

Princess Recipes & Party Activities

Recipe Tips & Ideas

Create “Princess Picnic” lunch menu featuring foods that are iconic to a Princess and the fairy tale they represent.

Cinderella: “mouse” salads: Assemble salads by placing a canned pear half, cut side down on a lettuce leaf. Add raisins for eyes, mini chocolate chip for noses, pretzel sticks for whiskers, and sliced almonds for ears.

Rapunzel or Merida (Tangled): Serve mini bread braids or knots with lunch: take thawed frozen bread dough, roll into “snakes”, and tie into simple knots before rising and baking. Brush with melted butter before serving. Make this a kids’ activity—they love shaping dough. Or purchase knot-shaped dinner rolls from a bakery.

Pocahontas: Serve “Princess Popcorn” for sprinkling on top of Campbell’s© Princess soups: plain or cheese-flavored popcorn mixed with Princess goldfish, and roasted pumpkin or sunflower seeds.

Make this a sweet treat using caramel, kettle, or plain popcorn, Pepperidge Farm© Princess goldfish, dried cranberries and a few chocolate chips. Serve in little party favor cups in princess colors—pink, lavender, light blue.

Jasmine (Aladin): Golden coins: Assemble sandwiches for grilled cheese then use a large round cutter to cut out circles. Grill the sandwiches as usual and serve with any of the Campbell’s© Princess soups.

Tiana (The Princess and the Frog): Frog Eye Salad: tapioca pudding with whipped cream and drained fruit cocktail, crushed pineapple and/or mandarin oranges folded in.

Snow White: Not-Poison-Apple Dippers: dip slices of apple in prepared caramel sauce or fruit dip, then roll in crushed cookies, granola, graham crackers, etc.

Mulan: Prepare purchased vegetable egg rolls and serve with classic sweet-and-sour dipping sauce. Or make “mock” egg rolls using flour tortillas, vegetable-flavored cream cheese spread, leaf lettuce, and lowfat deli sliced turkey or ham.

Belle (Beauty and the Beast): Greet princesses at the door with plastic tumblers of “Princess ‘Be Our Guest’ Punch”: mix together equal parts lemonade, grape juice, and orange juice (NOTE: this sounds awful, but I can attest to the fact that it’s really good! It’s sort of purplish-orange in color, but princess-y looking).

Ariel (Little Mermaid): “Under the Sea” sandwiches: Serve tuna salad sandwiches in pita halves with lettuce leaves.

“Under the Sea” celery boats: Fill celery sticks with vegetable-flavored cream cheese spread and sprinkle with shredded carrots. Stick Pepperidge Farm© Princess Goldfish into the cream cheese to look as if they’re jumping out of water.

Aurora (Cinderella): Make vanilla shake-ups: give each guest their own party favor of a plastic tumbler with a lid (such as Disney© Princess Double Walled Insulated Tumbler) and fill half-full with ice. Add a half-teaspoon of sugar, a half-teaspoon of vanilla extract, and cold milk to fill. Guests “shake up” their vanilla milk and sip on during lunch.

•Assemble a variety of simple sandwiches (cheese, PB & J, ham or turkey, tuna) and use a crown-shaped cutter to create crowns. Press Pepperidge Farm© Princess Goldfish into each crown to create “jewels”.

•Freeze fruit juices in paper Disney© Princess cups with wooden popsicle sticks and serve the “Frozen” fruit pops for dessert after lunch!

•Make marshmallow “wands” by inserting pink-striped paper straws into jumbo marshmallows and dipping them into melted almond bark or tinted candy coating wafers (find them in craft supply stores). Sprinkle with sparkling sugar, edible glitter or pastel-colored jimmies while the coating is wet and let stand until hardened. Arrange them in a clear vase filled with pink and white jelly beans and set them on the table for a sweet centerpiece.

•Create Cinderella pumpkin snacks by sticking a green gum drop cut to look like a stem into the top of a peeled mandarin orange—cute and healthy!

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Party Activities

- Fill a large box or tote bin with inexpensive wands, crowns, frilly dresses, costume jewelry and fancy shoes, and encourage your daughter and her friends to dress up for lunch upon arriving.
- Play Princess Bingo: create bingo boards with princess portraits and icons associated with each fairy tale (apple, genie lamp, glass slipper, candelabra, mouse, pumpkin, spinning wheel, frog, magic carpet, fish, etc.)
- Tweak traditional games to fit a Princess theme. For example, play “Pin the Slipper on Cinderella” or “Pin the Apple on Snow White” (aim the apple for her hand). Or play a game of “hot potato” using a “poison” apple instead—play a soundtrack from a Disney© Princess movie for the music.
- She’s not a princess without fancy shoes! Find a variety of girls’ dress shoes at thrift stores and supply the girls with plastic “jewels” (find them at craft stores in the scrapbooking section) and a bottle of simple white glue. Have your princesses choose a pair of shoes (buy plenty of pair; you can always take them back to the thrift store if they’re not used) and have each one decorate their shoes.
- Give each girl her own small cardboard box (Chinese-style take out boxes in pastel colors are an inexpensive option; again, find them at craft supply stores) and create a project where she decorates her box with paints or markers, and glues jewels on it. After lunch, invite the girls to go on a treasure hunt in the house or out in the yard, hunting for small “princess prizes”, either purchased Princess party favors or homemade treats.
- Have the girls make edible “wands” for their lunch by threading green or red grapes onto 16-inch skewers to cover. For the “tip” of the wand, cut out stars from honeydew or watermelon and finish each wand with a piece of fruit.
- Gather the girls around the craft table to make their own “jewelry” using dried tubular pasta shapes (macaroni, ziti, etc.) and yarn or thread. If desired, have the girls add “jewels” of pastel-colored marshmallows—make sure an adult helps thread them on the necklaces using a sewing needle.
- Create a “princess dress” cake by arranging pink-frosted cupcakes on a large platter or baking sheet to resemble to front of a gown. To divide the skirt from the top, use a jeweled headband (find them at accessories shops) to create a “belt”, and don’t forget the tiara!
- Play Princess trivia: gather information about each princess and her fairy tale (name all of the seven dwarfs; what’s the name of the evil queen in The Little Mermaid?, etc.) and offer prizes of candy jewelry for correct answers.
- Which one of your princesses has the best memory? Find out by putting several “princess-y” items on a large tray (ie., hand mirror, bejeweled lipper, apple, small toy frog/mice, etc.) and allow the girls to study the tray for 30 seconds. After time is up take the tray away and have them write down as many items that they can remember. Make it even more challenging by asking the girls if they can name the fairy tale that each item is associated with.
- Create a “photo booth” by taking an empty, ornate gold picture frame and having each princess sit behind it in full regalia. If the frame is large enough, several girls could be inside it and make silly faces. Download and print the photos so the princesses can have a memento to take with them after lunch.
- Play “Who Am I—Princess Style” by pasting an illustration of each Disney© princess on 3 x 5 cards, one card for each princess. When the girls arrive for the lunch, tape a princess card onto their backs and have the girls give each other fairy tale clues about which princess they are.