

Easy No - Bake Summer Recipes for Children

Watermelon Pizza



Ingredients:

Watermelon, cut into 1-inch wheels
Bananas, kiwis, blueberries,
strawberries, grapes, mango, apples, or any fruit
that is your family's favorite.
Yogurt for "sauce"

Directions:

Spread yogurt over watermelon.
Place fruit on top.
Slice into pieces.
Serve in a pizza box, and the children will love it!!

Cookie Dough Fudge

Ingredients:

1 1/2 cup canned Chickpeas, drained
1/4 cup Sunflower Butter
1/2 Tablespoon Cinnamon
1/4 cup Milk, 1/4 cup Honey, 1 teaspoon Vanilla,
Dash of Salt, 1/3 cup Dark Chocolate Chips

Directions:

Place all ingredients, except the chocolate chips, in
the blender or food processor.* Blend until smooth.
Stir in chocolate chips. Line an 8x8 inch dish with
plastic wrap. Spread mixture evenly. Cover and
freeze overnight. Take out 25 minutes before
serving and cut into squares.

**Or put ingredients in a bag and have children mush.*

Frozen Yogu-nana Pops

Ingredients:

1 Banana cut in half
Vanilla Yogurt
Crunched-up Cereal of choice
2 Popsicle Sticks



Directions:

Stick a popsicle stick into one half of the banana.
Cover in yogurt. Roll in cereal. Repeat with the
other half of the banana. Place on a piece of
waxed paper. Freeze until frozen.

Fruit Dip

Ingredients:

1/2 cup low fat cream cheese
1/2 cup plain Greek yogurt
1/4 teaspoon vanilla extract
1 Tablespoon honey
1/4 teaspoon orange zest
1 teaspoon orange juice
Fruit of your choice



Directions:

In a small bowl, mix the cream cheese, yogurt,
vanilla, honey, orange juice, and orange zest
together. Dip pieces of fruit into fruit dip. Enjoy!

Pizza Roll Ups



Ingredients:

4 oz of Tomato Paste
2 teaspoons Italian Seasoning
8 oz of Pizza Sauce
8 slices of Mozzarella Cheese
8 Whole Wheat Tortillas
2 cups Fresh Baby Spinach

Directions:

In a bowl, mix together tomato paste, Italian
seasoning, and pizza sauce. Lay out a tortilla flat on
a plate. Spread 3 Tablespoons of sauce mixture on
the tortilla. Sprinkle 1/4 cup of spinach on sauce.
Lay one slice of cheese on spinach. Roll up the
tortilla.

Pineapple Frozen Yogurt

Ingredients:

1 1/2 ripe bananas, sliced and frozen,
2 cups fresh or canned pineapple chunks, frozen,
1/2 cup plain yogurt,
1 teaspoon grated lemon or lime zest
Topping: 1/2 cup blueberries



Directions:

Combine all ingredients in a blender or mash with
a fork until smooth. Serve cold and top with
blueberries or your favorite fruit toppings!