



# July Kids Cooking Club

## Graham Cracker Flags

Serves 6.

All you need:

- 6 **graham crackers**
- 6 tbsp low-fat **cream cheese**
- 1 cup diced **strawberries**
- 1 cup **blueberries**

All you do:

1. Spread graham crackers with cream cheese.
2. Arrange strawberries and blueberries on graham cracker to look like a flag.



## Watermelon Cucumber Slushie

Serves 4.

All you need:

- 3 cups **watermelon chunks**, frozen
- 1 cup diced peeled **cucumber**
- ¼ cup **lemon juice**
- 3 tbsp honey
- ¼ tsp salt
- 3 cups ice cubes

All you do:

1. Add the watermelon, cucumber, lemon juice, honey, salt and ice cubes to a blender. Blend on high until combined.
2. Serve immediately.



## Cheesy Chicken, Kale and Pepper Quesadillas

Serves 1.

All you need:

- 1 **whole-wheat tortilla**
- 1 to 2 **kale leaves**, shredded
- 3 tbsp chopped **bell peppers**
- ¼ cup shredded **cheddar cheese**
- ½ cup shredded **chicken**
- ¼ cup **salsa**, optional

All you do:

1. Heat a greased skillet over medium heat.
2. Sprinkle kale, peppers, cheese and chicken on one half of the tortilla. Fold the tortilla in half.
3. Cook in skillet for 2 to 3 minutes on each side, or until the cheese is melted.
4. Serve with salsa, if desired.



