



Slimey Green Goop

A BAREFOOT ACTIVITY FOR KIDS AGES 8 AND UP

Make this dip as late as you dare, because avocados lose their lovely color when they are exposed to the air. Wash your hands before you start! Always have a grown-up in the kitchen with you when you cook.

QUANTITY Feeds 6 as a dip

MATERIALS

WHAT TO FIND

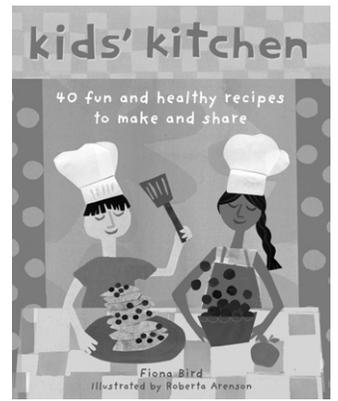
- 1 large ripe avocado
- 1 medium green chili
- 1 scallion
- Half a lime
- 2 handfuls parsley
- Approx. 3 tablespoons of olive oil
- Vegetables to chop into bite-sized dipping sticks (e.g. carrots, peppers, cauliflower, cucumber, broccoli, celery)

KITCHEN STUFF

- Chopping board
- Knife
- Tablespoon
- Food processor
- Scissors
- Juicer
- Measuring cup
- Serving dish

LET'S BEGIN

1. Put the avocado on a chopping board and cut in half lengthwise. Grip the avocado with both hands and twist each hand in a different direction to separate the halves. Use a tablespoon to remove the pit. Scoop the flesh out and put it in the food processor.
2. Chop the chili in half, remove the seeds and chop it into small pieces. **Do not put your hands anywhere near your face.** Add the chili to the food processor and then wash your hands and the chopping board thoroughly.
3. Use kitchen scissors to trim the scallion and snip it into small pieces. Add the snipped scallion to the food processor.
4. Cut the lime in half. Squeeze the juice from half a lime with the juicer. Add the juice to the food processor.
5. Add the parsley (without stalks) to the other ingredients and put the lid on the machine. Make sure the lid is on properly and that you have dry hands. Start the blender to mix the ingredients and then slowly add olive oil through the top of the blender; it should blend in as you keep the blender mixing. You want a thick paste; you may not need all of the oil.
6. Spoon the mixture into a dish and get dipping!



Kids' Kitchen 40 Fun and Healthy Recipes to Make and Share

Written by Fiona Bird

Illustrated by Roberta Arenson

DECK WITH 40 CARDS IN BOX
9781846861765 \$19.99



Barefoot Books
step inside a story

www.barefootbooks.com



Dracula's Gelatin

A BAREFOOT ACTIVITY FOR KIDS AGES 8 AND UP

A spooky fruit and gelatin recipe straight from Dracula's kitchen. Wash your hands before you start! Always have a grown-up in the kitchen with you when you cook.

QUANTITY Makes 3–4 small glasses (tubs)

MATERIALS

WHAT TO FIND

- 1¼ oz packet unflavored gelatin (enough to set 2½ cups liquid);
For a vegetarian version, use agar-agar, following the instructions on packet
- 1½ cups blueberries or blackberries, or any fruit you wish
- ¼ cups boiling water
- 2¼ cups dark red or blue berry juice (e.g. blueberry or cranberry)

KITCHEN STUFF

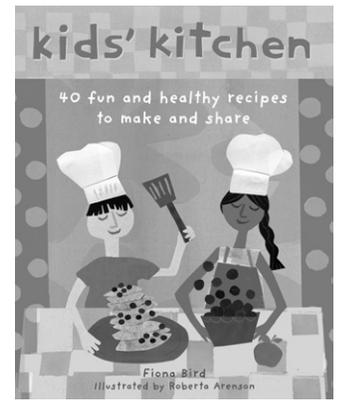
- Mixing bowl
- Measuring cup
- Teapot
- Tablespoon
- Containers (for gelatin)

LET'S BEGIN

1. Wash the fruit and pat dry with a paper towel.
2. Put the gelatin into the measuring cup. Pour ¼ cup boiling water over the gelatin and stir carefully with a spoon, to dissolve it.
3. Add the berry juice to the dissolved gelatin so that it fills the measuring cup up to 2½ cups.
4. Divide the fruit between the containers and pour the gelatin mixture over the fruit.
5. Put Dracula's gelatin in the fridge for about 45 minutes to set.

TIP

- Add more fruit than gelatin for set fruit.



Kids' Kitchen 40 Fun and Healthy Recipes to Make and Share

Written by Fiona Bird
Illustrated by Roberta Arenson

DECK WITH 40 CARDS IN BOX
9781846861765 \$19.99



Barefoot Books
step inside a story

www.barefootbooks.com



Eyeballs

A BAREFOOT ACTIVITY FOR KIDS AGES 8 AND UP

Create these easy to make healthy veggie treats that are sure to scare your party guests. Wash your hands before you start! Always have a grown-up in the kitchen with you when you cook.

QUANTITY Makes 15 eyeballs

MATERIALS

WHAT TO FIND

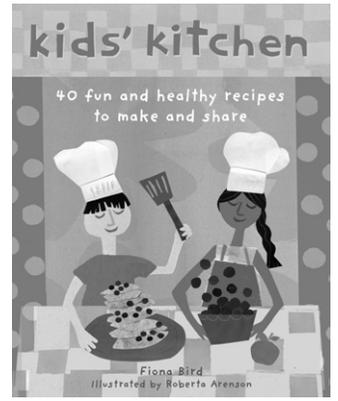
- 1 small tomato
- 4 black olives
- 15 small balls of mozzarella cheese

KITCHEN STUFF

- Toothpicks
- Knife

LET'S BEGIN

1. Peel the tomato skin, as you would a potato. Cut the skin into small pieces.
2. Cut each olive into 4.
3. Cut a very small sliver from an end of each cheese ball.
4. To assemble, take a toothpick and push it through the cheese (cut side up). Thread the tomato and olive onto the stick and then use your finger to carefully push the tomato and olive into the soft cheese, to make it look like an eye. Presto, you have bloodshot scary eyes.



Kids' Kitchen 40 Fun and Healthy Recipes to Make and Share

Written by Fiona Bird
Illustrated by Roberta Arenson

DECK WITH 40 CARDS IN BOX
9781846861765 \$19.99



Barefoot Books
step inside a story

www.barefootbooks.com



Ghouls' Smoothie

A BAREFOOT ACTIVITY FOR KIDS AGES 8 AND UP

Use a blender to make this sweet and nutritious treat as an anytime snack for young ghouls. Wash your hands before you start! Always have a grown-up in the kitchen with you when you cook.

QUANTITY Makes 2 smoothies

MATERIALS

WHAT TO FIND

- 2 oranges (½ cup of juice)
- 1 large passion fruit
- 1 banana
- 1 cup blackberries
- ¾ cup Greek yogurt
- Honey (to taste)

KITCHEN STUFF

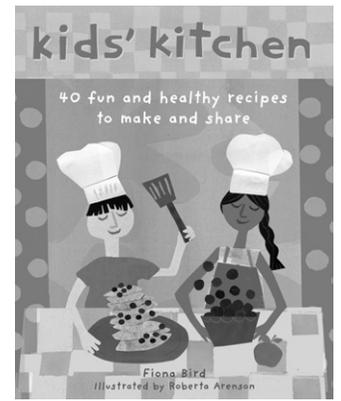
- Chopping board
- Knife
- Juicer
- Teaspoon
- Measuring cup
- Blender

LET'S BEGIN

1. Cut the oranges in half on a chopping board. Twist the oranges around the juicer to get the juice out (about ½ cup).
2. Cut the passion fruit in half and scoop out the juice and flesh.
3. Peel the banana and cut it into chunks.
4. Wash the blackberries and pat them dry with a paper towel.
5. Put all of the ingredients into the blender. Make sure that the lid is on properly and that your hands are dry and blend until it is smooth.
6. Taste and add a little honey if you need to – you shouldn't!

TIPS

- For a really cool smoothie try using frozen banana slices.
- For a thinner smoothie add some milk.
- You may prefer to strain the passion fruit and blackberries to remove the seeds.



Kids' Kitchen 40 Fun and Healthy Recipes to Make and Share

Written by Fiona Bird
Illustrated by Roberta Arenson

DECK WITH 40 CARDS IN BOX
9781846861765 \$19.99



Barefoot Books
step inside a story

www.barefootbooks.com



Icy Hand Snatchers

A BAREFOOT ACTIVITY FOR KIDS AGES 8 AND UP

Make these spooky frozen popsicles for a cool treat on Halloween night. Wash your hands before you start! Always have a grown-up in the kitchen with you when you cook.

QUANTITY Makes 4 icy hands

MATERIALS

WHAT TO FIND

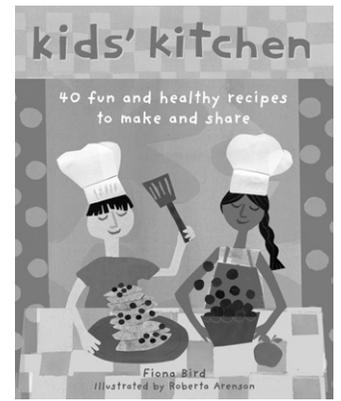
- 3 cups dark red berry juice

KITCHEN STUFF

- 4 plastic gloves (food prep/surgical gloves)
- Twist ties

LET'S BEGIN

1. Ask a friend to hold the surgical glove open; it is best to do this over the sink, in case of spills. Carefully pour $\frac{3}{4}$ of a cup of juice into each glove. Make sure that you fill the fingers and thumb but don't overfill because the juice will expand when frozen. Push as much air out as you can and use the twist tie to tie the gloves up, leaving 1 inch of unfilled hand.
2. Freeze gloves flat in a freezer-proof container with a weight (ice pack) to flatten the bulges (about 2 hours). Put the frozen hands under a tap and very carefully remove the hands from the gloves. Do not hurry (scissors are useful). If you try to do it too quickly you may break the fingers. (Don't worry if you do break one finger, it will add to the scary Halloween party and make a delicious cook's snack.)
3. Put the hands on a tray and return to the freezer until it is party time.
4. Wrap the hands in red napkins and hand them to friends.



Kids' Kitchen 40 Fun and Healthy Recipes to Make and Share

Written by Fiona Bird

Illustrated by Roberta Arenson

DECK WITH 40 CARDS IN BOX

9781846861765 \$19.99



Barefoot Books
step inside a story

www.barefootbooks.com



Meringue Ghosts

A BAREFOOT ACTIVITY FOR KIDS AGES 8 AND UP

Bake these simple ingredients in the oven and watch as little ghosts magically appear. Wash your hands before you start! Always have a grown-up in the kitchen with you when you cook.

QUANTITY Makes 9 ghosts

MATERIALS

WHAT TO FIND

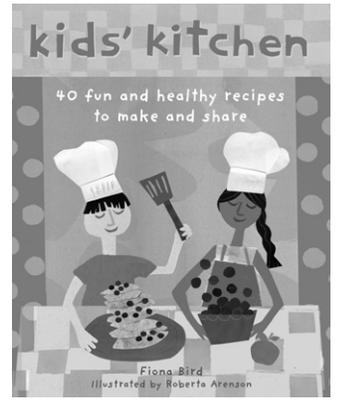
- 3 egg whites
- 1½ cups sugar
- 18 small silver ball baking decorations

KITCHEN STUFF

- Very clean bowl
- Electric hand mixer
- Parchment paper
- Large baking tray
- Tablespoon
- Oven mitts

LET'S BEGIN

1. Preheat the oven to 250°F.
2. Cover the baking tray with parchment paper.
3. Carefully separate the eggs. Put the egg whites in a bowl. Make sure that your hands are dry and whisk the egg whites with the electric mixer. Begin at a low speed and gradually increase to a higher speed. Whisk the egg whites until they form mountain peaks.
4. Whisk in the sugar a little at a time, until the mixture is very thick.
5. Spoon the meringue into ghost shapes on the baking tray. Make sure that you leave space between the meringues. Pop 2 silver balls (eyes) on each ghost.
6. Bake the ghosts in the oven for 1½–2 hours, or until the ghosts come away from the paper.
7. Gently pull the ghosts off the paper and put them on a wire rack to cool.



Kids' Kitchen 40 Fun and Healthy Recipes to Make and Share

Written by Fiona Bird
Illustrated by Roberta Arenson

DECK WITH 40 CARDS IN BOX
9781846861765 \$19.99



Barefoot Books
step inside a story

www.barefootbooks.com