



20 DAYS OF  
*Kids in the  
Kitchen*

@KIRAPINTLER

What if... rather than rushing to get it all done, we slowed down and spent more time in the kitchen? More time with littles baking and cooking. More time showing them where food comes from and teaching them skills, ones that in some homes have been forgotten.

What if your home was filled with the smells of baked goods & home cooked meals and the sound of family gathered around the table?

My hope is that this small book of recipes will be just the beginning of the memories that you will make in the kitchen with your kids.



*Kira*

P.S. I'd love to see you baking with your littles! Feel free to tag me @kirapintler in a photo on social media of you and your littles using a recipe from this book



## How to use this book:

In this book you will find 20 days worth of recipes. You can go straight through day 1-20 in 20 days, you could use it over the course of 4 weeks with 5 recipes per week or you could use it just like any other cookbook...pick a recipe and just go! It is 100% up to you how you choose to use the book!

Additional note: Some of the recipes are geared more to the month of December but if you are using it any other month they can be adapted to fit!

Shopping Lists: In the back of the book / PDF you will find 4 shopping lists. For the sake of shopping lists I have divided the recipes into 4 sections (First 5, Second 5, Third 5, Fourth 5)



# TABLE OF CONTENTS

Day 1 - Fruit Skewers

Day 2 - Ginger Cookies

Day 3 - Hot Chocolate

Day 4 - Playdough

Day 5 - Fill your own crepes

Day 6 - Ants on a log

Day 7 - Roll out cookies

Day 8 - Eggnog

Day 9 - Cinnamon Ornaments

Day 10 - Egg Salad

Day 11 - Chocolate Covered Bananas

Day 12 - Peanut Butter Cookies

Day 13 - Hot Caramel Drink

Day 14 - Orange Ornaments

Day 15 - Fruit Salad

Day 16 - Caramel Apple Sticks

Day 17 - Chocolate Bark

Day 18 - Spiced Cider

Day 19 - Graham Cracker Gingerbread Houses

Day 20 - DIY Pizza



# Day 1

## FRUIT SKEWERS



An easy and fun activity for kids of all ages!

Supplies Needed:

- Wooden Skewers
- A variety of fruit - this can be as simple as apples & bananas or you could add in an assortment of berries and other fruits
- 1 butter knife per child (older children could use a pairing knife)

Activity:

Using butter knife or pairing knife, kids can cut fruit into slices / pieces that fit on a skewer. Then add the fruit pieces to skewers.

BONUS - this is a great time to incorporate patterns if you have younger kids or even talk about food presentation for older kids.

# Day 2

# GINGER COOKIES



## Supplies Needed:

- 1/2 cup melted butter or oil
- 1 cup coconut sugar or cane sugar
- 1 egg
- 1 Tbs maple syrup
- 1 tsp molasses
- 1 tsp pure vanilla
- 1 1/2 cup tapioca flour
- 3 Tbs coconut flour divided
- 2 tsp baking soda
- 1/8 tsp salt
- 1 Tbs ground ginger or 3-4 drops ginger vitality oil
- 1 tsp cinnamon or 1 drop cinnamon vitality oil
- 1/4 tsp allspice

Ideas to involve kids:

Take turns adding ingredients.

For littles: I measure, they dump

For bigger kids: they can practice measuring

Have them help roll dough into balls (and sugar if you choose)

## Instructions:

- Using an electric mixer beat together the melted butter and sugar
- Add the egg, maple syrup, molasses, vanilla Mix until well incorporated.
- In a separate bowl, whisk together the: tapioca flour, coconut flour, baking soda, salt, ginger, cinnamon, and allspice. Slowly add the dry mixture into the wet ingredients, mixing on a low speed. Stop to scrape down the sides of the bowl with a spatula as needed.
- Turn up the speed to medium and mix until well incorporated.
- Refrigerate 30 minutes before taking teaspoon amounts of dough and rolling into balls (BONUS let the kids roll the balls in extra sugar before placing them on the cookie sheet.)
- Place cookies on baking sheet leaving a couple inches between each cookie.
- Bake for 10 min at 350



Day 3

# HOT CHOCOLATE



The perfect way to start a cold day or for a  
afternoon treat while listening to a book

Supplies Needed for 4 mugs of hot chocolate:

- 1 cup milk of choice
- 1/4 cup cacao powder (or cocoa powder)
- 1/4 cup maple syrup
- Optional additions: 1 tablespoon butter, pinch of salt & 1-2 drops peppermint vitality oil

Heat all main ingredients in a saucepan stirring constantly with a whisk till desired temperature. Add any of optional ingredients. Pour & Enjoy with or without marshmallows!

Tips for including kids: Have them help measure ingredients. Even 3-4yr olds can use a whisk with supervision to stir the hot chocolate. Have them pick out mugs.



Day 4

# PLAY DOUGH



While not a food item, this is a great activity to keep kids busy in the kitchen.

Supplies Needed:

- 2 cups of flour (we use organic all purpose flour)
- 1/2 cup of salt (I usually buy cheaper salt to keep on hand for play dough)
- 1 cup of hot water
- 2 tbsp of avocado oil
- 2 tbsp of cream of tartar

Add Dry ingredients to a bowl, then add oil & water.

Stir until combined and then knead dough on a floured counter till it reaches desired consistency.

This entire activity is kid friendly! Get them involved in making the playdough and then set them to work with their imaginations and freshly made playdough!

# Day 5

## FILL YOUR OWN CREPES



So many options here!! PB & J crepes, whip cream and berries, chocolate drizzle... the skies the limit!

Supplies Needed:

- 8 eggs
- 1 cup tapioca or arrowroot flour
- 1 tbsp butter or oil
- 1/4 cup water
- Toppings: the sky is the limit!! PB&J, chocolate sauce, whipping cream & berries...

Blend all ingredients in blender. Then pour 1/4 cup at a time onto a hot skillet, cooking about 45 seconds or till crepe pulls away at the edges, flip and cook another 45 seconds. Fill / top as desired!

Kids can help at ingredients, older kids can help cook and everyone can fill / top as desired!!!

Day 6

# ANTS ON A LOG



SUPER Easy & Fun!!!

Supplies Needed:

- Celery
- Peanut Butter
- Raisins

Spread a layer of peanut butter on your celery. Add raisins as desired!

Tips for getting kids involved: Little ones can add raisins or even spread the peanut butter if given a small amount on their plate with a butter knife. Big kids can take on the entire activity!!



# Day 7

## ROLL OUT COOKIES



This is a easy fun snack and activity for kids of all ages!

Recipe:

- 3 cups Einkorn flour (if you need gluten free you could try a 1 to 1 blend)
- 1 tsp baking soda
- 1 cup butter, softened to room temperature
- 1 cup coconut sugar
- 1 egg
- couple teaspoons of maple syrup

Blend the sugar and butter together. Add remaining ingredients and mix together. Roll dough out on a floured surfaced. Use cookie cutters to cut dough, place on cookie sheet. Bake 7-10 minutes at 350

Getting kids involved: Measuring (older kids), dumping ingredients and of course cutting out cookies.

# Day 8

## EGG NOG



A real food take on this holiday favorite!

Recipe:

- 2 cups milk (or coconut milk)
- 2 cups cream (or coconut cream)
- 4 egg yolks
- 1/4 - 1/2 cup maple syrup (depending on desired sweetness)
- 2 tbsp vanilla
- 1 tsp fresh grated nutmeg or 1 drop nutmeg vitality

Blend all ingredients in blender and then heat in a sauce pan till just before simmering.

Getting kids involved: Older kids can work on measuring skills. Younger ones can dump ingredients. This is also a great time to work on egg seperating skills for older kids.

Everyone can choose a mug!



Day 9

# CINNAMON ORNAMENT



These ornaments are easy to make and smell so good!

Recipe:

- 1 cup cinnamon
- 1 tablespoon ground cloves or clove oil
- 1 tablespoon ground nutmeg or nutmeg oil
- 3/4 cup applesauce
- 2 tbsp glue

Mix dry ingredients together. Add glue and applesauce to dry ingredients. Work dough till it forms a ball.

Using cinnamon to dust counter or table top, roll out dough till it is about 1/4 inch thick. Kids can use cookie cutters to cut out shapes and a toothpick to create a hole for hanging.

Air dry 3-4 days or in a oven at 200 degrees for 2-3 hrs.

Getting kids involved: Measuring (older kids) and dumping ingredients, Working dough, Cutting ornaments



*Day 10*

# EGG SALAD



Make a fun lunch together or snack!

Recipe:

- 8 hard boiled eggs
- 1/3 cup mayonaise
- 2 tsp mustard

Chop hard boiled eggs and add mayonaise & mustard. Mix to combine.

Serve on bread, crackers or with a fork

Getting kids involved: Older kids & even littles with help can peel hard boiled eggs, Measuring (older kids) and dumping, Mixing

*Day 11*

# CHOCOLATE COVERED BANANA

An easy sweet treat!

Recipe:

- 2 bananas
- 6oz Chocolate Chips (your brand of choice)
- 2 tbsp coconut oil
- Optional toppings: sprinkles, coconut flakes, chopped nuts
- popsicle sticks

Peel Bananas & break in half. Push a popsicle stick into the broken end of each banana. Lay bananas on a parchment paper lined baking sheet & freeze 15 min.

While bananas are freezing, melt chocolate & coconut oil in a sauce pan over low heat stirring constantly or use a double boiler.

Roll bananas quickly in the chocolate and then coat with any toppings. Return to parchment paper and freeze for an additional 30 minutes.

Getting kids involved: They can peel bananas, insert popsicle sticks, roll bananas & add custom toppings!!



Day 12

# PEANUT BUTTER COOKIES



These cookies are super simple and fun to make!

Recipe:

- 1 cup coconut sugar
- 1 cup peanut butter
- 1 egg

Mix all ingredients together. Roll into 1" balls and place on parchment paper covered cookie sheet. Using a fork dipped in coconut sugar make the crisscross marks  
Bake at 350 for about 10 minutes

Getting kids involved: Measuring (older kids), dumping ingredients, working on cracking an egg (hint: have them crack it into a small bowl), rolling balls and using a fork to make crisscross marks are all great activities for them!



# Day 13

## HOT CARAMEL DRINK



A hot drink with a caramel twist

Recipe:

- 5 cups milk of choice
- 1 stick of butter
- 1/2 cup coconut sugar
- 1 tbsp vanilla
- 1/2 tsp cinnamon or 1 drop cinnamon vitality oil
- 1 scoop collagen

1. Melt butter in a saucepan over medium heat. When it's totally melted, whisk in the coconut sugar, stirring constantly, keep whisking it until the sugar granules are dissolved.
2. VERY slowly pour in the milk.
3. Continue whisking until the milk steams. Don't bring it to a boil.
4. Remove from the heat and whisk in vanilla and cinnamon.
5. Pour into mugs and enjoy!!

Getting Kids involved: Measuring (older kids), dumping ingredients, stirring mixture & picking mugs are great ways to involve kids in this recipe

*Day 14*

# ORANGE ORNAMENTS



Another fun ornament or use these for toppers on gifts or even a fun snack

Recipe:

- Oranges sliced in 1/4 inch slices
- string to hang your ornaments
- Optional: sugar to sprinkle on orange slices

Blot each side of the orange slice on a towel to get rid of moisture. Lay orange slices on a parchment paper lined baking sheet. Sprinkle with sugar if you would like.

Once you've laid out all your slices, place pan in oven for 6 hours at 170 degrees. Flip your oranges hourly

Getting kids involved: Older kids can slice oranges, younger kids can lay orange slices out on the parchment paper and sprinkle with sugar. Once dried they can help add strings to the orange slices.

*Day 15*

# FRUIT SALAD YOUR WAY



A yummy fruit salad  
with fun variations

Recipe:

- 2 apples
- 2 bananas
- 1 cup whipping cream whipped and sweetened slightly
- Optional add ins: Dates, Mandarin oranges, berries, other fruits

Cut apples, bananas and any other add ins into small bite size pieces. Mix all fruit in a bowl and add the whipped cream, stirring till fruit is coated. Serve & enjoy!

Including kids: This is similar to our fruit kabob activity. Kids can use butter knives (or pairing knives for older kids) to cut fruit)



Day 16

# CARAMEL APPLE STICKS

A close-up photograph of several caramel apple sticks on a wooden cutting board. The sticks are made of apple slices on wooden skewers, coated in a thick, glossy caramel sauce. Some sticks are topped with chopped nuts, mini chocolate chips, and sprinkles. In the background, there are more apple slices and a yellow bowl.

A fun variation of caramel apples

Recipe:

- Skewers
- Apple Slices
- Caramel Sauce (1/4 cup maple syrup brought just to a simmer, add 1 tablespoon butter and stir to blend, remove from heat and let cool)
- Optional toppings - mini chocolate chips, chopped nuts, sprinkles

Put each apple slice on a skewer, then allow kids to dip them into caramel sauce. Lay skewered apples on a piece of parchment paper and sprinkle with desired toppings. Enjoy!

Getting kids involved: Kids can put apples on skewers, dip their apples in caramel and add toppings.

Day 17

# CHOCOLATE BARK



Chocolate bark makes a fun treat  
or a great gift

Recipe:

- Chocolate chips (brand of your choice)
- Toppings - nuts, cranberries, candy canes (we like to grab the dye free ones), seeds

Melt your chocolate in a double boiler or a saucepan on low stirring constantly. Pour chocolate in a thin layer on a parchment paper lined cookie sheet. Add desired toppings. Let sit till bark is solid, then break into pieces.

Getting kids involved: Kids can spread chocolate, add toppings and when complete can break bark into pieces.

Day 18

# SPICED APPLE CIDER



A super simple  
warm fall drink

Recipe:

- 4 cups Apple Cider
- orange slices or 8 drops orange vitality oil
- 1 tsp cinnamon or 2 drops cinnamon vitality oil
- 1 tsp ginger or 2 drops ginger vitality oil

Heat all ingredients in saucepan till desired warmth

Serve warm in mugs, Enjoy!!!

Getting kids involved: Kids can add ingredients, if using oils older kids can drop oils into cider. They can also help with picking mugs and adding a cinnamon stick to each mug if desired.



Day 19

# GRAHAM CRACKER GINGERBREAD HOUSE



More of a decoration, then a snack in our home. A great team project or turn it into a decorating contest

Supplies Needed:

- Graham crackers or something similar (we grab cheap ones as I encourage the kids not to eat them and instead to just create with them. But there are some "healthier" versions out there if you want to eat them.
- Royal Icing - again something we consider a creation tool and not a food item. This can be purchased in the cake decorating section of walmart or hobby lobby or make your own using [this](#) recipe.
- Decoration items: You could go as simple as raisins, dye free candy canes (figuring some will be consumed LOL), nuts, coconut flakes. OR you could stick with decoration only and grab more colorful items like gum drops and licorice.

Getting kids involved: This is very much a hands on afternoon type activity. Plan plenty of time, set out all supplies and be ready for a fun, sticky time of designing and decorating.

# Day 20

## DIY PIZZA



A fun simple snack or add a salad and turn it into dinner

Recipe:

- Pizza "Crust" - This could be bagels or english muffins (look for gluten free or sourdough options if desired) or pizza crust, biscuit dough, zucchini's sliced...
- Pizza sauce (we like to grab a organic, sugar free sauce)
- toppings - the skies the limit here! Grab your favorites!
- Cheese - Grab your favorite or if dairy free leave it off

Set out all the toppings buffet style and give each person their own parchment paper with their Pizza "Crust" on it. Build your own pizza. Once done, put in the oven and bake till cheese is melted and if needed crust is baked. We do sourdough crusts baked at 500 for about 10 minutes.

Cool & Enjoy!!

Getting Kids involved: Kids can help prep toppings, opening cans, cutting up olives, grating cheese (older kids)... and then of course everyone can top their own pizza

# SHOPPING LISTS

For ease these lists each include the ingredients for 5 recipes and are titled with the days they include ingredients for.



# FIRST 5 DAYS SHOPPING LIST

- *Wooden Skewers*
- *Assortment of fruit for skewers*
- *(we used bananas, oranges, & raspberries)*
- *Butter (unless doing dairy free and then sub avacado oil)*
- *Avacado oil*
- *Coconut sugar or cane sugar*
- *Eggs*
- *Maple syrup*
- *Molasses*
- *Milk*
- *Cacao*
- *Flour - using for playdough*
- *Tapioca flour*
- *Coconut flour*
- *Cream of Tartar*
- *Salt - for playdough*
- *Salt for baking*
- *Ground ginger or ginger vitality oil*
- *Cinnamon or cinnamon vitality oil*
- *Allspice*
- *Baking soda*
- *Salt*
- *Vanilla*
- *Crepe Fillings - your choice... berries, whip cream, chocolate, PB & J*

# SECOND 5 DAYS SHOPPING LIST

- *Peanut Butter*
- *Celery*
- *Raisins*
- *Einkorn flour (if you need gluten free you could try a 1to 1 blend)*
- *baking soda*
- *butter, softened to room temperature*
- *Coconut sugar*
- *Eggs*
- *Milk*
- *Cream*
- *Maple Syrup*
- *Vanilla*
- *Cinnamon - for ornaments (1 cup powdered)*
- *Ground Cloves or Clove oil*
- *Ground Nutmeg or Nutmeg oil*
- *Applesauce*
- *School Glue*
- *Mayonaise*
- *Mustard*

# THIRD 5 DAYS SHOPPING LIST

- Bananas
- Chocolate Chips
- Coconut Oil
- Popsicle sticks
- Toppings for choc. covered bananas - ideas: sprinkles, coconut flakes, chopped nuts
- Peanut Butter
- Coconut Sugar
- Eggs
- Milk of Choice
- Butter
- Vanilla
- Ground Cinnamon or Cinnamon Vitality oil
- Collagen
- Oranges
- String - for hanging orange ornaments
- Apples
- Bananas
- Whipping Cream or Coconut Cream
- Any additional fruit you'd like to add to fruit salad



# FOURTH 5 DAYS SHOPPING LIST

- *Skewers*
- *Apples*
- *Maple Syrup*
- *Butter or Coconut oil*
- *Toppings for Caramel Apple Slices: ideas... mini choc chips, sprinkles, coconut flakes, chopped nuts*
- *Chocolate Chips (for Chocolate bark)*
- *Toppings for chocolate bark: ideas... cranberries, nuts, pumpkin seeds, coconut flakes, dye free candy canes*
- *Apple Cider*
- *Oranges or Orange Vitality Oil*
- *Ground Cinnamon or Cinnamon Vitality Oil*
- *Ground Ginger or Ginger Vitality Oil*
- *Graham Crackers (for gingerbread houses)*
- *Royal Icing can be bought in cake decorating section on Walmart or Hobby Lobby (or see recipe [here](#))*
- *Decoration items: You could go as simple as raisins, dye free candy canes, nuts, coconut flakes. OR you could stick with decoration only and grab more colorful items like gum drops and licorice.*
- *Pizza "Crust" - This could be bagels or english muffins (look for gluten free or sourdough options if desired) or pizza crust, biscuit dough, zucchini's sliced...*
- *Pizza sauce (we like to grab a organic, sugar free sauce)*
- *toppings - the skies the limit here! Grab your favorites!*
- *Cheese - Grab your favorite or if dairy free leave it off*



## **THANK YOU FOR PURCHASING THIS BOOK!!**

*I hope that you enjoy every recipe in this book, but more importantly that you make amazing memories with your children! I'd love to see your family making memories in the kitchen... feel free to tag me (@kirapintler) if you post a photo on FB or Instagram.*

*For more recipes and real food tips for busy moms be sure to check follow me (@kirapintler) on instagram.*

*Or sign up for my weekly real food tips & healthy living emails here*