



Fresh Mixed Berry Cobbler

I have found when cooking with kids they always want to bake something! This is an easy dish and packed with seasonal fruit. If you do not have any berries this cobbler would be delicious with apples or peaches.

Ingredients

¾ cup all-purpose flour or gluten free 1 to 1 flour mix

¾ instant oats (if using quick or rolled oats blend them in a food processor for 4-5 pluses)

1/3 cup of sugar

1 teaspoon vanilla extract

1 tablespoon baking soda

½ teaspoon salt

2 tablespoons canola oil

1 cup milk or milk substitute.

3 cups total of fresh whole blueberries, raspberries, blackberries or quartered strawberries, washed – choose any combination you would like

Cooking spray

Crumble topping

¾ instant oats (if using quick or rolled oats blend them in a food processor for 4-5 pluses)

¾ cup all-purpose flour or gluten free 1 to 1 flour mix

½ cup chopped walnuts or other nut/seed of your choice (almonds, hazelnuts, sunflower seeds, hempseeds) – nuts/seeds are optional

¼ cup sugar

1 teaspoon cinnamon

4 tablespoons very cold butter cut into pieces

Alternate fruit options: apples, peaches, canned pineapple, plums

Equipment

2 Large mixing bowls

8 x 8 baking pan

Wooden spoon

Measuring spoons

Measuring cups

Directions

1. Preheat the oven to 375 degrees.
2. Combine ¾ cup flour, ¾ cup oats, salt and baking soda – stir to combine. Add 1/3 cup sugar, vanilla extract, canola oil and 1 cup of milk – stir to combine or until completely moist, add remaining milk.
3. Spray 8 x 8 pan with cooking spray. Pour batter into prepared pan, carefully spread to cover bottom of pan.
4. Evenly distribute fresh berries on top of the batter. Place in a 375-degree oven for 20-25 minutes, or until batter is starting to set and browning around the edges.
5. Meanwhile make crumb topping. Combine flour, sugar, oatmeal, nuts and cinnamon in a large bowl. Carefully add chilled butter pieces and use your hands to combine butter until mixture is crumbly.
6. Once the cobbler is just starting to set, add crumb topping and return to the oven for 15-20 minutes.
7. Serve warm plain or with a dollop of yogurt.



Wheeler

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😊 Little helpers: Kids can gather ingredients and choose which berries to use. Allow them to practice their math skills by measuring out and combining the ingredients. Kids will love getting their hands messy making the crumb topping.

🍏 Nutrition: This is a dessert and should be enjoyed in moderation. The berries and oatmeal add fiber. Fiber can help promote a healthy gastrointestinal tract, makes you feel full and may help improve cardiovascular health. If you want to add an additional fiber boost try it with whole wheat flour instead of all purpose flour – you may need to increase the liquid a little. Berries are packed with vitamin C and the walnuts add some fiber, protein and healthy fats.



Spicy Strawberry Peach Salsa

This salsa is great used as a dip for tortilla or pita chips, but also works well as a topping for chicken and meat or on a leafy green salad with black beans. Eliminate the onion and freeze it to try it in a smoothie or as a fruit ice. The spicy jalapenos make a nice addition to the sweetness of the strawberries and peaches, for a spicy sweet sensation.

Ingredients

2 oranges, washed
2 tablespoons of olive oil
1 tablespoon of honey
1 pint of strawberries, washed, hulled and chopped
2 large peaches, washed and chopped
1 small red onion, washed, peeled and chopped
1 to 2 medium jalapenos, washed and chopped, remove the seeds and membranes for a milder version
¼ cup washed, chopped fresh basil

Equipment

Knife (with help of an adult)
Cutting board
Large bowl
Whisk

Measuring spoons
Measuring cups
Zester or micro plane
Juicer (optional)

Directions

1. Remove about ½ tablespoon of zest from the orange and place in a large bowl with honey and olive oil. Juice oranges (should be about ½ cup of juice) and add to the bowl, use whisk to combine.
2. Add remaining ingredients to the bowl, use a large spoon to thoroughly combine.
3. Serve with graham crackers, tortilla or pita chips. Also works well as a topping for grilled chicken and grilled fish.
4. Store in the refrigerator and use or freeze in 2-3 days. Can be frozen for up to 2 months.

😊 Little helpers: Kids can gather ingredients, help wash and cut some of the softer fruits. Allow them to remove the herbs from the stems, wash and tear them into small pieces. They will love squeezing the juice out of the oranges. Once all the fruit is cut kids can measure out ingredients and combine them. Let them try all the ingredients separately and compare the differences in taste and texture once it is all combined.

🍏 Nutrition: Anytime you can add fruits and vegetables it is a good thing. Salsa is a great way to try some new fruits and vegetables in interesting combinations. This salsa is a good source of fiber, vitamin C and potassium. In addition, strawberries are a good source of vitamin C, potassium, folate and fiber. And do not forget the variety of phytonutrients found in all fruits and vegetables. Adding some olive oil to the mix helps you to absorb some of the fat-soluble vitamins (A, D, E, K)



Watermelon Tomatillo Salsa

This salsa is great used as a dip for tortilla or pita chips, but also works well as a topping for chicken and meat or on a leafy green salad with black beans. The apple adds a tart, sweetness and some crunch to offset the soft watermelon.

Ingredients

2 limes, washed
2 tablespoons olive oil
1 tablespoon honey
¼ teaspoon salt
2 cups chopped watermelon, rind and seeds removed
1 granny smith apple, peeled and chopped
4 -6 tomatillos, washed and chopped
¼ cup washed, chopped fresh mint

Equipment

Knife (with help of an adult)
Cutting board
Large bowl
Whisk
Large spoon

Measuring cups
Zester or micro plane
Juicer (optional)

Directions

1. Remove ½ tablespoon zest from limes and place in a large bowl, add olive oil, honey and salt. Juice limes and add to the bowl (should be about ¼ to ½ cup) use whisk to combine dressing.
2. Add remaining ingredients and use a large spoon to thoroughly mix.
3. Serve with tortilla or pita chips. Also works well as a topping for grilled chicken and grilled fish.
4. Store in the refrigerator and use or freeze in 2-3 days. Can be frozen for up to 2 months.

😊 Little helpers: Kids can gather ingredients, help wash and cut some of the softer fruits. Allow them to remove the herbs from the stems, wash and tear them into small pieces. They will love squeezing the juice out of the limes. Once all the fruit is cut kids can measure out ingredients and combine them. Let them try all the ingredients separately and compare the differences in taste and texture once it is all combined.

🍏 Nutrition: Anytime you can add fruits and vegetables it is a good thing. Salsa is a great way to try some new fruits and vegetables in interesting combinations. This salsa is a good source of fiber, vitamin C and potassium. In addition, strawberries are a good source of vitamin C, potassium, folate and fiber. And do not forget the variety of phytonutrients found in all fruits and vegetables. Adding some olive oil to the mix helps you to absorb some of the fat-soluble vitamins (A, D, E, K)