



# KIDS' KITCHEN

Cooking can be a fun, relaxing activity that the whole family can enjoy! We hope you enjoy this week's kid friendly recipes from our parks and recreation staff. Take photos of your time together or finished product and tag us @vopnc on your social media outlets.

We hope you enjoy these recipes! Happy cooking!

# Ham, Egg, & Cheese Roll-Ups

## Ingredients:

- 10 large eggs
- 2 tsp. garlic powder
- Kosher salt
- Freshly ground black pepper
- 2 tbsp. butter
- ½ cup shredded cheddar
- 1 cup baby spinach
- 1 cup chopped tomatoes
- 20 slices ham



## Directions:

1. Heat broiler. In a large bowl, crack eggs. Whisk together with garlic powder and season with salt and pepper.
2. In a large nonstick skillet over medium heat, melt butter. Add eggs and scramble, stirring occasionally, 3 minutes. Stir in cheddar until melted, then stir in baby spinach and tomatoes until combined.
3. On a cutting board, place two slices of ham. Top with a big spoonful of scrambled eggs and roll up. Repeat with remaining ham and scrambled eggs.
4. Place roll-ups in a shallow baking dish and broil until ham is crispy, 5 minutes.

*Recipe courtesy of Delish*

# Fro-Yo Fruit Bites

## Ingredients:

- 1 ½ cup plain yogurt
- ¼ cup whole milk
- 2 tsp. honey
- ½ tsp. pure vanilla extract
- ½ cup blueberries
- ½ cup strawberries, quartered
- ½ cup raspberries



## Directions:

1. In a medium bowl, combine yogurt, milk, honey and vanilla and whisk until smooth.
2. In an ice tray, distribute fruit in each of the cube molds.
3. Spoon yogurt mixture over fruit, filling molds completely. Freeze for 5 hours, or until frozen solid.

*Recipe courtesy of Delish*

# Monster Trail Mix Bites

## Ingredients:

1 cup old-fashioned rolled oats  
½ cup mini chocolate chips  
¼ cup Chopped peanuts  
¼ cup raisins  
¼ cup Mini M&Ms  
¾ cup creamy peanut butter, melted  
1 tbsp. honey  
kosher salt



## Directions:

1. In a large bowl, stir together oats, chocolate chips, peanuts, mini M&Ms, melted peanut butter, and honey and season with salt.
2. Stir together until completely combined, then scoop into tablespoon-size balls and refrigerate until firm, 1 to 2 hours.
3. Serve.

*Recipe courtesy of Delish*

Now that you have enjoyed our recipes, send your favorite kid friendly recipe to our program coordinator Nicole Benbow at [nbenbow@vopnc.org](mailto:nbenbow@vopnc.org) for a chance to be featured in next week's Kids' Kitchen!

