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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!



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!



GREEK FLATBREADS

INGREDIENTS

- 12 naan flatbreads or pita breads
- 1 container crumbled Feta cheese
- 1 can sliced black olives, drained
- 1 can quartered artichoke hearts in water, drained
- 1 pint cherry tomatoes
- 1 container plain hummus
- 1 head iceberg lettuce
- 1 bunch green onions
- 2 bell peppers



DIRECTIONS

- Dice your choice of vegetables.
- To assemble: spread ~2 tablespoons hummus over the surface of your naan or pita bread. Top with Feta, olives, and your choice of diced vegetables.

Note: these flatbreads do not require baking



PUMPKIN FACE BAGELS

INGREDIENTS

Pumpkin Cream Cheese Spread:

2 (8 oz.) blocks of cream cheese, softened
½ cup pumpkin puree
1 tsp pumpkin pie spice
½ cup powdered sugar

Other ingredients:

1 bag of plain mini bagels (1 per child)
1 (12 oz.) box of raisins
1 (10 oz.) bag of mini chocolate chips
1 bag pretzel sticks



DIRECTIONS

- In a large bowl: place pumpkin cream cheese spread ingredients. Using an electric mixer, mix together the cream cheese until smooth and all ingredients are incorporated.
- Slice open bagel in order to have two circles.
- After you have cut your bagel, spread the cream cheese mixture on both halves of the bagel.
- Decorate bagels with raisins, mini chocolate chips, and pretzels. You may choose to create a face with the toppings.

