**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!