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BANANA CREAM PIE PARFAITS

INGREDIENTS

Parfait (per serving, 1 parfait):

- ¼ cup vanilla Greek yogurt
- ½ a banana, mashed
- 2 sheets of graham crackers

Whipped Cream (for 12 servings, 12 parfaits):

- 2 cups (1 pint) heavy whipping cream
- ½ cup powdered sugar
- 1 teaspoon vanilla extract

Topping (per serving, optional):

- Slices of banana
- Graham crackers



DIRECTIONS

- **Whipped cream:** In a large bowl, combine the heavy cream, powdered sugar, and vanilla. Beat on high speed until stiff peaks form.
- **Parfait:** Break up graham crackers into small pieces, you may crush them finely or leave in small pieces. Set aside.
- Mash the banana in a bowl with a fork until smooth. Add yogurt and mix together.
- **Assemble:** In clear cups layer crushed graham crackers, then banana mixture, and whipped cream. Repeat layers as desired.
- **Topping:** Add graham cracker pieces or slices of banana on top if desired.

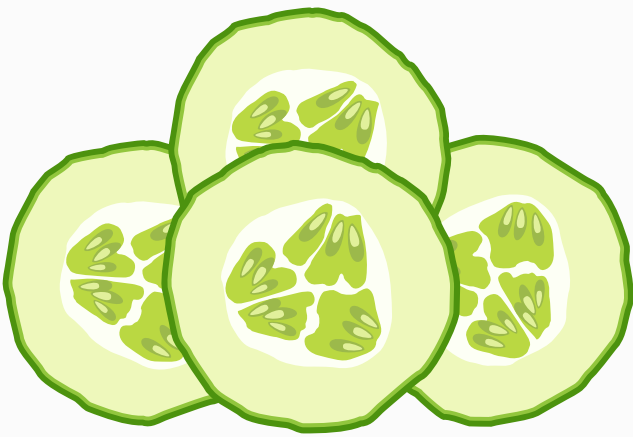


CUCUMBER SANDWICHES

INGREDIENTS

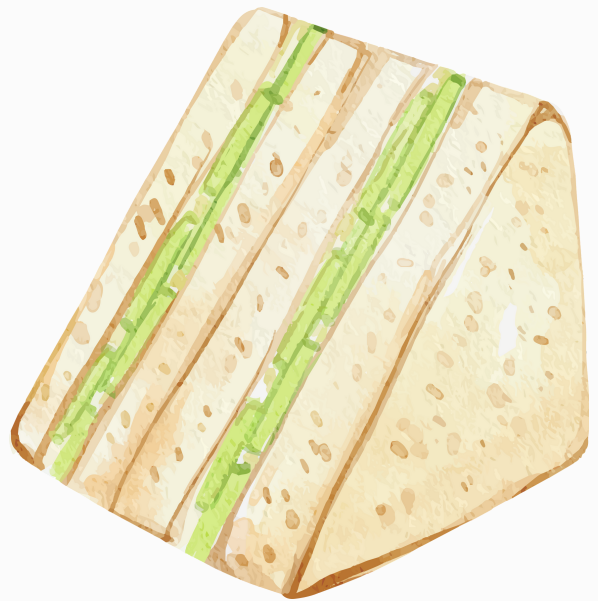
Sandwich (per serving, 1 sandwich):

- ¼ piece of English cucumber
- 2 slices of white bread



Cream Cheese Mixture (for 6 servings, 6 sandwiches):

- 1 (8 oz) block cream cheese, softened
- ¼ cup mayonnaise
- ⅔ lemon
- 6 sprigs fresh dill
- 1 pinch of garlic powder
- 1 pinch of salt



DIRECTIONS

- **Cream cheese:** In a large bowl, use an electric mixer to blend together the cream cheese and mayonnaise until smooth and creamy.
- Squeeze the juice from the lemon into the of cream cheese.
- Finely chop the fresh dill and stir it into the cream cheese mixture. Season to taste with a sprinkle of garlic powder and salt.
- **Sandwich:** Slice the cucumber into thin rounds, the thinner the better for layering.
- **Assemble:** Spread the cream cheese mixture onto slices of bread. Top with cucumber slices and sandwich together.
- Enjoy!



BLUEBERRY CHEESECAKE CUPS

INGREDIENTS

Pie Crust (per serving, 1 cup):

2 sheets of graham crackers

Cheesecake Filling (for 6 servings, 6 cups):

1 (8 oz) block cream cheese, softened

½ cup vanilla Greek yogurt

2 tablespoons granulated sugar

2 cups frozen blueberries, thawed and strained*

*Reserve juice to use if needed

Whipped Cream (for 6 servings, 6 cups):

1 cup (½ pint) heavy whipping cream

¼ cup powdered sugar

½ teaspoon vanilla extract



DIRECTIONS

- **Whipped cream:** In a large bowl, combine all of the whipped cream ingredients. Beat on high speed until stiff peaks form.
- **Filling:** In a second large bowl, combine the cream cheese, Greek yogurt, and sugar. Mix until smooth, then add the frozen blueberries and mix until blended, your mixture should turn a nice purple color (add a little blueberry juice if it needs more color).
- Gently fold half of the whipped cream into the cheesecake mixture.
- **Crust:** Break up graham crackers in a bag or between your hands into small pieces (they don't need to be finely crushed).
- **Assemble:** In a clear cup layer crushed graham crackers, then add the blueberry cheesecake mixture, and top it all off with a layer of whipped cream.
- Serve immediately.
- Enjoy!



TACO PIZZAS

INGREDIENTS

- | | |
|---|--|
| 12 naan rounds (1 per person) | 1 (16 oz.) sour cream |
| 1 (14 oz.) can corn | 1 (16 oz.) bag shredded cheddar cheese |
| 1 (14 oz.) can vegetarian refried beans | 1 pint cherry tomatoes |
| 1 (16 oz.) jar mild salsa | 1 head iceberg lettuce |
| 1 (1 oz.) packet mild taco seasoning | 2 bell peppers |
| 1 (2.25 oz.) can sliced black olives | 1 bunch cilantro |

DIRECTIONS

- Dice fresh vegetables of your choice.
- Assemble: Spread a layer of refried beans and/or sour cream as the base (think “pizza sauce”) Then layer, spread, or sprinkle remaining ingredients in any order you choose.
- Makes 12 personal taco pizzas

