

Fun stuff!

Make it

Win your family's hearts
by making these fun foods
for Valentine's Day
on February 14.



Breakfast for mum

What you'll need

- Strawberries, raspberries and blueberries ● 1 1/4 cups strawberry jam ● 1/4 cup apple juice ● 1 teaspoon lemon juice ● pancake mix ● large heart-shaped cookie cutter



- 1 First prepare the strawberry sauce. Ask an adult to help you cut 1 1/2 cups of sliced **fresh** strawberries. Set aside. Stir together the strawberry preserves and the apple and lemon juices in a saucepan on low heat. When it gently bubbles, add the sliced strawberries. Cook for one minute. Puree the sauce in a blender until it's smooth. Cover and set aside. Serves four.
- 2 To prepare the pancakes, follow the directions on the box of pancake mix. Press the cookie cutter into each finished pancake. Ask for an adult's help and be careful not to burn yourself.
- 3 If necessary, reheat the strawberry sauce. Dress up the plate with heart-shaped strawberry slices (see below), raspberries, and blueberries.

Easy strawberry hearts

1

- Pinch the leaves off a strawberry.

2

- Cut the strawberry down the middle, from top to bottom.

3

- Now the halves easily slide into heart-shaped pieces. Trim as needed.



The secret scroll

What you'll need

- scissors ● decorative paper ● ruler ● colorful straws ● tape ● pen ● ribbon

- 1 Cut the paper so it's longer than it is wide. Fold in both ends of the scroll about a half-inch.
- 2 Cut two straws to the same length, a little longer than the width of the scroll. Tape one straw in the crease of each fold, then tape down the folds.
- 3 Turn the scroll over and write your Valentine's Day message. Roll the folds toward each other until they meet in the middle. Tie with a ribbon. (See scroll on tray)

Happy Valentine's Day to the BEST mum in the world!

Heart-shaped strawberry pancakes

Cupid's arrow pizza

What you'll need

- heart-shaped cookie cutter (optional)
- roasted red peppers ● pepperoni slices
- 1 or 2 ready-made pizza crusts ● olive oil
- ready-made pizza sauce ● 8-ounce bag of Italian-blend shredded cheese

- 1 With an adult's help, use a knife or cookie cutter to shape the red peppers and pepperoni slices into **hearts**. Then cut one crust into a heart shape, saving
- 2 Spread a thin layer of olive oil on the heart-shaped crust. Top with pizza sauce and then cheese. Arrange the peppers and pepperoni
- 3 Form the arrow shape out of pieces of leftover crust or cut it out of a second crust. Top the arrow with a little olive oil. Bake the pizza according to the directions on the pizza crust package. Then, as the Italians say,



Fruit bouquet

What you'll need

- Tall, narrow vase ● Styrofoam ball that fits snugly inside your vase ● strawberries ● raspberries ● red grapes ● other colorful fruits, such as cantaloupe, pineapple, kiwis, and blueberries ● wooden skewers



- 1 Place the Styrofoam ball inside the vase and set aside. Then wash and dry the berries and grapes.
- 2 Ask a parent to help you cut the fruit: Stem the strawberries, remove the cantaloupe and pineapple rinds and the kiwi skins, then cut the fruits into bite-size pieces.
- 3 Fill each skewer to the top, but leave two inches without fruit at the bottom. Poke the empty ends of the skewers into the Styrofoam at angles. Make sure they are stable. Top with extra