

## Apple Blueberry Smoothie

This tasty and refreshing smoothie is packed with fruit and is sure to be a hit with kids!



Prep time: 5 minutes

Serves: 2

### Ingredients:

½ cup plain yogurt

1 ripe banana (can use frozen)

1 Apple, cored, peeled and chopped

½ cup of fresh or frozen blueberries

¼ cup of 100% orange juice (can substitute with any 100% juice, milk or milk alternative)

### Directions:

- 1) Place ingredients into the blender.
- 2) Cover and puree until smooth.

### Tips:

- Ask your child to help with preparation, by getting them to help peel the banana, measure ingredients and placing them in the blender.
- For an extra boost of nutrients, feel free to add in a handful of spinach or other greens, or some ground flax seeds.

Source: <https://www.unlockfood.ca/en/Recipes/Beverages/Apple-Blueberry-Smoothie.aspx>

## Oat Flax Pancakes with Steamed Cinnamon Apples

These pancakes are fun to make together as a family and can be reheated for a quick and delicious breakfast!



Total prep and cooking time: 35 minutes

Serves: about 14 pancakes

### Ingredients:

¾ cup of all-purpose flour

½ cup of large flake oats

¼ cup of ground flax seed

2 tbsp of granulated sugar

1 Tbsp of baking powder

Pinch of salt

2 Eggs, separated

1 cup of plain Greek yogurt (can substitute regular yogurt)

1 Tbsp each of canola oil and butter, melted

### Cinnamon Apple Topping:

1 large apple, sliced

1 tbsp of water

½ tsp of ground cinnamon

### Directions:

- 1) In a large bowl, whisk together flour, oats, flax seed, sugar, baking powder and salt.
- 2) In another bowl, whisk together egg yolks, yogurt, milk, oil and butter. Pour over flour mixture and stir to combine.
- 3) Beat egg whites until stiff peaks form. Gently fold into pancake batter.
- 4) Heat a pan over medium heat and using a ¼ cup measure, pour the pancake batter into the pan
- 5) Cook until bubbles appear on top, about 2 minutes, then turn over to cook the other side
- 6) Repeat until remaining batter is used up.

### For the cinnamon apple topping:

- 1) In a small saucepan, combine apples, water and cinnamon
- 2) Cover and steam over medium heat about 5 minutes or until apples are softened.
- 3) Top pancakes with apples to serve.

### Tips:

- Involve your whole family with meal preparation and, if possible, enjoy the meal together. For example, you can get your child to help with mixing and measuring out ingredients.
- The pancakes can be kept in the fridge or freezer and reheated for an easy breakfast on busy mornings

Source: <https://www.unlockfood.ca/en/Recipes/Kid-friendly-award-winning-recipes/Oat-Flax-Pancakes-with-Steamed-Cinnamon-Apples.aspx>

## **Hungry Kids Sundae**

This nutrient-packed take on a sundae is a fun way to boost your child's fruit intake!



Prep time: 10 minutes

Serves: 4

Ingredients:

½ apple, chopped

¼ tsp of ground cinnamon

½ banana, chopped

½ cup of small red or green grapes

¼ cup of dried fruit of your choice (such as raisins, cranberries, etc.)

½ cup of yogurt (your choice of flavour)

1/3 cup of granola (can substitute with cereal or nuts)

1 coarsely crushed graham cracker

Directions:

- 1) In a bowl, combine apple and cinnamon to coat
- 2) Add banana, grapes and dried fruit
- 3) Pour yogurt over fruit and sprinkle with granola
- 4) Top with graham cracker to serve

Tips:

- The toppings in this recipe are only suggestions, you can include any fresh, frozen, dried or canned fruits that you would like to this recipe. Feel free to experiment with toppings!

- You can set the toppings out in bowls and encourage your child to “decorate” their own sundae

Source: <https://www.unlockfood.ca/en/Articles/Child-Toddler-Nutrition/Hungry-Kids-Sundae.aspx>

### **Flying Saucer Muffins**

These muffins are “out of this world” and super fun for the family to bake together!



Total prep and cooking time: 45 minutes

Serves: 12 muffins

#### Ingredients:

- 1 ¼ cups of whole wheat flour
- 1 cup of all-purpose flour
- ½ cup of wheat bran
- 1 tbsp of baking powder
- ½ cup of margarine
- ¾ cup of granulated sugar
- 2 eggs
- 1 cup of milk or milk alternative
- 1 tsp of vanilla extract
- 3 apples, cored and grated
- 1 carrot, peeled and grated

Directions:

- 1) Preheat oven to 400°F
- 2) In a bowl, whisk together whole wheat and all-purpose flours, wheat bran and baking powder
- 3) In a separate bowl, beat margarine and sugar until fluffy. Beat in eggs, one at a time, until smooth. Beat in milk and vanilla until combined.
- 4) Add flour mixture to wet ingredients and stir to moisten. Stir in apples and carrot and stir until well distributed.
- 5) Scoop mixture into paper-lined muffin tins. Top each muffin with a banana slice in the centre (this is your flying saucer!)
- 6) Bake for about 25 minutes, or until a toothpick inserted into the centre of the muffin comes out clean and muffins are golden.

Tips:

- Encourage your child to help with preparing the muffins (measuring and mixing ingredients, placing the banana slices on top of the muffins)
- These muffins can be stored in the freezer and thawed out for a quick and nutritious after-school or lunchbox snack

Source: <https://www.unlockfood.ca/en/Recipes/Desserts-and-Baked-Goods/Flying-Saucer-Muffins.aspx>

**Speedy Flatbread Pizzas**

A quick, easy and fun recipe your kids can help create!



Total prep and cooking time: 15 mins

Serves: 4

Ingredients:

- 4 small whole wheat flour tortillas
- ¼ cup of pasta sauce
- 1 tsp of italian seasoning
- 1 clove of garlic, minced
- 1 small red bell pepper, chopped
- ¾ cup of chopped fresh mushrooms
- ¼ cup of chopped lean ham or roast turkey
- 1 cup of shredded part skim mozzarella
- 2 tbsp of chopped fresh parsley (optional)

Directions:

- 1) Preheat oven to 400°F
- 2) Place tortillas on a large baking sheet in a single layer
- 3) In a small bowl, stir together pasta sauce, herb seasoning and garlic. Spread evenly on the tortillas and sprinkle tortillas with the toppings

- 4) Bake in the oven for about 8 minutes, or until cheese is melted. Sprinkle with parsley if desired.

Tips:

- Please note that the toppings in this recipe are only suggestions, feel free to use any other toppings that your family enjoys and that you have on hand (for example: tomato, corn, pineapple)
- Encourage your child to top their own pizzas with the toppings that they would like
- You can also encourage your child to get creative, by making fun “pictures” or smiley faces on their pizza with the toppings, or cut the pizza into fun shapes for your child
- This recipe can be increased to make extra pizzas for lunches the next day

Source: <https://www.cookspiration.com/recipe.aspx?perma=2GBSRAjiPbs&d=40&i=5&s=5>

### **Baked Potato Medley**

An easy and fun recipe for those busy days that the whole family will enjoy!



Total prep and cooking time: 15 minutes

Serves: 1

Ingredients:

- 1 potato, scrubbed
- 1 Tbsp of plain yogurt
- ¼ cup of canned beans, drained and rinsed
- 2 tbsp of chopped cooked carrots or corn (or other vegetables)
- 2 tbsp of shredded cheddar cheese

Directions:

- 1) Bake potato in the microwave for about 4 minutes and 30 seconds, or until tender (time will vary based on the size of the potato)
- 2) Cut potato in half and scoop out inside leaving about ½ inch border around inside
- 3) Mash the scooped out potato with yogurt. Stir in beans, carrots/other toppings and cheese until well combined
- 4) Put filling back into potato halves before eating

Tips:

- Feel free to use any toppings that your family enjoys and that you have on hand (for example, chicken, ground turkey or beef, green onion, peppers, tomatoes, etc.)
- Encourage your child to pick out their own toppings for their potato and to help with preparing the toppings
- If you wish, you can substitute the regular potato with a sweet potato, for an extra boost of nutrients. Simply adjust the cooking time accordingly.

Source: <https://www.unlockfood.ca/en/Recipes/Side-dishes/Baked-Potato-Medley.aspx>