

Mrs Hollingsworth's



8 Things to Make With Your Kids This Summer!

Easy • Healthy • Fun



**FREE
GUIDE**



Hello, lovely!

Summer holidays are here, and if you're anything like me, you're already wondering how to keep the kids entertained without losing your mind!

This little guide is full of my favourite recipes to make **WITH** your children — the kind where they get their hands in, make a glorious mess, and feel **SO** proud of what they've created.

Everything is healthy (but you'd never know it!), needs minimal ingredients, and is designed for little helpers.

I hope you have the most magical summer making memories together in the kitchen.

Love, Mrs H xx



If you loved this free guide, you can buy me a coffee here ☕
buymeacoffee.com/Mrshollingsworths

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3-Ingredient 'Nutella' Balls

Like eating a Nutella truffle — but secretly healthy!



◆ INGREDIENTS ◆

- 1 cup medjool dates, pitted
- ½ cup hazelnut butter
- 4 tbsp cacao powder

◆ METHOD ◆

1. Add all ingredients to a blender and whizz until smooth.
2. Roll into balls — little hands are perfect for this!
3. Chill in the fridge or freezer. Try to save some for later (good luck!).

★ **Kid job:** Roll the mixture into balls — the messier, the better!

♥ **Mrs H's tip:**
No hazelnut butter? Almond or cashew butter works beautifully too.

MAKES:
12–15 balls

TIME:
10 mins +
30 mins chilling

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Satsuma Butterflies

Vitamin C, but make it adorable.



◆ INGREDIENTS ◆

- 1 easy peeler or mandarin per butterfly
- 100g chocolate

♥ Kid job:

Arrange the segments into butterfly wings — they're the designer!

♥ Mrs H's tip:

Use white chocolate for the details for an extra pretty finish.

◆ METHOD ◆

1. Melt chocolate in the microwave in 30-second bursts, stirring each time.
2. Arrange satsuma segments in pairs on baking paper to form butterfly wings.
3. Pour chocolate into a piping bag or sandwich bag with a corner snipped off.
4. Pipe the body, antennae and wing dots onto each butterfly.
5. Refrigerate to set, then enjoy!

MAKES:

As many as you like

TIME:

15 mins

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Chocolate Kiwi Turtles

Food tastes better when it's cute — fact.



INGREDIENTS

- 100g chocolate
- 1 kiwi, peeled and sliced into rounds
- Grapes — 1 whole + 4 halved per turtle

METHOD

1. Melt chocolate in a double boiler or microwave, stirring every 30 seconds.
2. Spoon pools of chocolate onto a lined baking tray.
3. Place a kiwi slice in the centre of each pool — that's the shell!
4. Add a whole grape for the head and 4 grape halves for the feet.
5. Refrigerate until set, then enjoy your little turtle friends.

Kid job:

Place the grape heads and feet — genuinely the best bit.

MAKES:
8–10 turtles

TIME:
20 mins + setting time



Mrs H's tip:

Work quickly once the chocolate melts so it doesn't set before the kids finish!

Healthy 'FAB' Lollies

Everyone's favourite nostalgic lolly with a healthier twist.



♥ Kid job:

Dunk the lollies into the yogurt and chocolate — gloriously messy!

♥ Mrs H's tip:

No lolly moulds? Small paper cups with wooden sticks work perfectly.

♥ INGREDIENTS ♥

- 2 cups frozen strawberries
- ½ cup + ½ cup yogurt of choice
- 100g chocolate, for coating
- Optional: 3 tbsp vanilla protein powder
- Optional: sprinkles

♥ METHOD ♥

- 1 Blend strawberries, ½ cup yogurt (+ 2 tbsp protein powder if using) until smooth.
- 2 Pour into lolly moulds and freeze until solid.
- 3 Mix remaining yogurt (+ 1 tbsp protein powder if using) in a tall glass.
- 4 Remove lollies, dunk the top into yogurt. Refreeze on a lined tray.
- 5 Melt chocolate, dunk the bottom. Add sprinkles before chocolate sets!
- 6 Freeze 30 more minutes, then enjoy!

MAKES:
4–6 lollies

TIME:
20 mins + 5 hrs freezing



Banana 'Snickers' Pops

My mum made these for me — now I make them for mine.



★ Kid job:

Spread the peanut butter and sandwich the banana halves together.

♥ Mrs H's tip:

Make sure bananas are properly frozen before dipping or they'll fall apart!

INGREDIENTS

- 2 bananas
- 4 tbsp peanut butter
- 200g chocolate
- Optional: chopped nuts to sprinkle

METHOD

1. Halve bananas, then slice each half lengthways.
2. Spread 1 tbsp peanut butter on half the pieces.
3. Place a lolly stick on the peanut butter side, sandwich plain piece on top.
4. Freeze for 4 hours until completely solid.
5. Melt chocolate and dunk each frozen pop one by one.
6. Place on baking paper, sprinkle with nuts if using. Freeze 30 more minutes.

MAKES:

4 pops

TIME:

15 mins +
4.5 hrs freezing



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Sour Candy Frozen Grapes

Pretty sure these are the best thing I have ever eaten.

◆ INGREDIENTS ◆

- 3 cups seedless grapes
- Juice of 1 lemon
- ½ cup granulated sweetener of choice
- Optional: 2 tsp citric acid powder

◆ METHOD ◆

1. Wash grapes and place in a large bowl.
2. Squeeze over lemon juice and toss with your hands to coat well.
3. Refrigerate 10 minutes to let the juice soak in.
4. Mix sweetener and citric acid (if using) in a shallow bowl.
5. Toss grapes in the coating until covered.
6. Spread on a lined tray and freeze for 2 hours. Eat straight from the freezer!

♥ Kid job:

Toss the grapes in the sour coating — they'll want to eat them immediately!

♥ Mrs H's tip:

Citric acid gives that proper sour candy kick — find it in the baking aisle or online.

MAKES:

1 big bowl

TIME:

15 mins + 2 hrs freezing



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Chocolate Fudge Flapjacks

My most popular recipe ever — completely no-bake!



Kid job:

Stir the flapjack mixture and press it firmly into the tin.

Mrs H's tip:

Any nut butter works — try sunflower seed butter for a nut-free version.



MAKES:
12 squares



TIME:
15 mins + 1 hr setting

INGREDIENTS

— Flapjack base —

- 2 cups oats
- $\frac{1}{3}$ cup raisins
- 4 tbsp maple syrup
- $\frac{1}{3}$ cup coconut oil
- $\frac{1}{2}$ cup cashew butter

— Chocolate fudge top —

- $\frac{1}{2}$ cup cacao powder
- $\frac{1}{2}$ cup maple syrup
- $\frac{1}{4}$ cup cashew butter
- $\frac{1}{2}$ cup coconut oil

METHOD

1. Combine all flapjack ingredients and stir well until fully coated.
2. Press firmly into a lined tin. Refrigerate while you make the fudge.
3. Mix all fudge ingredients until you have a thick glossy mixture.
4. Pour over the flapjack base and smooth with a spoon.
5. Refrigerate 1 hour (or freezer 30 mins if impatient!). Cut into squares.

Homemade Jazzies

Two ingredients. Maximum joy.



INGREDIENTS

- 100g chocolate
- ½ cup sprinkles of your choice
- Healthier swaps: chopped hazelnuts, freeze-dried raspberries, desiccated coconut

METHOD

1. Melt chocolate in the microwave in 30-second bursts, stirring each time.
2. Pour into a piping bag or zip-top bag, snip a small corner off.
3. Spread sprinkles in a shallow bowl.
4. Pipe circles (or letters or numbers!) over the sprinkles onto baking paper.
5. Let harden at room temperature or pop in the fridge.
6. Peel off and enjoy — or use as birthday cake toppers!

♥ Kid job:

Pipe the chocolate shapes and go absolutely wild with the sprinkles!

■ Mrs H's tip:

Pipe your child's initials for the most personalised birthday cake topper ever!

MAKES:

As many as you like

TIME:

15 mins + setting time