



## **Kid-Made Skillet Matzo Granola Yogurt Parfaits + Peach Banana Smoothies**

By Erin Fletter

**Prep Time 15 / Cook Time 10 / Serves 4 - 6**

### **Shopping List**

FRESH AND FROZEN

3 bananas

1/2 to 1 C frozen sliced peaches

DAIRY

16 oz vanilla or plain yogurt **\*\*(see allergy subs below)\*\***

2 C milk **\*\*(see allergy subs below)\*\***

PANTRY

6 matzo crackers **\*\*(see allergy subs below)\*\***

1/2 C vegetable oil **\*\***

4 T light-brown sugar

4 T honey

1 tsp coarse salt

2 T pumpkin or sunflower seed kernels **\*\***

1 shake ground nutmeg

1/2 C raisins or diced dried fruit

4 T honey, sugar, or 2 tsp stevia to taste

HAVE ON HAND

large plastic resealable bags (2)

1 C ice

## Fun-Da-Mentals Kitchen Skills

**layer:** to arrange foods in layers, such as sliced fruit in a pie or tart, or sliced potatoes in a potato gratin; or to build flavors by adding seasonings or foods that may be dissimilar but complement the overall dish.

**combine:** to merge two or more ingredients into one mixture, like a batter of flour, eggs, and milk.

**smash:** to break up food into smaller pieces or squash food to flatten or soften it.

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**chop:** to cut something into small, rough pieces using a blade.

**peel:** to remove the skin or rind from something using your hands or a metal tool.

## Equipment

Nonstick skillet

Large plastic resealable bags (2)

Liquid measuring cup

Dry measuring cups

Measuring spoons

Wooden spoon

Cups or glasses (clear, if possible, to see the parfait layers)

Blender (or pitcher + immersion blender)

Cutting board

Kid-safe knife

## Ingredients

### Kid-Made Skillet Matzo Granola Yogurt Parfaits

6 matzo crackers **\*\***(for CELIAC/GLUTEN ALLERGY sub gluten-free matzo crackers (may contain egg yolks))**\*\***

1/2 C vegetable oil **\*\***

- 4 T light-brown sugar
- 4 T honey
- 1 tsp coarse salt
- 2 T pumpkin or sunflower seed kernels
- 1 shake ground nutmeg
- 1/2 C raisins or diced dried fruit

## Peach Banana Smoothies

- 3 bananas
- 1/2 to 1 C frozen sliced peaches
- 4 T honey, sugar, or 2 tsp stevia to taste
- 1 C ice
- 2 C milk **\*\***(for DAIRY ALLERGY sub 2 C dairy-free/nut-free milk)**\*\***

## Food Allergen Substitutions

### Kid-Made Skillet Matzo Granola Yogurt Parfaits

**Celiac/Gluten/Wheat:** For 6 matzo crackers, substitute 6 gluten-free matzo crackers (may contain egg yolks).

**Soy:** Substitute canola oil or other nut-free oil for vegetable oil.

**Seed:** Omit pumpkin or sunflower seed kernels or substitute 2 T additional dried fruit.

**Dairy:** For 16 oz vanilla or plain yogurt, substitute 16 oz dairy-free/nut-free vanilla or plain yogurt.

### Peach Banana Smoothies

**Dairy:** For 2 C milk, substitute 2 C dairy-free/nut-free milk.

## Instructions

### Kid-Made Skillet Matzo Granola Yogurt Parfaits

break + smash

Add **6 matzo crackers** to two large plastic resealable bags and seal tightly. Have your kids smash the matzo crackers until they are broken into small pieces.

### combine + cook

In a **cold** nonstick skillet, have kids combine the **smashed matzo, 1/2 cup vegetable oil, 4 tablespoons light brown sugar, 4 tablespoons honey, 1 teaspoon coarse salt, 2 tablespoons pumpkin or sunflower seed kernels, and 1 shake of nutmeg**. Adults cook the granola mixture over medium-high heat, stirring often, for 5 to 10 minutes or until the granola is well coated and golden.

### add + cool

Remove the granola from the heat and add **1/2 cup of raisins or diced dried fruit**. Stir and set aside to cool completely.

### layer + repeat

In cups or glasses, add a layer of yogurt, a granola layer, then repeat with yogurt, then granola. Make sure there is enough granola and yogurt to have at least two layers of each in everyone's cups. Clear cups or glasses allow kids to see the layers!

## Peach Banana Smoothies

### peel + chop

Have your kids peel and chop **3 bananas**, then chop **1/2 to 1 cup of frozen sliced peaches**. Add the chopped bananas and peaches to your blender (or pitcher for use with an immersion blender).

### measure + blend

Measure and add to the blender **4 tablespoons honey or sugar, 1 cup ice, and 2 cups milk**. Blend until smooth and enjoy!

## Featured Ingredient: Matzo!

Hi! I'm Matzo!

"I'm a thin, cracker-like unleavened bread that is made of just flour and water, and no yeast. I've got holes all over because, when my dough was raw, it was poked with a fork or roller with spikes to further prevent me from rising."

Matzo or matzah is an unleavened bread that is a staple of Jewish cuisine. Kosher matzo is an essential part of the Passover Seder meal.

Passover is a Jewish festival that commemorates the day enslaved Israelites were freed by the Egyptian Pharaoh and their exodus from Egypt in the 15th century BCE. The people were instructed to have a meal of roasted meat, bitter herbs, and bread without yeast before they would be taken out of Egypt. They were also instructed to celebrate that day for generations to come with a seven-day festival, serving bread without yeast for the seven days. They also had to remove all yeast from their home before Passover. Matzo is a symbol of freedom and redemption. The unleavened bread is also a symbol of humility, referred

to as the "bread of affliction."

Machine-made matzo can be bought as square crackers in the grocery store, or it can be made at home, commonly in thin rounds, about 6 to 8 inches in diameter.

There is both kosher and non-kosher matzo available in grocery stores. If you require kosher matzo for Passover, be sure to read the labels carefully.

Gluten-free matzo is available for people with celiac or gluten and wheat allergies.

Matzo balls are a type of dumpling made with matzo meal (ground crisp matzo), egg, water, and oil or chicken fat. Matzo ball soup is typically a chicken soup with matzo balls in it.