

Cheese Puffs Recipe

Age: Toddlers (18-36 months), Preschool-age (3-4 years)

This activity helps your child's development in this domain: Physical

What You Need:



- 2 sheets puff pastry
- 1 egg
- 1 Tbsp water
- Grated Cheddar Cheese (or cheese of your choice)

What To Do:

1. Line a baking sheet with parchment paper and lay out the puff pastry sheets to defrost. Preheat oven to 350°F.
2. Help your child crack the egg and add the water together. Have him lightly beat the egg wash.
3. Use a cookie cutter to cut shapes in the puff pastry.
4. Lay the shapes onto the parchment paper and have the child brush it with the egg wash.
5. Sprinkle a little cheese on each shape with your child.
6. Bake for 10 minutes or until the cheese has melted and the pastry has puffed.
7. Talk about how the ingredients changed and enjoy your snack together!

Recipe adapted from <https://childhood101.com/cooking-with-kids-cheese-puffs/>



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