

Kid's Kitchen



Fruit and Yogurt Parfait

Ingredients:

- 2 cups plain yogurt
- 2 cups granola
- 2 cups sliced fresh fruit (bananas, strawberries, raspberries, grapes)
- 4 tbsp Honey

Directions:

1. Line up 4 clear glasses, jars or bowls
2. Spoon 2 tbsp of yogurt into the bottom of each glass
3. Spoon 2 tbsp of granola onto the yogurt in each glass
4. Spoon 2 tbsp of fruit onto the granola
5. Repeat these steps creating layers in the glass or bowl and adding a little honey here and there.



Sprinkle Shortbread Bites

Ingredients:

- 1 ¼ cup all purpose flour
- 3 tbsp sugar
- ½ cup cold butter, cut into ½ cm cubes
- 1 tsp vanilla extract
- 1 tbsp milk
- 2 tbsp coloured sprinkles



Directions:

1. Preheat oven to (160C) 320F. Line a cookie sheet with baking paper.
2. In a bowl, stir together flour and sugar. Add vanilla extract.
3. Using the tips of your fingers, rub the cold butter into the flour until the mixture resembles breadcrumbs.
4. Stir in coloured sprinkles and milk.
5. Roll mixture into a ball and knead until smooth. Roll the mixture into an 8X5 inch rectangle which is about 1/2 inch high.
6. Cut into bite sized squares, making sure you separate them slightly. Bake for approximately 12 to 15 minutes until the bottoms start to brown and the top starts turning golden.
7. Remove from the oven and transfer bites onto a wire rack. Cool completely and store in an air-tight container until ready to eat.

