

## Kid-Friendly Recipes



### Avocado Toast

#### Ingredients (makes 1–2 slices)

- 1–2 slices of good bread (sourdough, whole grain, or your favorite—toast-friendly)
- 1 ripe avocado
- 1 small sprig of fresh cilantro (for garnish)

#### Instructions

1. Toast the bread: Pop your bread slices into a toaster or under the broiler until golden and crisp (about 2–3 minutes). This gives a nice contrast to the creamy avocado.
2. Prepare the avocado: Cut the avocado in half, remove the pit, and scoop the flesh into a small bowl. Mash it lightly with a fork—keep some texture (not too smooth) for the best mouthfeel. No seasoning required if you want it pure!
3. Assemble: Spread the mashed avocado generously over the toasted bread. Use the back of a spoon or fork to make it even.
4. Garnish: Place a small, pretty sprig of fresh cilantro right on top for a pop of green and subtle herbal aroma. (You can gently press it in so it stays put). Add hard boiled or soft boiled egg, or cottage cheese for extra protein.

*That's it! Serve immediately while the toast is warm and the avocado is fresh.*  
[CLICK to order the Avocado Slicer I used in the reel. It is a safe tool for kids.](#)

### Cinnamon Toast

#### Ingredients (makes 2 slices)

- 2 slices of bread (white, sourdough, brioche, or whatever you have—thicker slices work best for crunch)
- 1–2 Tbsp butter (softened or melted; enough to spread generously)
- 2–3 tsp granulated sugar
- ½–1 tsp ground cinnamon (adjust to taste—start with ½ tsp if you like it milder)

## **Instructions:**

1. Mix the topping: In a small bowl, stir together the sugar and cinnamon until evenly combined. (This is your cinnamon-sugar mix—simple and magical!)
2. Prep the bread:
3. Toast the bread lightly first in a toaster so it's crisp but not burned—this helps prevent sogginess.
4. Spread a generous layer of butter on one side of each slice while it's still warm (the heat melts it in nicely).
5. Generously sprinkle the Cinnamon Sugar Mixture.

*That's it! Serve immediately while the toast is warm*

## *Grilled Cheese Or Quesadilla*

### **Ingredients (makes 1 sandwich)**

- 2 slices of bread (white sandwich bread, sourdough, or tortilla if making a quesadilla)
- About  $\frac{3}{4}$ –1 cup grated cheese (cheddar, American, mozzarella, or a mix—use what melts nicely)
- 1–2 Tbsp butter (softened or room temperature for easy spreading)

### **Instructions**

1. Prep the bread: Spread a thin, even layer of butter on one side of each bread slice. This buttered side will face the pan for that crispy golden crust.
2. Assemble the sandwich: Place one slice butter-side down on a plate or cutting board. Pile the grated cheese evenly on the unbuttered side. Top with the second slice, butter-side up (so the cheese is sandwiched between the unbuttered sides).
3. Heat the pan: Place a non-stick skillet or frying pan over medium-low to medium heat. Let it warm up for 1–2 minutes—no oil needed since the butter is on the bread.
4. Cook: Add the sandwich to the pan.
5. Cook for 3–4 minutes on the first side, pressing gently with a spatula for even browning, until the bottom is golden brown and crispy.
6. Flip carefully and cook the other side for another 2–4 minutes, until golden and the cheese is fully melted (you'll see it starting to ooze out the sides).
7. If the bread browns too fast but the cheese isn't melty enough, lower the heat and cover the pan with a lid for 1–2 minutes to help the cheese melt without burning the bread.

*Serve: Remove from the pan, let it rest for 30 seconds, then cut in half (diagonally for that classic look and easy cheese pull). Enjoy warm!*

[CLICK to order the NON STICK Pan used in the reel. This makes it easy for kid chefs!](#)

*\*\*If your child is too young to use the stove top, you can make a grilled cheese sandwich in the air fryer and in a toaster oven.\*\**

## *Bagels and Flavored Cream Cheese*

### **Ingredients (makes 1–2 servings)**

- 1–2 bagels (plain, everything, cinnamon raisin, or your favorite—sliced in half)
- 4–6 oz (about  $\frac{1}{2}$ – $\frac{3}{4}$  cup) cream cheese (softened at room temperature for easy spreading/mixing)
- Fresh berries (strawberries, blueberries, raspberries, blackberries)
- Favorite jams (strawberry, raspberry, blueberry, apricot, etc.—a spoonful or two per serving)

### **Instructions**

1. Prepare the flavored cream cheese (two easy ways—pick one or mix both!):
2. Berry version: In a small bowl, mash a handful of fresh berries (about  $\frac{1}{4}$ – $\frac{1}{2}$  cup) with a fork until juicy and broken down. Stir into the softened cream cheese until evenly swirled or mixed (it'll turn pretty pink/purple with streaks of fruit). Taste and add more berries if you want it fruitier.
3. Jam version: Stir 1–2 Tbsp of your favorite jam directly into the cream cheese for a sweet, flavored spread. Start with less jam and add more to taste—great for smooth, jammy flavor without chunks.
4. Pro tip: For extra fun, do half berry and half jam on the same bagel!
5. Assemble: Spread a generous layer of the flavored cream cheese on each toasted or plain bagel half.
6. Top it off: Scatter fresh berries on top—whole small ones (like blueberries) or sliced larger ones (like strawberries). Press them gently so they stick. If using jam-flavored cream cheese, the berries add a fresh pop!

*Serve: Enjoy right away while the bagel is warm and the cream cheese is creamy.*

*Pre-cut the bagels for younger children or [CLICK to use a BAGEL SLICER.](#)*

# Bagel Fruit "Pizza"

## Ingredients (makes 2–4 mini "pizzas")

- 2 bagels (plain, cinnamon raisin, or your favorite—sliced in half; mini bagels work great for kid-sized portions)
- 4–6 oz (about  $\frac{1}{2}$ – $\frac{3}{4}$  cup) cream cheese (softened at room temperature for easy spreading)
- Assorted fresh fruit:
  - Strawberries (hulled and sliced)
  - Blueberries (whole)
  - Kiwi (peeled and sliced into rounds or half-moons)
  - Mandarin orange segments (fresh or canned/drained)
  - Apples
  - Bananas

## Instructions

7. Spread the "sauce": Generously spread softened cream cheese on plain or toasted bagel half, covering it edge-to-edge like pizza sauce. Use the back of a spoon for an even layer.
8. Add the "toppings": Arrange the fresh fruit on top in a fun, pizza-like pattern:
9. Start with kiwi slices around the edges or in a circle for green "pepperoni."
10. Scatter blueberries for pops of blue.
11. Add strawberry slices in the center or as "slices."
12. Finish with mandarin orange segments for bright orange bursts.
13. Get creative—make patterns like flowers, rainbows, faces, or just pile them on generously!

*Serve: Enjoy immediately while the bagel is warm and the fruit is fresh. Cut into wedges if using larger bagels for easier eating.*

[CLICK to order KID SAFE cutting knife set.](#)

[Pre-cut the bagels for younger children or CLICK to use a BAGEL SLICER.](#)

# Mini Pizzas

## Ingredients (makes 4–8 mini pizzas, depending on muffin size)

- 4 English muffins (split in half; plain or whole wheat work great)
- Leftover tomato sauce (about  $\frac{1}{2}$ –1 cup total, or enough to spread)
- Shredded Italian cheese blend (about 1–2 cups; mozzarella-heavy mix melts best)
- Variety of toppings (choose what you have/like—keep it simple and fun!):

- Sliced pepperoni
- Sliced bell peppers (red, green, or yellow for color)
- Sliced mushrooms
- Sliced black olives
- Diced onions or green onions
- Fresh spinach or basil leaves
- Cherry tomato halves or slices
- Pineapple chunks (for Hawaiian vibe)

**Instructions:**

1. Preheat toaster oven. Line a baking sheet with parchment or foil for easy cleanup (or use an air fryer if preferred—see note below).
2. Prep the bases: Place the English muffin halves cut-side up on the baking sheet. For extra crispiness, toast them lightly in the oven for 2–3 minutes first (optional but recommended).
3. Add sauce: Spoon a thin layer of leftover tomato sauce onto each muffin half (about 1–2 Tbsp per half). Spread it evenly to the edges—don't overload to avoid sogginess.
4. Cheese it up: Sprinkle a generous handful of shredded Italian cheese over the sauce on each one. This creates that classic melty layer.
5. Top it off: Add your chosen variety of toppings! Let everyone customize their own—kids love this part. Keep toppings light and not too piled high so everything cooks evenly.
6. Bake:
7. Bake for 8–12 minutes, until the cheese is bubbly, melted, and golden, and the edges of the muffins are crispy.
8. Watch closely toward the end—ovens vary!

*Air fryer option: Preheat to 375°F. Air fry for 5–8 minutes (no flipping needed). It gets extra crispy!*

*Serve: Let cool for 1 minute (cheese will be hot!), then enjoy warm. Cut in half or quarters for bite-sized fun.*

[CLICK to order KID SAFE cutting knife set.](#)

## *Egg Salad*

**Ingredients:**

- 6–8 large eggs (hard-boiled and peeled; 6 for a smaller batch, 8 for more generous)
- ¼–½ cup mayonnaise (start with ¼ cup and add more for creaminess)
- 1–2 tsp yellow mustard or Dijon mustard (for tang; optional but classic)
- Paprika, Salt and black pepper, to taste

**Instructions:**

Hard-boil the eggs (if not already done):

1. Place eggs in a pot, cover with cold water by about 1 inch.
2. Bring to a boil over medium-high heat.
3. Boil for 5 minutes.
4. Transfer to an ice bath to cool (makes peeling easy). Peel and chop or mash.

Make the Egg Salad

1. Prep the eggs: Coarsely chop the peeled eggs (or mash with a fork for a smoother texture—many prefer mashing the yolks first for extra creaminess, then folding in chopped whites).
2. Mix it up: In a medium bowl, combine the chopped/mashed eggs with the mayonnaise and mustard. Stir gently until well combined and creamy. Season with paprika, salt and pepper to taste (start light—you can always add more).
3. Chill (optional but recommended): Cover and refrigerate for at least 30 minutes to let flavors meld and make it easier to spread.

*Serve: Enjoy as a sandwich on bread (with lettuce if you like), on crackers, in lettuce wraps, or straight from the bowl!*

[CLICK to order the EGG SLICER I used in the reel.](#)

## Deviled Eggs

**Ingredients:** Use the same ingredients for Egg Salad.

**Instructions:**

1. Hard-boil the eggs
2. Prepare the eggs: Slice the eggs in half lengthwise. Carefully remove the yolks and place them in a medium bowl. Arrange the egg white halves on a serving plate.
3. Make the filling: Mash the yolks with a fork until smooth. Stir in the mayonnaise, mustard, pickle relish or minced pickles, and vinegar or lemon juice if using. Season with salt, black pepper, and a light sprinkle of paprika. Mix until creamy and smooth.
4. Fill the eggs: Spoon the yolk mixture into the egg white halves.
5. Garnish and chill: Sprinkle the tops with paprika. Add chopped chives or parsley if desired. Chill for at least 20–30 minutes before serving for best flavor.

*Serve cold as an appetizer, side dish, or part of a picnic or holiday spread.*

## Tuna Salad

### Ingredients:

- 1 can tuna, drained
- 2–3 tbsp mayonnaise
- 1 tsp mustard
- 1–2 tbsp relish **or** chopped olives
- 1 celery stalk, chopped
- A few apple slices and/or chopped hard boiled eggs
- Salt and pepper, to taste

### Instructions:

1. Drain the tuna and place it in a medium bowl.
2. Add the mayonnaise, mustard, relish or olives, chopped celery, and chopped apple.
3. Mix until combined.
4. Season with salt and pepper to taste.
5. Serve right away or chill for a little while before serving.

## Fruit Kabobs

### Ingredients: (variety of fresh fruit)

- Strawberries
- Grapes
- Pineapple chunks
- Melon chunks
- Apple slices
- Kabob skewers

### Instructions:

1. Cut larger fruit into bite-sized pieces.
2. Thread the fruit onto the skewers, mixing colors and kinds of fruit as you go.
3. Serve right away, or chill until ready to serve.

You can also add banana slices or blueberries if you like.

*Wash and precut fruit for younger children.*

[CLICK to order KID SAFE cutting knife set.](#)

[CLICK to order WOODEN SKEWERS.](#)

## Veggie Kabobs

Follow recipe above and use your favorite raw, fresh vegetables.

## Scrambled Eggs

### Ingredients:

- 2–4 eggs
- 1–2 tbsp milk **or** water (makes the eggs fluffy)
- Salt and black pepper, to taste

### Instructions:

1. Crack the eggs into a bowl. Add the milk or water, plus a little salt and pepper.
2. Whisk until well mixed. Younger children can use a handheld milk frother to whisk the eggs.
3. Heat a pan over low to medium-low heat. Pour in the eggs.
4. Stir gently as the eggs cook, scraping the bottom of the pan now and then.
5. Cook until soft and fluffy, then remove from heat.

*\*\*Older kids can turn the scrambled eggs into an omelette by adding some of their favorite ingredients such as cheese, breakfast sausage, diced peppers, etc.\*\**

[CLICK to order a HANDHELD FROTHER to use as a whisk.](#)

## Triple Decker BLT

### Ingredients:

- 3 slices bread
- Mayonnaise
- Lettuce
- Tomato slices
- Cooked bacon

### Instructions:

1. Lay out the 3 slices of bread. Spread mayonnaise on one side of each slice.
2. On the first slice, add lettuce, tomato, and bacon.
3. Place the second slice of bread on top, mayo side down.
4. On top of that middle slice, add more lettuce, tomato, and bacon.
5. Top with the third slice of bread, mayo side down.
6. Press gently and cut carefully in half.

## Traditional Cucumber Tea Sandwiches

### Ingredients:

- White bread
- Cream cheese
- Cucumber slices

### Instructions:

1. Lay out the slices of white bread. Spread a layer of cream cheese on one side of each slice.
2. Peel the cucumbers and thinly slice them. Place cucumber slices on top of the cream cheese on half of the bread slices.
3. Top with the remaining bread slices, cream cheese side down.
4. Press gently so the sandwiches hold together. Cut the ends off the bread. Slice each sandwich into small squares, rectangles, or triangles.

*Serve right away, or chill briefly before serving.*

[CLICK to order the vegetable PEELER I used in the reel.](#)

## Turkey and Cranberry Sandwich

### Ingredients:

- Wheat bread
- Turkey
- Lettuce
- [Cranberry chutney](#) or [cranberry spread](#)

### Instructions:

1. Lay out the slices of wheat bread. Spread a thin layer of cranberry chutney or cranberry spread on one side of each slice.
2. Place turkey and lettuce on half of the bread slices. Top with the remaining bread slices, spread side down.
3. Press gently so the sandwiches hold together. Cut the ends off the bread. Slice each sandwich into small squares, rectangles, or triangles.

*Serve right away, or chill briefly before serving.*

[CLICK to order my favorite CRANBERRY SPREAD I used in the reel.](#)

## Loaded Tater Tots

### Ingredients:

- Frozen tater tots
- Sour cream
- Grated cheese
- Cooked bacon bits
- Sliced green onions

### Instructions:

1. In the toaster oven or air fryer, cook the tater tots according to the package directions until hot and crispy. Line the pan with foil for easy clean up.
2. Place the cooked tater tots on a serving plate or in a bowl. Sprinkle the grated cheese over the hot tater tots.
3. Add a spoonful of sour cream on top. Sprinkle with bacon bits and sliced green onions.

*Serve warm.*

## Turkey (Or Left Over Chicken) Wrap

### Ingredients:

- Spinach tortillas
- Sliced turkey **or** leftover chicken pieces
- Hummus
- Lettuce
- Tomato slices
- White cheese slices or crumbles (such as provolone, mozzarella, feta, or Swiss)

### Instructions:

1. Lay a spinach tortilla flat on a plate or cutting board. Spread a layer of hummus over the tortilla.
2. Add the turkey or chicken pieces. Top with lettuce, tomato slices, and white cheese.
3. Roll the tortilla up tightly. Slice in half and serve.

*Serve right away, or wrap and chill until ready to eat.*

# Ham & Cheese Crescent Rolls

## Ingredients:

- 1 can crescent rolls
- Deli ham
- Cheddar cheese

## Instructions:

1. Unroll the crescent dough and separate it into triangles.
2. Place a slice or small piece of deli ham on each triangle. Add a piece of cheddar cheese on top of the ham.
3. Roll each crescent up, starting at the wide end and rolling toward the point.
4. Place them on a baking sheet. In the toaster oven (or air fryer), bake according to the package directions, until golden brown.

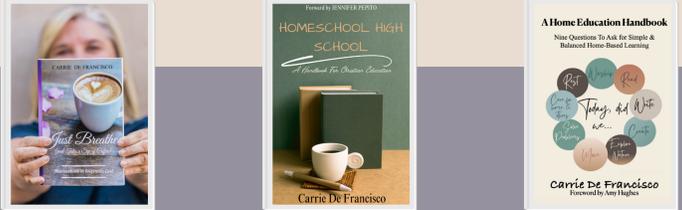
Serve warm.

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