

A child's hand is shown scooping orange cheese from a blue can into a brown bowl. In the background, there is a green container of 'Perfect Italiano Ricotta' cheese and a whole orange carrot in the bowl. The scene is set on a wooden surface.

14 Healthy Kids recipes

by Nikki Boswell and Mandy dos Santos



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Introduction

Nikki and Mandy are passionate about providing simple and practical advice and tips to help you and your children lead a healthy life.

Getting kids involved in the kitchen is not only a fun way to spend time together, but it also builds basic skills needed to prepare nutritious food and introduces your child to the joy of cooking.

Here are 14 happy and healthy recipes that your kids can prepare by themselves or with your supervision.

Keep your expectations of your child appropriate to their age and skill level and be prepared for a little mess. You don't need to be a master chef to be able to prepare healthy, tasty meals. However enjoying your time in the kitchen will have a big impact on the time and effort you put into nourishing your body. So have fun, make a mess, and enjoy the time with your children.

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Chocolate Avocado Mousse

Serves 2 - 3 > Prep Time 5 min

Ingredients

- 1 banana, peeled and sliced
- ½ an Avocado, flesh removed and sliced
- ½ teaspoon vanilla extract
- 2 tablespoons cocoa powder
- 1 tablespoon of honey or maple syrup

Method

- Place all ingredients in a food processor or blender and combine on high until smooth and creamy.
- Serve with fruit skewers or a fruit platter.



Peanut Butter Milkshakes

Serves 2 - 3 > Prep Time 5 min

Ingredients

- 1 Banana, very ripe
- 2 tablespoons of Peanut butter (100% peanuts)
- 2 cups low fat milk
- ½ teaspoon of vanilla extract (optional)
- 1 tablespoon of low fat vanilla yoghurt

Method

- Peel banana and place all ingredients in a blender until well combined.



Pizza Fun

Serves 2 - 3 > Prep Time 5min - Cooking Time 30 min

Ingredients

> Homemade Pizza Dough

- 1 1/2 cups self-raising flour
- 1 egg
- 1 tablespoon olive oil
- 1/2 cup milk

(alternatively use a wholemeal Lebanese bread or Pitta Bread)

> Topping

- 2 tablespoons of Tomato Paste
(no added salt)
- A range of vegetables such as capsicum, baby spinach leaves, spring onions, mushrooms, corn, olives, basil leaves
- 100 g of lean ham or chopped baked chicken breast
- 3/4 cup reduced fat cheese

Method

> Homemade Pizza Dough

- Place self-raising flour in a large bowl.
- In a separate bowl beat together the egg, olive oil and milk, and add to the flour.
- Mix together until the dough begins to bind.
- Turn the dough out onto a well floured surface and knead lightly. Roll out to desired thickness.
- For pizza base roll to about 1 cm thick, makes 2 x 25cm pizza.

> Topping

- Spread the tomato paste over your pizza base and top with vegetables, meat and cheese.
- Bake at 180 degrees in a pre-heated oven for 20 – 30 mins or until the cheese begins to golden and the base is crisp.



Snow Flakes Tortilla

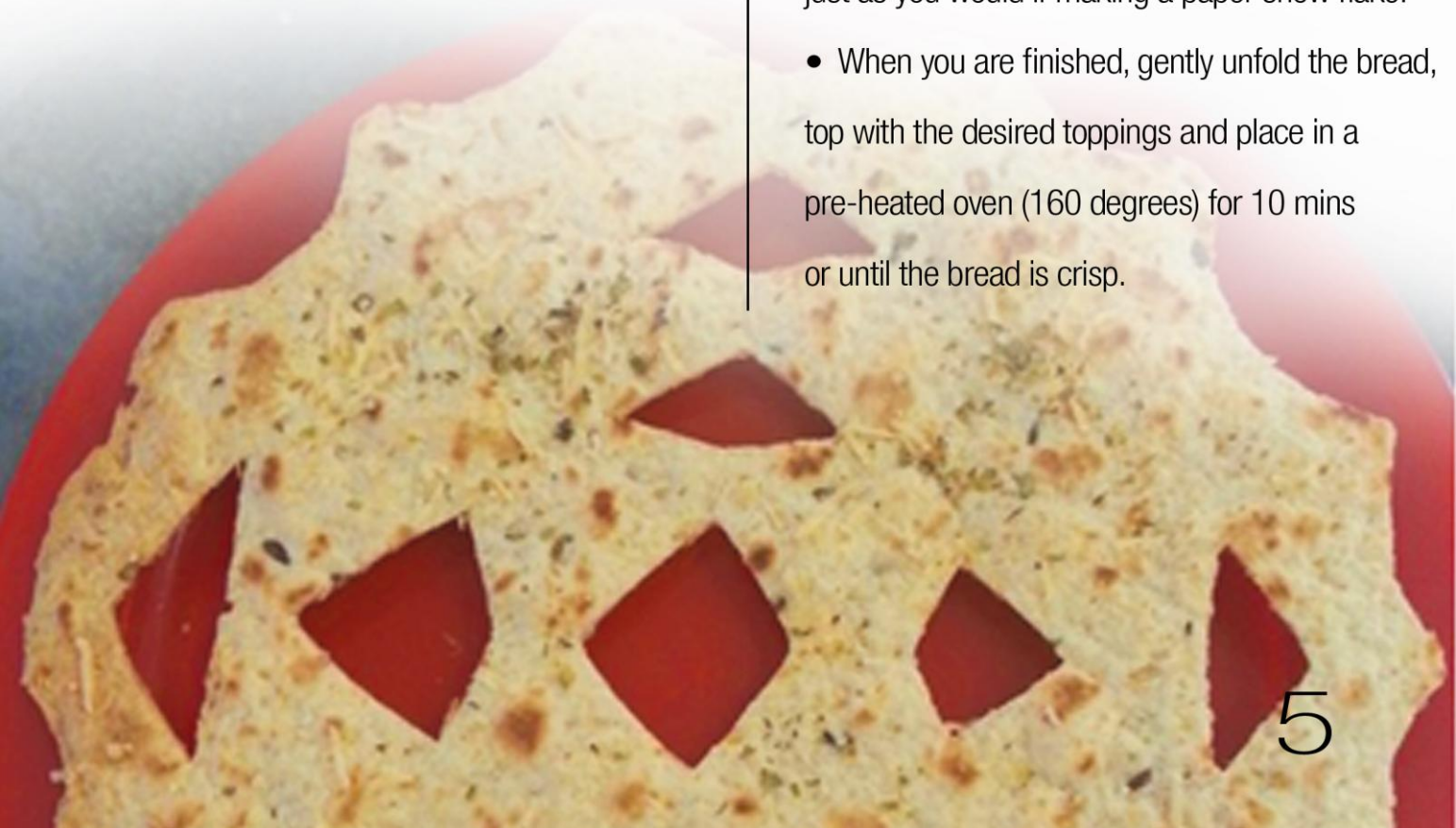
Serves 2 - 3 > Prep Time 2 min - Cooking Time 10 min

Ingredients

- 1 tortilla or flat bread per person
- Toppings such as grated cheese and herbs, garlic, sweet chili sauce or cinnamon and honey

Method

- Carefully fold the flat bread or tortilla in eighths, without pressing down the folds (if you press down the folded edges the bread will break and fall apart).
- Once folded, with some clean kitchen scissors, carefully cut pieces of the bread out, just as you would if making a paper snowflake.
- When you are finished, gently unfold the bread, top with the desired toppings and place in a pre-heated oven (160 degrees) for 10 mins or until the bread is crisp.



Apple Doughnuts

Serves 2 - 3 > Prep Time 7 min

Ingredients

- 1 apple per person
- Peanut butter (100% peanuts preferred) or other nut butter
- Grapes, sultanas, dried cranberries, nuts, seeds, cheese, desiccated coconut, cinnamon or whatever you like!

Method

- Slice an apple horizontally into thirds and remove the core.
- Spread the peanut/nut butter over the apple cross section.
- Get creative and stick any desired toppings onto the nut butter and enjoy!



Hot Chocolate with Banana Ice cream

Serves 2 > Prep Time 5 min

Ingredients

> Hot Chocolate

- 2 cup Reduced fat milk
- 1 heaped tablespoon cocoa powder
or raw cacao powder
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon vanilla bean paste
or 1 teaspoon extract
- 2 teaspoon honey

> Banana Ice cream

- 1 large frozen banana
(peel a very ripe banana, wrap it in cling wrap
and place in the freezer for several hours)
- 1/2 cup reduced fat custard

Method

> Hot Chocolate

- In a small pot over a low heat, combine milk, cocoa, cinnamon and vanilla, stirring gently until well combined and warmed.
- Pour into cups and serve with Banana ice cream (on top or on the side).

> Banana Ice cream

- Place banana and custard in a food processor or blender on high until well combined and creamy.
- Use immediately or place in a container and store in the freezer until desired.

Sticky Date Slice



Serves 4 - 5 > Prep Time 10 min - Cooking Time 40 min

Ingredients

- 1 cup of dried dates
- ¼ cup boiling water
- 1 large banana
- 1 cup Self Raising Flour
- ¼ cup brown sugar
- 2 eggs
- 1 teaspoon of vanilla extract

Nutmeg or Mixed spice

*Optional Toppings

- 1 Royal Gala Apple, quartered, cored and sliced very thin

OR

- ¼ cup chopped Walnuts

Method

- Preheat oven to 180 degrees C. Grease a baking tray with baking paper.
- Place dates and boiling water in a small bowl.
- Place banana, flour, eggs, sugar and vanilla into a food processor and process until smooth and creamy. Add dates (with water) to the food processor and pulse to chop dates and mix.
- Pour batter into prepared tray.
- Arrange optional toppings over the batter if desired (lay apple slices, slightly overlapping) and dust with spices.
- Bake for 30mins or cooked when tested with a skewer.
- Cool in tray, slice and serve with Whipped Ricotta Cream (optional)

Chocolate Chia pudding

Serves 4 > Prep Time 5 minutes + 4 hours chilling

Ingredients

- ½ cup of chia seeds
- 2 cups of milk (your choice, coconut, soy, almond, regular)
- 4 tbs of cocoa/cacao/drinking chocolate
- 2 tbs of honey or maple syrup

Method

- Mix it altogether in a bowl and let it gel up a little. Let the little ones have play and talk about how it is changing*.

*(The reason that is occurring is through the protein in the chia seeds gelling up with the moisture from the milk.)

- Evenly spoon it out into 4 containers and chill in the fridge for around 4 hours.



Painting Dip

Serves 4 > Prep Time 15 minutes

Ingredients

- Hommus dip
- Beetroot dip
- Bread slices
- Basting brushing
- Cookie cutters

Method

- Cut out shapes with your bread and paint them
- If you would like to make dip from scratch beetroot dip can be made with a can of baby beetroots blending together. You can add a little garlic, lemon juice and onion if you like, or even some yoghurt to make it creamier.
- To make hommmus, blend together a can of chickpeas, 1 tbs of tahini, 1 squeezed lemon and 2 garlic cloves. Blitz it and voila.

* (All dips will stay fresh for up to 3 days in a sealed container in the fridge.)



Apple Crumble

Serves 4 > Prep Time 5 min - Cooking Time 15 min

Ingredients

- 1 can of apple in natural juice or 4 apples peeled, cored and cooked until soft.
- 1 cup of cooked pearl barley
- 8 tbs of almond meal
- 4 tsp of cinnamon
- 4 tsp of honey or maple syrup
- 1 knob of butter
- 4 tbs of yoghurt

Method

- If 2 kids are making it, separate the apple, barley, almond, cinnamon and honey into the bowls (they can do this themselves and you can assist).
- Mix it altogether and place it in a butter greased baking tray to cook for 15 minutes in a 180 degree oven.
- Serve with a dollop of yoghurt.



Salmon Sushi

Serves 4 > Prep Time 10 min

Ingredients

- 1 small can of salmon
- 2 tbs of ricotta cheese
- ½ carrot grated
- 8 slices of wholegrain bread

Method

- With each slice of bread, cut off the crusts and push the bread down flat with your hands.
 - On one edge, place a tablespoon of the salmon mixture and roll the bread around and over it to make a cylinder/sushi roll.
 - Chop each roll into 3 or 4 chunks and serve.
- * (Help your child grate and cut but after the age of 3 they should be trying to do it more by themselves, but always with adult supervision).



Savoury Fritters

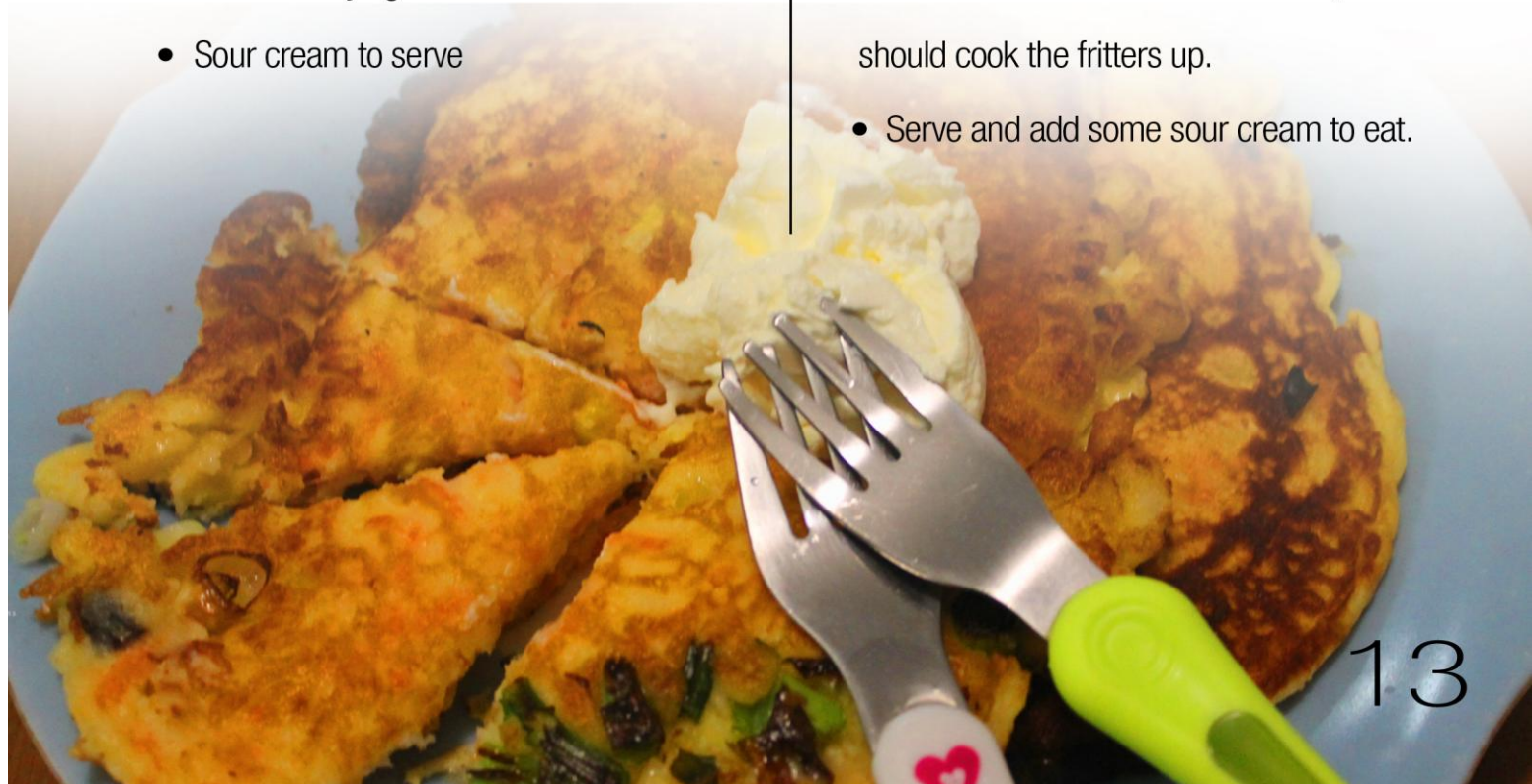
Serves 4 - 6 > Prep Time 5 min - Cooking Time 10 - 15 min

Ingredients

- 1 cup of wholemeal Self Raising flour
- 1 tsp of baking powder
- 1 egg
- 1 ½ cups of milk
- 1 carrot grated
- 1 cup of frozen corn
- 2 shallots
- Butter for frying
- Sour cream to serve

Method

- Mix up the flour, baking powder, milk and eggs first. Don't worry if they do not have even amounts as you will place all of the mixtures into a central bowl at the end.
- Get the kids to grate the carrot and chop up the shallots and add them into the fritter mixture along with the frozen corn.
- Unless the kids are over around 5, Mum or Dad should cook the fritters up.
- Serve and add some sour cream to eat.



Bake and Shake

Serves 4 > Cooking Time 20 min

Ingredients

- 1 can of chickpeas rinsed and patted dry
- Paper cups
- Herbs, spices and salts for shaking like paprika, garlic salt etc.

Method

- Rinse and pat dry the chick peas and cook on some baking paper in a 200 degree oven for around 20 minutes.
- Place them warm into a brown paper bag with your choice of herbs and spices and shake.
- Serve in the bag and munch.



Baked Veggie sticks

Serves 4 - 6 > Prep Time 15 min - Cooking Time 25 min

Ingredients

- 2 packets of baby corn
- 2 zucchini
- 1 small eggplant
- 2 cups of bread crumbs
- 1 cup of parmesan
- 2 eggs

Method

- Chop up the eggplant and zucchini into the sizes you would like (kids around 3 years can do this step)
- All kids can do the remainder of steps:
- Mix the breadcrumbs and parmesan together in a bowl.
- Crack and fork whip the eggs in a bowl
- Prep your baking tray with baking paper.
- Then alternating the veggies, dip them in the egg, then the breading/cheese blend and place on the baking tray.
- Repeat for remaining vegetables.
- Bake in a 200 degree preheated oven for around 20 minutes or until brown and crispy.

