

Below are some recipes that can be prepared by your child with minimal help from you. It's best to set up these recipes by placing each pre-measured ingredient in its own small bowl/container so that your child can easily dump each ingredient into a larger mixing bowl and mix by themselves. It's great if your child can be included in the whole process by helping chop/mash/whisk/shred the individual ingredients together before adding them into the mixing bowl. The more they can do independently the better!

Easy Banana Oatmeal Pancakes

Ingredients:

- 2 ripe bananas
- 2 eggs
- ½ cup almond milk
- 1 tsp vanilla extract
- 1 ½ cups of old fashioned rolled oats
- 2 tsp baking powder
- ½ tsp ground cinnamon
- ¼ tsp salt
- Oil of your choice for cooking

Instructions:

There are two ways to make this recipe with your toddler

- 1) Add all of the ingredients into a blender and blend until smooth
- 2) Have your child add each ingredient one by one into a large bowl and mix with a spoon (you may need to help them make it smooth)

Cook and enjoy!

Ham, Cheese & Spinach Muffin Recipe

Ingredients:

2 loosely packed cups of cheese of your choice
2 cups of self rising flour
2 eggs

1 ½ cups of milk
½ cup of chopped ham (can substitute with sautéed veggies if you want)
1 large handful of baby spinach

Instructions:

Preheat oven to 350 degrees F

- Sift flour into a large bowl
- Whisk eggs
- Chop spinach and ham
- Make a well in the flour and add eggs, spinach, ham, and cheese
- Mix until combined
- Spoon into a greased muffin tin
- Bake for 25 minutes or until tops are lightly browned

Gluten-free Banana Zucchini Muffins**Ingredients:**

¼ cup agave nectar
1/2 cup coconut oil
1 cup mashed ripe banana (about 2 medium sized bananas)
1 egg
2 tsp vanilla extract
1 1/2 cup gluten-free flour
1 tsp cinnamon
1/2 tsp baking powder
1/2 tsp baking soda
1 tsp salt
1 cup zucchini shredded

Instructions:

Preheat oven to 350 degrees F

Line muffin tin with oil of your choice or use paper liners

- Scoop flour into bowl

- Add cinnamon and stir
- Add baking powder and stir
- Add salt and stir
- Add sugar and stir
- Add oil and stir
- Add mashed banana and stir
- Add egg and stir
- Add vanilla and stir
- Fold in zucchini
- Make sure mixture is completely blended together before baking
- Using a spoon scoop ingredients into the muffin tin
- Bake for 30-40 minutes or until a toothpick inserted into the center comes out clean

Easy Egg Free Chocolate Chip Cookies

Ingredients:

1/3 cup brown sugar
1/3 cup white sugar
½ package of chocolate chips
2 sticks of butter (cut into small pieces for mixing)
2 cups of flour
1 tsp vanilla
1 tsp salt

Instructions:

Preheat oven to 375 degrees F

- In a bowl mix sugars and butter together
- Add in vanilla
- Add in salt
- Add in flour gradually
- The dough will be crumbly at this point
- Add in chocolate chips
- Use your hands to roll a table spoon of dough into a ball
- Place on greased cookie sheet
- Bake for 10-12 minutes

Find more toddler friendly recipes here:

<https://montikids.com/montessori/4-easy-baking-recipes-for-kids-montessori-style/>

http://docs.wixstatic.com/ugd/8e5c2a_c198bf4c44ed41848410f70984c33fd9.pdf