

Serve it up Sassy

Catch the Rays

Catch the Rays of summer at home in your own backyard with these easy to create fun food ideas for your kids. Grab your shades and beach towel you are about to catch rave reviews for this summer time impromptu lunch.

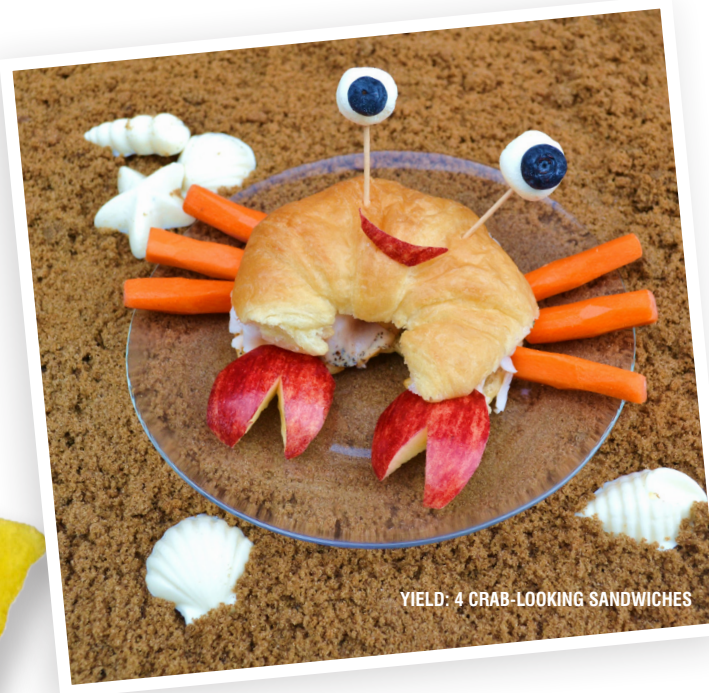
Make waves at the table with these creative lunch ideas for your kiddos. Expect smiles as big as surfboards as your kid's look in wonderment at a table filled with brown sugar "sand", candy "seashells" and "crab"-wich sandwiches. To finish the beach inspired lunch, serve frozen triple fruit popsicles and sunshine lemon cupcakes.

Hungry kids will dive right into this tasty lunchtime fare. The crab-wich sandwich is a split small croissant filled with your child's favorite sandwich filling. Six mini peeled baby carrots are tucked around the side of the sandwich to form crab legs. The crab eyes are half inch round balls of cream cheese with a blueberry picked together with a long toothpick. A red delicious apple "claw" is placed on each point of the croissant sandwich. For the mouth, a sliver of red delicious apple adds personality to the fun sandwich. Gone are the moments where you have to persuade your kids to eat their vegetables, they will dig right in. Serve the sandwich on paper plates on a bed of brown sugar sand and candy melt seashells. You can purchase the seashell mold on line. For more ideas on using candy seashells go to <http://www.lizbushong.com>

The fruitsicle is made with pureed strawberries, pineapple, and kiwi that are frozen in layers in a popsicle mold. No sugar here, just fresh fruit deliciousness. Serve these cute pops in a bowl of ice to keep chilled. You could use your child's favorite fruit combination to make your own fruitsicles. If you don't have a popsicle mold, use a small yogurt cup with a lid. With a knife, slit the center of the cup lid and insert a plastic spoon or craft stick into the fruit. Freeze until firm about 3 hours. Remove the popsicle packaging and serve.

The sunshine cupcakes are actually purchased lemon cupcakes with lemon frosting decorated with colorful rolled and cut gumdrop pieces to

RECIPE DEVELOPMENT, FOOD STYLING,
PHOTOGRAPHY, AND ARTICLE BY LIZ BUSHONG



YIELD: 4 CRAB-LOOKING SANDWICHES

Sunshine Cupcakes

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INGREDIENTS:
6-Baked Lemon Cupcakes-purchased or home baked
2-cups Lemon Frosting-purchased or homemade
1 cup black frosting- or 4.25 oz. tube of piping gel
20 Red gumdrops-large or small-2 for mouth
18 Orange gumdrops
18 Yellow gumdrops

INSTRUCTIONS:
Frost baked cupcakes with lemon frosting. Lightly sprinkle sugar on work surface and roll each gumdrop 1/8" thick- flat oval using a rolling pin. With sharp knife, cut thin sliver off top and bottom of each oval to make rectangles. Cut each rectangle in half crosswise to make 2 squares if using large drops, or 1 square for small gumdrops. Then cut the square in half making 2 triangles.

Arrange 3 gumdrop triangles of each color on top of frosted cupcakes creating a triangle edge for sunrays. Fill piping bag fitted with small tip or clip a zip-lock bag corner with black frosting and pipe sunglasses on cupcakes. Or use the piping gel. Roll and cut 2 red gumdrops into small shape for mouth or use red piping gel.

Triple Fruit Pop-sicles

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INGREDIENTS:
1/2 cup frozen or fresh- hulled strawberries
1/2 cup frozen or fresh pineapple or mango chunks
1 kiwi, peeled and sliced
4-6 tablespoons orange juice or water
4 pop-sickle molds

** note: you need just enough liquid to the blended fruits to make it pourable. Add a little liquid at a time for the correct consistency. Can use any fresh or frozen fruit for a tripe flavor. If the fruit is frozen it will set up faster.*

INSTRUCTIONS:
In a blender, blend strawberries and 2 teaspoons orange juice, pour into pop-sickle form 1/3 full. Place in freezer and freeze 20 minutes. In blender, blend pineapple with 2 teaspoons orange juice, pour into pop-sickle form on top of the strawberry layer. Freeze 20 minutes. In blender, blend kiwi with 2 tablespoons of orange juice or water, pour into pop-sickle form on top of the pineapple layer. Freeze pop-sicles until totally firm.

To remove from form, run warm water over the base, then turn over and release. Keep pop-sicles cold and serve over crushed ice if desired.

Yields: 4 pop-sicles



Make a Statement, Make it Sassy and Make it Yours!®

Liz Bushong is an expert in the three-dimensional art of entertaining. She transforms simple dining occasions into beautiful and memorable moments by adding a touch of her own "sassy" style. For the past several years Liz been entrusted to decorate the White House for several Holidays. She is a featured monthly guest chef/designer on Daytime Tricities, Daytime Blue Ridge and other television shows. Liz is the author of the Just Desserts and Sweets & Savories cookbook as well as a contributing writer for VIPSEEN and Bella Magazine. For more information about Liz go to www.lizbushong.com or www.serveitupsassy.com

Crab-wich Sandwich

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INGREDIENTS:
4 -mini croissants
2 cups sandwich filling- crab salad, chicken, egg, tuna, turkey
24-mini peeled, slender baby carrots
4 ounces cream cheese
8 blueberries
2 red delicious apples

INSTRUCTIONS:
Slice open the croissant and fill with desired filling. Tuck six baby carrots into sides of sandwich or lay on plate. Roll 8- 1/2 inch rounds of cream cheese into balls. Insert cream cheese ball with blueberry on 8 long toothpicks. Insert two sticks, one set of two for each sandwich for the eyes. Cut apples into claw shapes and place on the front of the points of the croissant sandwich. Finish the crab by attaching a small sliver of apple for the smile with a dab of cream cheese. Serve this sandwich on a bed of brown sugar "sand" and sea shell candies.

Recipe inspired by crabby crabwich-family circle

Seashell Candy - 1 cup white candy melts or almond bark pieces, sea shell candy mold. Melt bark or melts in zip-lock bag by placing sealed bag in bowl of hot water. Knead candy until melted. Clip on end of bag and pipe candy into mold. Let harden then pop out of mold. Store in plastic container.

Mold can be found at confectionery's house.com.

Yield: 6 cupcakes
*Cupcakes inspired by Big Book
Cupcakes-Betty Crocker*

