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12 MASON JAR RECIPES *for kids*

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Peanut Butter Oats

Breakfast

Too busy for breakfast before catching the bus? Make this easy recipe the night before for a healthy breakfast that is ready to go by morning. Requires no baking. Easy to substitute dairy-free alternatives and other nut-butters for kids with allergies.

Ingredients

½ cup milk

½ cup rolled oats (not instant)

¾ Tbsp chia seeds

2 Tbsp peanut butter

1 Tbsp maple syrup



Directions

1. Add milk, chia seeds, peanut butter, and maple syrup to a mason jar with a lid.
2. Stir with a spoon to combine. Feel free to leave swirls of peanut butter to enjoy the next day.
3. Add oats and stir. Press oats down with a spoon to make sure they are submersed in the milk.
4. Cover with a lid and set in the refrigerator to soak.

Enjoy the next day cold or heat for 45-60 seconds in the microwave. Try adding additional toppings such as sliced banana, strawberries, raspberries, flaxseed, or granola.

Source: minimalistbaker.com



Strawberry Shortcake

Dessert

Who doesn't like strawberry shortcake? This easy mason jar recipe doesn't require baking shortcake. If you have a few vanilla wafers on hand and fresh fruit on hand, you will love making (and eating) this cool treat!



Ingredients

- 1 cup chopped strawberries
- ½ Tbsp granulated sugar
- 1 cup whipped cream
(like Cool Whip)
- 2 Tbsp cream cheese
(at room temperature)
- 1 ½ tsp powdered sugar
- ¼ tsp fresh lemon juice
- 7 mini vanilla wafers

Directions

1. Mix strawberries with granulated sugar in a small bowl and let sit for 5 minutes.
2. In a medium bowl, combine the whipped cream, cream cheese, powdered sugar, and lemon juice. Stir until well mixed and a little thick.
3. Place 7 mini vanilla wafers at the bottom of a mason jar.
4. Add ¼ of whipped cream filling to the jar followed by ¼ of strawberries.
5. Repeat until you've filled up the jar or used up all of the ingredients.
6. Chill in the refrigerator for 1 ½ hours.

Source: cookingwithlibby.com



Chia Pudding

Breakfast

Another good recipe that you can prepare the night before for a healthy start to your day. Choose your favorite fruit and non-dairy milk substitutes work well too!



Ingredients

2 Tbsp chia seeds
½ cup of milk
1 tsp honey
Cut strawberries
or other fruit topping

Directions

1. Put chia seeds, milk, and honey into a mason jar.
2. Mix well, and then let the ingredients settle for 2-3 minutes.
3. Mix well again until you see no clumping.
4. Cover tightly with a lid and store in the refrigerator overnight or for at least 2 hours.

Pour in a bowl or eat out of the jar with your favorite fruit topping.

Source: feelgoodfoodie.net





Cheesecake Cup

Dessert

Oh, what a decadent dessert! Grab your favorite topping and make this cheesecake cup in a mason jar. Keep in mind that the butter and jar will get VERY HOT in the microwave so make sure you let it cool before handling or ask your parents for help.

Ingredients

- 1 cup graham cracker crumbs
- 1 cup heavy cream (cold)
- 1 once block of cream cheese (room temperature)
- 1/3 cup of granulated sugar
- 2 Tbsp sour cream (room temperature)
- 1 tsp lemon juice
- 1/2 tsp pure vanilla extract

Directions

1. Melt butter in the microwave in a heat-proof bowl.
2. Stir in graham cracker crumbs until blended.
3. Spoon mixture into six 8-ounce mason jars. Save left overs to sprinkle on top.
4. Whisk cold heavy cream for 3-4 minutes into stiff peaks. Set aside.
5. Separately, mix cream cheese, sugar, sour cream, lemon juice, and vanilla together until smooth.
6. Using a rubber spatula, fold whipped cream into the cheesecake filling until combined.
7. Layer a couple large spoonfuls of filling on top of the crust in the jars. Leave room for toppings!
8. Chill until ready to serve (up to 5 days).

Top with your favorite sauce, pie filling, lemon curd, salted caramel, fresh fruit, nuts, coconut, or sprinkles.

Cranberry Trail Mix

Snack

Trail mix isn't just for hikers. It's the perfect healthy snack between meals. Choose your favorite nuts, dried fruit, and type of chocolate (or omit, but why do that?) to make it your own creation.

Ingredients

1 package of dark chocolate
chips

1 ½ cups of dried cranberries

1 ½ cups of sliced almonds

1 cup raisins

1 cup of walnuts (ask your
parents to chop these)

½ cup of pistachios

Directions

1. Combine all ingredients in a mason jar.
2. Close lid tightly and shake (or mix) well.

Source: tasteofhome.com





Mason Jar Omelet

Breakfast

Omelets don't have to take a lot of time to prepare. These easy mason jar omelets can be prepared the night before for an easy hot breakfast in the morning. NOTE: glass jars will get VERY HOT in the microwave so make sure you let the jar cool before touching it or ask your parents to help.

Ingredients

2 eggs

½ cup omelet ingredients
(shredded cheese, ham, onion,
peppers, or other veggies)
Salt and ground black pepper

Directions

1. Lightly spray the inside of the mason jar with nonstick cooking spray.
2. Add 2 eggs or frozen egg product and your favorite omelet ingredients and mix well.
3. Add salt and pepper (to taste)
4. Cover tightly with a lid and refrigerate overnight.
5. Before heating, shake jar well to mix ingredients evenly.
6. Remove lid and cover with a paper towel.
7. Microwave on high for about 2 minutes or until eggs are fully cooked.
8. Let jar cool to the touch before removing.

Source: bhg.com



Breakfast Parfaits

Breakfast

Wake up to this delicious chilled treat for breakfast. Fresh fruit. Yogurt. Oats. All healthy ingredients that you can easily prepare the night before for a quick, delicious breakfast.



Ingredients

- ¾ cup Greek yogurt
- ⅓ cup of old fashioned oats
(uncooked)
- 1 tsp chia seeds
- 2 Tbsp milk
- 1 cup of frozen fruit or berries

Directions

1. Stir together yogurt, chia seeds, and milk in a bowl.
2. Fill up a mason jar (wide mouth mason jars work the best) half-way with the yogurt mixture.
3. Add a layer of the frozen fruit or berries.
4. Add the remaining yogurt mixture.
5. Top with another layer of frozen fruit or berries.
6. Let refrigerate overnight.

Source: iowagirleats.com



Southwest Chicken Salad

Lunch

Salads are a great way to use left-over chicken from dinner in a healthy lunch option. Start with the dressing and build salad with your choice of ingredients ending with your choice of lettuce at the top.

Ingredients

1 roma tomato, diced
1/4 cup diced cucumber
1/4 cup corn
1/2 cup black beans
1/2 jalapeno, sliced
1 cup diced grilled chicken
1/4 avocado, sliced
1-2 cups chopped romaine
2 Tbsp Chipotle Ranch
Dressing or Salsa

Directions

Make the mason jar salad by adding the ingredients to a 16-ounce mason jar (or equivalent) in the following order: dressing, tomato, cucumber, corn, black beans, jalapeño, chicken breast, avocado, romaine.

Store in the refrigerator for up to 2-3 days until you're ready to eat. When ready to eat, simply pour ingredients into a bowl or onto a plate and enjoy!

Feel free to double the recipe to make 2 mason jar salads.

Source: ambitiouskitchen.com





S'mores in a Jar

Dessert

Skip camping. You can enjoy s'mores any time in a mason jar! Just ask your parents to toast the marshmallow topping for you.

Ingredients

- 1 (1.4 oz) package of chocolate pudding (chilled)
- 1 ½ cups of coarsely crushed graham crackers
- 1 ½ cups of marshmallow fluff
- 1 cup of mini marshmallows



Directions

1. Prepare chocolate pudding according the package directions and chill in a medium bowl until set.
2. Put 1 ½ Tbsp of crushed graham crackers in the bottom of 6 (8 oz) mason jars
3. Add 1 ½ Tbsp of pudding over graham crackers
4. Add 1 ½ Tbsp of marshmallow fluff over pudding
5. Repeat adding layers of alternating pudding and marshmallow fluff until jars are full (leave a little room at the top)
6. Top off with a layer of mini marshmallows.
7. Close lid tightly and chill until ready to serve.

NOTE TO PARENTS: To “toast” marshmallows at the top, place mini marshmallows on a baking sheet and set oven to broil. Put marshmallows in oven for 15 seconds. Remove immediately to garnish s'mores.

Source: cookiesandcups.com





PB & Banana Pancake

Breakfast

This hot breakfast is quick and easy to make when you don't have a lot of time in the morning. NOTE that glass jars get VERY HOT in the microwave, so wait for it to cool or ask your parents for help before handling.

Ingredients

1 banana
1 cup whole wheat flour
1 Tbsp baking powder
½ tsp cinnamon
¾ cup of milk
1 Tbsp peanut butter
1 Tbsp honey
½ tsp vanilla extract (optional)
¼ tsp banana extract (optional)

Directions

1. Combine dry ingredients in a bowl and whisk.
2. Add milk, peanut butter, and honey. Stir until all dry ingredients are moist.
3. Slice one banana and put slices in bottom of two mason jars.
4. Divide the pancake mix between both jars and fill.
5. Cook in microwave for 3 minutes.
6. Let jar cool to the touch before removing.
7. Optional: Mash ½ banana with peanut butter and spread on top.



Source: twosaucysisters.wordpress.com

Mason Jar Ice Cream

Dessert

What's better than homemade ice cream in the summertime? With only has a few simple ingredients, you can make ice cream any time. No baking required, but you do have to wait 3 hours for it to chill before eating. A lot of patience is required!

Ingredients

½ cup heavy cream
2 tsp white sugar
¼ tsp vanilla
Pinch of salt

Directions

1. In a small half pint mason jar, add all ingredients.
2. Seal the lid tightly and shake well for 3 minutes.
3. Remove lid and dip a spoon in and pull it out.
The mixture should coat the spoon and not drip too much, but it shouldn't be as thick as whipped cream or butter.
4. Reseal the jar and freeze for 3 hours.
5. Open and enjoy!

Try with other ingredients like a teaspoon of cocoa powder (for chocolate), peppermint (instead of vanilla), chocolate chips, or crushed cookies!

Source: creativeramblingsblog.com



Hot Chocolate Mix

Drink

Hot chocolate mix makes great gifts for Christmas! The ingredients are so pretty in a mason jar, and you can decorate the jar with your favorite paints and ribbons to make it extra special!



Ingredients

1 1/3 cup sugar
(granulated or powdered)
2/3 cup baking cocoa
1/2 cup powdered milk
1/8 tsp salt (optional)

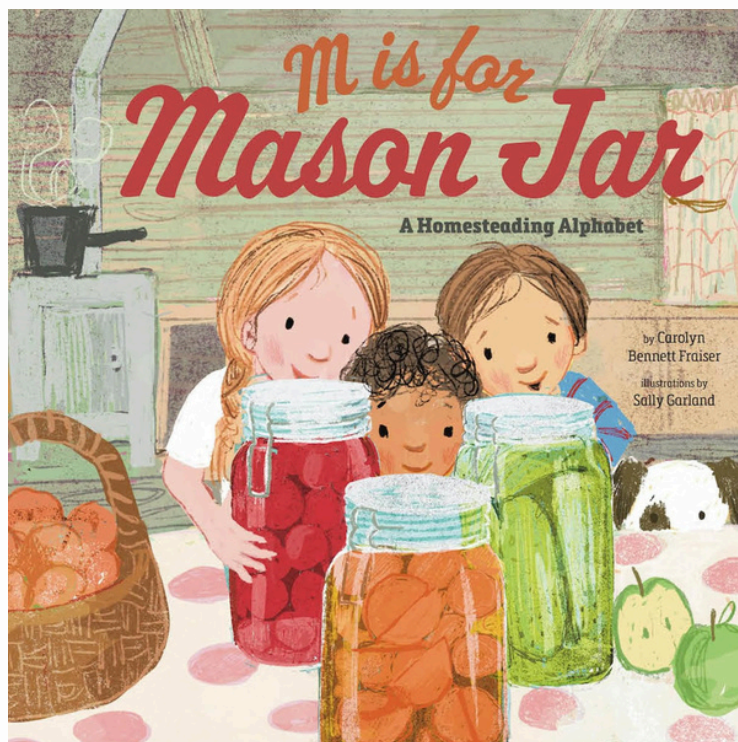
Directions

1. Combine ingredients in a mason.
2. Close lid tightly and shake or mix well.

Optional Add-Ins: Cinnamon, Pumpkin Spice, Vanilla or Almond Extract, Chai, Chopped Candy Canes, Mini Marshmallows.



Source: eatingonadime.com



compiled by

Carolyn Bennett Fraiser

author of M IS FOR MASON JAR

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More activities available at

CarolynBFraiser.com/MasonJar



**COOKING
REQUIRED**

A NOTE FOR PARENTS: While my goal was to only include recipes that did not involve using a stove or oven to allow kids to experiment with mason jar recipes, some recipes in this booklet do involve a microwave for cooking which can leave food and glass jars very hot to the touch. I have marked these pages with the parental warning symbol on the left. But please make sure that children are properly supervised at all times while in the kitchen while making any recipe in this booklet.