**Hummus and Pita Chips**

**Ingredients**

1 can garbanzo beans

Lemon

Salt

Olive oil

Garlic

Pita Chips

**Preparation**

(Pre set for your child) have garbanzo beans in a small bowl already out of the can you can pour the olive oil onto the garbanzo beans, Cut your lemon into small slices. Place them in another dish. In another small saucer place a pinch of salt and half crushed garlic.

Display your food dishes next to the blender (not plugged in) on your counter or table. Invite your child to pour the ingredients into the blender. You can place a spoon for the garbanzo beans. This way your child practices spooning.

After the ingredients are inside the blender you can plug it in and start it. Scoop the hummus into your bowl. Invite your child to put some pitta chips into a separate bowl. And Enjoy!!

\*quantity of olive oil, salt and lemon is your preference.

**Cottage Cheese and Fruit**

**Ingredients**

Cottage cheese

Peaches

Strawberries

Or your fruit of choice

**Preparation**

Invite your child to wash the fruit first. You can use a vegetable brush and a bowl with water. They can also wash in the sink if accessible. You can slice up the peaches while your child pulls the stem off the strawberries. They can slice the strawberries with a butter knife.

They can then scoop the cottage cheese onto their bowl and pick how much fruit they want in it as well. Using tongs for the fruit helps with their fine motor skills and strengthening their hand muscles.

**Veggie Toast**

**Ingredients**

Sandwich bread toasted

Cherry tomatoes

Spinach

(Cream cheese optional)

**Preparation**

Invite your child to cut the cherry tomatoes in half. We use a crinkle knife for this. They can also rinse out the spinach and pull the ends off (if buying fresh) Using the same crinkle knife they can cut the toast in half if you prefer a smaller portion for their snack. Once the vegetables are ready, you begin be spreading cream cheese on your toast, spinach leaf next then tomato on top. Enjoy!!

**Sweet Potato Fries**

**Ingredients**

Whole Sweet Potato

Olive Oil

Salt

**Preparation**

Pre-prep the potatoes for your child to cut. Cut the potato in thin circle slices. Using a crinkle cutter invite your child to cut the potato, so you have strips of them.

Once cut transfer them into a separate plate of cookie sheet. Using a paintbrush or cooking brush, have your child brush olive oil and salt onto the potato strips. Place in toaster oven or conventional oven at 350\* for about 10-15 minutes, or as desired crispiness.

**Gluten Free Bars**

**Ingredients**

Bananas (2)

Raisins

Gluten Free Oats (1 cup)

Flax Seeds (1/2cup)

**Preparation**

Use your bananas once they have become soft and mushy. Invite your child to peel the bananas and mash them up. Pour into a medium bowl. Add the raisins, oats, and flax seed. Combine all ingredients until well blended. Using your hands mold the mixture into rectangles or roll into small balls. Place them into a cookie sheet and bake at 300\* for 10 minutes. Enjoy!!!

**We use a standard recipe and follow their directions. Sometimes we cut the recipe in half if it will make a large amount. We do all the pre-measuring and have all the ingredients separated in different containers. This way when the child comes to bake they just pour the ingredients into a mixing bowl and blend it using a wooden spoon. Mixing the ingredients is what takes them a while since it requires to do them same circular motion over and over. This helps their motor skill and concentration.**

**They love helping with food preparation, and are very excited to share their treats with their friends once they have finished. This is a perfect activity to continue doing at home with them. It fosters their independence, concentration, motor skills, and sense of community.**