

Please check for ingredients which cause intolerance in your child.



### Watermelon & strawberry slushie

★★★★★ (3 ratings) By [Sophie Godwin](#) [Magazine subscription – 5 issues for £5](#)

PREP: 10 MINS  
plus freezing, no cook

EASY

SERVES 6

What's more refreshing than eating a slice of cool watermelon on a hot summer's day? Drinking our iced fruit slushie!

Gluten-free Vegetarian Vegan

Nutrition: per serving

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
142	1g	0.4g	29g	29g	2g	2g	0g

## Ingredients

- 1 small [watermelon](#)
- 225g punnet of ripe [strawberries](#), tops cut off
- juice of 2 [limes](#)

## Method

1. The day or morning before you want to drink the slushie cut the watermelon into chunks and remove the skin and seeds. Place half the watermelon wedges into a large freezable bag then pop in the freezer for a few hours.
2. Once frozen, blitz the frozen watermelon with the rest of the watermelon, strawberries and lime juice until smooth and slushy. Pour into glasses and sip through a straw.



### Mexican corn salad

★★★★★ (9 ratings) By [Chelsie Collins](#) [Magazine subscription – 5 issues for £5](#)

PREP: 15 MINS  
no cook

EASY

SERVES 4 - 6

Throw together this simple, no-cook salad in 15 minutes flat for a colourful, speedy side dish

Gluten-free Vegetarian

Nutrition: per serving (6)

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
165	9g	1g	16g	11g	3g	3g	0g

- 2 x 340g cans salt-free [sweetcorn](#), drained
- 1 red onion, finely chopped
- 2 large [tomatoes](#), deseeded and finely diced
- ½ small pack coriander, roughly chopped
- juice 2 [limes](#)
- 4 tbsp extra virgin olive oil
- 2 tsp clear honey

1. Combine the sweetcorn, onion, tomatoes and coriander in a large bowl. Make the dressing by whisking the lime juice into the olive oil and add the honey. Season to taste and pour over the corn salad. Toss to coat everything before serving.

Recipe from Good Food magazine, August 2015



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### Fruity sundae

★★★★★ (3 ratings) By [Chelsie Collins](#) [Magazine subscription – 5 issues for £5](#)

PREP: 10 MINS EASY SERVES 1

A sweet and fruity treat for kids needing a boost at lunchtime - yogurt swirled with mashed strawberries, topped with berries - ideal for 4 - 8-year-olds

Gluten-free Vegetarian

Nutrition: per serving

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
77	3g	2g	8g	8g	1g	5g	0.2g

## Ingredients

- 80ml natural yogurt
- 25g strawberries
- 10g mixed berries

## Method

1. Dollop the natural yogurt into an airtight container. Blend or mash the strawberries to a purée and swirl through the yogurt. Top with mixed berries.



### Cheese & fruit sticks

★★★★★ (4 ratings) By [Tony Tobin](#) [Magazine subscription – 5 issues for £5](#)

PREP: 5 MINS EASY AS MANY AS NECESSARY

A perennial favourite with children, these sticks are ready in seconds

Nutrition:

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
-	-	-	-	-	-	-	-

## Ingredients

- firm cheese
- your childrens' favourite fruit eg grapes, apples, pears

## Method

1. We sometimes forget how good the simple things are. This is an easy snack to rustle up and great for getting the kids to eat fruit. Just chop up your kids' favourite fruit and firm cheese and thread the pieces onto cocktail sticks or skewers. Tony's kids all like apples, pears and grapes and love cheddar, but feel free to try your own combinations.

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## Ingredients

### Chicken & Bacon Roll-Ups

- 1 can (9-3/4 ounces) chunk white chicken, drained
- 1 carton (8 ounces) spreadable garden vegetable cream cheese
- 1 cup salsa, divided
- 4 pieces ready-to-serve fully cooked bacon, crumbled
- 6 flour tortillas (8 inches), room temperature



## Directions

- 1 Mix chicken, cream cheese, 1/2 cup salsa and bacon; spread over tortillas. Roll up tightly; wrap in plastic. Refrigerate at least 1 hour. Just before serving, unwrap and cut tortillas into 1-in. slices. Serve with remaining salsa.

### Nutrition Facts

1 piece: 43 calories, 2g fat (1g saturated fat), 4mg cholesterol, 100mg sodium, 4g carbohydrate (0 sugars, 0 fiber), 3g protein.

Simple recipes you may enjoy !

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<https://www.kids-cooking-activities.com/easy-kids-meals-6orfewer-breakfast.html>

<https://www.kids-cooking-activities.com/simple-smoothie-recipes.html>

<https://www.kids-cooking-activities.com/kids-healthy-snacks.html>

<https://www.kids-cooking-activities.com/best-salad-recipes.html>