



Kids Recipes for Mom

The chefs from RBG's on-site catering team are providing these easy to follow recipes for kids to treat Mom at home. Bon appétit!

**VEGETARIAN
GLUTEN-FREE**

Berry Cherry Smoothie

OVERVIEW

PREP TIME: 10 minutes
TOTAL TIME: 10 minutes

INGREDIENTS

2 cups frozen fruit (equal parts)
(strawberry, blueberry, cherries)
½ cup greek yogurt
1½ cup orange juice
½ cup ice (optional)

DIRECTIONS

1. Place frozen fruit, orange juice and yogurt into a blender. Add ice if you are using it.
2. With parental supervision, puree until smooth.
3. Pour into a tall glass and enjoy.





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VEGETARIAN

Apple Slice Donuts

OVERVIEW

PREP TIME: 10 minutes
TOTAL TIME: 10 minutes

INGREDIENTS

2 apples (cored and sliced into ½" rings)
½ cup cream cheese
¼ cup icing sugar
⅛ cup sprinkles or chopped nuts
Few drops of food colouring (optional)

DIRECTIONS

1. To make the donut "frosting", mix icing sugar into the cream cheese in a medium sized bowl. If you would like to make coloured "frosting" add a few drops of food colouring. We recommend blue.
2. Spread the frosting over the apple rings in an even layer. You want the frosting to be roughly half as thick as the apples.
3. Top the "donuts" with sprinkles or chopped nuts, or a combination of both!





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A close-up photograph of several ripe yellow bananas with some green at the stems, filling the left side of the page.

VEGETARIAN

Banana Peanut Butter Quesadilla

OVERVIEW

PREP TIME: 10 minutes
TOTAL TIME: 10 minutes

INGREDIENTS

2 tortilla shells (6" diameter)
2 Tbsp peanut butter
1 banana (sliced)
¼ cup chocolate chips

DIRECTIONS

1. Layout tortilla shells.
2. Spread peanut butter over the whole tortilla shell.
3. Place banana on half of the tortilla shell.
4. Sprinkle chocolate chips on the bananas.
5. Fold the tortilla shell over the banana side so that it looks like a half moon.
6. Serve whole or ask for the assistance of an adult to cut in half.





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VEGAN

Fun Fruit Salad

OVERVIEW

PREP TIME: 15 minutes
TOTAL TIME: 15 minutes

INGREDIENTS

½ watermelon (peeled and cut into 1" sheets)
½ cantaloupe (seeded)
½ honeydew (seeded)
¾ cup blueberries

DIRECTIONS

1. Using a small cookie cutter, punch out fun shapes in the watermelon and set them aside.
2. Using a melon baller make as many melon balls out of the cantaloupe and honeydew.
3. In a large bowl mix together the melon balls and blueberries.
4. In a small bowl spoon in some of your fruit salad. Add some of your fun watermelon shapes.

