



Cooking Fun With Children & Teens

Would you like your family to make healthier choices and be happy about them?

Do your children watch the Food Network and get excited?

Do your children want to help you in the kitchen?

Let's play with food and learn that making healthier choices can be a lot of fun!

We are happy to create a custom experience and bring cooking classes to your location. At least one adult in addition to the QQ instructor is required to be present with the class. Gluten free and allergy sensitive classes and parties are available.

Choose from the menu to create your custom experience!
Classes are 60-90 minutes, minimum seven children

One selection \$7.00 per child
Two selections \$12.00 per child
Three selections \$16.00 per child
Aprons available to decorate for \$5 each
Each additional menu selection \$3.00 per child

Birthday Parties, Play Dates & Family Celebrations
\$17.50 per child

Includes:
An Apron to decorate
Two menu selections
The Cupcake Tree

Menu Selections

Granola Parfait - Homemade granola, berries and soy yogurt

Snack Bars - A healthier version of rice crispy treats

Wrap It Up! - Make wraps with an assortment of hummus and vegetables

Salad in a Pita Pocket - Whole-wheat pitas tortillas stuffed with veggies and mild hummus.

Baked Potato Bar- A fun assortment of toppings and a yummy non-dairy cheese sauce

Rice N Veggie Bowl - Along with beautiful vegetables and mild sauces

Healthy tacos - Lots of vegetables and crunchy taco shells

Refried Bean Dip - Delicious with chips, veggies and tacos

Mexican Lasagna - This is a nice main course

Homemade salsa - Quick and delicious, this can be as mild or spicy as desired

30-Minute Pasta Sauce w/Spaghetti Squash or Noodles - This is good as a soup or sauce

Alphabet Soup - Make a colorful soup using veggies and alphabet pasta

Rainbow Salad- This salad uses rice, vegetables, and a lite easy dressing.

Raw Cookie Balls - Use dates, soy nut butter, raisins, coconut and dried fruit to squish into individual chewy, no bake treats.

Creamy Purple Slurples - Plant milk and silken tofu are blended with purple berries, juice and bananas to create a yummy smoothie.

Magic Muffins - These scrumptious, filling muffins provide a way to discuss why fiber is important and how to get it from foods we eat.

Apple Tasting and Dip - What kind of apples taste sweet or sour? We will make Yummy Hunny Dip with Soy Nut Butter (not really a nut at all and is great for people who are allergic to nuts) or peanut butter, sweet potatoes, and dates. This recipe is a great one to "hide" healthy food in!

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