

Please check for ingredients which cause intolerance in your child.

Ingredients

Method

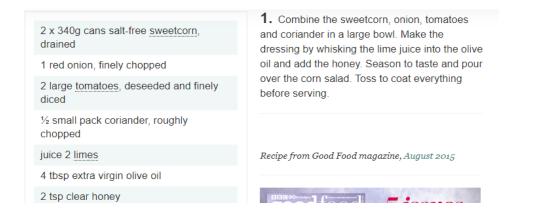
1 small <u>watermelon</u> 225g punnet of ripe strawberries, tops cut off

juice of 2 limes

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.





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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 Image: Comparison of the second strand s
	Nutrition: per serving kcal fat saturates carbs sugars fibre protein sati
Save to My Good Food 🚺 Print 🕞	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.



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

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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