



Sparky's Recipes

COOKING with KIDS

I love cooking. When I am not teaching kids about fire safety, you can usually find me in the kitchen. Letting kids help in the kitchen is a great way to teach them about cooking safety and the importance of eating healthy. Here are some of my favorite recipes. Before you begin, make sure to read my **Kids in the Kitchen** tips. These tips can help you figure out what you're old enough to do on your own — and when it's time to ask a grown-up for help.



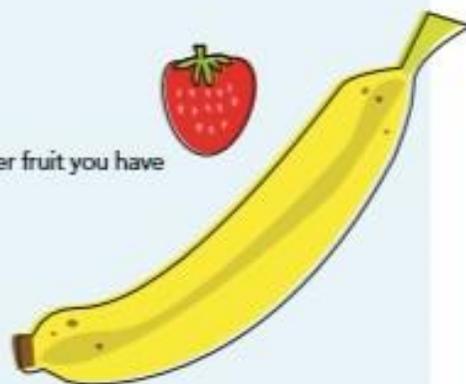
Sparky's "BARK" fait (Parfait) This makes 4.

Ingredients:

- 2 cups vanilla yogurt (I used Greek yogurt)
- 2 cups your favorite granola
- 2 cups fresh berries (raspberries, blueberries, strawberries (sliced) or any other fruit you have like: bananas, peaches or mangos, peeled and sliced)
- 4 tablespoons honey (optional)

Directions:

1. Line up 4 tall glasses, or whatever you would like to put your parfait in.
2. Spoon 2 tablespoons of yogurt into each glass.
3. Spoon 2 tablespoons of granola over the yogurt.
4. Then, add 2 tablespoons of fruit.
5. Keep repeating these steps until your glass is full. You can add a little bit of honey here and there, to taste.



Cinnamon-sugar chips This makes 8 dozen.

Ingredients:

- 6 tablespoons unsalted butter, melted
- 1 tablespoon sugar
- 3/4 teaspoon ground cinnamon
- 12 flour tortillas (10" in diameter)

Directions:

1. Preheat oven to 375°.
2. Stir together butter, sugar, and cinnamon in a small bowl.
3. Brush tortillas with butter mixture
4. Using a butter knife, or a cookie cutter, cut each tortilla into 8 wedges.
5. Put wedges in a single layer on a baking sheet.
6. Bake until crispy (about 10 to 12 minutes).



Make sure you let the chips cool on a wire rack before you eat them. Yum!

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