

## Finger Paint

### **Ingredients:**

1 cup all-purpose flour  
1 cup cold water  
3 cup additional cold water  
Food coloring

### **Preparation:**

1. In large saucepan combine 1 cup all-purpose flour and 1 cup cold water. Stir until smooth.
2. Add 3 cups additional cold water. Cook & stir over medium heat until mixture thickens and bubbles.
3. Reduce heat. Cook & stir one minute more, then remove pan from heat.
4. Pour mixture into 3 heatproof bowls.
5. Use food coloring to tint the paint the desired colors.
6. Cover each bowl with plastic wrap. Let paint reach room temperature to cool.
7. Paint, draw with finger paint and dry to enjoy. **Do not eat finger paint**

## Party Kabobs

### **Ingredients:**

12 strawberries  
24 melon balls (honeydew, cantaloupe)  
6 ounces angel food cake, cut into 1-inch cubes  
6 large marshmallows  
1 1/3 cups semi-sweet chocolate chips  
1 Tbsp low-fat milk  
6 wooden skewers

### **Preparation:**

1. Have kids wash strawberries, picking off stems. With a melon-baller or a spoon, carefully make melon balls with honeydew & cantaloupe.
2. If your child can handle a knife, have him/her cut cake into squares.  
(Hint: Cut angel food cake with a plastic knife.)
3. Have kids arrange fruit, marshmallows and cake on wooden skewers. The pattern is up to them.
4. Place skewered fruit sticks on a serving plate.
5. The adult melts the chocolate chips and milk together over low heat.
6. Together pour sauce over fruit sticks, turning over to cover. Let cool a moment. Serve!
7. For a party, add sprinkles over the chocolate for decoration.

Makes 6 large kabobs

**Nutritional analysis\* (per 1 kabob):** 354 calories, 12.6 g total fat, 7 g saturated fat, 5 g protein, 63 g carbohydrate, 7 g fiber, 0 mg cholesterol, 251 mg sodium, 96 mg calcium, 2.1 mg iron.

\*Nutrition analysis varies depending on brands used.



A recipe from "Having Fun in the Kitchen"  
Waco-McLennan County WIC Program, 2010

## Banana Berry Pancakes

### ***Ingredients:***

1 large banana, peeled & sliced  
1 cup complete pancake mix  
1/2 cup water  
Nonstick cooking spray  
1 1/2 cups frozen or fresh strawberries  
2 tablespoons strawberry jam

### ***Preparation:***

1. Place banana in a bowl and mash with a fork.
2. Add pancake mix and water, stir until blended.
3. Spray skillet with cooking spray over medium heat.
4. Pour ¼ cup batter into hot skillet.
5. Cook pancakes for 2 minutes on each side.
6. Combine berries and jam in a small microwave-safe bowl. Microwave 1 minute.
7. Stir and cook 1 minute more.
8. Serve topping over pancakes. Yum!

**Makes 8 pancakes**

***Nutritional analysis (with topping):*** 136 calories, 1 g total fat, 0 g saturated fat, 2 g protein, 29 g carbohydrate, 2 g fiber, 5 mg cholesterol, 244 mg sodium.



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