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TASTE THE RAINBOW



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# 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!



# PINKALICIOUS RASPBERRY PARFAITS



## INGREDIENTS

### Parfait (per serving, 1 parfait):

½ cup frozen raspberries, thawed & strained\*  
2 sheets of graham crackers

\*Reserve juice to use if needed

### Whipped Cream (for 6 servings, 6 parfaits):

2 cups (1 pint) heavy whipping cream  
½ cup powdered sugar  
1 teaspoon vanilla extract  
¼ cup frozen raspberries

### Topping (per serving, optional):

2 - 3 tablespoons mini semi-sweet chocolate chips

## DIRECTIONS

- **Whipped cream:** In a large bowl, combine the heavy cream, powdered sugar, and vanilla. Beat on high speed until stiff peaks form.
- At the end, mix in the frozen raspberries until the whipped cream turns a nice pink color (add a bit of raspberry juice if you'd like it more vibrant).
- **Parfait:** Break up graham crackers into small pieces, no need to crush them finely.
- Mash the thawed frozen raspberries in a bowl with a fork until they're nice and juicy.
- **Assemble:** In clear cups layer crushed graham crackers, then add the mashed raspberries, and finish with the raspberry whipped cream on top.
- **Topping:** Sprinkle with mini chocolate chips if desired.
- Enjoy!



# NO BAKE APPLE PIES

## INGREDIENTS

### Apple Filling (for 6 servings, 6 pies):

6 apples  
6 tablespoons unsalted butter  
¼ cup light brown sugar  
1 ½ teaspoons cinnamon

### Pie Crust (per serving, 1 pie):

2 sheets of graham crackers  
1 tablespoon unsalted butter, melted  
2 teaspoons granulated sugar

### Whipped Cream (for 6 servings, 6 pies):

1 cup (½ pint) heavy whipping cream  
¼ cup powdered sugar  
½ teaspoon vanilla extract

1 (5") mini foil pie pan (1 per serving)



## DIRECTIONS

- **Filling:** Dice apples into small pieces, about the size of playing dice. Remove any core or seeds, and peel the apples if you prefer. Set aside.
- In a large skillet, combine 6 tablespoons of butter, brown sugar, and cinnamon. Stir until melted and bubbly. Add the apple pieces, reduce heat slightly, and sauté for about 2 minutes. Cover and cook for another 3-5 minutes, stirring occasionally, until the apples are tender but still have a little bite.
- **Crust:** Crush graham crackers in a ziplock bag until they resemble sand.
- Add 1 tablespoon melted butter and sugar right into the bag. Close the bag and shake everything together until the crumbs are moist and hold together when pressed. Add a little more butter if needed.
- **Whipped cream:** In a large bowl, beat all of the whipped cream ingredients together on high speed until stiff peaks form.
- **Assemble:** Pour the graham cracker mixture into foil pie dishes and press firmly into the bottom.
- Scoop the warm apple mixture over the crust.
- Top each apple pie with a generous spoonful of whipped cream.
- Enjoy!





# KEY LIME CUPS

## INGREDIENTS

### Pie Crust (per serving, 1 cup):

2 sheets of graham crackers

### Key Lime Filling (for 6 servings, 6 cups):

1 (8 oz) block cream cheese

½ cup vanilla Greek yogurt

½ cup sweetened condensed milk

⅔ cup fresh lime juice

Zest of 1 lime

½ cup whipped cream (added later)

### Whipped Cream (for 6 servings, 6 cups):

2 cups (1 pint) heavy whipping cream

½ cup powdered sugar

½ teaspoon vanilla extract



## DIRECTIONS

- **Whipped cream:** In a large bowl, combine all of the whipped cream ingredients together and beat on high speed until stiff peaks form. Set aside.
- **Filling:** Zest the lime into a bowl. Then, cut the lime in half and squeeze the juice into the same bowl (you can use tongs or a citrus juicer to help).
- Add the cream cheese, yogurt, and sweetened condensed milk to the bowl with the lime juice and zest. Beat with an electric mixer on medium-high speed until smooth and creamy.
- Gently fold ½ cup of the whipped cream into the lime filling using a spatula, being careful to keep the mixture light and airy.
- **Crust:** Crush graham crackers in a ziplock bag into small pieces.
- **Assemble:** Pour the graham cracker crumbs into the bottom of a clear cup.
- Scoop the lime filling over the crumbs, then top with a generous spoonful of whipped cream.
- Enjoy!



# CHOCOLATE BANANA CUPCAKES

## INGREDIENTS

### Cupcake Batter (for 6 servings, 12 cupcakes):

- 1 stick unsalted butter, softened
- ½ cup light brown sugar
- ½ cup granulated sugar
- 3 eggs
- 3 ripe bananas
- 1 ½ teaspoons vanilla extract
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- ½ cup buttermilk
- ½ (12 oz) bag mini semi-sweet chocolate chips

### Chocolate Frosting (for 6 servings, 12 cupcakes):

- 1 stick unsalted butter, softened
- 2 cups powdered sugar
- ⅓ cup unsweetened cocoa powder
- ½ teaspoon vanilla extract
- 1 - 1 ½ teaspoon water (as needed)

Non-stick cooking spray



## DIRECTIONS

- **Batter:** Peel and mash the bananas with a fork until they're smooth and have no lumps, think baby food texture. Set aside.
- In a large bowl, use an electric mixer on high speed to beat the butter, sugar, and brown sugar together until light and fluffy (this will take a few minutes).
- Crack the eggs into a small bowl, check for shells, then add to the large bowl along with the vanilla. Mix for about 30 seconds.
- Add the mashed bananas and buttermilk, mixing for another 30 seconds.
- Add the remaining dry ingredients (except the chocolate chips) and mix until combined.
- Gently fold in the chocolate chips with a spatula.
- **Bake:** Preheat a cupcake maker and spray the wells with non-stick spray. Fill the wells ¾ full and bake until golden and cooked through, about 5 minutes.
- **Frosting:** In a large bowl, beat the softened butter, powdered sugar, cocoa powder, vanilla, and water on high speed until light and fluffy (this will take a few minutes).
- **Assemble:** Scoop frosting into ziplock bags, twist the tops, snip off a corner, and use as piping bags.
- Once cupcakes have cooled, pipe the frosting on top.
- Enjoy!



# RAINBOW PASTA SALAD

## INGREDIENTS

### Pasta (for 6 servings):

- 1 (16 oz) box rotini pasta
- 1 (16 oz) bottle Italian dressing
- 1 (16 oz) bottle ranch dressing
- 1 (8 oz) shaker parmesan cheese
- 1 (8.5 oz) bottle olive oil (for drizzling)

### Vegetables (for 6 servings):

- ½ red onion
- 1 large English cucumber
- 1 red bell pepper
- 1 ripe avocado
- ½ pint cherry tomatoes
- 1 (15 oz) can corn
- ½ bag matchstick carrots

## DIRECTIONS

- **Pasta:** Cook the pasta according to the package directions. Once cooked, drizzle with a little olive oil to prevent sticking. Set aside.
- **Vegetables:** Prep vegetables. Dice onion, cucumber, bell pepper, and cherry tomatoes. Peel and slice avocado. Drain and rinse canned corn.
- **Assemble:** Once the veggies are ready, mix them into the bowl of pasta. Add a splash of your desired dressing and sprinkle with optional parmesan cheese.
- Mix until thoroughly combined.
- Serve chilled or immediately.
- Enjoy!



# CORN SALSA QUESADILLAS

## INGREDIENTS

### **Quesadilla (for 6 servings, 6 quesadillas):**

- 6 (8 inch) tortillas
- 1 (8 oz) bag shredded mozzarella cheese
- ½ (8 oz) container sour cream



### **Salsa (for 6 servings, 6 quesadillas):**

- 1 (15 oz) can corn
- 1 pint cherry tomatoes
- 1 yellow bell pepper
- ½ red onion
- 1 lime
- 1 bunch fresh cilantro
- 1 pinch of salt
- 1 jalapeño (optional)

Non-stick cooking spray

## DIRECTIONS

- **Salsa:** Prep your vegetable. Dice the onion, tomatoes, jalapeño, and bell pepper. Mince the cilantro. Drain and rinse the corn. Cut the lime into wedges.
- Once everything is chopped, add desired veggies to a bowl with a pinch of salt and a squeeze of fresh lime juice. Mix it all together. If you like, stir in a little finely diced jalapeño for extra kick.
- **Quesadilla:** Fill one half of a tortilla with the corn salsa and a sprinkle of cheese. Fold into a half-moon shape.
- **Cook:** Heat a griddle or large skillet over medium-high heat. Lightly spray with non-stick cooking spray. Cook the quesadillas for about 2-3 minutes per side, until golden and the cheese is melted.
- Serve warm with optional sour cream for dipping.
- Enjoy!



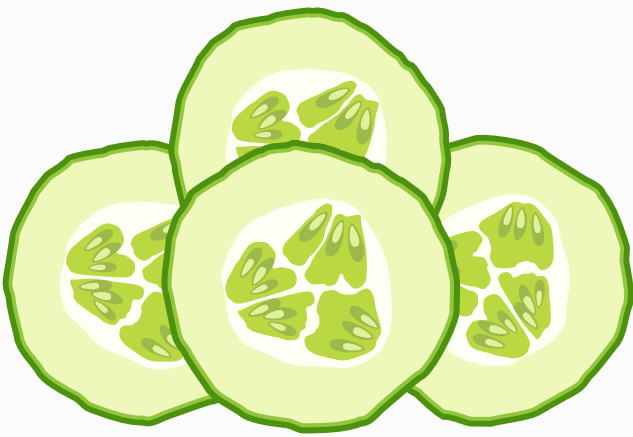


# CUCUMBER SANDWICHES

## INGREDIENTS

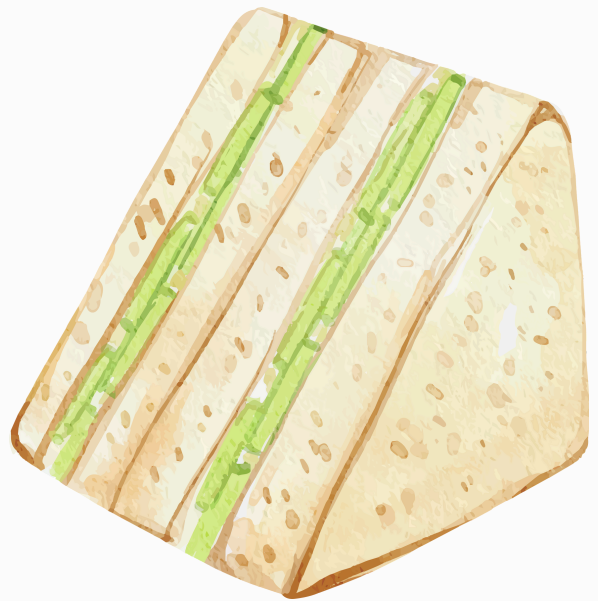
### Sandwich (per serving, 1 sandwich):

- 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!



# VEGGIE EGG BITES

## INGREDIENTS

### Egg Bites (for 6 servings):

9 eggs

$\frac{3}{4}$  cups whole milk

1  $\frac{1}{2}$  cups cheddar cheese, shredded

### Veggie Filling (for 6 servings):

$\frac{1}{2}$  cup spinach

$\frac{1}{2}$  cup broccoli

$\frac{1}{2}$  bunch green onions

1 red bell pepper

Non-stick cooking spray

## DIRECTIONS

- **Filling:** Prep your vegetables. Finely chop the spinach, broccoli, green onions, and red bell pepper.
- Once the veggies are diced, add them to a large mixing bowl.
- **Bites:** Crack the eggs one at a time into a small bowl first to check for shells before adding to a new large mixing bowl.
- Add milk and whisk together until combined.
- Add the cheese and diced vegetables to the egg mixture and stir everything together.
- **Cook:** Preheat a cake pop machine and lightly spray with non-stick cooking spray. Spoon about 1 tablespoon of the egg mixture into each well. Cook for 2–3 minutes.
- Let cool slightly before serving.
- Enjoy!



# PIZZA QUESADILLAS

## INGREDIENTS

### **Quesadilla (for 6 servings, 6 quesadillas):**

- 6 (12 inch) tortillas
- 1 (24 oz) jar marinara sauce
- 1 (8 oz) bag shredded mozzarella cheese
- 1 (8 oz) shaker parmesan cheese

### **Veggie Filling (for 6 servings, 6 quesadillas):**

- ½ red bell pepper
- ½ (8 oz) bag fresh spinach
- ½ (2.25 oz) can sliced black olives
- ½ (8 oz) package fresh mushrooms
- ½ (8 oz) can pineapple slices

Non-stick cooking spray



## DIRECTIONS

- **Filling:** Prep your vegetables. Finely chop the spinach, mushrooms, pineapple, and red bell pepper.
- **Quesadilla:** Spread marinara sauce over one half of the tortilla, then layer on the chopped veggies of choice and shredded cheese. Fold the tortilla in half.
- **Cook:** Heat a griddle or large skillet over medium-high heat and lightly spray with non-stick cooking spray. Cook the quesadillas for about 2 minutes per side, flipping once, until golden and the cheese is melted.
- Serve warm, with extra marinara for dipping and a sprinkle of parmesan if desired.
- Enjoy!

