

beansprouts®

Cooking Fun for Kids Mini Demos for Kids in the Kitchen events

Veg Heads:



- Sub egg with hummus spread or have kids cut circles out of cheddar cheese.
- Use a variety of veggies. Allow kids to use kid scissors to cut veggies into the size and shape they desire.
- Use small desert size plates and allow kids to create their own masterPEAS!

Itsy Bitsy Bitters:



- Use whole grain bread (or sub with whole grain crackers to make a mini version)
- Use small cookie cutters (or coffee creamer tops work well for an eco-friendly spin) to cut two circles from each piece of bread
- Use hummus spread.
- 2 organic pepperoni slices and two olives per spider
- Kids can break match stick carrot legs for desired size

Bean Appétit!