

SNACKS







DEDICATION

To all the snack vending machines, also known as parents.

– Jennifer and the Kids Eat in Color team





Kids Eat in Color



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The Kids Eat in Color Snack System

Do you want to make planning snacks easier? Great! You're in the right place!

We know you've got shoes to find, snuggles to give, and toys to step on in bare feet. Here's our Snack System to help you take the brainwork out of making and planning snacks.

The Snack System

Our formula for balanced snacks is: a protein food (with fat) + a carbohydrate + a fruit or vegetable.



If you think this looks a lot like a "meal," that's because it is. Balanced snacks are basically "mini meals." These components together help kids maintain stable energy levels, keep them full for longer and prevent some meltdowns.

Let's talk about each of the components of the formula.

PROTEIN (WITH FAT)

Protein is an essential nutrient found in every part of the body, and it is important for growth and maintenance. It helps to repair and build tissues, provides structure to body parts and supports the immune system. The addition of protein in a snack or meal helps to keep kids full longer and helps to keep blood sugars steady.

Fat improves flavor and adds moisture to foods. Also, fat helps keep kids full and keeps their blood sugar steady. Since most protein foods have fats, we have grouped them together. If a protein food does not have fat, you can add fat to your snack in another way.

CARBOHYDRATES

Carbohydrates provide energy to kids. They are our body's preferred source of energy. Carbohydrate-rich foods include grains, fruits, starchy vegetables and more.

FRUITS AND VEGETABLES

Veggies and fruit may come in any color of the rainbow, from white to red to brown and green. They also come in many shapes and sizes, and provide many vitamins, minerals and powerful plant compounds called phytonutrients that are optimal for health.

They are also full of fiber to help keep your child full, support their digestive health and to provide food for your child's microbiome. Microbiome is the word for all the little living bacteria existing peacefully in our intestines. It plays a big role with our immune system and brain health.

Many foods are part of two or more groups. For instance, cheese is both a protein and a fat. Sweet potatoes are both a vegetable and a carbohydrate. Avocados are both a fat and a fruit.

Choking Hazards

Some of the recipes in this book may need to be modified based on your child's age or chewing ability.

You can prepare and modify hard or round foods by cooking, cutting, grinding or shredding them to make them manageable.

- Cook hard foods like carrots to make them softer.
- Cut small, round foods like grapes, tomatoes or date balls into quarters.
- Grind up seeds and nuts into a powder.
- Shred raw, hard foods like apples.

To prevent choking:

- Prepare any hard, round, slippery or chewy foods to the appropriate size, shape and texture if your child is younger than 4.
- Serve food while your child is seated.
- Minimize distractions during mealtimes.

For more details, visit: kidseatincolor.com/choking-hazards

Here are some common, but not all, choking hazards for young children.

Note: Individual children may have different chewing and swallowing capabilities, so use the ages below as guidelines. If you have questions about whether foods are appropriate for your child, please consult your child's qualified health care provider.

CHOKING HAZARDS FOR TODDLERS (AGES 12 TO 24 MONTHS)

- Carrot sticks and baby carrots
- Whole grapes and cherry tomatoes
- Large pieces of raw fruits and veggies
- Whole pieces of canned fruit
- Whole beans
- Popcorn
- Chips, crackers, pretzels
- Granola
- Whole nuts and seeds
- Tough meat, bone-in meat/fish
- Chunks or spoonfuls of nut and seed butter
- Hot dogs and sausages
- Chunks of cheese or string cheese
- Gum
- Hard or chewy candy
- Marshmallows

CHOKING HAZARDS FOR CHILDREN (UNDER 4 YEARS)

- Carrot sticks and baby carrots
- Whole grapes and cherry tomatoes
- · Large pieces of raw fruits and veggies
- Popcorn
- Whole nuts and seeds
- Tough meats
- Chunks or spoonfuls of nut and seed butter
- Hot dogs
- Chunks of cheese or string cheese
- Gum
- Hard or sticky candy
- Marshmallows

Snack System Mix-and-Match

To quickly make a balanced snack, choose one food from each category.

You know best what your family likes to eat.

Go to kidseatincolor.com/snack-combos to make your own snack lists!

Tips for using this list:

- Take it to the grocery store for grab-and-go shopping.
- Put it on the fridge for your family.
- Give it to your partner, grandparents or caregivers so they can help put a quick snack together.
- Pick your favorite five combinations and use them to make a really easy snack rotation.
- Use it with your child to pick a bedtime snack.

PROTEIN (WITH FAT)



CARBOHYDRATES FV FRUIT/VEGGIE

Hard-boiled egg

Peanut butter or sunflower butter

Cheese/string cheese

Cooked chickpeas

or beans

Yogurt

Bar

(>3 GRAMS OF PROTEIN)

Hummus

Avocado

Poultry/meat

Trail mix*

Bread

Oatmeal

Cold cereal/O's

Muffin

Cooked sweet potato

Salty snacks

(PRETZELS, CHIPS, CHEESY CRACKERS)

Cooked peas

Granola bar

(0-2 GRAMS OF PROTEIN)

Soft crackers

Crunchy crackers*

Apples or pears

(SHREDDED OR PAPER-THIN SLICES FOR CHILDREN <4)

Berries

Oranges

Any seasonal fruit

Bell peppers

(ANY COLOR, BUT ESPECIALLY ORANGE AND RED)

Tomatoes

Broccoli

Cauliflower

Cooked carrots/ raw carrots

^{*} These foods cannot be modified easily.

To prevent choking, these foods are not recommended for children under age 4.

Choosing Snack Bars

Every family's needs are different.

Here is what to consider when choosing snack bars for your family.

SUGAR

If a bar is part of a snack, we generally recommend aiming for a bar that has less than 5 g of added sugars.

If a bar has more than 5 g of added sugars, then we think of it more as a cookie.

Cookies and milk are a classic snack. Just keep the added sugars in mind when you think about what you are serving the rest of the day. You may decide to serve snacks lower in added sugars later that day.

Please note: The American Heart Association recommends no added sugars for children under 2.

PROTEIN

For kids under 10, their protein needs will vary by weight.

However, generally, younger kids need about 14-20 g and older kids need roughly 20-35 g.

We think of bars with 4 g of protein or more (3 g for little kids) as "protein foods."

FIBER

If you have a child who doesn't eat many fruits, veggies, whole grains or beans, a bar may be helpful.

Recommendations for dietary fiber for children vary. To find the low recommendation for fiber, take your child's age and add 5 to it. The higher recommendation is 19 g of fiber per day for children ages 1-3 and 25 g of fiber per day for ages 4-8.

If you are using a bar for fiber, look for a bar with 4-5 g of fiber or more.

Choosing Sports Snacks

Children who are in intense sports or who train hard have special nutrition needs.

Here is a general framework to help you think about snacks before and after a game or training.

30-60 MINUTES BEFORE THE GAME OR TRAINING

Serve a snack with simple carbohydrates.

Examples: banana, oranges, apple sauce, granola bar, crackers or a sports drink.

Simple carbohydrate snacks can also be served during the game or training.

15-60 MINUTES AFTER THE GAME OR TRAINING

Serve a protein-rich snack and carbohydrates.

Examples: chocolate milk and nuts, apples and peanut butter, or a yogurt parfait with granola and fruit.

For more protein-rich snack options, see the <u>Protein-Rich</u> section in the index.



10-11 BREAD, SPREAD, TOP	PING & SPRINKLE
--------------------------	-----------------

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- 14-15 BEYOND ANTS-ON-A-LOG
- 16-17 MIX-AND-MATCH DIPS & DIPPERS
- 19-21 RAINBOW CUPS FOR TODDLERS
- 22-25 RAINBOW BOXES FOR KIDS 4+



Bread, Spread, Topping & Sprinkle

CRISPBREAD | COTTAGE CHEESE | PEACHES | POMEGRANATE

2

ENGLISH MUFFIN | SUNFLOWER BUTTER | BANANA | SPRINKLES

3

SANDWICH BREAD | OIL | HARD-BOILED EGG | PAPRIKA

4

PITA | HUMMUS | CUCUMBER | FETA CHEESE

5

RICE CAKE | AVOCADO | RED CABBAGE | SESAME SEEDS



Quick and Easy Yogurt Bowls

1

FREEZE-DRIED STRAWBERRIES | HOMEMADE GRANOLA

2

SAUTÉED CINNAMON APPLES | RAISINS

3

PUMPKIN PUREE | CHOPPED DATES & SUNFLOWER SEEDS

4

MANGO | CHIA SEEDS

5

PEANUT BUTTER | SHREDDED COCONUT

6

RASPBERRIES & PEACHES | SLIVERED ALMONDS



Ants-on-a-Log

CELERY | TUNA | PEAS

2

CELERY | HUMMUS | TOMATOES & OLIVES

3

CELERY | CREAM CHEESE | BLUEBERRIES

4

CELERY | GUACAMOLE | BLACK BEANS

5

CELERY | NUT BUTTER | CHOPPED DATES



Mix-and-Match Dips & Dippers

DIPS

GUACAMOLE

RANCH DRESSING

HUMMUS

BEAN DIP

SALSA

MARINARA

PESTO

TAHINI

TZATZIKI

OIL & BALSAMIC VINEGAR

DIPPERS

RAW VEGGIES

BAKED VEGGIES

CHICKEN STRIPS

FLAT PRETZELS

CRACKERS

TOAST STRIPS

FRUIT

All foods count.

You may have heard that canned food is not nutritious. But that's not true. Canned food has many nutrients.

You may have also heard that frozen produce doesn't have as many vitamins and minerals as fresh produce. That's also not true. Frozen and fresh produce have virtually the same amount.

These inaccurate comparisons try to make one type of food seem better than the others. In reality, we have many forms of foods because different people need different options when it comes to feeding their families.

Fresh, frozen, canned, freeze-dried, dried, organic, conventional, local...it all counts. This is your invitation to choose the foods that are best for **your** family.



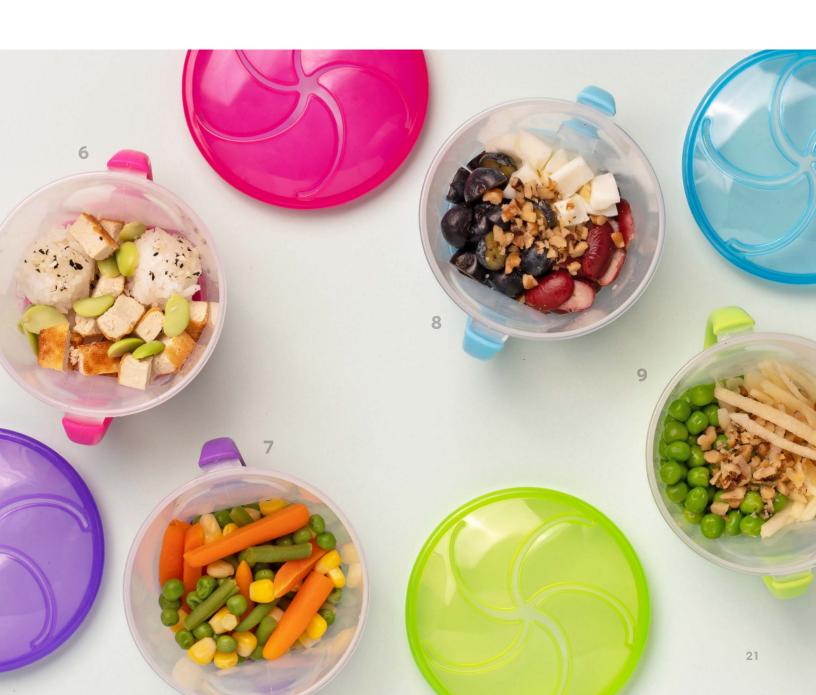
Rainbow Cups

for Toddlers



- O'S | FREEZE-DRIED STRAWBERRIES | DICED CHEESE STICK
- FUSILLI PASTA | CUCUMBER STICKS | SHREDDED CHEESE
- COOKED BROCCOLI | ROASTED, PEELED POTATOES | COOKED PEAS
- SNAP PEAS | BELL PEPPER STRIPS | HALVED CHICKPEAS
- HALVED BLACK BEANS | QUARTERED CHERRY TOMATOES | CUT CHEESE

- TOFU | HALVED EDAMAME (SKIN REMOVED) | RICE BALLS
- FROZEN 4-VEGGIE MIX, TOSSED WITH BUTTER & COOLED
- HALVED BLUEBERRIES | HALVED KIDNEY BEANS
 DICED HARD-BOILED EGG WHITES | GROUND WALNUTS
- PEELED, SHREDDED APPLE | COOKED FROZEN PEAS | GROUND WALNUTS







COOKED BLACK
BEANS & CORN
CHOPPED AVOCADOS
& TOMATOES
TORTILLA CHIPS

HARD-BOILED EGG
SEEDED CRACKERS
HALVED GRAPES &
CHERRY TOMATOES

2





CHICKEN & BROCCOLI

DICED APPLE WITH LIME

PRETZELS

GREEK YOGURT DIP

(GARLIC POWDER & DRIED DILL)

QUESADILLA
GREEN BELL PEPPERS
PEACHES







PB&J SANDWICH ROLLS
CARROTS
SNAP PEAS

CHEESE CRACKERS CLEMENTINE

6



GREEN BEANS (COOKED AND COOLED)



RICE BALLS

BAKED OR
AIR-FRIED TOFU

COOKED FROZEN
EDAMAME

FROZEN 4-VEGGIE MIX
(TOSSED WITH BUTTER)
ROLL WITH BUTTER

8





MUFFIN
STRAWBERRIES
ORANGE BELL PEPPERS
SLIVERED ALMONDS





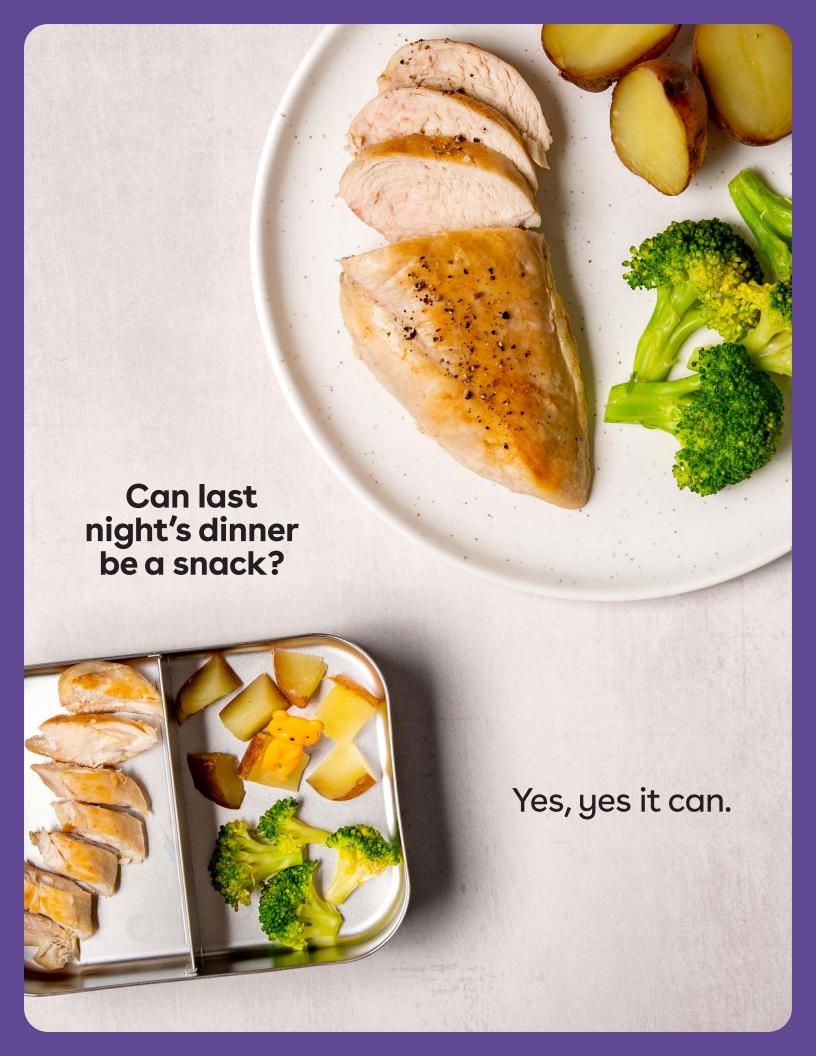




SEED BUTTER & PANCAKE SANDWICH RED BELL PEPPERS RAISINS







5-MINUTE RECIPES

- 28 BANANA CRUNCH
- 29 SWEET AND SALTY TRAIL MIX
- **30 CHILI JICAMA STICKS**
- 31 CAPRESE CROSTINI
- 32 BELL PEPPER PINWHEELS
- **33 SAVORY PITA**
- 33 SWEET PITA
- 33 CHEESE PITA
- 34 FRUIT AND CHEESE SKEWERS
- 35 NUT OR SEED BUTTER UNCRUSTABLES

Banana Crunch

AGES 1+ MAKES 1 serving PREP 5 minutes





INGREDIENTS

1/2 cup plain yogurt

V4 cup sliced almonds (grind nuts into powder for kids under 4)

1 large banana

Popsicle stick

DIRECTIONS

- 1. Place yogurt and sliced almonds into separate bowls.
- **2.** Cut the banana in half widthwise. Slide a popsicle stick into each banana half.
- 3. Roll each banana into yogurt, then roll it into almonds.

NOTES

- Yogurt should be kept cold.
- To store, keep yogurt and almonds in separate containers.
- You can replace almonds with your favorite nuts (modify as appropriate for your child).

Sweet and Salty Trail Mix

AGES 4+ MAKES 4-5 servings PREP 5 minutes





INGREDIENTS

3/4 cup unsalted pecans

3/4 cup unsalted cashews

1/2 cup dried apricots

1/2 cup sunflower seeds

 ${\ensuremath{\mathcal{V}}}_2$ cup dark chocolate chunks or chips

1/2 cup pretzel sticks

1/4 Tbs. salt

1/4 Tbs. cinnamon

DIRECTIONS

- 1. In a large mixing bowl, combine all ingredients and thoroughly mix.
- 2. Store trail mix in a mason jar at room temperature for up to 1 month.

Chili Jicama Sticks

AGES 2+ MAKES 4-6 servings PREP 5 minutes





INGREDIENTS

1 head jicama, peeled and sliced into sticks (modify as appropriate for your child)

2 limes, juiced

11/2 tsp. salt (optional for children under 2)

1 tsp. chili powder

DIRECTIONS

- 1. In a large bowl, add lime juice, salt and chili powder. Whisk with a fork.
- 2. Add jicama sticks to the bowl and toss to coat.
- 3. Refrigerate and enjoy jicama chilled.

NOTES

- Jicama will stay fresh in an airtight container in the fridge for 3-4 days.
- Serve this snack with a cheese stick and toasted tortilla cut into triangles.

Caprese Crostini

AGES 1+ MAKES 1 serving PREP 5 minutes





INGREDIENTS

l oz. Ciliegine mozzarella or pearl mozzarella cheese, thinly sliced and quartered (modify as appropriate for your child)

1/4 cup cherry tomatoes, halved or quartered

1/4 tsp. olive oil

Salt and pepper, to taste

Toasted bread

DIRECTIONS

- 1. In a small bowl, toss mozzarella cheese and prepared cherry tomatoes with olive oil, then season lightly with salt and pepper.
- 2. Serve with toast.

Bell Pepper Pinwheels

AGES 1+ MAKES 1 serving PREP 5 minutes





INGREDIENTS

1 tortilla (preferably extra large size)

1 small package sliced provolone cheese

1/4 yellow bell pepper, sliced into small strips

DIRECTIONS

- 1. Lay out the tortilla flat on a cutting board or clean surface.
- 2. Lay slices of provolone cheese in a straight line, horizontally.
- **3.** Lay 2-3 slices of bell pepper on top of the provolone cheese horizontally.
- **4.** Repeat laying the provolone and bell pepper until there is an inch of space left on the other side from the edge.
- **5.** Starting with the edge closest to you, roll the tortilla away from you into a log, making sure that the provolone cheese, and bell pepper are laid flat as you roll.
- 6. With a knife, cut the edges off of the log.
- 7. Make slices through the log to create pinwheels.

NOTES

- You may use a toothpick to hold the pinwheels together; however they usually stay on their own.
- Refrigerate pinwheels overnight and they will hold all day in a cooler-friendly box or bag.

Pita Bread, Three Ways

AGES 1+ MAKES 1 serving PREP 5 minutes





For all versions, first open the pita by slicing off the top two inches of the pita and opening up the pocket. Place the pita scrap inside the bottom of the pita to make the pocket more stable and prevent the bread from getting soggy.

Savory Pita

1 pita bread

1–2 Tbs. labneh (or plain Greek yogurt)

1 tomato, sliced

1 cucumber, peeled and sliced

- 1. Open the pita and spread labneh inside.
- Add sliced cucumber and tomato to the inside of the pita.

Sweet Pita

1 pita bread

1–2 Tbs. labneh (or plain Greek yogurt)

1 tsp. honey

(optional for kids ages 1-2; babies under I should not consume honey)

1-2 strawberries, quartered

- 1. Open the pita and spread labneh inside.
- Add fruit and honey to the inside of the pita.

Cheese Pita

1 pita bread

1 tsp. olive oil

Za'atar, to taste

Ackawi or Nabulsi cheese*

1 Persian cucumber, peeled and sliced

Canned olives

- In a small bowl, mix together the desired amount of za'atar with a small amount of olive oil until a paste is formed.
- Spread the za'atar mixture inside the pita. Add cheese, cucumber and desired number of olives into the pita.

NOTES

Store with an ice pack to keep the dairy fresh.

* Nabulsi and Ackawi cheeses can be found at Middle Eastern grocery stores. If you can't find them, halloumi is a good substitute.

Fruit & Cheese Skewers

AGES 1+ MAKES 3 skewers PREP 5 minutes





INGREDIENTS

- **9 green or red grapes** (modify as appropriate for your child)
- **9 mild cheddar cubes** (modify as appropriate for your child)
- **9 grape tomatoes** (modify as appropriate for your child)

Bamboo skewers or toothpicks

DIRECTIONS

- 1. Using the package of skewers, layer the ingredients in this order: grape, cheese cube and tomato.
- 2. Repeat pattern to fill skewers.

NOTES

- For young kids, serve the components separately cut into age-appropriate sizes.
- Snip the tips off the skewer to avoid sharp edges if necessary.

Nut or Seed Butter Uncrustables

AGES 1+ MAKES 1 sandwich PREP 5 minutes





INGREDIENTS

2 slices white or wheat bread 1 Tbs. nut or seed butter 1 slice banana Cinnamon, to taste

DIRECTIONS

- 1. With a rolling pin, roll out the 2 slices of bread to make them flatter.
- **2.** Using a large cup, cut out a circle from the center of both slices of bread.
- **3.** On one slice of bread, spread on nut butter. Place the slice of banana in the center. Sprinkle on a pinch of cinnamon. Top sandwich with the other slice of bread.
- **4.** Squeeze the edges of the bread. Using a fork, seal the sandwich by pressing down on the edges with the prongs.

NOTES

 Repurpose the leftover bread by making croutons, bread pudding or French toast sticks, like our version from <u>Real Easy Weekdays</u>.



FRUIT BOWLS & BLENDS

- **38 BALSAMIC CUCUMBER SALAD**
- 39 MEXICAN-INSPIRED BIONICO FRUIT COCKTAIL
- **40 FRUIT CHAAT & STRING CHEESE**
- 41 BANANA NUT BUTTER CLASSIC
- 41 TROPICAL AVOCADO SMOOTHIE POUCH
- **41 BERRY BLEND ICE POPS**

Balsamic Cucumber Salad

AGES 1+ MAKES 3 servings PREP 5 minutes





INGREDIENTS

1 English cucumber, peeled and sliced into semi-circles

1 cup cherry tomatoes, quartered

2 Tbs. balsamic vinegar

⅓ cup feta cheese, crumbled

DIRECTIONS

- 1. In a bowl, mix cucumber and tomatoes together.
- 2. Drizzle balsamic vinegar over top and toss to coat.
- 3. Sprinkle feta over top.

Mexican-Inspired Bionico Fruit Cocktail

AGES 1+ MAKES 8 servings PREP 10-15 minutes





INGREDIENTS

1 cup papaya, cubed
1 cup cantaloupe, cubed
1 cup strawberries, cubed
1 cup pineapple, cubed
1 cup Greek yogurt
1 tsp. vanilla extract
1/4 cup oats

¼ cup unsweetened coconut flakes

V4 cup granola (omit or modify for children under 4)

1/4 cup golden raisins

DIRECTIONS

- 1. In a medium bowl, mix together papaya, cantaloupe, strawberries and pineapple. Set aside.
- **2.** In a second medium bowl, mix together Greek yogurt and vanilla. Set aside.
- **3.** In a third medium bowl, mix together oats, coconut flakes, granola and raisins. Set aside.
- **4.** To assemble one serving, place a portable container on the counter. Scoop ½ cup of fruit mixture into the container. Next, add 2 Tbs. of yogurt mixture. Stir together until evenly coated and then top with 2 Tbs. of dry ingredient mixture. Serve immediately.

NOTES

- This dish is inspired by the Mexican fruit cocktail called Bionicos. Bionico originated in Guadalajara and is often sold by street vendors.
- For the best snacking experience, all three components (fruit, creamy mixture and topping) should remain separated until right before serving. If you are planning ahead, I recommend a divided storage container that can house all components and be accompanied by an ice pack. Remember to pack a fork.
- The fruit can be individually stored in a closed container in the fridge for 4 days. The yogurt mixture can be stored in a closed container in the fridge for 7 days. The topping mixture can be stored in an airtight container for 2 weeks.

Fruit Chaat & String Cheese

AGES 2+ MAKES 3 servings PREP 10 minutes







INGREDIENTS

1 apple, cored and diced

1 mandarin, peeled and diced

1 mango, peeled and cubed

1 banana, sliced

⅓ cup strawberries, hulled and sliced

⅓ cup grapes, sliced

√₃ cup canned chickpeas, drained and rinsed (optional)

2 Tbs. pomegranate seeds

2 Tbs. orange juice

1 Tbs. chaat masala (see notes)

1 string cheese stick, to serve (modify as appropriate for your child)

DIRECTIONS

- 1. In a bowl, combine all fruit. Add remaining ingredients.
- 2. Refrigerate until ready to serve.
- 3. Serve with string cheese.

NOTES

- If you are unable to find chaat masala, feel free to replace with 1 Tbs. (14 g) of a mixture of equal parts: salt, black pepper, cumin and citrus peels.
- This is best consumed within one day.
- Send an ice pack with this recipe.

Fruit Blends, Three Ways



Banana Nut Butter Classic



Tropical Avocado Smoothie Pouch





Berry Blend Ice Pops

1+







1+ AGES

MAKES 3 smoothies PREP 5 minutes

2 large bananas

11/2 cups whole milk of choice

1/4 cup natural peanut butter (can sub any nut or seed butter)

1. In a blender, combine all ingredients. Blend until smooth, about 2 minutes.

1+ AGES

About 8 pouches MAKES PREP 10 minutes

1 ripe medium avocado

2 ripe medium bananas

1 cup frozen pineapple chunks

1 cup frozen mango chunks

1 cup plain Greek yogurt

2 cups milk

- 1. In a blender, combine all ingredients. Blend until smooth, about 2 minutes.
- 2. Serve immediately or pour into reusable pouches and freeze for up to 3 months.
- **3.** Thaw under refrigeration. Knead the pouch with your hands before serving to redistribute any separation.

AGES





About 12 ice pops MAKES PREP 10 min + 3 hr freeze

2 large bananas

1 cup blueberries

1/2 cup strawberries

2 cups spinach

3 Tbs. hemp seeds

2 Tbs. maple syrup (optional for children under 2)

1 cup milk of choice

1/4 tsp. sea salt (optional)

- In a blender, combine all ingredients and blend until smooth. Taste for sweetness and adjust if necessary.
- 2. Transfer mixture to popsicle molds and place in the freezer for an hour.



"I'm not going to eat *that*!"

"I'm going to use that star toothpick!"





ENERGY BALLS

- **44** ALMOND & DATE ENERGY BALLS
- **45** GRANOLA BALLS
- 46 OAT-FREE CHOCOLATE-BANANA POWER BALLS
- 47 SEED-FREE CINNAMON-BANANA POWER BALLS

Almond & Date Energy Balls

AGES 2+ MAKES 14 balls PREP 15 minutes







INGREDIENTS

1 cup raw or roasted almonds (or other nut of choice)

 $\frac{1}{2}$ cup unsweetened shredded coconut

½ tsp. salt

11/2 cups medjool dates, pitted

2 Tbs. chia seeds or flax seeds

2 Tbs. unsweetened cocoa powder

DIRECTIONS

- 1. In a food processor, add the almonds, coconut and salt. Pulse until well ground but some small chunks remain. Reserve 1/3 cup in a bowl and set aside.
- **2.** To the food processor, add in dates, chia seeds and cocoa powder, and pulse until a dough ball forms.
- 3. Form the dough into 14 small, round balls.
- **4.** Roll each ball into the reserved almond coconut mixture.

Granola Balls

AGES 2+ MAKES 12 balls PREP 10 minutes COOK 5 minutes





INGREDIENTS

2 tsp. butter

2 tsp. honey (optional for kids ages 1–2; babies under 1 should not consume honey)

⅓ cup unsweetened nut or seed butter of choice

2 cups rolled oats

1/4 cup dried fruit

DIRECTIONS

- 1. Line a sheet pan or serving tray with parchment or wax paper.
- **2.** In a medium saucepan over low heat, melt butter. Add in honey and nut butter and stir until combined and smooth; remove from heat.
- 3. Add oats and dried fruit; mix well.
- 4. Roll into 12 balls measuring approximately 11/2 inches (4 cm).
- **5.** Place balls on the lined pan and chill in the refrigerator until firm.
- **6.** Store in an airtight container in the fridge.

NOTES

- You can make larger power balls by using a medium cookie dough scoop (1.5 Tbs.), but we don't recommend using a large scooper.
- Include an ice pack to keep your power balls cool.
- While these can be frozen, they don't taste as good when thawed.

Oat-Free Chocolate-Banana Power Balls

AGES 2+ MAKES 50+ small balls PREP 15 minutes COOK 10 minutes







INGREDIENTS

3 bananas

10 medjool dates, pitted

11/4 cups superfine sorghum flour

 $\frac{1}{2}$ cup sunflower butter or spread of choice

6 Tbs. golden flax meal

1/4 cup cacao

Salt, to taste

DIRECTIONS

- 1. Preheat the oven to 325 F / 162 C. Line a baking tray with parchment paper.
- **2.** On the baking tray, spread out the superfine sorghum flour as flat as possible. Toast the flour for 10 minutes.
- **3.** Prepare the power balls. In a food processor, place all of the power ball ingredients and process until a smooth dough forms.
- **4.** Use a small cookie dough scoop (2 tsp.) to portion your power balls. Roll each scoop into a little ball.
- **5.** Sprinkle your power balls with finishing salt. Store in the fridge.

Seed-Free Cinnamon-Banana Power Balls

AGES 2+ MAKES 35 small balls PREP 20 minutes







INGREDIENTS

2 bananas
1½ cups gluten-free oats
9 medjool dates, pitted
1 tsp. sea salt
1 tsp. ground cinnamon
1 tsp. vanilla extract
½ tsp. maple extract

DIRECTIONS

- 1. To the food processor, combine all ingredients. Process until a smooth dough forms. There will still be small bits of oats here and there.
- 2. Use a small cookie dough scoop (2 tsp.) to portion your power balls. Roll each scoop into a little ball. This dough is a bit sticky, so the balls won't be perfect.
- 3. Store in the fridge.

NOTES

- Since this is a seed-free recipe, we suggest serving it with an additional protein component.
- Include an ice pack to keep your power balls cool.

20-MINUTE RECIPES

- **49 EGG KATI ROLL**
- **50 NAAN PIZZA**
- 51 LAYERED DIP WITH BAKED TORTILLA CHIPS
- **52 SESAME SEED FRENCH TOAST STICKS**
- **53 EGG & CHEESE TAQUITOS**
- 54 PLANTAIN CHIPS & MANGO GUACAMOLE
- 55 TURKEY & CHEESE PITA WITH TANGY BROCCOLI

Egg Kati Roll

AGES 1+ MAKES 1 serving PREP 5 minutes COOK 10 minutes





INGREDIENTS

1 egg

1/2 tsp. salt

1 Tbs. vegetable oil (or any neutral oil), divided

1 tsp. mayonnaise

½ tsp. hot sauce (optional)

1 flatbread of choice (flour tortilla, roti, chapati or paratha)

1 lettuce leaf

1 tsp. mayonnaise

1/2 tsp. hot sauce (optional)

DIRECTIONS

- 1. In a bowl, whisk egg and add salt.
- 2. In a pan on medium-high heat, add ½ Tbs. of oil. When the pan is evenly heated, add egg mixture. Allow the egg to cook until the base firms up. Flip the omelet to the other side and cook until done. Remove from the pan.
- **3.** In the same pan, add remaining $\frac{1}{2}$ Tbs. of oil and cook the frozen flatbread according to the package directions.
- **4.** Assemble kati roll by spreading mayo and optional hot sauce on the flatbread. Add lettuce and egg.
- 5. Roll up kati roll to eat and slice in the middle for serving.

Naan Pizza

AGES 1+ MAKES 2 pizzas PREP 5 minutes COOK 5 minutes





INGREDIENTS

2 mini naan bread pieces

½ cup pizza sauce

1/2 cup mozzarella cheese

1/2 cup leftover butter chicken, chicken keema or chicken tikka (optional)

Carrot sticks, to serve (modify as appropriate for your child)

DIRECTIONS

- 1. Preheat oven, toaster oven or air fryer to 350 F (175 C).
- 2. Spread pizza sauce over naan and top with mozzarella cheese.
- **3.** *Optional:* Add leftover butter chicken, chicken keema or chicken tikka before adding cheese.
- **4.** Bake the naan pizza for 5 minutes, or until the cheese begins to bubble and the crust begins to brown.
- 5. Serve this pizza with carrot sticks.

NOTES

- Ovens and toaster ovens may vary. Pay close attention to the naan pizza to avoid burning.
- These naan pizzas are freezer-friendly! After adding cheese and toppings, place naan pizza flat in the freezer to freeze. When ready to eat, defrost to room temperature and bake as written above.

Layered Dip with Baked Tortilla Chips

AGES 4+ MAKES 4 servings PREP 5-10 minutes COOK 12 minutes







INGREDIENTS

- 3 flour tortillas
- 2 medium avocados
- 2 medium limes, juiced
- 2 tsp. garlic salt
- 2 cups refried beans
- 1 cup shredded mild cheddar cheese
- 1/2 cup Roma or beefsteak tomatoes, diced
- 1/2 cup sour cream
- 1 cup iceberg lettuce, finely shredded
- 1 Tbs. olive oil

DIRECTIONS

- **1.** Preheat the oven to 400 F (205 C).
- 2. Stack the tortillas and cut the pile into sixths to make chips. Brush the tortillas with olive oil and place on a rimmed baking pan. Bake for 10-12 minutes, until golden brown and crisp.
- 3. In a medium bowl, mash 2 avocados into a semi-smooth consistency. Add lime juice and garlic salt. Mix together until well incorporated. Set aside.
- **4.** To assemble, set out 4 to-go or travel containers and layer the ingredients in the following order: ½ cup beans, ¼ cup cheese, 2 Tbs. tomatoes, ¼ guacamole mixture, 2 Tbs. sour cream and 1/4 cup lettuce.
- 5. Store cold.

Sesame Seed French Toast Sticks

AGES 1+ MAKES 2 servings PREP 10 minutes COOK 5 minutes









INGREDIENTS

2 slices whole wheat bread

1 large egg

3 Tbs. milk of choice

2 Tbs. togsted sesame seeds

2 tsp. maple syrup (optional for kids under 2)

Cooking oil spray

1 apple or seasonal fruit

DIRECTIONS

- 1. Cut bread slices into 4 strips each.
- **2.** In a bowl, whisk together egg, milk, toasted sesame seeds and maple syrup.
- **3.** Grease a non-stick pan with cooking oil spray and heat over medium heat. Dunk a bread strip into the egg mixture and then place it on the pan. Whisk the egg mixture again before dipping the next bread strip, so the seeds are evenly distributed.
- **4.** Cook until golden brown on all sides.
- **5.** Serve with apple slices or any seasonal fruit.

MAKE IN ADVANCE

To freeze, lay French toasts on a single layer on a cutting board and freeze for 1–2 hours

Transfer to a freezer-safe container or zip-top bag, and store for up to 3 months.

To reheat, microwave for 45-60 seconds.

Egg & Cheese Taquitos

AGES 2+ MAKES 2 mini taquitos PREP 10 minutes COOK 10 minutes









INGREDIENTS

1 egg

Salt and pepper, to taste

Oil or cooking spray

⅓ cup avocado oil or other high smoke point oil

1 tortilla (whole wheat or flour)

⅓ cup shredded cheddar cheese

⅓ cup sour cream

1 Tbs. lime juice

1/4 cup sliced cherries, to serve

1/4 cup sliced green grapes, to serve

MAKE IN ADVANCE

These taquitos can be made in bulk and frozen.

Once cooled, place in freezer bags and freeze. To reheat, place in the oven at 350 F (175 C) for 10–15 minutes.

DIRECTIONS

- 1. In a small bowl, crack one egg and season with salt and pepper. Whisk until well combined.
- 2. In a nonstick pan over medium-low heat, oil pan with oil or cooking spray. Add egg to the pan and stir slowly over low heat until cooked. Set the egg aside to cool.
- 3. On a flat surface, place the tortilla down flat and sprinkle cheese vertically down the middle. With a spoon, place the egg on top of the cheese.
- **4.** Turn the tortilla so the egg and cheese mixture is horizontal to you. Take the bottom of the tortilla and roll it forward over the egg and cheese mixture. Roll until the seam of the tortilla is face down.
- **5.** Heat the same pan to medium-high heat and add any high smoke point oil to the pan. Place the taquito into the pan with the seam down. Cook for 2–3 minutes on each side.
- 6. Let cool and slice taquito in half to make two mini taquitos.
- 7. In a small bowl, stir together sour cream and lime juice to make dip.
- **8.** Serve mini taquitos with sour cream dip and with sliced cherries and grapes on the side.

Plantain Chips & Mango Guacamole

AGES 4+ MAKES 3-4 servings PREP 5 minutes COOK 15-18 minutes





INGREDIENTS

1 green plantain

2 mini avocados or 1 regular avocado

1/4 red mango, diced

1/4 red onion, diced

1/4 bell pepper, diced

V₂ jalapeno, diced and seeded (optional)

½ lime, juiced

Sea salt, to taste

Non-stick spray (can use coconut oil or olive oil)

DIRECTIONS

- 1. Preheat the oven to 350 F (175 C). Spray a baking pan with non-stick spray.
- 2. Skin the plantain to remove the outer layer. The easiest way is to make a slit down the plantain and peel off. Slice the plantain into very thin slices (0.04-inch / 6 mm or thinner). Note: If you own a mandolin slicer, this could be used to make thin cuts.
- **3.** Lay the slices on the baking sheet. Spray the slices with non-stick spray and sprinkle with sea salt.
- **4.** Bake for 15-18 minutes, until golden brown.
- **5.** While the plantain chips are being cooked, in a bowl, mash the avocado until there are no big chunks left.
- **6.** Add the mango, red onion, bell pepper, jalapeno and juiced lime to the bowl and mix thoroughly. Add sea salt to taste.
- 7. Place guacamole in the fridge until the plantains have finished baking.
- **8.** Remove plantains from the oven and let cool for 3–5 minutes before serving.

NOTES

- Plantain chips are a choking hazard for kids under age 4.
 For kids under 4, serve this delicious dip with toast.
- Not a fan of spicy foods? Skip the jalapeno.

Turkey & Cheese Pita with Tangy Broccoli

AGES 1+ MAKES 1 serving PREP 10 minutes





INGREDIENTS

1 Tbs. apple cider vinegar

1 Tbs. Dijon mustard

1 tsp. honey (optional for kids ages 1-2; babies under 1 should not consume honey)

1 small head broccoli, cut into florets (finely diced for kids under 4)

1 mini pita bread pocket

1 slice colby jack cheese

2 slices roasted turkey

4 blackberries (modify as appropriate for your child)

DIRECTIONS

- 1. In a small bowl, combine apple cider vinegar, Dijon mustard and honey. Stir until fully combined.
- **2.** In a large bowl, toss broccoli florets with dressing and stir until the broccoli is fully coated. Note: If your child is younger than 2, please finely dice florets before coating.
- **3.** To assemble the pita, place the slice of cheese in the pita, then add turkey and top with broccoli.
- 4. Serve with blackberries on the side.

NOTES

• This snack requires refrigeration because of the cheese and turkey.

30-MINUTE RECIPES

- **57 PORK ADOBO MEATBALLS**
- **58 DISTINCT DEVILED EGGS**
- **59 CHEDDAR ALMOND CRACKERS**
- **60 VEGGIE FRITTERS**
- 61 BROCCOLI & CAULIFLOWER CUPS
- **62 SHRIMP & AVOCADO BITES**

Pork Adobo Meatballs

AGES 1+ MAKES 15 meatballs PREP 10 minutes COOK 20-25 minutes





MAKE IN ADVANCE

You can prep these ahead of time and freeze the uncooked mixed meatballs.

Take them out and bake them for 20–25 minutes when you are ready to eat.

Cooked meatballs will also keep in the fridge for 4–7 days. To reheat, place in the microwave for 1–2 minutes.

INGREDIENTS

1 lb. ground pork¼ red or yellow bell pepper,diced

1/4 red onion, diced
2 scallion stems, thinly sliced
1 tsp. minced garlic
1 tsp. chicken seasoning
1 tsp. adobo seasoning
1 egg

Non-stick spray (can use coconut oil or olive oil)

DIRECTIONS

- 1. Preheat the oven to 350 F (175 C). Spray the baking pan with non-stick spray.
- **2.** In a large mixing bowl, add the ground pork, pepper, onion, scallion, garlic, seasonings and egg. Using your hands, mix ingredients together, making sure everything is evenly dispersed.
- **3.** Scoop out a heaping tablespoon of mixture. Using your hands, roll it into a ball and place on the baking pan. Continue rolling meatballs until all the mixture has been used (makes about 15 meatballs).
- **4.** Bake for 20 minutes. If you prefer crispier meatballs, bake for another 5 minutes.
- **5.** Remove from the oven and let cool for 2-3 minutes before serving.

NOTES

- Modify meatballs as appropriate for your child.
- Try this variation: add Italian seasoning and use this meatball mixture for spaghetti and meatballs.

Distinct Deviled Eggs

AGES 1+ MAKES 24 deviled eggs PREP 25 minutes COOK 10 minutes





INGREDIENTS

12 large eggs

1/4 cup mayonnaise

1 Tbs. softened butter

2 tsp. Dijon mustard

1 stalk green onion, sliced

1 tsp. sugar

2 slices cooked crispy bacon, broken into pieces

DIRECTIONS

- 1. In a large saucepan, place eggs on the bottom and fill the pan with water 1 inch (2.5 cm) above the eggs.
- 2. Bring the water to a boil and let eggs boil for 10 minutes.
- **3.** Fill a large bowl with ice and water. When eggs are done, use tongs to remove them from the hot water and gently place them into the ice water for about 10 minutes.
- **4.** Peel shell off eggs and slice eggs in half lengthwise. Remove yolks and transfer to a medium-sized bowl.
- **5.** To the bowl with the yolks, add mayonnaise, butter, mustard, green onions and sugar. Use a fork to mash and mix well.
- 6. Spoon filling into each egg white.
- 7. Top deviled eggs with bacon.

NOTES

- Be sure eggs are cooled before filling with yolk mixture.
- For a variation, replace green onions with sweet relish.
- To store leftovers, place egg whites and filling in separate containers and refrigerate.
- For young children, eggs can be sliced or quartered before serving.

Cheddar Almond Crackers

AGES 2+ MAKES 25-35 crackers PREP 10 minutes COOK 12-18 minutes





INGREDIENTS

1 cup (120 g) fine blanched almond flour

1/4 cup (20 g) mild cheddar cheese

1 egg

1/2 tsp. Italian seasoning

1/4 tsp. sea salt

Non-stick spray (can use coconut oil or olive oil)

NOTES

- Crackers are better maintained in a zip-top bag and will keep for 3-4 days.
- Try this variation: Switch the cheddar cheese with Parmesan.

DIRECTIONS

- 1. Preheat the oven to 350 F (175 C). Spray a baking pan with non-stick spray.
- 2. In a mixing bowl, add the almond flour, cheddar cheese, egg, Italian seasoning and salt. Using your hands, mix together the ingredients until they form a ball of dough.
- **3.** On a sheet of parchment paper, use a rolling pin to roll out a thin sheet of dough (1 mm or less).
- **4.** Using a knife or cookie cutter, cut out small, even squares or rectangles about 1x1.5 inches (2.54x3.81 cm). Place cut-outs on the baking pan.
- **5.** Bake for 12–18 minutes, depending on the size, until golden brown. Check at 12 minutes.
- **6.** Remove crackers from the oven and let cool for 3–5 minutes before serving.
- **7.** Serve with cherry tomatoes, baby carrots or cucumber slices. *Note*: Modify veggies as appropriate for your child.

Veggie Fritters

AGES 1+ MAKES 7 fritters (about 3 servings)
PREP 10 minutes COOK 10 minutes









INGREDIENTS

1/4 cup all-purpose flour

2 Tbs. cornstarch or potato starch

1 Tbs. toasted sesame seeds

½ tsp. salt

1/2 tsp. onion powder

1 cup frozen corn, defrosted

1 cup frozen peas, defrosted

2 Tbs. water

½ cup shredded mozzarella cheese

1/4 cup cooking oil

DIRECTIONS

- 1. In a bowl, combine flour, starch, toasted sesame seeds, salt and onion powder. Add corn and peas to the bowl, and mix until the veggies are coated with flour.
- 2. Mix in water. The mixture will turn sticky.
- 3. Mix in mozzarella cheese.
- 4. Heat 2 Tbs. of oil in a non-stick pan over medium heat. Wet your hands with water, form about ¼ cup of mixture into a patty, and place it on the pan. Repeat with half of the mixture. (Note: Wetting your hands with water helps prevent the mixture from sticking to your hands.)
- **5.** Flip over once the fritters hold their shape together and gently press down with a metal spatula. Cook until both sides are golden brown and crispy.
- **6.** Repeat steps 5 and 6 with remaining mixture.

MAKE IN ADVANCE

To store, place the fritters in an airtight container once completely cooled. Refrigerate for up to 3 days.

To freeze, place a piece of parchment paper in between the fritters. Store in a freezer safe container and freeze for up to 3 months. Defrost overnight in the fridge when ready to eat.

To reheat, microwave for 45-60 seconds. Alternatively, place the fritters on a wire rack and reheat in a 350 F (175 C) oven until crispy. This option will take longer.

Broccoli & Cauliflower Cups

AGES 1+ MAKES 12 cups PREP 15 minutes COOK 25 minutes





INGREDIENTS

1½ cups broccoli florets
1½ cups cauliflower florets
2 eggs, beaten
½ cup panko breadcrumbs
1 cup shredded cheddar cheese
Non-stick spray (can use coconut oil or olive oil)

DIRECTIONS

- 1. Preheat the oven to 350 F (175 C). Spray muffin cups with non-stick spray.
- **2.** In a food processor, add broccoli and cauliflower florets and pulse until finely chopped.
- **3.** In a medium bowl, combine broccoli-cauliflower mixture with beaten eggs, breadcrumbs and cheese. Mix well.
- **4.** Distribute mixture evenly into muffin pan.
- 5. Bake for about 20-25 minutes or until lightly browned.
- 6. Place cups on a cooling rack and let cool for 10 minutes before serving.

Shrimp & Avocado Bites

AGES 1+ MAKES 12 servings PREP 20 minutes COOK 10 minutes





INGREDIENTS

8 oz. peeled and deveined uncooked shrimp (modify as appropriate for your child)

1 tsp. salt

1 tsp. pepper

3/4 medium ripe avocado

1 Tbs. lime juice

2 tsp. chopped fresh cilantro

1 large cucumber, sliced into ¼-inch (0.5 cm) thick rounds

2 Tbs. finely chopped red onion

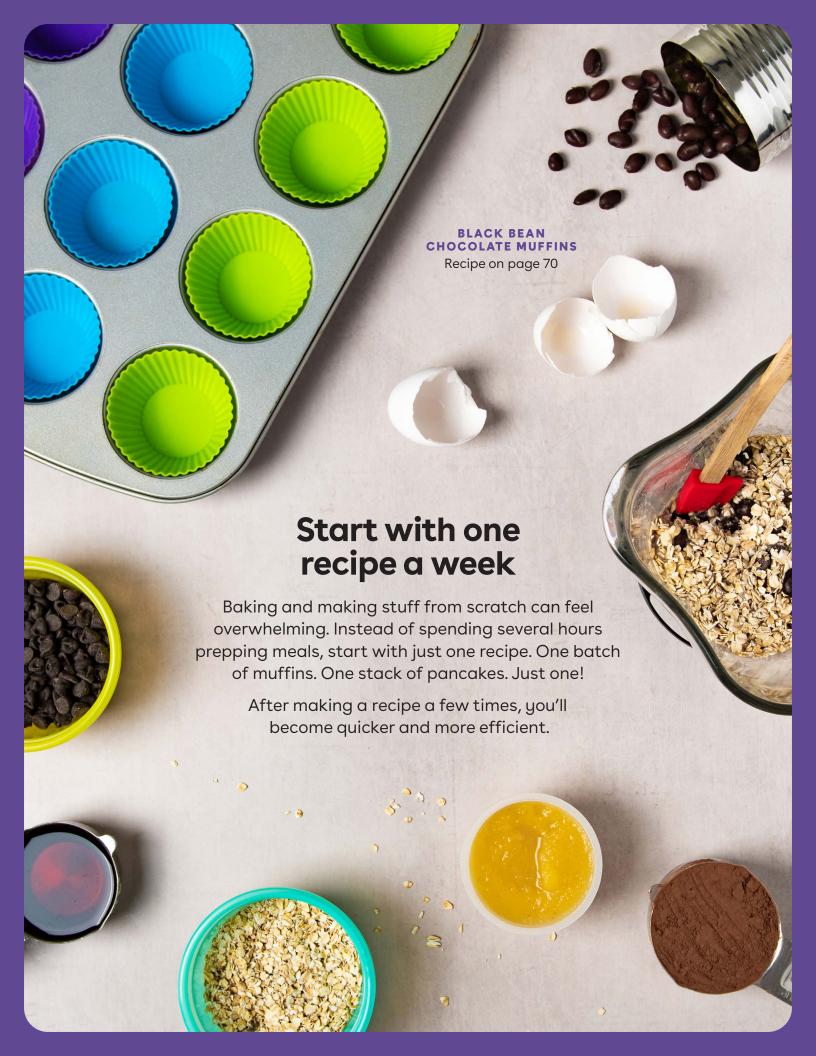
1 Tbs. crushed red pepper flakes (optional)

DIRECTIONS

- 1. Preheat the oven to 350 F (175 C).
- 2. Place shrimp on a baking sheet and sprinkle with salt and pepper. Cook for 10 minutes or until done. (Tip: Oven times can greatly vary, so you may want to check yours after 8 minutes.) Remove from the oven and let cool.
- **3.** In a small bowl, add avocado, lime juice and cilantro. Mash with a fork and mix well.
- **4.** Layer ingredients in order: 1 cucumber slice, 1 tsp. avocado mixture, ¼ tsp. red onion, 1 cooked shrimp, sprinkle of red pepper flakes.
- 5. Repeat with each cucumber slice.

NOTES

- To store or pack, place cucumber slices, avocado mix, red onions and shrimp in separate containers and refrigerate or use an ice pack.
- Not a fan of spicy foods? Skip the red pepper flakes.





SWEET

- 65 FROZEN BANANA SPLIT CUPS
- 66 BAKED TROPICAL COCONUT BARS
- 67 NO-BAKE PB&J BARS
- **68 NO-BAKE CARROT CAKE POPS**
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SAVORY

- 73 CRUNCHY ROASTED CHICKPEAS
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- **76 JERK CHICKEN EMPANADAS**
- 77 SWEET POTATO PROTEIN PANCAKES

Frozen Banana Split Cups

AGES 1+ MAKES 12 cups PREP 10 minutes + 1 hour freezing time









INGREDIENTS

1 cup Greek yogurt

1 cup strawberries, halved

2 bananas, cut into ½-inch (1.25 cm) slices

Optional toppings:

Coconut flakes, walnuts or other nuts or seeds of choice (modify as appropriate for your child)

DIRECTIONS

- 1. Fill a muffin or cupcake tin with paper liners.
- 2. Fill each cup about a quarter of the way up with Greek yogurt.
- 3. Add one banana and one strawberry to each cup.
- 4. If desired, top each with coconut flakes, walnuts or other nuts.
- 5. Freeze for an hour before serving.

Baked Tropical Coconut Bars

AGES 2+ MAKES 12-14 bars PREP 10 minutes COOK 40 minutes







INGREDIENTS

2 cups (260 g) all-purpose flour

1 cup (100 g) unsweetened coconut flakes

1/4 tsp. (6 g) baking powder

1/4 tsp. (2 g) salt

V₃ cup (50 g) walnuts, chopped (omit or modify for children under 4)

1/4 cup (60 mL) coconut oil, melted and cooled

√2 cup (100 g) coconut sugar
(can substitute granulated sugar)

1 large egg

11/4 cup (300 mL) unsweetened vanilla almond milk (can substitute any milk of choice)

1 tsp. (5 mL) vanilla extract

 $\frac{1}{4}$ - $\frac{1}{2}$ cup (20-40 g) pineapple, cut into small chunks

√₂ banana, cut into small coins (optional)

DIRECTIONS

- 1. Preheat the oven to 350 F (175 C). Grease an 11x9-inch (28x23 cm) casserole dish with nonstick cooking spray.
- **2.** In a large bowl, toss together flour, unsweetened coconut flakes, baking powder, salt and walnuts if using and set aside.
- **3.** In a medium bowl, combine coconut oil, coconut sugar, egg, milk and vanilla extract. Mix well.
- **4.** Pour the wet ingredients into the large bowl with the dry ingredients and mix until just combined.
- **5.** Transfer the batter to the prepared casserole dish. Press the mixture all the way into the corners of the casserole dish and top with sliced fruit.
- 6. Bake for 40 minutes.
- 7. Remove from the oven and cool before cutting into 12-14 bars.

NOTES

- If using frozen fruit, add the frozen fruit pieces to the bottom of the greased casserole dish before adding the batter.
- Store in an airtight container in the refrigerator for up to 4 days.
 These bars can be frozen for up to 3 months. Warm in a microwave or toaster oven before serving.
- These bars are delicious alongside yogurt and seasonal fruit.

No-Bake PB&J Bars

AGES 2+ MAKES 12 bars

PREP 20 minutes + optional 30 minutes of chilling time COOK 5 minutes







INGREDIENTS

3 cup (300 g) oats

3/4 cup (170 g) nut butter or peanut butter

4 Tbs. (80 g) maple syrup

1 tsp. (5 g) baking powder

Salt, to taste

2 cups (250 g) raspberries

2 Tbs. (10 g) chia seeds

2 Tbs. (30 mL) lemon juice

1-2 Tbs. (15-30 mL) honey (optional for kids ages 1-2; babies under 1 should not consume honeu)

1 cup (140 g) peanuts (optional, for topping)

NOTES

 These should be stored in the fridge. They can also be frozen, thawed and enjoyed at a later time.

DIRECTIONS

- 1. Line a 8x4-inch (20x10 cm) pan with parchment paper.
- **2.** In a food processor or blender, process the oats until they reach a fine, flour-like consistency.
- **3.** To the oat flour, add nut butter, maple syrup, baking powder and salt. Note: If the dough is sticky, let the mixture set in the fridge before lining the pan.
- **4.** Press the dough evenly into the prepared pan and smooth out the top. Put in the freezer to set.
- 5. Meanwhile, prepare the jam. In a small saucepan over medium-high heat, stir raspberries until fruit begins to break down and bubble. With a spoon or potato masher, mash the fruit to desired consistency.
- **6.** Stir in the chia seeds and lemon juice until combined. Taste and stir in honey, if desired. Remove from heat and let cool for 5 minutes.
- **7.** Remove the pan from the freezer and pour jam on top of the frozen oat layer. Spread out to fully cover.
- **8.** Top with peanuts and a drizzle of additional nut or peanut butter, if desired.
- **9.** Enjoy immediately or refrigerate for 30 minutes to harden. To serve, slice into 12 bars.

No-Bake Carrot Cake Pops

AGES 1+ MAKES 30 pops PREP 25 minutes





INGREDIENTS

1/2 cup (90 g) dates

1/2 cup (60 g) shredded carrots

1/2 cup (50 g) pecans

1/3 cup (30 g) desiccated or shredded coconut

1 tsp. (5 mL) vanilla

1 tsp. (2 g) cinnamon

1 tsp. (2 g) nutmeg

1 tsp. (2 g) sea salt

Lollipop sticks

Greek yogurt, to dip (optional)

DIRECTIONS

- 1. In a food processor, combine all ingredients and process until smooth.
- 2. Chill dough in the refrigerator for 15-20 minutes.
- 3. Roll dough into small balls and pop them onto popsicle sticks.
- **4.** If desired, serve with a side of Greek yogurt, to dip (optional).

NOTES

• For a fun variation, roll cake pops into coconut flakes or chopped nuts.

Carrot Cake Overnight Oats

AGES 1+ MAKES 1 serving PREP 5 minutes + 3 hours of soaking time





INGREDIENTS

½ cup (50 g) rolled oats
 ½ cup (118 mL) milk of choice
 ¼ cup (59 mL) Greek yogurt
 ¼ cup (50 g) carrots, shredded
 2 tsp. (9 mL) maple syrup or

2 tsp. (9 mL) maple syrup or sweetener of choice (optional for children under 2)

1 Tbs. (10 g) chia seeds

½ tsp. (2 mL) vanilla extract

1/2 tsp. (2 g) cinnamon

Salt, to taste

1 Tbs. (5 g) shredded coconut flakes, for topping

1 Tbs. (5 g) raisins, for topping (optional)

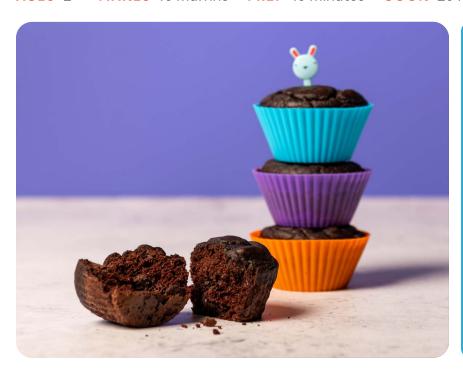
DIRECTIONS

- 1. In a mason jar or other glass jar with a lid, combine all ingredients, reserving the coconut flakes and raisins for garnish.
- **2.** Let the oats soak for at least 3 hours; soak oats overnight for best results.
- **3.** Before serving, top with coconut flakes and raisins to garnish.

Black Bean Chocolate Muffins

AGES 2+ MAKES 16 muffins PREP 10 minutes COOK 20 minutes





MAKE IN ADVANCE

Cooled muffins can be stored in an airtight container in the fridge for up to 1 week.

They can also be individually wrapped (plastic wrap or reusable bags work well) and stored in the freezer for up to 3 months.

- 1 Thaw in the fridge overnight for a quick, ready-made breakfast.
- 2 Microwave from frozen on 50% power until warmed through.
- 3 Place frozen muffin in child's lunchbox — it will be defrosted come lunchtime for a tasty snack!

INGREDIENTS

1³/₄ cup (430 g) canned black beans, rinsed & drained

3 large eggs, divided

1/3 cup (30 g) rolled oats

2 Tbs. (30 mL) coconut oil, melted & cooled

V₃ cup (79 mL) maple syrup (optional for children under 2)

⅓ cup (80 g) unsweetened applesauce

1 tsp. (5 mL) vanilla

1 tsp. (5 g) baking soda

 $\frac{1}{4}$ tsp. (1.5 g) kosher salt

√2 cup (40 g) unsweetened cocoa powder

1/3 cup (75 g) semi-sweet chocolate chips

Non-stick cooking spray

DIRECTIONS

- 1. Preheat the oven to 350 F (175 C) and line 16 muffin tins with liners. Spray with non-stick cooking spray.
- 2. In a blender, combine black beans, 1 egg and oats on medium speed for approximately 1 minute. The ingredients will begin to slowly break down and form a thick paste. (Note: The oats and black beans will not be fully emulsified.)
- **3.** To blender mixture, add remaining 2 eggs, coconut oil, maple syrup, applesauce, vanilla, baking soda and kosher salt, then blend on medium speed to combine well. Mixture will loosen and incorporate fully after 1–2 minutes to produce a thin, liquid batter.
- **4.** To blender mixture, add the cocoa powder and blend on slow-medium speed to integrate (about 30 seconds) to thicken.
- 5. With a mixing spoon, stir in chocolate chips.
- 6. Equally distribute batter into muffin tins.
- 7. Bake for about 20 minutes. (Oven time can greatly vary so you may want to check your muffins after 18 minutes.)
- **8.** Remove warm muffins from the pan and cool on a wire rack.

Strawberry Cupcakes with Bean Frosting

AGES 2+ MAKES 12 cupcakes PREP 10 minutes COOK 20 minutes







INGREDIENTS

CUPCAKES

½ cup (110 g) mashed banana

2 eggs

½ tsp. (2 mL) vanilla extract

1/2 tsp. (1 g) cinnamon

1 tsp. (5 g) baking powder

1/8 tsp. (1 g) salt

2 cups (400 g) diced strawberries, divided

1½ cups (140 g) fine blanched almond flour

Non-stick spray (can use coconut oil or olive oil)

FROSTING

3/4 cup (180 mL) black beans, drained, rinsed

2 Tbs. (30 g) natural peanut butter

2 Tbs. (40 g) maple syrup (optional for children under 2)

1/8 tsp. (1 mL) vanilla

1/8 tsp. (1 g) salt

2 Tbs. (20 g) carob powder or unsweetened cocoa powder

DIRECTIONS

- 1. Preheat the oven to 350 F (175 C). Spray a cupcake pan with cooking spray or line the cups with paper liners.
- 2. In a blender or food processor, combine banana, eggs, vanilla, cinnamon, baking powder, salt and 1 cup (200 g) of strawberries. Process until mixture is smooth and well combined.
- **3.** Add almond flour and pulse until mixture is just combined, scraping down the sides as needed. Fold the remaining cup of strawberries into the batter.
- 4. Divide batter evenly between the 12 cupcake tins.
- **5.** Bake for 20 minutes or until the tops are golden in color and a toothpick inserted into the center comes out clean.
- **6.** Meanwhile, prepare the frosting. In a clean blender or food processor, add all frosting ingredients. Process until smooth. Let mixture cool and thicken in the refrigerator until ready to use.
- 7. When cupcakes are done baking, let them cool for 10–20 minutes in the pan, then frost them.

NOTES

The cupcakes can be frozen and thawed. You can freeze them with the icing on the individual cupcakes, or you can make fresh icing when ready to serve.

Blueberry-Beet Gummies

AGES 2+ MAKES 12 servings (approx. 240 gummies using a 1/4 tsp. mold)
PREP 15 minutes + 2 hours of chilling time COOK 15 minutes







INGREDIENTS

1/4 cup (40 g) beets, steamed and peeled

13/4 cups (260 g) fresh blueberries

1/4 cup (60 mL) water

2 Tbs. (30 mL) honey

2 Tbs. (20 g) plain gelatin

NOTES

- Pre-packaged, cooked beets can save time in this recipe.
- In place of molds, you can refrigerate the mixture in a parchment-lined pan. Then cut into squares or use cookie cutters to cut into fun shapes.
- Serve with a protein food like string cheese or nut mix.

DIRECTIONS

- 1. In a blender, combine beets and blueberries. Blend until smooth, about 1 minute.
- 2. Place a fine mesh strainer over a glass bowl or liquid measuring cup. Pour beet-blueberry puree into the strainer. Using a spoon, work the mixture through until all the puree has been strained.
- **3.** In a small saucepan, combine strained puree, water and honey. Over medium-low heat, bring mixture to a slow simmer.
- **4.** Add in gelatin and use a silicone whisk to incorporate gelatin. Keep stirring until gelatin is completely dissolved, about 2-3 minutes.
- **5.** Continue to stir mixture frequently and simmer for about 5 more minutes or until mixture is shiny and smooth.
- **6.** Place gummy molds onto a sheet pan. Using a dropper, fill each mold with gummy mixture.
- **7.** Cover gummy molds and refrigerate for 2 hours or until gummies are set.
- **8.** Remove gummies from molds and place in an airtight container or zip-top bag. Gummies can be kept refrigerated for up to 7 days.

Crunchy Roasted Chickpeas

AGES 2+ MAKES About 1 ½ cups PREP 5 minutes COOK 30-35 minutes





INGREDIENTS

15 oz. (400 g) can reduced sodium chickpeas, drained and rinsed

2-3 Tbs. olive oil

1 tsp. salt

2 Tbs. spices (paprika, cumin and coriander, or even a ranch seasoning packet)

DIRECTIONS

- 1. Preheat the oven to 425 F (220 C).
- 2. Place the drained and rinsed chickpeas on a paper towel or clean kitchen towel to thoroughly dry them out. This ensures they end up crunchy.
- **3.** Place the dried chickpeas on a baking sheet (not lined), drizzle with the olive oil and sprinkle with salt. Mix well.
- **4.** Bake for 30–35 minutes or until desired crunch level is reached, shaking the pan every 10 minutes to crisp up all the sides.
- **5.** Remove from the oven and immediately add your spices of choice.

NOTES

- Store in an airtight container for no more than 3 days. If they begin to lose their crunchiness, place them in the oven at 350 F (175 C) for about 10 minutes to crisp them back up.
- Serve with a seasonal vegetable of choice or over some plain Greek yogurt with sliced cherry tomatoes as a savory parfait.

Cheesy Cracker Bites

AGES 2+ MAKES 7 servings (approx. 20 crackers per serving)
PREP 10 minutes + 1 hour of chilling time COOK 15 minutes





INGREDIENTS

1½ cups (115 g) medium cheddar cheese

1 Tbs. (60 g) unsalted butter

1/3 cup (50 g) whole wheat flour

1/2 tsp. (2 g) cornstarch

2 Tbs. (30 mL) cold water

NOTES

- Store in an airtight container in the fridge for up to 5 days.
- This recipe can be made by grating the cheese and butter with a traditional cheese grater and mixing the dough with a pastry blender or forks instead of a food processor.
- Serve with seasonal veggies and an optional cheese stick for additional protein.

DIRECTIONS

- 1. Preheat the oven to 350 F (175 C). Line 2 sheet pans with parchment paper.
- **2.** Using a food processor with grater attachment, shred cheese. Leave cheese in the food processor and then grate butter as well.
- Remove grater attachment and replace it with dough blade attachment. Add in flour and cornstarch. Pulse until pea-sized crumbles form.
- 4. Add in water and pulse 3-4 more times to combine.
- **5.** Remove the bowl from the food processor and form the dough the rest of the way by hand. Dough will be dry but should still stick together.
- **6.** Roll dough into a ball and wrap tightly in plastic wrap. Refrigerate for 1 hour.
- 7. Remove dough from fridge and place on a lightly floured surface. Roll dough out into a 10x10-inch (25x25 cm) square.
- **8.** Using a pizza cutter, cut dough into 12 equal strips. Cut the square the other way into 12 equal parts to make 144 squares.
- **9.** Place crackers on prepared sheet pans. Leave a little space between crackers for even baking but they should not spread when baked.
- 10. Bake for 13-15 minutes or until slightly browned and crisp.
- 11. Let cool on a cooling rack for 10-15 minutes.

Spinach & Tomato Egg Bites

AGES 1+ MAKES 12 egg bites PREP 20 minutes COOK 20-25 minutes









INGREDIENTS

2-4 Tbs. avocado oil

½ cup spinach

1 tomato

2 small potatoes

12 eggs

1/4 cup milk of choice

1 tsp. onion salt

1/2 tsp. salt (optional)

1/8 tsp. pepper

3/4 cup shredded cheese (optional)

Non-stick spray (can use coconut oil or olive oil)

DIRECTIONS

- 1. Preheat the oven to 400 F (205 C). Spray 12 muffin cups with non-stick spray or line with paper liners.
- 2. Peel and dice potatoes into small pieces. Dice tomatoes.
- 3. In a frying pan, heat avocado oil. Sauté potatoes until potatoes are soft.
- 4. To pan, add spinach and tomato. Saute until spinach starts to wilt, about 3 minutes. Remove from heat.
- 5. In a large mixing bowl, whisk eggs, milk, onion salt, salt, pepper and cheese.
- 6. Add vegetables to the mixing bowl.
- 7. Transfer mixture to muffin pan, dividing equally among the cups.
- 8. Cook for approximately 20-25 minutes, until muffins are fluffy and the center is firm.
- 9. Let cool in the pan for 20 minutes. Transfer to a wire rack and cool completely.

Jerk Chicken Empanadas

AGES 1+ MAKES 12-15 empanadas PREP 15 minutes COOK 20-25 minutes







INGREDIENTS

(optional)

¼ green bell pepper, diced
 ¼ yellow onion, diced
 ½ jalapeno, diced and seeded

1 lb. (450 g) ground chicken

1 tsp. (4 g) garlic, minced

1 tsp. (2 g) jerk seasoning

 $\frac{1}{2}$ tsp. (2 g) chicken seasoning

l package empanada wrappers, thawed

Non-stick spray (can use coconut oil or olive oil)

MAKE IN ADVANCE

You can freeze the completed empanadas. To reheat, bake for 10–12 minutes.

Store in the fridge for 4-7 days. Reheat in microwave for 1-2 minutes.

Cook this in the air fryer at 400 F (205 C) for 3-5 minutes.

DIRECTIONS

- 1. Preheat the oven to 400 F (205 C). Spray a baking pan with non-stick spray. You may need two pans.
- **2.** Heat a large skillet over medium heat for about 1 minute. Spray the skillet with non-stick spray, making sure to cover the entire base.
- **3.** To the skillet, add diced peppers, onions and jalapeno and cook for 1-2 minutes, stirring often, until they begin to soften.
- **4.** Add ground chicken and cook for 1-2 minutes, using a spatula to break it down into smaller pieces.
- **5.** Add the minced garlic, jerk seasoning and chicken seasoning, and mix until incorporated. Cook for another 5 minutes, until ground chicken is cooked through.
- **6.** Remove from heat and let ground chicken cool. While the chicken is cooling, take out the empanada wrappers.
- 7. On one empanada, place 1 Tbs. of ground chicken mixture in the center. Fold over the empanada and pinch the edges shut with a fork. Place on the prepared pan.
- **8.** Repeat for all the empanadas.
- **9.** Bake for 10 minutes. (Oven time can greatly vary, so you may want to check yours after 8 minutes)
- **10.** Remove from the oven and cool for 3–5 minutes before removing from the pan and serving.

Sweet Potato Protein Pancakes

AGES 1+ MAKES 9 pancakes PREP 10 minutes COOK 15 minutes









INGREDIENTS

1 1/4 cups (120 g) oat flour

√₂ tsp. (3 g) cinnamon or pumpkin pie spice (optional)

 $\frac{1}{2}$ tsp. (3 g) baking powder

√2 cup (150 g) canned sweet
potato puree (or make your own)

1 cup (250 g) ricotta cheese

1/4 cup (60 g) milk of choice

2 eggs

1 Tbs. (14 g) cooking oil or butter

DIRECTIONS

- 1. In a medium mixing bowl, combine oat flour, cinnamon and baking powder and set aside.
- **2.** In a blender or food processor, combine sweet potato, ricotta cheese, milk and egg. Blend until smooth.
- 3. To the blender, add dry ingredients and blend until smooth.
- **4.** In a griddle or skillet set to medium-low heat, heat oil or butter.
- **5.** Add ¼ cup batter and cook pancake on each side for 2–3 minutes or until golden brown. (Tip: Sweet potato can burn, so be sure to keep heat to medium-low.)

MAKE YOUR OWN PUREE

To make sweet potato puree from scratch, roast, steam or boil the sweet potato until soft Then blend or mash until smooth.



79 RAISIN POWER COOKIES

80 ALMOND COOKIES

81 ANIMAL CRACKER BEET COOKIES

82 APPLE-CARROT COOKIES

Raisin Power Cookies

AGES 1+ MAKES 12 cookies PREP 10 minutes COOK 15 minutes





INGREDIENTS

15 oz. (425 g) canned chickpeas, drained and rinsed

1 cup (90 g) rolled oats

1 tsp. (5 g) baking powder

1/2 cup (120 g) peanut butter

⅓ cup (70 g) coconut oil

8 dates, pitted and chopped

V₃ cup (50 g) raisins (omit or modify for children under 4)

DIRECTIONS

- 1. Preheat the oven to 350 F (175 C). Line a baking sheet with parchment paper or baking mat.
- **2.** In a blender or food processor, add chickpeas, rolled oats, baking powder, peanut butter, coconut oil and dates. Blend until thoroughly incorporated and mixture reaches a dough-like consistency.
- 3. In a mixing bowl, combine dough and raisins.
- **4.** Scoop out a tablespoon of dough per cookie and place them on the prepared baking sheet, leaving a 2-inch (5 cm) space between each one.
- 5. Bake for 20 minutes or until golden brown.
- 6. Let cookies cool for 5 minutes before serving.

Almond Cookies

AGES 2+ MAKES 10-12 cookies PREP 20 minutes COOK 15 minutes





INGREDIENTS

⅓ cup (110 g) salted butter
 ⅙ cup (50 g) powdered sugar
 2 Tbs. (30 g) granulated sugar
 1¼ cup (280 g) cup all-purpose flour

½ cup (110 g) almond flour
2 Tbs. (30 g) semolina flour
4 Tbs. (30 mL) milk
1 Tbs. (4 g) baking powder
Pinch of cardamom

DIRECTIONS

- 1. Preheat the oven to 350 F (175 C).
- **2.** In a large bowl with a hand mixer, beat butter and both sugars for 2 minutes until softened.
- **3.** To the bowl, add all-purpose flour, almond flour, semolina flour, milk, baking powder and cardamom. Mix until crumbly.
- 4. On a flat, clean surface, dust flour.
- **5.** Place the dough on the dusted flour and dust the bottom and top of the dough. Roll out the dough and cut into desired shapes.
- 6. Place the cookies on a baking sheet or pan and bake for 15 minutes.
- 7. Allow to cool for 10 minutes before enjoying.

NOTES

- Store in an airtight container or ziploc to enjoy for up to one week.
- Enjoy this snack with milk and strawberries.
- In Tanzania, this snack is called "Kashata za Lozi" and it is served at celebrations with coffee.

Animal Cracker Beet Cookies

AGES 2+ MAKES 15 cookies PREP 35 minutes COOK 15 minutes







NOTES

If using pre-cooked beets, skip the boiling step and start by blending 2-3 cooked beets with liquid coconut oil.

Can't find oat flour? Make your own by grinding rolled oats in a blender or food processor until the texture becomes a fine flour.

These cookies are freezerfriendly. Thaw and serve.

INGREDIENTS

BEET COOKIES

3 small beets, peeled 1/4 cup (60 mL) melted coconut oil, divided 2 cups (180 g) oat flour

1/4-1/2 cup (160 g) maple syrup 1/4 cup (20 g) shredded coconut

GREEK YOGURT FROSTING

2 cups (450 g) Greek yogurt 2 Tbs. (40 g) maple syrup 1 Tbs. (15 mL) vanilla extract 2 Tbs. (20 g) coconut flour

DIRECTIONS

- 1. Preheat the oven to 375 F (190 C). Line a sheet tray with parchment paper and set aside.
- 2. In a pot over medium heat, boil beets for 20 minutes until they are fork tender.
- 3. To a food processor, combine boiled beets with 2 Tbs. (30 mL) melted coconut oil and process until the texture is smooth, scraping down the sides of the blender as needed. You may need to blend and scrape several times to puree beets.
- **4.** In a mixing bowl, combine the beet mixture with the remaining 2 Tbs. (30 mL) coconut oil, oat flour, maple syrup and shredded coconut. Mix until a dough forms, adding additional oat flour as needed. (Note: Dough may come together more easily with a hand mixer. It may also need to chill in the fridge for about 10 minutes.)
- 5. Using a rolling pin, roll out dough and use cookie cutters to cut out shapes from dough. (Note: If cookie cutters aren't available, use a knife or other objects to cut out shapes.) Transfer cookies to the baking tray.
- 6. Bake for 15 minutes.
- 7. Meanwhile, prepare frosting. In a bowl, combine yogurt, maple syrup, vanilla and coconut flour. Mix with a hand mixer or whisk until smooth and no lumps remain. Let chill in the fridge before using as icing.
- 8. Remove cookies from the oven, let cool and decorate with frosting.

Apple-Carrot Cookies

AGES 2+ MAKES 12 servings (36 cookies)
PREP 10 minutes COOK 15 minutes









INGREDIENTS

1 large egg

½ cup (140 g) sunflower butter

¼ cup (60 mL) maple syrup

2 Tbs. (30 mL) canola oil

½ cup (80 g) whole wheat flour

1 cup (80 g) quick oats

1 tsp. (5 g) baking powder

1 tsp. (3 g) cinnamon

1 medium apple, peeled and

3 medium carrots, peeled and shredded, about 1 cup (180 g)

shredded, about 1 cup (150 g)

MAKE IN ADVANCE

Store in an airtight container in the fridge for up to 1 week or in a freezer zippered bag for up to 3 months.

DIRECTIONS

- 1. Preheat the oven to 375 F (190 C). Line 2 sheet pans with parchment paper.
- **2.** In a medium mixing bowl, combine egg, sunflower butter, maple syrup and canola oil. Whisk until well combined.
- **3.** To the bowl, add in flour, quick oats, baking powder and cinnamon. Whisk until well combined.
- **4.** Fold in shredded apple and carrots until well-distributed in the cookie dough.
- **5.** Using a 1 Tbs. (15 mL) scoop, scoop dough onto prepared sheet pans.
- **6.** Place a small square of parchment paper on top of the cookie dough. Then, place a measuring cup on top of the parchment. Lightly press down on the dough until it is about ½ inch (1.25 cm) thick.
- **7.** Bake for 13-15 minutes or until slightly browned on the bottoms.
- **8.** Cool for 15-20 minutes on a cooling rack.



84 VEGETARIAN 86 IRON-RICH

84 VEGAN 87 FIBER-RICH

85 TOP-9-FREE 87 HIGH-ENERGY

85 NUT-FREE 87 FREEZER-FRIENDLY

85 GLUTEN-FREE 88 NO-COOK

86 DAIRY-FREE 88 SERVED HEATED

86 PROTEIN-RICH 88 SERVED COLD

Vegetarian

- 44 Almond & Date Energy Balls
- 80 Almond Cookies
- 81 Animal Cracker Beet Cookies
- 82 Apple-Carrot Cookies
- 66 Baked Tropical Coconut Bars
- 38 Balsamic Cucumber Salad
- 28 Banana Crunch
- 41 Banana Nut Butter Classic
- 32 Bell Pepper Pinwheels
- 41 Berry Blend Ice Pops
- 70 Black Bean Chocolate Muffins
- 72 Blueberry-Beet Gummies
- 61 Broccoli & Cauliflower Cups
- 31 Caprese Crostini
- 69 Carrot Cake Overnight Oats
- 59 Cheddar Almond Crackers
- 33 Cheese Pita
- 74 Cheesy Cracker Bites
- 30 Chili Jicama Sticks
- 73 Crunchy Roasted Chickpeas
- 53 Egg & Cheese Taquitos
- 49 Egg Kati Roll

- 65 Frozen Banana Split Cups
- 34 Fruit & Cheese Skewers
- 40 Fruit Chaat & String Cheese
- 45 Granola Balls
- 51 Layered Dip with Baked Tortilla Chips
- 39 Mexican-Inspired Bionico Fruit Cocktail
- 68 No-Bake Carrot Cake Pops
- 35 Nut or Seed Butter Uncrustables
- 46 Oat-Free Chocolate-Banana Power Balls
- 54 Plantain Chips & Mango Guacamole
- 79 Raisin Power Cookies
- 33 Savoru Pita
- 47 Seed-Free Chocolate-Banana Power Balls
- 52 Sesame Seed French Toast Sticks
- 75 Spinach & Tomato Egg Bites
- 71 Strawberry Cupcakes with Bean Frosting
- 29 Sweet & Salty Trail Mix
- 33 Sweet Pita
- 77 Sweet Potato Protein Pancakes
- 41 Tropical Avocado Smoothie Pouch
- 60 Veggie Fritters

Vegan

- 44 Almond & Date Energy Balls
- 41 Berry Blend Ice Pops
- 30 Chili Jicama Sticks
- 73 Crunchy Roasted Chickpeas
- 68 No-Bake Carrot Cake Pops
- 35 Nut or Seed Butter Uncrustables

- 46 Oat-Free Chocolate-Banana Power Balls
- 54 Plantain Chips & Mango Guacamole
- 79 Raisin Power Cookies
- 47 Seed-Free Chocolate-Banana Power Balls
- 29 Sweet & Salty Trail Mix

Top-9-Free

- 41 Berry Blend Ice Pops
- 72 Blueberry-Beet Gummies
- 30 Chili Jicama Sticks
- 73 Crunchy Roasted Chickpeas

- 46 Oat-Free Chocolate-Banana Power Balls
- 54 Plantain Chips & Mango Guacamole
- 47 Seed-Free Chocolate-Banana Power Balls

Nut-Free

- 82 Apple-Carrot Cookies
- 38 Balsamic Cucumber Salad
- 32 Bell Pepper Pinwheels
- 41 Berry Blend Ice Pops
- 72 Blueberry-Beet Gummies
- 61 Broccoli & Cauliflower Cups
- 31 Caprese Crostini
- 33 Cheese Pita
- 74 Cheesy Cracker Bites
- 30 Chili Jicama Sticks
- 73 Crunchy Roasted Chickpeas
- 58 Distinct Deviled Eggs
- 53 Egg & Cheese Taquitos
- 49 Egg Kati Roll
- 65 Frozen Banana Split Cups
- 34 Fruit & Cheese Skewers
- 40 Fruit Chaat & String Cheese
- 45 Granola Balls

- 76 Jerk Chicken Empanadas
- 51 Layered Dip with Baked Tortilla Chips
- 50 Naan Pizza
- 35 Nut or Seed Butter Uncrustables
- 46 Oat-Free Chocolate-Banana Power Balls
- 54 Plantain Chips & Mango Guacamole
- 57 Pork Adobo Meatballs
- 33 Savory Pita
- 47 Seed-Free Chocolate-Banana Power Balls
- 52 Sesame Seed French Toast Sticks
- 62 Shrimp & Avocado Bites
- 75 Spinach & Tomato Egg Bites
- 33 Sweet Pita
- 77 Sweet Potato Protein Pancakes
- 41 Tropical Avocado Smoothie Pouch
- 55 Turkey & Cheese Pita with Tangy Broccoli
- 60 Veggie Fritters

Gluten-Free

- 44 Almond & Date Energy Balls
- 38 Balsamic Cucumber Salad
- 28 Banana Crunch
- 41 Banana Nut Butter Classic
- 41 Berry Blend Ice Pops
- 72 Blueberry-Beet Gummies
- 59 Cheddar Almond Crackers
- 30 Chili Jicama Sticks
- 73 Crunchy Roasted Chickpeas
- 58 Distinct Deviled Eggs
- 65 Frozen Banana Split Cups
- 34 Fruit & Cheese Skewers

- 40 Fruit Chaat & String Cheese
- 68 No-Bake Carrot Cake Pops
- 67 Oat-Free Chocolate-Banana Power Balls
- 54 Plantain Chips & Mango Guacamole
- 57 Pork Adobo Meatballs
- 47 Seed-Free Chocolate-Banana Power Balls
- 62 Shrimp & Avocado Bites
- 75 Spinach & Tomato Egg Bites
- 71 Strawberry Cupcakes with Bean Frosting
- 29 Sweet & Salty Trail Mix
- 41 Tropical Avocado Smoothie Pouch

Dairy-Free

- 44 Almond & Date Energy Balls
- 82 Apple-Carrot Cookies
- 66 Baked Tropical Coconut Bars
- 41 Berry Blend Ice Pops
- 70 Black Bean Chocolate Muffins
- 72 Blueberry-Beet Gummies
- 30 Chili Jicama Sticks
- 73 Crunchy Roasted Chickpeas
- 49 Egg Kati Roll
- 76 Jerk Chicken Empanadas
- 68 No-Bake Carrot Cake Pops

- 35 Nut or Seed Butter Uncrustables
- 46 Oat-Free Chocolate-Banana Power Balls
- 54 Plantain Chips & Mango Guacamole
- 57 Pork Adobo Meatballs
- 79 Raisin Power Cookies
- 47 Seed-Free Chocolate-Banana Power Balls
- 52 Sesame Seed French Toast Sticks
- 62 Shrimp & Avocado Bites
- 75 Spinach & Tomato Egg Bites
- 71 Strawberry Cupcakes with Bean Frosting
- 29 Sweet & Salty Trail Mix

Protein-Rich

- 44 Almond & Date Energy Balls
- 81 Animal Cracker Beet Cookies
- 82 Apple-Carrot Cookies
- 66 Baked Tropical Coconut Bars
- 28 Banana Crunch
- 41 Banana Nut Butter Classic
- 32 Bell Pepper Pinwheels
- 70 Black Bean Chocolate Muffins
- 61 Broccoli & Cauliflower Cups
- 31 Caprese Crostini
- 69 Carrot Cake Overnight Oats
- 59 Cheddar Almond Crackers
- 33 Cheese Pita
- 74 Cheesy Cracker Bites
- 73 Crunchy Roasted Chickpeas
- 53 Egg & Cheese Taquitos
- 49 Egg Kati Roll
- 34 Fruit & Cheese Skewers
- 40 Fruit Chaat & String Cheese

- 76 Jerk Chicken Empanadas
- 51 Layered Dip with Baked Tortilla Chips
- 39 Mexican-Inspired Bionico Fruit Cocktail
- 50 Naan Pizza
- 35 Nut or Seed Butter Uncrustables
- 57 Pork Adobo Meatballs
- 79 Raisin Power Cookies
- 33 Savory Pita
- 52 Sesame Seed French Toast Sticks
- 62 Shrimp & Avocado Bites
- 75 Spinach & Tomato Egg Bites
- 71 Strawberry Cupcakes with Bean Frosting
- 29 Sweet & Salty Trail Mix
- 33 Sweet Pita
- 77 Sweet Potato Protein Pancakes
- 41 Tropical Avocado Smoothie Pouch
- 55 Turkey & Cheese Pita with Tangy Broccoli
- 60 Veggie Fritters

Iron-Rich

- 82 Apple-Carrot Cookies
- 32 Bell Pepper Pinwheels
- 69 Carrot Cake Overnight Oats
- 33 Cheese Pita
- 73 Crunchy Roasted Chickpeas
- 53 Egg & Cheese Taquitos
- 49 Egg Kati Roll
- 51 Layered Dip with Baked Tortilla Chips

- 50 Naan Pizza
- 35 Nut or Seed Butter Uncrustables
- 33 Savory Pita
- 47 Sesame Seed French Toast Sticks
- 29 Sweet & Salty Trail Mix
- 33 Sweet Pita
- 55 Turkey & Cheese Pita with Tangy Broccoli
- 60 Veggie Fritters

Fiber-Rich

- 44 Almond & Date Energy Balls
- 82 Apple-Carrot Cookies
- 28 Banana Crunch
- 69 Carrot Cake Overnight Oats
- 33 Cheese Pita
- 30 Chili Jicama Sticks
- 73 Crunchy Roasted Chickpeas
- 53 Egg & Cheese Taquitos
- 34 Fruit Chaat & String Cheese
- 51 Layered Dip with Baked Tortilla Chips

- 35 Nut or Seed Butter Uncrustables
- 54 Plantain Chips & Mango Guacamole
- 79 Raisin Power Cookies
- 33 Savory Pita
- 52 Sesame Seed French Toast Sticks
- 71 Strawberry Cupcakes with Bean Frosting
- 29 Sweet & Salty Trail Mix
- 55 Turkey & Cheese Pita with Tangy Broccoli
- 60 Veggie Fritters

High-Energy

- 81 Animal Cracker Beet Cookies
- 66 Baked Tropical Coconut Bars
- 41 Banana Nut Butter Classic
- 32 Bell Pepper Pinwheels
- 70 Black Bean Chocolate Muffins
- 69 Carrot Cake Overnight Oats
- 33 Cheese Pita
- 73 Crunchy Roasted Chickpeas
- 53 Egg & Cheese Taquitos
- 34 Fruit & Cheese Skewers
- 51 Layered Dip with Baked Tortilla Chips
- 39 Mexican-Inspired Bionico Fruit Cocktail

- 50 Naan Pizza
- 35 Nut or Seed Butter Uncrustables
- 79 Raisin Power Cookies
- 33 Savory Pita
- 52 Sesame Seed French Toast Sticks
- 71 Strawberry Cupcakes with Bean Frosting
- 29 Sweet & Salty Trail Mix
- 33 Sweet Pita
- 77 Sweet Potato Protein Pancakes
- 41 Tropical Avocado Smoothie Pouch
- 55 Turkey & Cheese Pita with Tangy Broccoli
- 60 Veggie Fritters

Freezer-Friendly

- 44 Almond & Date Energy Balls
- 81 Animal Cracker Beet Cookies
- 82 Apple-Carrot Cookies
- 66 Baked Tropical Coconut Bars
- 41 Berry Blend Ice Pops
- 70 Black Bean Chocolate Muffins
- 61 Broccoli & Cauliflower Cups
- 53 Egg & Cheese Taquitos
- 65 Frozen Banana Split Cups
- 45 Granola Balls

- 76 Jerk Chicken Empanadas
- 50 Naan Pizza
- 57 Pork Adobo Meatballs
- 52 Sesame Seed French Toast Sticks
- 75 Spinach & Tomato Egg Bites
- 71 Strawberry Cupcakes with Bean Frosting
- 77 Sweet Potato Protein Pancakes
- 41 Tropical Avocado Smoothie Pouch
- 60 Veggie Fritters

No-Cook

- 44 Almond & Date Energy Balls
- 28 Banana Crunch
- 32 Bell Pepper Pinwheels
- 41 Berry Blend Ice Pops
- 31 Caprese Crostini
- 33 Cheese Pita
- 30 Chili Jicama Sticks
- 65 Frozen Banana Split Cups
- 34 Fruit & Cheese Skewers
- 40 Fruit Chaat & String Cheese

- 39 Mexican-Inspired Bionico Fruit Cocktail
- 68 No-Bake Carrot Cake Pops
- 35 Nut or Seed Butter Uncrustables
- 46 Oat-Free Chocolate-Banana Power Balls
- 33 Savory Pita
- 47 Seed-Free Chocolate-Banana Power Balls
- 29 Sweet & Salty Trail Mix
- 33 Sweet Pita
- 41 Tropical Avocado Smoothie Pouch
- 55 Turkey & Cheese Pita with Tangy Broccoli

Served Heated

- 70 Black Bean Chocolate Muffins
- 61 Broccoli & Cauliflower Cups
- 53 Egg & Cheese Taquitos
- 49 Egg Kati Roll
- 76 Jerk Chicken Empanadas

- 50 Naan Pizza
- 57 Pork Adobo Meatballs
- 52 Sesame Seed French Toast Sticks
- 75 Spinach & Tomato Egg Bites
- 60 Veggie Fritters

Served Cold

- 44 Almond & Date Energy Balls
- 80 Almond Cookies
- 81 Animal Cracker Beet Cookies
- 82 Apple-Carrot Cookies
- 66 Baked Tropical Coconut Bars
- 38 Balsamic Cucumber Salad
- 28 Banana Crunch
- 32 Bell Pepper Pinwheels
- 41 Berry Blend Ice Pops
- 70 Black Bean Chocolate Muffins
- 72 Blueberry-Beet Gummies
- 31 Caprese Crostini
- 69 Carrot Cake Overnight Oats
- 59 Cheddar Almond Crackers
- 33 Cheese Pita
- 74 Cheesy Cracker Bites
- 30 Chili Jicama Sticks
- 73 Crunchy Roasted Chickpeas
- 58 Distinct Deviled Eggs

- 53 Egg & Cheese Taquitos
- 65 Frozen Banana Split Cups
- 34 Fruit & Cheese Skewers
- 40 Fruit Chaat & String Cheese
- 45 Granola Balls
- 51 Layered Dip with Baked Tortilla Chips
- 39 Mexican-Inspired Bionico Fruit Cocktail
- 68 No-Bake Carrot Cake Pops
- 35 Nut or Seed Butter Uncrustables
- 46 Oat-Free Chocolate-Banana Power Balls
- 54 Plantain Chips & Mango Guacamole
- 33 Savory Pita
- 47 Seed-Free Chocolate-Banana Power Balls
- 52 Sesame Seed French Toast Sticks
- 71 Strawberry Cupcakes with Bean Frosting
- 29 Sweet & Salty Trail Mix
- 33 Sweet Pita
- 41 Tropical Avocado Smoothie Pouch
- 55 Turkey & Cheese Pita with Tangy Broccoli

Recipe Contributors



Annie Weisz

Annie is an RDN, mom of two boys, Wyoming native, outdoor enthusiast and the creator of *Peak to Plate*, a food blog focused on wild game cooking. Her favorite thing about being a mom is teaching her kids how to be adventurous eaters.

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Olivia Milana

Olivia is a food and travel writer. Now a mom of two, Olivia is an avid home cook that loves sharing new dishes utilizing bright colors, different textures and exciting global flavors. She believes all family meals should be affordable, fresh, simple and adventurous.

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Janan Sarwar

Janan is a recipe developer, publisher, and pharmacist. In 2021, she founded the publishing company @GlobalBookshelves to advocate for diversity, equity, and inclusion. Janan resides in Louisville, KY with her spouse and three young daughters.

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Kaite Moser

Katie is a chef from Whittier in Southern California. She is a line cook and chef that specializes in fine dining. When she isn't working in a kitchen, she's hanging out with her almost 2 year old daughter, Penny!

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Rachel Howard

Rachel is an artist and baker in the Deep South. She specializes in regional food traditions and makes nourishing meals with whatever ingredients are easily accessible. After becoming a mom, she focused her creative efforts on creating simple and enjoyable meals for her family.



Jordan Johnson

Jordan spent the majority of her childhood in the American South.
She attended culinary school at Auguste Escoffier. In addition, Jordan continued to dig deeper into the food history and dishes of her heritage.
This combination of education and family knowledge has made her the talented cook she is today.



Kathlena, The Allergy Chef

Kathlena has over 200 food allergies and intolerances. She has made it her mission to help the food allergy community and anyone with a restricted diet thrive. She founded *The Allergy Chef*, providing cookbooks and resources for families.

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Jackie Rafidi

Jackie is the creator of *The Bite with Jackie*, a Youtube and blog platform where she shares recipes mainly influenced by her Palestinian heritage. Since the birth of her children, she has had a passion for creating healthy foods and bold flavors to expand their palates into their toddler years!

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Hee Jee Lee

Hee Jee is a founder and blogger of White Blank Space. She grew up in South Korea and immigrated to the United States for graduate school. Currently, she lives in California with her husband, who is originally from Mexico, and their two daughters.

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Ramon Solorzano

When not filling lunch boxes or chasing his three active kids, Ramon can be found developing recipes and feeding hungry minds for children in a K-12 Public School. In his spare time, Ramon enjoys reading about sports nutrition, training for triathlons, and cooking with his family.



Sabrina Mohammad

Sabrina is a mother of two, an early childhood educator and a caregiver at heart. When her child became picky, Sabrina began experimenting with recipes that paid tribute to her culture and she learned to create out-of-the-box dishes that her child could enjoy.

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Paris Smith

Paris is a personal trainer and coach from Massachusetts. She is passionate about health, wellness and creating recipes for families and kids. As a child, she learned to cook from her French-Canadian grandmother and mother. Eventually, she took their traditionally-crafted recipes and turned them into nutrient-dense desserts!

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Natasha Ashley

Natasha is an RD and Certified Nutritionist who works as a nutrition and health coordinator for an Ivy League university. She is also the owner of Natasha Ashley Nutrition, which focuses on helping minority communities overcome the struggles and complexities of nutrition to reach and maintain their goals.

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Tracy Colin

Tracy is a master's graduate studying to become a registered dietitian. She currently works as an elementary school culinary instructor based in New York City. Tracy loves working with kids and spreading creativity. Her hobbies include reading, cooking new recipes, learning new techniques, writing and fun physical activities.



Kyle Wagg

DESIGN AND PHOTOGRAPHY

Kyle is a graphic designer and photographer with over a decade of experience working with a range of organizations, from non-profits and small businesses to international brands. As both father and a foodie, helping to create this book has been a dream come true.

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