

Create Simple Treats For Kids, By Kids

(NAPSA)—When the kids complain they have “nothing to do,” that’s the perfect opportunity to get kids active by making a refreshing treat that won’t require extra work for mom—or even an extra trip to the grocery store.

Chances are, the ingredients for yummy snacks are already at your fingertips. Simple ingredients like evaporated milk, ice cream and fruit are great starters.

“Summer is a great time to get kids involved in the kitchen making cool, delicious treats, and it doesn’t take a lot of shopping or work from moms,” says Jenny Harper, director of recipe development for Carnation Evaporated Milk. “Many people will be surprised to learn they already have the ingredients in their pantry and refrigerator for a great dessert.”

To make a fun, easy and safe treat with kids, some of Harper’s top tips are:

- Set up a work space with kids that they can call their own, at a height they can reach
- Go through the recipe with your kids and have them help pull ingredients from the pantry and refrigerator
- Let the little ones scoop, stir, and pour for stress-free activities
- If you have more than one child, give each specific tasks or ask them to take turns stirring in their own unique ways
- Be creative to avoid trips to the store—look for items already in your kitchen like evaporated milk or frozen fruits

Try a hand at getting kids involved with these recipes for Banana Berry Smoothies and Quick Chocolate Fudge Sauce. For more recipe ideas like these, visit VeryBestBaking.com.



A Banana Berry Smoothie is an easy and delicious treat to make with kids.

BANANA BERRY SMOOTHIE (Makes 6 servings)

Make this refreshing and wholesome treat with your kids for a fun activity. Even if you don’t have bananas or berries available, get creative and look for other fruits you can mix together for a new combination.

- 1 can (12 fl. oz.) CARNATION Evaporated Milk**
- 1 can (14 oz.) sweetened condensed milk**
- 1 ripe banana, sliced**
- 2 cups frozen strawberries (about half 16-oz. bag)***

PLACE sweetened condensed milk, evaporated milk, banana and strawberries in blender; cover. Blend until smooth.

KID TIP: Have the kids peel

the banana, wash the strawberries and add the fruit to blender. Then watch as the dessert gets whipped together in seconds!

* If frozen berries are not available, substitute with 2 cups fresh berries and 1 cup of ice cubes.

Prep Time: 5 minutes

Ready in Time: 5 minutes

QUICK CHOCOLATE FUDGE SAUCE

(Makes 2½ cups)

Serve this delicious sauce over ice cream, pound cake or brownies, or place in a pretty bowl and surround with fresh fruit for dipping. Include apples, oranges, bananas, kiwi, pears and strawberries.

- 1 can (12 fl. oz.) CARNATION Evaporated Milk**
- 2 cups (12-oz. pkg.) semi-sweet chocolate morsels**
- 2 teaspoons vanilla extract**

COMBINE evaporated milk and morsels in medium, heavy-duty saucepan. Cook over low heat, stirring frequently, until morsels are melted. Remove from heat; stir in vanilla extract.

SERVE warm as a dipping sauce for fresh fruit or spoon over ice cream or cake. Store remaining sauce tightly covered in refrigerator.

KID TIP: If you don’t want your kids working over the stove, give them the task of spooning the ice cream or preparing and peeling the fruit.

Prep Time: 5 minutes

Ready in Time: 10 minutes