.

Pour pineapple juice to fill pitcher halfway, then sprite in the other half.

Gently mix.

Add small handfuls of fruit to each cup and then pour the mocktail over them. Enjoy!



## OCTOPUS HOT DOGS

Surprise your kids at lunchtime with these cute octopus shaped hot dogs! You can also cut up fruits and veggies in different shapes to make other sea animals to go along with it!

### **What you need:**

Your favorite hot dogs  
mustard or other condiments

### **Directions:**

Cut the hot dog in half so you have two halves.

On the open side, cut slits in the hot dog to make the "arms." Carefully spread them apart.

Cook hot dogs (I use a frying pan. you can also boil) then, when they're still hot, gently spread the "arms" apart again so they can stand up on the plate.

Use mustard to add eyes and mouth!



## CUCUMBER DIP

This dip is a nice cool dip for any time of year! You can serve it with your favorite chips (it goes really well with plain wavy chips) or cut up veggies.

### **What you need:**

1 cucumber  
1 container cream cheese  
1/2 teaspoon garlic powder

### **Directions:**

Cut the cucumber in half lengthwise. Use a spoon to scrape out the seeds and pulp. Chop the cucumber up.

Add cucumber, cream cheese and garlic powder to food processor and blend until smooth.

Serve with veggies, chips or pita slices. Enjoy!



## STRAWBERRY SUMMER SMOOTHIE

Smoothies are a favorite around our house and we are always trying different combinations. In summer I love all the fresh produce available, and especially fresh strawberries! Fresh strawberry smoothies are a great snack, dessert or even breakfast!

### **What you need:**

- 2 cups fresh strawberries
- 1 container of vanilla yogurt
- 1/2 cup apple juice
- 1 cup ice

### **Directions:**

Add everything to blender and blend well.

Serve and enjoy! Garnish with whipped cream and strawberries to make it extra fun if you'd like!

- makes 2 smoothies

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