

Sample

RECIPES FOR

*Kids Cook*  
Real Food

BY KATIE KIMBALL



Kid-friendly format to go with the Kids Cook Real Food classes

# Thank you for viewing this free sample of Recipes for Kids Cook Real Food!



*Recipes for Kids Cook Real Food* has over 30 recipes written in the kid-friendly style that we use in the [Kids Cook Real Food eCourse](#) that you'll find indispensable when cooking with kids in the kitchen.

Most of the pages you'll find in the full version of this ebook have been removed so that you can enjoy two of the recipes for free, and get a feel for the style this book is done in.

If you'd like to buy the complete copy of *Recipes for Kids Cook Real Food* visit [www.kitchenstewardship.com/KCRFrecipes](http://www.kitchenstewardship.com/KCRFrecipes)

Thanks for looking!

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# Best Gluten-Free Pumpkin Muffins Ever

MAKES 12+

INTERMEDIATE 4, ADVANCED 4

## Ingredients

- 1 2/3 c. (one and two-thirds cup) gluten-free flour blend [recipe page 36] *200 grams*
- 1/2 tsp. (one-half teaspoon) cinnamon *2.5 mL*
- 1/2 tsp. (one-half teaspoon) nutmeg *2.5 mL*
- 1/2 tsp. (one-half teaspoon) cloves *2.5 mL*
- 1/4 tsp. (one-fourth teaspoon) baking powder *1.2 mL*
- 1 tsp. (one teaspoon) baking soda *5 mL*
- 3/4 tsp. (three-fourths teaspoon) salt *3.7 mL*
- 1 c. (one cup) sucanat *200 grams* or 3/4 c. (three-fourths cup) honey *255 grams*
- 1/2 c. (one-half cup) butter *120 grams* or coconut oil *50 grams*, melted
- 1/4 c. (one-fourth cup) cold water *60 mL*
- 1 1/4 c. (one and one-fourth cup) pumpkin *280 grams*
- 2 eggs

## Instructions

1. Mix the dry ingredients together: flour, cinnamon, nutmeg, cloves, baking powder, baking soda, and salt.
2. Add all the rest of the ingredients right on top. Note: the coconut oil will solidify when it touches the cold eggs, so be ready to stir. Add the eggs last.
3. Stir or beat well.
4. Preheat the oven to 325° F (165° C).
5. Line muffin tin with paper muffin cups and pour about 3/4 (three-quarters) full into 12 muffin cups, filling evenly.
6. Bake for 40 - 45 minutes (20 - 25 for 24 mini muffins).
7. You might have a little left over, and a mini loaf pan is usually just right for the extra.

# Best Honey Whole Wheat Pumpkin Muffins Ever

MAKES 12+

INTERMEDIATE 4, ADVANCED 4

## Ingredients

- 1 2/3 c. (one and two-thirds cup) whole wheat flour *200 grams*
- 1/2 tsp. (one-half teaspoon) cinnamon *2.5 mL*
- 1/2 tsp. (one-half teaspoon) nutmeg *2.5 mL*
- 1/2 tsp. (one-half teaspoon) cloves *2.5 mL*
- 1/4 tsp. (one-fourth teaspoon) baking powder *1.2 mL*
- 1 tsp. (one teaspoon) baking soda *5 mL*
- 3/4 tsp. (three-fourths teaspoon) salt *3.7 mL*
- 3/4 c. (three-fourths cup) honey *255 grams* or 1 c. (one cup) sucanat *200 grams*
- 1/2 c. (one-half cup) butter *120 grams* or coconut oil *50 grams*, melted
- 1/4 c. (one-fourth cup) cold water *60 mL*
- 1 c. (one cup) pumpkin *280 grams*
- 2 eggs

## Instructions

1. Mix the dry ingredients together: flour, cinnamon, nutmeg, cloves, baking powder, baking soda, and salt.
2. Add all the rest of the ingredients right on top. Note: the coconut oil will solidify when it touches the cold eggs, so be ready to stir. Add the eggs last.
3. Stir or beat well and preheat the oven to 325° F (*165° C*).
4. Line muffin tin with paper muffin cups and pour about 3/4 (three-quarters) full into 12 muffin cups, filling evenly.
5. Bake for 40 - 45 minutes at 325° F (*165° C*) (20 - 25 for 24 mini muffins).
6. You might have a little left over, and a mini loaf pan is usually just right for the extra. Head [here](#) for photos and more.

# If you liked these recipes, you'll love the Recipes for Kids Cook Real Food eBook

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## About The Author

I'm Katie Kimball, a Catholic wife and mother of three who wants the best of nutrition and living for her family. My educational background is actually in elementary education and English, but as I began cooking for my children and reading about nutrition, I quickly became a home chef and researcher. In early 2009 I began my journey as an online writer, and I'm head over heels in love with the tangled web that is the blogging career.



I believe that God calls us to be good stewards of all His gifts as we work to feed our families: time, finances, the good green earth, and of course, our healthy bodies. KitchenStewardship.com seeks to share with others ways to balance all four and be prayerful in the call to vocation in the kitchen.

I'm far from perfect: my kitchen is often a mess, I lose my patience with family members, and I certainly spend too much time on the computer. But I do my best to provide optimal nutrition and health for my loved ones, which means I spend a lot of time in the kitchen. I make everything from scratch and talk about food all the time. I also strive to make things taste good, which is where you benefit. Thank you so much for downloading this freebie!

## Interested in teaching your kids how to cook?

Click to learn about the [Kids Cook Real Food eCourse](#)  
that pairs perfectly with this ebook.