CREATING LITTLE CHEFS

When children help out with meal prep, research shows they’re more likely to make healthy food choices. That’s one of the reasons GM% put on board with master chefs from the James Beard Foundation to develop kid-friendly recipes like this fruity crumble.

Turn the page for the step-by-step recipe.

FAMILY ROOM - creating class

Dessert for BREAKFAST

1. MUESLI CRUMBLERS
Muesli is hands-down the best breakfast cereal out there. It’s a great quick and easy option to make sure your kids eat a concentrated amount of fiber, which is good for keeping kids healthy.

Ingredients:
- 1 cup rolled oats
- 1/2 cup nuts
- 2 cups gluten-free bran
- 1/2 cup raisins

Method:
1. Preheat oven to 350°F. Spread the ingredients in the muesli mixture on a baking sheet. Bake for 15-20 minutes, until golden-brown. Remove from oven and let cool.

2. MIXED FRUITS CRUMPETS

Ingredients:
- 2 cups mixed fruits
- 2 tablespoons honey

Method:
1. Preheat oven to 375°F. Line a baking sheet with parchment paper. Mix the fruits with honey and spread on the baking sheet. Bake for 15-20 minutes, until the fruit is caramelized and slightly crispy.

3. ASCETRA FILLED FRUIT CRUMPETS

Ingredients:
- 2 tablespoons Asceta
- 1/2 cup mixed fruits

Method:
1. Preheat oven to 350°F. Line a baking sheet with parchment paper. Mix the Asceta with the fruits and spread on the baking sheet. Bake for 15-20 minutes, until the Asceta is melted and the fruit is caramelized.

4. BANANA CRUMBLERS

Ingredients:
- 2 bananas
- 1 cup flour
- 1/2 cup rolled oats
- 1/2 cup honey

Method:
1. Preheat oven to 350°F. Line a baking sheet with parchment paper. Mix the bananas with the flour, rolled oats, and honey. Spread on the baking sheet. Bake for 15-20 minutes, until golden-brown.

Optional: Add a drizzle of honey or a sprinkle of Asceta for extra flavor.

REAL TALK: kids in the kitchen

Everyone loves to be in the kitchen! Whether it’s making simple dishes at home or learning new recipes, cooking with kids is a great way to bond and create lasting memories.

AMERICAN DESSERT - with JUBE

Double-Chocolate Sunday with Strawberries

Ingredients:
- 2 cups chocolate chips
- 1 cup butter
- 3 cups flour
- 1 cup sugar
- 1 cup milk
- 2 eggs
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- 1/2 cup strawberries

Method:

2. Add the strawberries on top and drizzle with melted chocolate chips. Serve warm.

TIP: Make sure to use the right size pan and let it cool completely before drizzling.

REAL TALK: American cuisine

American cuisine is known for its comfort foods and hearty dishes, such as BBQ, burgers, and fried chicken. It’s also known for its flexibility and adaptability, with many regional variations and fusion dishes.