

## Overview:

Sometimes, you may find it difficult to get your little minions to eat their vegetables. Allowing them to help out in the kitchen can spark their interest in trying new foods on their own!

# Minion Stuffed Bell Peppers

Serves: 5

## **Ingredients:**

5 yellow bell peppers  
1 onion  
4 cloves of minced garlic  
2-3 lbs of ground beef or ground turkey  
Seasonings of choice  
30 oz of tomato sauce  
Mozzarella cheese

## **Instructions:**

- 1) Preheat your oven to 375°F
- 2) Cut the tops off of each bell pepper and remove the seeds.
- 3) Dice up the top pieces of bell peppers along with an onion.
- 4) Cook the meat with the peppers, onions, and garlic.
- 5) Drain the meat and season it to your liking.
- 6) Add your tomato sauce to the meat mixture and fold in shredded cheese.
- 7) Stuff each pepper with some of the filling and top with cheese.
- 8) Line each pepper on a baking sheet and bake at 375°F until each pepper is fork tender.

### **\*Tip\***

- To get little ones to eat more veggies, try adding diced mushrooms and spinach to the meat mixture.

# Banana Cupcakes

When spending time with family, sometimes simple is best. Below is a recipe for simple banana cupcakes.

## Ingredients:

Yellow boxed cake mix

2 teaspoons of banana extract

1 teaspoon of Vanilla extract

Recommended amount of eggs plus an additional egg

Whipped cream icing

## Instructions:

- 1) Preheat oven to 350°F.
- 2) Line 24 regular cupcake liners or 12 large liners into a cupcake sheet.
- 3) Follow the instructions for liquid measurements on the back of your cake box.
- 4) Add an additional egg, plus the extracts into the mixture.
- 5) Fill your cupcake liners  $\frac{2}{3}$  of the way full to leave room for rising.

- 6) Bake for the suggested length of time and test the center of a cupcake with a toothpick.
- 7) Once your cupcakes are out of the oven, allow them to cool.
- 8) Use your favorite whipped topping to ice the cooled cupcakes.

**\*Tips\***

- Taking a can of store bought icing and whipping it increases the lightness of it and also gives you double the icing!
- For more banana flavoring, add a slice of banana to each cupcake!
- Oven times vary depending on the type and age of the oven, so make sure to check your treats after 15 minutes.

# Bob's Basic Blast

## **Ingredients:**

- 24 oz of pineapple sparkling water
- 12 oz of pineapple juice
- 1 cup of defrosted blueberries with juice

## **Instructions:**

- 1) Chill all of your ingredients prior to starting the movie.
- 2) Place the defrosted blueberries at the bottom of the pitcher
- 3) Pour the sparkling water and pineapple juice over top and stir.
- 4) Serve and enjoy!