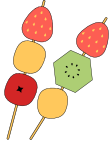


Cooking Encounters with H.B. **Breakfast Kabobs**



As part of our Kid-Friendly Series.

Kid-Friendly Breakfast



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:

Fruit Kabobs

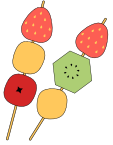
Sausage Kabobs

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. 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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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. 😊

● Fruit Kabobs

Assorted fruit:

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

Instructions:

Skewer the ingredients (leave room at bottom for handling)

Set aside on wax paper.

Waffles - Mini or bite-sized pieces

Pancakes - Mini or bite-sized pieces

French Toast

USE THIS RECIPE FOR AN AFTER-DINNER TREAT!!!

Wax paper

Skewers: cake pop sticks

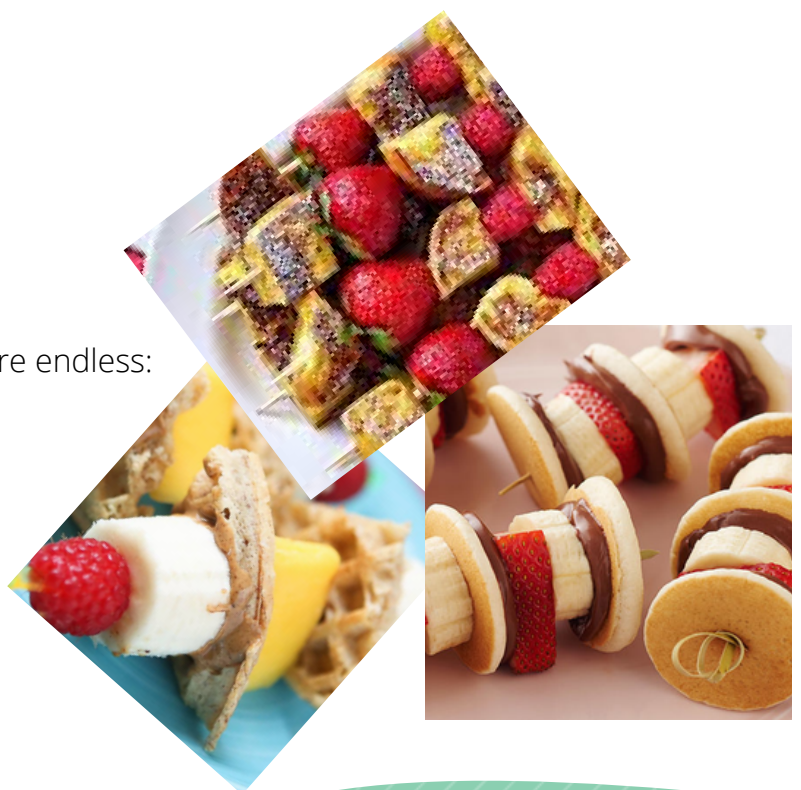
wooden kabob sticks

The fun thing about kabobs:
the options are endless.

Serving Options:

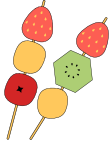
The fun thing about kabobs = the options are endless:

- Serve with a side of yogurt
- Serve with a side of cottage cheese
- Fruit choices are up to you!
- Try with donuts
- Add thin slices of ham



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● Sausage Kabobs

Cooked Sausage
Waffles - Mini or bite-sized pieces
Pancakes - Mini or bite-sized pieces
French Toast
Skewers
Maple syrup

The fun thing about kabobs:
the options are endless.

Instructions:

Roll ground sausage into bite-sized pieces
Cook thoroughly (pan fry, or oven)

Make your favorite French Toast/Pancake/Waffle recipe and cut into bite-sized pieces

Skewer the ingredients (leave room at bottom for handling)

Drizzle with maple syrup

Serving Options:

The fun thing about kabobs = the options are endless:

- Serve with a side of yogurt
- Serve with a side of cottage cheese
- Serve with fruit-choices are up to you!
- Add roasted potatoes
- Substitute ground sausage with link or patty, or other breakfast meats

You do not have to make these items from scratch. Many grocery stores have 'mini-sized' options already and all you have to do is prepare as indicated on the package.

