

LOVEVERY®

My First Recipes

• Visual Recipes •
50
• Step by Step •

Introduction



A new kind of confidence

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Hi, You!

My daughter Bea's specialty is yogurt parfaits. When she was four, she followed one of the visual recipes in our Analyst Play Kit and proudly served what she'd made to the whole family.

This was a new kind of confidence that felt different from the other times we had shared in the kitchen. She had always loved helping me crack eggs or stir pancake batter. But the yogurt parfait was her creation from start to finish. She had studied her recipe, then chopped the apples, scooped the yogurt, and sprinkled the granola all on her own. She was completely in charge of snack that day and so proud.

As soon as we launched the Real Life Play Kitchen, requests for more visual recipes started coming in. That's why we created this stage-based guide.





Our goal is to give your child as much independence as possible. The focus is on mini meals and snacks your child can make—with a little advance prep help from you—without an oven or stove.

Each recipe has three to four steps and keeps your child’s current stage of development in mind. For example, they can wash fruit from the beginning, but spreading peanut butter on a stick of celery will take more practice. The kind of confidence that comes from ownership over a whole project—from start to finish—is in its own category.

You’ve been feeding them since the beginning. Isn’t it so fun that now they can prepare something for you?

XO,

Jessica Rolph
Cofounder + CEO



Tools you will need



Setting up your space

Cleaning
supplies



Extra
towels



Soap



Easily
accessible
apron and
tools



Trash can





Wash hands



Put on apron



Collect tools



Get ingredients



Make snacks and enjoy!



Clean up



Recipes *for* 18 Months+





At 18 months, your child may be able to:

- Rinse fruit and veggies
- Practice stirring
- Chop soft foods—once you've shown them how to hold the chopper
- Sprinkle seasonings or cheeses
- Scoop ingredients
- Start pouring liquids and dry ingredients
- Dip crackers or veggies into spreads or sauces
- Get utensils and other kitchen tools when instructed
- Wash their hands with your help—including pumping the soap, rubbing their hands together, and turning the faucet on and off
- Help wipe up spills and throw away trash—with direction and support
- Distinguish between edible and inedible objects

Morning Oatmeal



Ingredients



**Cooked
oatmeal**



Milk



Seasoning mix:
brown sugar
and chia seed



**Shredded,
toasted
coconut**

Tools



Mixing spoon

Morning Oatmeal: Step by Step

1



Pour

2



Sprinkle

3



Stir

4



Sprinkle

Cereal Remix



Ingredients



Cereal



Cereal



Milk

Tools



Bowl



Mixing spoon

Cereal Remix: Step by Step



Pour



Pour



Mix



Pour

Cottage Cheese & Peaches Bowl



Ingredients



Cottage cheese



Peeled peach wedges



Seasoning mix:
ground flaxseed, hulled
hempseed, pinch of cinnamon

Tools



Mixing spoon



Bowl



Chopper

Cottage Cheese & Peaches Bowl: Step by Step

1



Scoop

2



Chop

3



Place

4



Sprinkle

Rice Cake Snack



Ingredients



Raspberries



Half of a
banana



Rice cake, spread
with nut butter

Tools

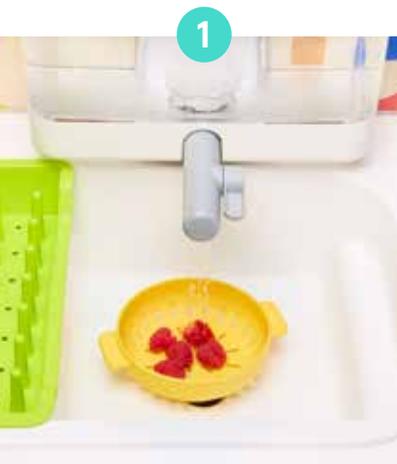


Chopper



Cutting
Board

Rice Cake Snack: Step by Step



Rinse



Peel



Chop



Place

Egg Dippers



Ingredients



Hard-boiled
egg, peeled and
quartered



Everything
bagel seasoning



Breadcrumbs

Tools



Plate

Egg Dippers: Step by Step



Dip

Dip

Plate

Snack Mix



Ingredients



Baked
cheese crisps



Puffed
veggie snacks



Cereal

Tools



Bowl



Mixing spoon

Snack Mix: Step by Step

1



Pour

2



Pour

3



Pour

4



Stir

Fruit Salad



Ingredients



Half of a
banana



Peeled
mango slices



Half of a peeled kiwi

Tools



Chopper



Bowl



Mixing spoon

Fruit Salad: Step by Step

1



Peel

2



Chop

3



Place

4



Stir

Hummus & Naan Dippers



Ingredients



Sliced cucumber



Hummus



Naan dippers

Tools



Chopper



Prep cup



Mixing spoon



Plate

Hummus & Naan Dippers: Step by Step



Chop



Plate



Scoop



Place

Nut Butter Dip



Ingredients



Yogurt



Seasoning mix:

nut butter powder
and chia seed



Graham
crackers

Tools



Mixing spoon



One-cup
Fraction Cup

Nut Butter Dip: Step by Step

1



Scoop

2



Pour

3



Stir

4



Plate

Veggies & Dip



Ingredients



Mixed veggies,
chopped or sliced



Hummus

Tools



Mixing spoon



Prep cup



Plate

Veggies & Dip: Step by Step



Rinse



Scoop



Place



Plate

Egg & Cheese Plate



Ingredients



Sliced cheese



Crackers



Hard-boiled
egg, peeled
and halved

Tools



Knife



Chopper

Egg & Cheese Plate: Step by Step



1

Cut



2

Stack



3

Chop



4

Stack

Chicken & Broccoli Pasta



Ingredients



Cooked noodles,
buttered



Prepped
chicken



Chopped
broccoli



Shredded
cheese

Tools



Mixing spoon

Chicken & Broccoli Pasta: Step by Step



Pour



Pour



Stir



Sprinkle



Recipes *for* 24 Months+



At 24 months, your child may be able to:

- Help unload the dishwasher
- Sort forks and spoons into the utensil tray
- Wipe up spills—with your support
- Bring their dinner plate to the counter
- Dump dry ingredients into a bowl
- Shake out seasonings from a container
- Pour water from a pitcher into cups—with some spilling
- Stack ingredients—like bread, cheese, and another slice of bread
- Try spreading something soft onto a piece of toast or a cracker
- Tear lettuce for a salad
- Put a muffin liner into each cup of a muffin pan
- Wash and dry their hands—with minimal assistance
- Start to use a fork

Avocado "Toast"



Ingredients



Peeled
avocado,
mashed



Firm crackers



Hard-boiled egg,
peeled and halved

Tools



Knife



Plate



Chopper

Avocado "Toast": Step by Step



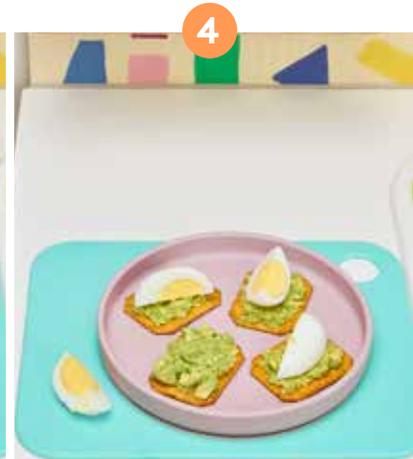
Spread



Plate



Chop



Place

Breakfast Fruit Pizza



Ingredients



Hulled
strawberries



Half of a
peeled kiwi



English muffin, split and
spread with cream cheese

Tools

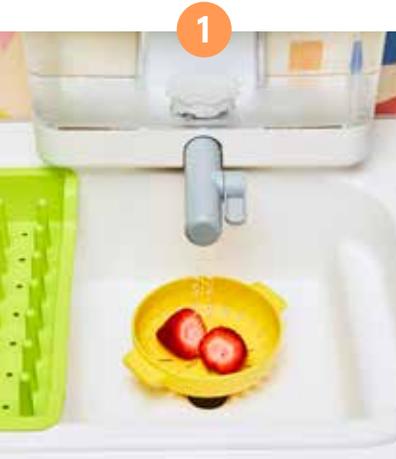


Chopper



Cutting
Board

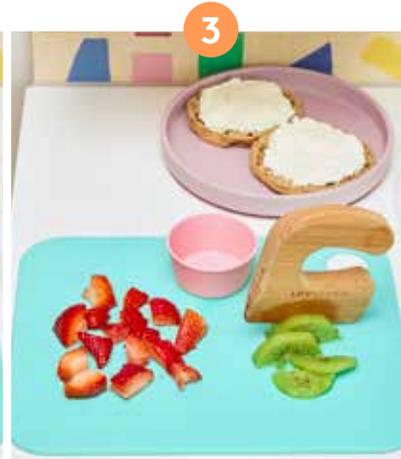
Breakfast Fruit Pizza: Step by Step



Rinse



Chop



Chop



Place

Apple-Cinnamon Oatmeal



Ingredients



Cooked
oatmeal



Milk



Diced
apple



Seasoning mix:
brown sugar, chia seed,
pinch of cinnamon

Tools



Mixing spoon

Apple-Cinnamon Oatmeal: Step by Step

1



Pour

2



Pour

3



Stir

4



Sprinkle

Apple-Cinnamon Waffle



Ingredients



Toasted
waffle



Applesauce



Cinnamon

Tools

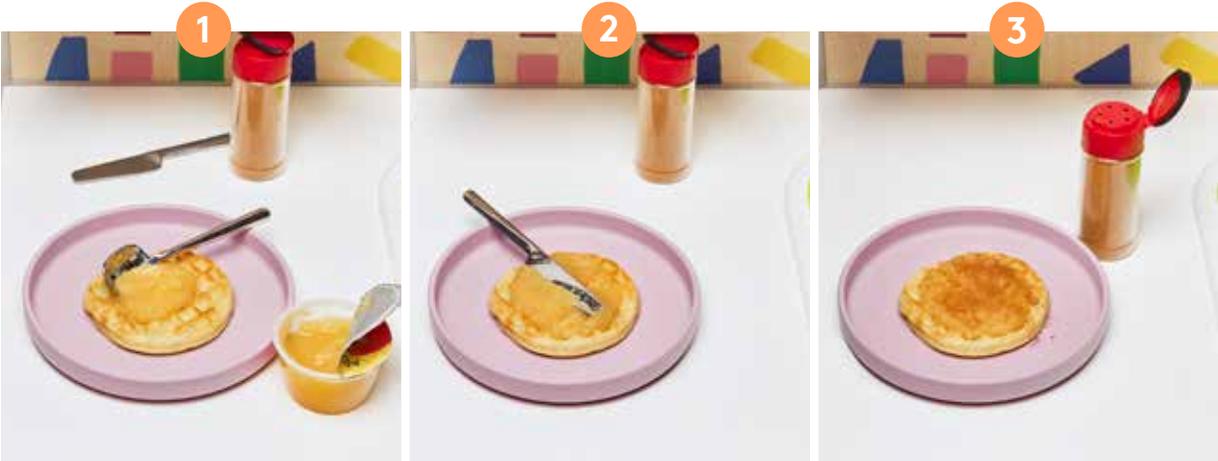


Spoon



Knife

Apple-Cinnamon Waffle: Step by Step



Scoop

Spread

Shake

Nut Butter & Banana Quesadilla



Ingredients



Half of
a banana



Tortilla,
spread with
nut butter

Tools



Cutting Board



Chopper

Nut Butter & Banana Quesadilla: Step by Step



Peel



Chop



Place



Fold

Sweet Treat Apple



Ingredients



Peeled apple wedges



Nut butter



Raisins



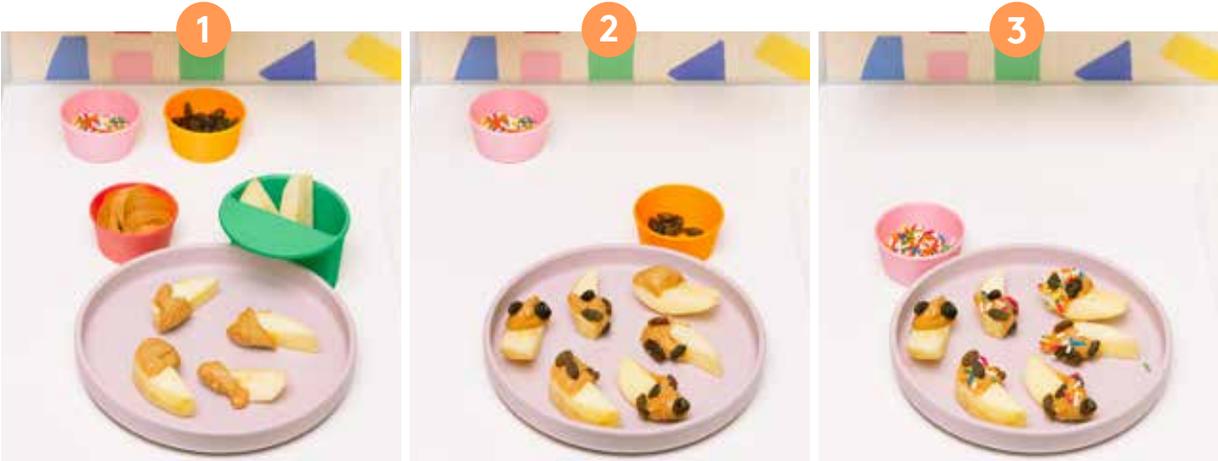
Sprinkles

Tools



Plate

Sweet Treat Apple: Step by Step



Dip

Dip

Dip

Cucumber Bites



Ingredients



Sliced
cucumber



Whipped
cream
cheese



Everything
bagel
seasoning

Tools

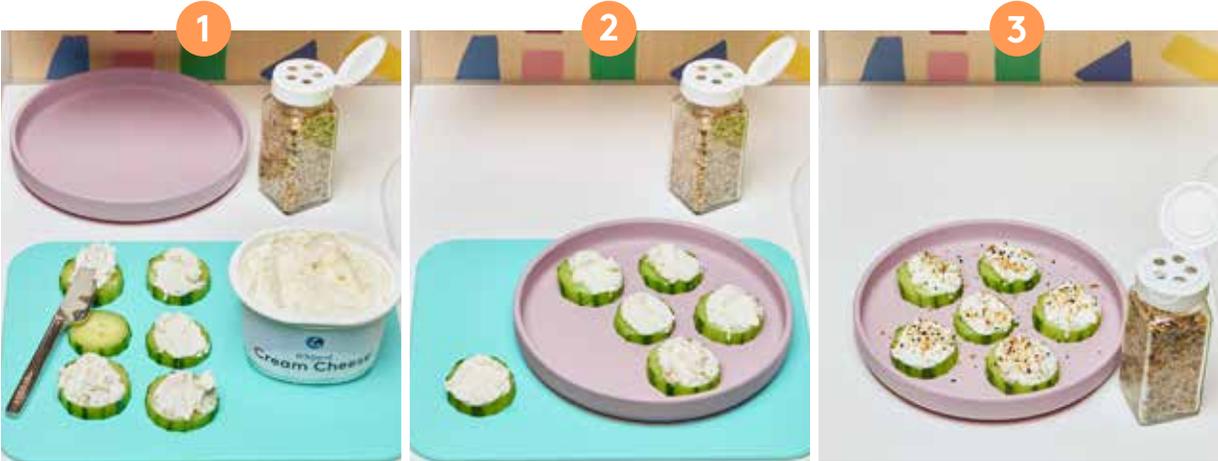


Knife



Plate

Cucumber Bites: Step by Step



Spread

Plate

Shake

My First Charcuterie Board



Ingredients



Sliced meat
and cheese



Crackers

Tools



Knife

My First Charcuterie Board: Step by Step

1



Cut

2



Cut

3



Place

4



Stack

Tzatziki & Pita Crisps Platter



Ingredients



Tzatziki dip



Baked pita chips



Cherry tomatoes,
quartered

Tools



Prep cup



Spoon



Plate

Tzatziki & Pita Crisps Platter: Step by Step



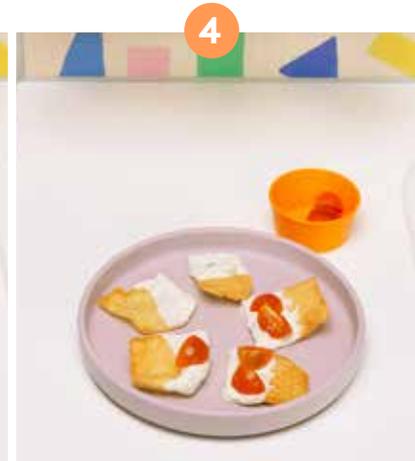
Scoop



Dip



Plate



Place

Veggie Crunch Snack



Ingredients



Crackers



Flavored whipped cream cheese



Broccoli slaw



Sliced black olives

Tools



Plate



Knife

Veggie Crunch Snack: Step by Step



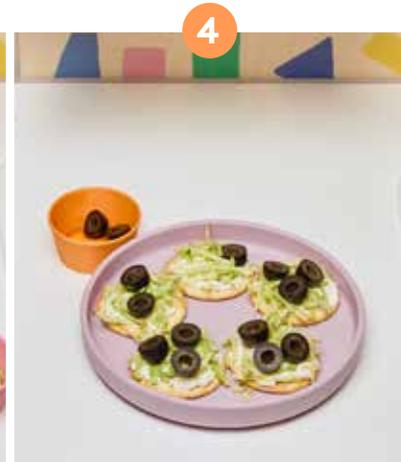
Plate



Spread



Sprinkle



Place

Pickle & Cheese Bites



Ingredients



Sliced cheese



Pretzel thins



Sliced pickle

Tools



Knife



Chopper

Pickle & Cheese Bites: Step by Step



Cut



Place



Chop



Place

Pita Pizza



Ingredients



Pita bread



Pizza sauce



Shredded cheese



Peeled pineapple chunks

Tools



Mixing spoon



Chopper

Pita Pizza: Step by Step

1



Spread

2



Sprinkle

3



Chop

4



Place

Chicken Salad Bites



Ingredients



Prepped chicken



Greek yogurt



Parsley flakes



Slice of bread, quartered

Tools

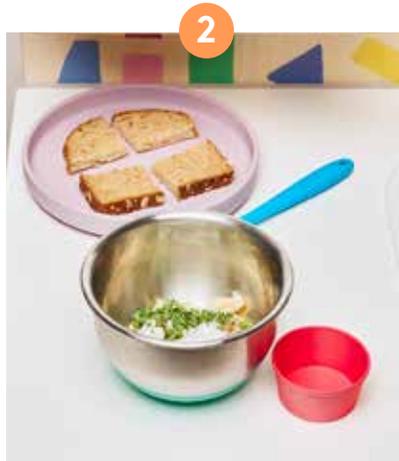


Mixing spoon

Chicken Salad Bites: Step by Step



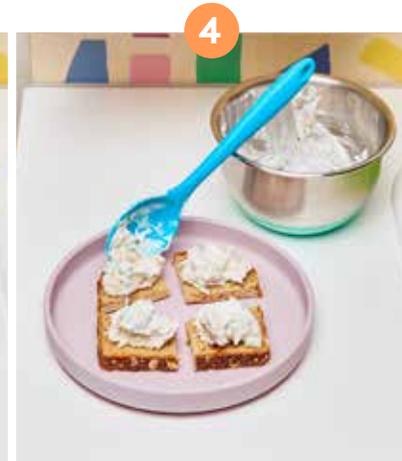
Scoop



Sprinkle



Stir



Scoop

Turkey & Cream Cheese Foldover



Ingredients



Sliced meat



Tortilla, spread
with cream
cheese



Craisins

Tools



Knife

Turkey & Cream Cheese Foldover: Step by Step



Cut



Place



Sprinkle



Fold

Black Bean Rice Bowl



Ingredients



Black beans



Cooked rice



Corn kernels

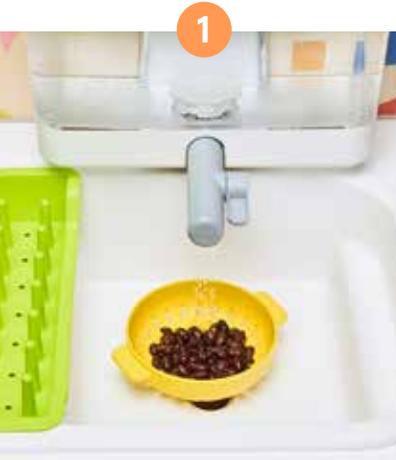


Chopped
cilantro leaves

Tools

None!

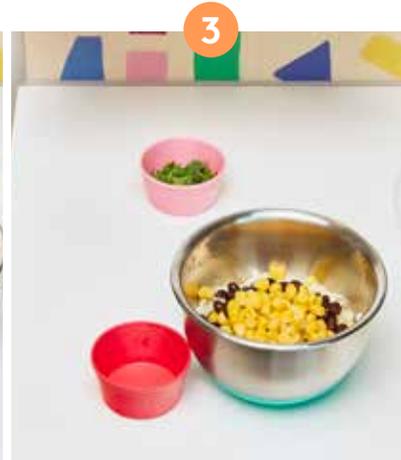
Black Bean Rice Bowl: Step by Step



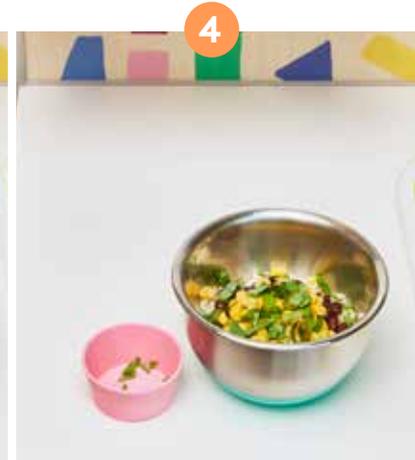
Rinse



Pour



Pour



Sprinkle

Chicken Alfredo Pasta



Ingredients



Cooked
noodles



Alfredo
sauce



Diced bell
peppers



Prepped
chicken

Tools



Mixing spoon

Chicken Alfredo Pasta: Step by Step



Pour



Pour



Pour



Stir



Recipes *for* 36 Months+



At 36 months, your child may be able to:

- Find a recipe in a recipe book
- Prepare simple foods more independently
- Crack and peel hard-boiled eggs
- Strip herb leaves—like cilantro, parsley, or thyme—from the stem
- Open food containers and scoop or pour out the contents
- Set the table
- Pump dish soap onto a cloth to wash a nonbreakable dish
- Dry nonbreakable dishes
- Use a spreader
- Use a rolling pin to roll over crackers or crush cereal
- Scoop batter into a baking pan
- Roll cookie dough into a ball
- Set a timer
- Peel loose-skinned oranges
- Separate string cheese

Fruit & Yogurt Bowl



Ingredients



Fresh mixed berries



Yogurt



Crushed graham crackers

Tools



Bowl



Mixing spoon

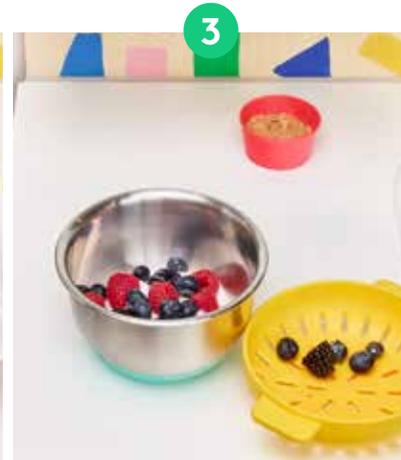
Fruit & Yogurt Bowl: Step by Step



Rinse



Scoop

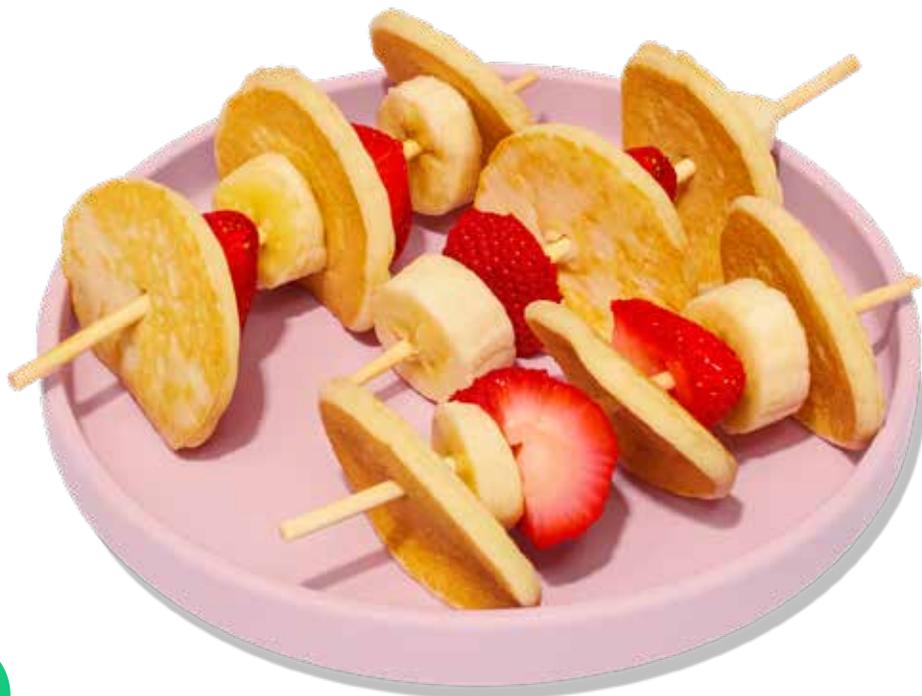


Place



Sprinkle

Breakfast Kabobs



Ingredients



Hulled strawberries



Half of a banana



Mini pancakes

Tools



Chopper



Skewers



Cutting Board

Breakfast Kabobs: Step by Step



Rinse



Peel



Chop



Skewer

Ham Scramble



Ingredients



Sliced ham



Scrambled egg



Diced tomato



Shredded cheese

Tools



Chopper

Ham Scramble: Step by Step

1



Chop

2



Place

3



Pour

4



Sprinkle

Apple-Cinnamon Cottage Cheese Bowl



Ingredients



Cottage
cheese



Diced apple



Honey



Cinnamon

Tools



Bowl



Mixing spoon

Apple-Cinnamon Cottage Cheese Bowl: Step by Step

1



Scoop

2



Pour

3



Squeeze

4



Shake

Cream Cheese Bagels with Berries



Ingredients



Mixed fresh
berries



Mini bagel,
sliced



Whipped cream cheese

Tools



Chopper



Cutting Board



Knife

Cream Cheese Bagels with Berries: Step by Step



Rinse



Chop

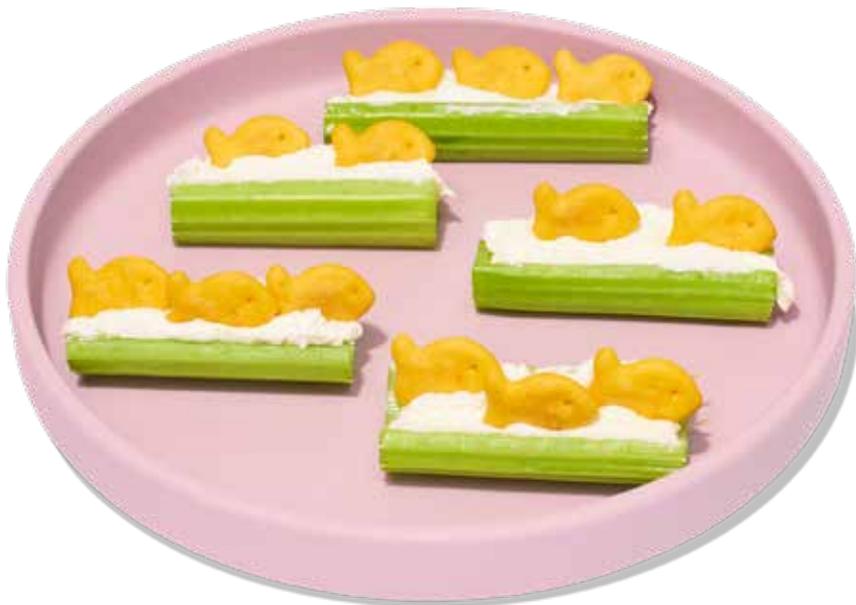


Spread



Place

Fish in a Boat



Ingredients



Sliced celery

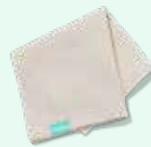


Whipped cream
cheese



Fish-shaped
crackers

Tools



Towel



Plate



Knife

Fish in a Boat: Step by Step



1
Dry



2
Plate



3
Spread



4
Place

Trail Mix



Ingredients



Nut puffs



Raisins



Fish-shaped
crackers

Tools



Bowl



Mixing spoon

Trail Mix: Step by Step

1



Pour

2



Pour

3



Pour

4



Stir

Li'l Cutie Platter



Ingredients



Whole
clementine



String cheese,
halved and
started



Pretzels

Tools

None!

Li'l Cutie Platter: Step by Step



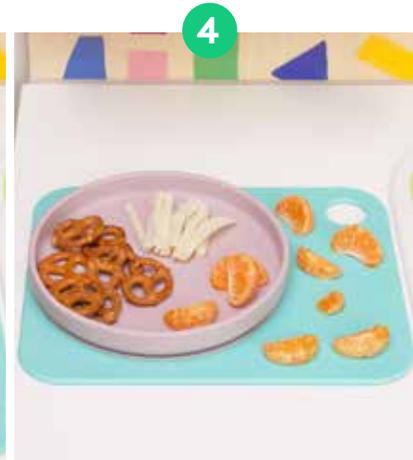
Peel



Pull



Pull



Plate

Veggie Faces



Ingredients



English
muffin, split



Flavored
whipped cream
cheese



Broccoli
slaw



Diced and sliced
bell pepper

Tools



Knife



Plate

Veggie Faces: Step by Step

1



Spread

2



Plate

3



Sprinkle

4



Place

Chips & Salsa



Ingredients



Sour cream



Bean dip



Salsa



Chips

Tools



Mixing spoon



Prep cups



Plate

Chips & Salsa: Step by Step



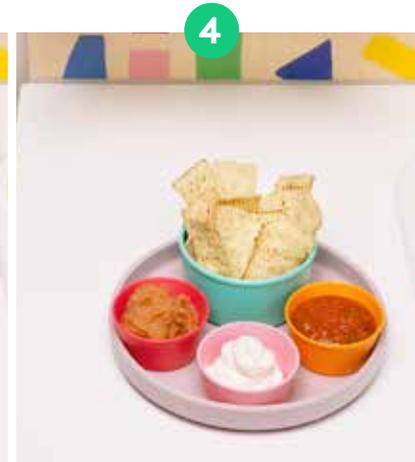
Squeeze



Scoop



Scoop



Plate

Ants on a Log



Ingredients



Sliced celery

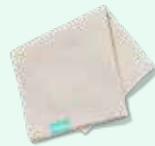


Nut butter



Raisins

Tools



Towel



Plate



Knife

Ants on a Log: Step by Step



Dry



Plate



Spread



Place

Easy "Ice Cream"



Ingredients



Frozen fruit



Yogurt

Tools



Mixing spoon



Timer

Easy "Ice Cream": Step by Step



Scoop



Stir



Wait



Stir

Tropical Skewers



Ingredients



Peeled
honeydew
chunks



Peeled
pineapple
chunks



Clementine
segments

Tools



Skewers



Plate

Tropical Skewers: Step by Step



Skewer

Skewer

Skewer

Seaweed Foldover



Ingredients



Dried seaweed



Hummus



Sliced cucumber

Tools



Knife



Chopper



Cutting Board

Seaweed Foldover: Step by Step



Spread



Chop



Place



Fold

Ham & Cheese Snack Sticks



Ingredients



String cheese



Sliced meat

Tools

None!

Ham & Cheese Snack Sticks: Step by Step



Peel



Place



Roll



Plate

Egg Salad



Ingredients



Hard-boiled egg,
peeled and halved



Mayo,
premeasured



Crackers

Tools



Chopper



Cutting Board



Mixing spoon

Egg Salad: Step by Step



Chop



Place



Mix



Place

Naan Dippers with Tuna & Avocado



Ingredients



Half of a peeled avocado



Prepped tuna



Naan dippers

Tools



Chopper



Fork

Naan Dippers with Tuna & Avocado: Step by Step



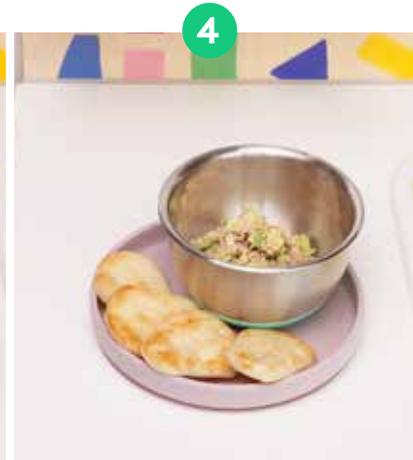
Chop



Place



Mash



Plate

Cottage Cheese Pizza Bowl



Ingredients



Cottage cheese



Pizza sauce



Mini pepperoni



Sliced
black olives

Tools



Mixing spoon



Bowl



Spoon

Cottage Cheese Pizza Bowl: Step by Step



Scoop



Spoon



Pour



Pour

Half Sandwich



Ingredients



Sliced meat



Thin slice of bread



Spinach leaves

Tools



Knife



Chopper

Half Sandwich: Step by Step



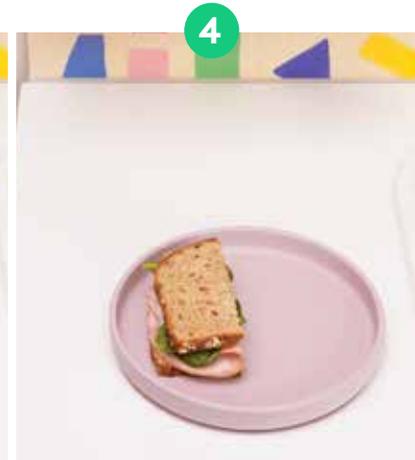
Cut



Chop



Place



Stack

Cold Quinoa Salad



Ingredients



Sliced
cucumber



Cooked
quinoa, chilled



Sliced black
olives



Crumbled
feta cheese

Tools



Chopper

Cold Quinoa Salad: Step by Step



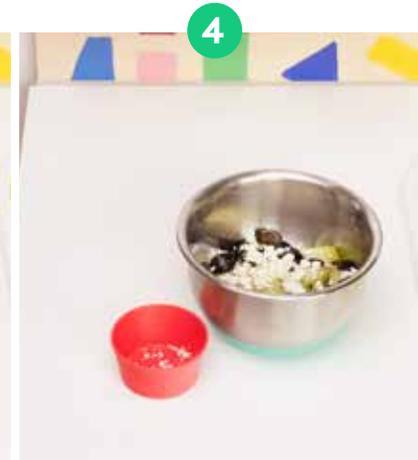
Chop



Place



Pour



Pour

Broccoli Pasta



Ingredients



Cooked
noodles



Pasta sauce



Chopped
broccoli



Parmesan
cheese

Tools



Mixing spoon

Broccoli Pasta: Step by Step

1



Pour

2



Pour

3



Stir

4



Sprinkle

Garlic Tuna Noodles



Ingredients



Cooked noodles,
buttered



Prepped
tuna



Peas



Garlic powder

Tools



Mixing spoon

Garlic Tuna Noodles: Step by Step

1



Pour

2



Pour

3



Stir

4



Sprinkle



