

# Cooking Encounters with H.B. **Fruit Inspired Snacks & Desserts**



As part of our Kid-Friendly Series.

## Kid-Friendly Treats



Here are some recipes that you can make with or without your kids! I have made every one of these with my kids, or my kids made on their own, but I was still there to supervise for safety! Your kid's safety is your responsibility. If you are not confident that your kids are ready to cook with heat, knives, kitchen appliances, etc., please make that choice.

Ways to keep your little ones involved but away from the dangers of the kitchen appliances:

- Measuring & pouring ingredients.
- Sifter, stirrer, decorator.
- Ingredient gatherer & "go-fer."
- Use hand tools rather than electric ones.
- Official test-taster.

Recipes:

Banana Bite

Fruit Kabobs

Fruit Pizza

Fruit Salad

Visit the USDA's Food & Safety website for details and updates on any and all information regarding food temperatures, safety, and wellness, including allergies. Alongside Creations, their creators, editors, and associates are not responsible for undercooked food and/or illness that results from misinformation on this page or any of the recipes linked to [alongsidecreations.com](https://alongsidecreations.com) You are a willing participant when choosing to follow along with these recipes and are responsible for the safety and wellness of the people in your cooking space.

[FOR MORE RECIPES, PLEASE VISIT  
HTTPS://ALONGSIDECREATIONS.COM/](https://alongsidecreations.com/)

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## **Fruit Inspired Snacks & Desserts**



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### Kid-Friendly Treats - Kabobs



You are the best judge of your child's abilities in the kitchen and are responsible for their safety. Please educate yourself and your little ones on kitchen safety before attempting any cooking. These recipes are designed to make with or without your kid's participation. 😊

#### ● Banana Bites

Chocolate for melting  
Bananas  
Wax paper

Optional toppings:  
Chocolate jimmies  
Shredded coconut  
Assorted nuts  
Dried fruit  
Cake pop sticks  
Decorating bags



Instructions:

Melt chocolate according to package directions.

Peel bananas into 2-3-inch slices.

Insert sticks into the banana slices.

Dip bananas into melted chocolate. Best to do it one at a time.

If using toppings; dip immediately into the desired topping.

Set aside on wax paper.

Freeze for about 10 minutes or until set. The bigger the banana bites the longer they need in the freezer.

Option:

Melt Salted Caramel candy, separately, in decorating bags according to package directions. Cut 1/4 inch tip in each bag. Drizzle on bananas, as desired.

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### Kid-Friendly Treats-Kabobs



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#### ● Fruit Kabobs

Assorted fruit:

strawberries, raspberries,  
blackberries, pineapple  
kiwi, apple, melon

Marshmallows

Pound cake - or similar

Melting chocolate

Wax paper

Skewer options: cake pop sticks  
wooden kabob sticks

The fun thing about kabobs:  
the options are endless.

Fun options:

Sprinkles

Mini or bite-size donut pieces

Mini or bite-size brownie pieces

Instructions:

Melt chocolate according to package directions.

Skewer the ingredients (leave room at bottom for handling)

Set aside on wax paper.

Drizzle melted chocolate over skewers as desired.

Options: use a spoon or piping bag

Did you know?

There are candy melts in a ton of different colors!

Choose one or many different colored candy melts, and melt according to package directions, drizzle as desired.

**USE THIS RECIPE FOR BREAKFAST!!!**  
(minus the chocolate)



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## **Fruit Inspired Snacks & Desserts**



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### Kid-Friendly Treats-Fruit Pizza



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#### ● Fruit Pizza

Assorted fruit:

strawberries, kiwi, blueberries

Sugar cookies - favorite premade cookie or dough

Frosting - favorite premade cream cheese frosting

The fun thing about these: the topping options are endless mango, pineapple, raspberries, etc.

Keep it simple by using premade cookies and/or dough from the store or add the challenging element of making your own sugar cookies & frosting from scratch.

We make these as individual pizza cookies, however, you can use a pizza baking sheet and then slice into pizza-shaped slices.

Instructions:

Dice fruit as needed. Use a paper towel to lightly pat the fruit slices so that the excess liquid will be absorbed by the towel.

If using premade dough from the store: bake per package instructions. Let cookies cool.

Add a thin layer of frosting to the cookie.  
If the cookie is too warm the frosting will melt.

Top with fruit.

Enjoy!

If you are storing cookies; refrigerate.



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## **Fruit Inspired Snacks & Desserts**



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### Kid-Friendly Treats-Fruit Salad



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#### ● Fruit Salad

Assorted fruit:

Grapes - seedless

cut in 1/2 if desired

Mandarin oranges

if canned - rinse, drain, dry  
approximately 8 oz can

Maraschino cherries - destemmed

if canned - rinse, drain, dry  
approximately 10 oz jar

Banana

peeled and cut into bite-size

Apple - diced

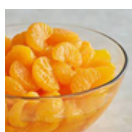
Whipped topping:

Options include brand names  
such as Coolwhip, Truwhip.

Approximately 8-10 oz.

Depending on the brand name determines  
container sizes.

Keep it simple by using canned fruit  
cocktail. Drain, rinse, dry.



Instructions:

Thaw whipped cream.

Fresh fruit option:

Dice fruit to desired bite-size pieces.

Absorb and/or drain any excess liquid.

Mix in a large bowl the fruit & whipped cream and serve.

Canned fruit option:

If using canned fruit, drain & rinse.

Add sliced banana slices & diced apples to give it more  
texture & fresher appeal.

Mix in a large bowl the fruit & whipped cream and serve.

Enjoy!

If you are storing, refrigerate for a day or two.

