

Dessert Recipes for Kids

Happiness
is
Homemade



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A Sweet Glimpse

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Get To Know Me Better

Turning my hobby of baking into a full time business, I have travelled this path with my two beautiful daughters, a very supportive husband and an encouraging group of family and friends.

Creationz was born 6 years ago as a side business when I was working full time in the finance field. It was an outlet for my creativity then and eventually has now become a full time venture for me. Without the support of my loved ones, I wouldn't have been where I am today.

Bringing smiles to faces and joy to the hearts as you indulge in delicious treats is the essence of this publication. Hence, I present to you this EBook : Dessert Recipes for Kids.

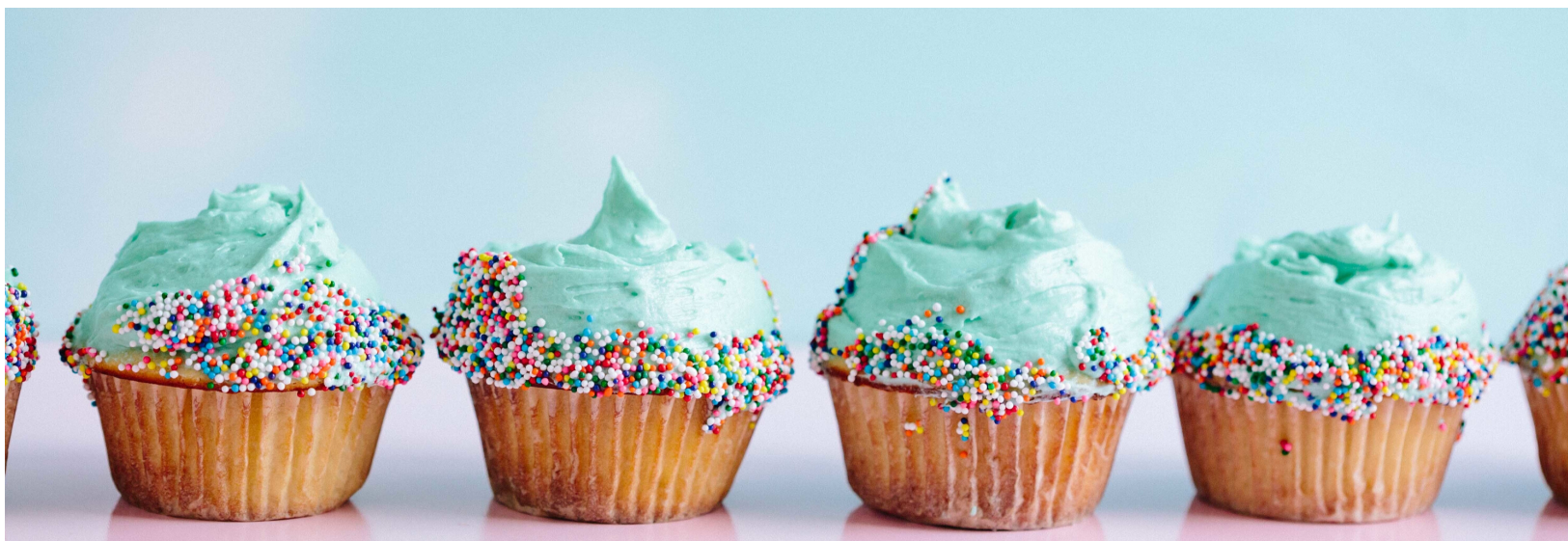
I Congratulate you on your purchase, as now you will have the chance to make some cherishable memories with your little ones in the comfort of your own home and kitchen and at the same time satisfying everyone's sweet tooth !

I would also like to Thank You in playing your part to support a small business.

All the recipes in this edition of my EBook have been carefully drafted and use basic ingredients that can be found in your pantries. Little bakers can easily make these with your loving guidance and supervision. Please do encourage their final result and see them glow with pride and joy as they enjoy their creations!

With Love,

Sukaina Alibhai



LIVING THE SWEETEST LIFE

Chocolate Chip Cookies

This foolproof chocolate chip cookie recipe takes as little as 20 minutes to whip up. Perfectly kid friendly, this recipe makes a batch of ooey gooey goodness that doubles as delicious presents for family and friends. The cookies have a soft and chewy texture on the inside and a crisp outside.

Yields: 12 large sized cookies



Ingredients

Tools:

- A baking tray
- Parchment paper
- A Microwave safe bowl or a cup
- A large bowl and a small bowl
- Measuring cups and spoons
- Whisk
- Spatula
- Ice cream scoop or a tablespoon

Supplies:

- ½ cup or 1 stick of butter
- 1 ¼ cup all purpose flour
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ½ cup brown sugar
- ¼ cup white sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 1 cup chocolate chips

Directions

1. Preheat Oven to 350° F at least 10 minutes before you start baking
2. Melt butter in a microwave safe bowl for 30 seconds. Leave it aside for 5 minutes or till warm to touch.
3. Line a baking tray with parchment paper
4. In a small bowl combine flour, baking soda and salt. Keep aside
5. In a big mixing bowl add the melted butter, along with brown and white sugar and mix well with a whisk until the sugars are almost dissolved (1 minute)
6. Add the egg and vanilla, and whisk again. Now add the flour mixture, and mix with a spatula
7. Add in all the chocolate chips and combine well
8. Drop cookie dough onto the prepared tray with an ice cream scoop or 2 tablespoons per drop. Ensure there is enough space between cookies as these will spread
9. Pop the tray in the oven and set a timer for 10 minutes. DO NOT OVER BAKE
10. Take the tray out after 10 minutes and let the cookies cool on the baking tray. Then transfer to a plate
11. Enjoy with a glass of cold milk or a cup of hot coffee

Pro-Tips

1. You can replace chocolate chips with a chopped chocolate bar or chocolate chunks or even colorful M&Ms
2. 6 large cookies can be baked on a 15x10 inch baking tray. This is to give you an idea to leave at least 3 inch space between each cookie
3. Kids can package these cookies into a gift box or bag with ribbons for a perfect gift
4. If making a double batch, these can easily be frozen between layers of parchment in an airtight container.



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Strawberry Ice Cream

Making fresh ice cream doesn't get easier than this. This is a creamy and dreamy ice cream made with fresh strawberries. It can safely be termed as a perfect all year round dessert. No store bought ice cream can give you and the kids satisfaction and sense of achievement than making it yourself in your own kitchen !

Yields: 1 Litre

Ingredients

Tools:

- Immersion blender or stand blender
- Electric hand mixer or stand mixer
- A freezer safe container
- A large mixing bowl
- Measuring cups and spoons
- Whisk attachment
- Spatula

Supplies:

- 2 cups heavy whipping cream 35% - chilled
- 1 can of sweetened condensed milk
- 1 ½ cups of fresh or frozen strawberries
- 2 tablespoons sugar
- ½ teaspoon vanilla extract
- Few drops of red food coloring - optional

Directions

1. Wash fresh strawberries and dry them thoroughly
2. Make a strawberry puree by blending with an immersion blender or in a stand blender
3. In a large mixing bowl of a stand mixer or in a large bowl and using an electric hand mixer, whip the heavy cream with a whisk attachment on medium speed until it starts getting thick, about 3 minutes
4. Add sugar and vanilla to the thickened cream and whip again for a minute
5. Now add condensed milk and whip on high speed till it reaches a soft peak stage, another 4-5 minutes
6. Pour the strawberry puree into the cream and gently fold with a spatula until combined. For a brighter pink color add a few drops of red food coloring into the mixture and stir well
7. Pour this mixture into a freezer safe container. You can use a 9 x 5 x 3 inch metal loaf tin, bread pan or even a pyrex dish
8. Take a parchment or wax paper and press it directly on the ice cream mixture so that every inch of it is covered by the paper. This will prevent crystallization in the freezer
9. Now cover the dish with foil. Freeze for minimum 6 hours or preferably overnight for a firm texture ice cream
10. For a soft serve type ice cream you can freeze for 4-5 hours. Remove foil and parchment paper and scoop ice cream with an ice cream scoop and enjoy

Pro-Tips

1. When making this recipe during the fall and winter months, make sure to use frozen strawberries that have been picked in season for optimal taste.
2. Add a scoop or two on top of the Divine Nutella Cake and enjoy a gourmet dessert



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Divine Nutella Cake

This is a simple and indulgent chocolate cake recipe that has no eggs and yet incredibly moist, easy and the best single serving dessert out there (to share or not to share)

Ingredients

Tools:

- A microwave safe mug. A tall mug is preferred (10 oz) so there is enough head space for the cake to rise without pouring over
- Measuring spoons
- Mixing spoon

Supplies:

- 2 tablespoons all purpose flour
- 1 tablespoon sugar
- 1 tablespoon cocoa powder
- ¼ teaspoon baking powder
- 1 tablespoon oil (any flavorless oil will do)
- 3 tablespoons milk
- ¼ teaspoon vanilla extract
- 1 tablespoon nutella

Directions

1. Add flour to the mug
2. Now add sugar and cocoa powder. Give it a good stir with a spoon
3. Add baking powder, oil, milk and vanilla extract
4. Mix well with a spoon until all ingredients are well combined and batter has no clumps
5. Drop nutella in the middle of the batter, no need to push it down or mix it in
6. Microwave mug for 1 minute, and carefully remove from the microwave. Caution: It will be really hot at this time so please ensure children do not touch the mug
7. Dig in and Enjoy

Pro-Tips

1. You can replace Nutella with 1 tablespoon of mini or regular chocolate chips, white chocolate chips, or even peanut butter
2. Once the cake is ready, add a scoop of your favorite ice cream on top, drizzle some chocolate, caramel or strawberry sauce and top with some sprinkles or even a cherry ! Viola! An amazing dessert is ready. Children can serve this to family and guests and be praised for their hard work.



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Rainbow Muffins

Rainbow colored sprinkles make these muffins a fun treat to enjoy. These are super fluffy just like a birthday cake and would be perfect for a birthday breakfast. You won't miss the frosting with how sweet and delicious these turn out.

Yields: 14 muffins

Ingredients

Supplies:

- 2 cups all purpose flour
- ½ cup sugar
- 2 teaspoons baking powder
- ½ teaspoon salt
- ⅔ cup milk
- ½ cup butter - melted
- 2 eggs
- 1 teaspoon vanilla extract
- 1 tablespoon lemon juice
- 1 tablespoon oil
- 1 cup rainbow sprinkles + additional on top (optional)

Tools:

- A muffin or cupcake baking tray
- A large bowl and a small bowl
- Measuring cups and spoons
- Whisk
- Spatula

Directions

1. Preheat Oven to 375° F at least 10 minutes before you start baking
2. Grease muffin pan cavities by spraying with a non-stick cooking spray. Alternatively, you can brush the cavities with oil
3. In a small bowl, combine flour, sugar, baking powder and salt. Mix and set aside
4. In a large bowl add milk, melted butter, eggs, vanilla, lemon juice, and oil and mix well with a whisk
5. Pour the wet mixture into the dry mixture and stir with a spatula until well combined
6. Fold in 1 cup of rainbow sprinkles and mix well
7. Spoon about 1 heaped tablespoon batter in each muffin cavity, filling it ⅔ of the way
8. Sprinkle some additional rainbow sprinkles on top of each muffin - optional
9. Pop the tray in the pre-heated oven and set the timer for 15 minutes
10. Take the tray out after 15 minutes. Muffins will be slightly brown on the sides and moist inside
11. Cool and let the kids enjoy the bright and colorful treat

Pro-Tips

1. You can use cupcake liners and bake these into colorful cupcakes. There is no need to brush the cavities with oil if using cupcake liners
2. In the absence of a muffin pan, this batter can also be baked as a regular cake in an 8x8 inch pre-greased cake pan



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Snacking Snowballs

These snacking balls are super easy to make and are a perfect afternoon snack. These chocolate balls are naturally sweetened only with dates, yet they taste sweet and decadent. These can be dressed in a variety of ways to please children.

Yields: 14 bite sized balls

Ingredients

Tools:

- Food processor
- A large bowl and a plate
- Measuring cups and spoons
- Spatula
- Small ice cream scoop or a tablespoon

Supplies:

- 1 cup pitted medjool dates or any dates available
- 1-2 tablespoons coconut milk or regular milk
- 2 tablespoons cocoa powder
- ½ teaspoon vanilla extract
- A pinch of salt
- 1 cup instant oats
- ½ cup shredded unsweetened coconut

Directions

1. Add dates in the food processor with the coconut milk and pulse until it becomes a smooth paste
2. Add in the cocoa powder and vanilla and pulse until combined
3. Now transfer the date mixture in a large bowl and add oats and salt
4. Combine the mixture with a spatula or even your hands and make a soft dough. If the dough seems hard, you can add a teaspoon of milk to loosen it up. If it seems too soft to roll into balls, you can add some more oats
5. Using a tablespoon or small ice cream scoop measure, spoon out the mixture and roll into small bite-sized balls
6. Take the shredded coconut in a plate and roll each ball in the coconut to cover it completely. You may need to press the coconut firmly on the balls to stick
7. Place in the refrigerator for 30 minutes until they harden
8. Snacking Snowballs are ready to be enjoyed !
9. Store remaining balls in the fridge in an airtight container or zip lock bag for up to 2 weeks

Pro-Tips

1. You can replace coconut coating with chocolate chips, colorful mini sprinkles or even mini M&M's.
2. For a more rich and truffle like taste, roll the balls in cocoa powder
3. Dip the balls in melted milk or dark chocolate or colored chocolate to turn them into date and chocolate balls
4. Oats can be substituted with finely chopped nuts like a mix of almonds, cashews and pecans
5. Alternatively, you can also use ½ cup of oats and ½ cup of nuts
6. If making a double batch, these can easily be frozen in an airtight container



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for your baking needs

W: www.sweetcreationz.ca

IG: [sweetcreationzca](https://www.instagram.com/sweetcreationzca)

(E): info.creationz@gmail.com

(T) : +1 647 449 5035

ebook concept & desgined by

Big Ideas Graphics Solutions

IG: [bigideasgraphics](https://www.instagram.com/bigideasgraphics)

(E): connectwithbigideas@gmail.com

(T) : +1 647 382 7705

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