

Kid-Friendly Recipes

MINI VEGGIE PANCAKES

These mini pancakes are packed with vegetables and are easy to hold in small hands.

Ingredients:

- 1 cup whole wheat flour
- 1/2 cup finely grated zucchini
- 1/2 cup finely grated carrot
- 1/2 cup unsweetened applesauce
- 1/2 cup milk
- 1 egg
- 1/2 teaspoon baking powder
- 1/4 teaspoon cinnamon
- A pinch of salt

Instructions:

1. In a large bowl, combine the flour, baking powder, cinnamon, and salt.
2. Add the grated zucchini, grated carrot, and applesauce to the dry ingredients.
3. In another bowl, whisk together the milk and egg.
4. Add the wet ingredients to the dry ingredients and mix until combined (the batter will be thick).
5. Heat a non-stick skillet over medium heat and lightly grease it.
6. Drop spoonfuls of batter onto the skillet, forming small pancakes.
7. Cook for about 2-3 minutes on each side, until golden brown.

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BANANA OATMEAL BITES

These bite-sized oatmeal treats are great for toddlers, as they're easy to chew and full of fiber.

Ingredients:

- 1 ripe banana, mashed
- 1 cup rolled oats
- 1/4 cup unsweetened applesauce
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon vanilla extract
- 1/4 cup mini chocolate chips (optional, for a fun treat)

Instructions:

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a bowl, combine the mashed banana, applesauce, cinnamon, and vanilla extract.
3. Stir in the oats until well combined.
4. If desired, fold in the mini chocolate chips.
5. Scoop spoonfuls of the mixture onto the baking sheet and flatten them into small bites.
6. Bake for about 10-12 minutes, or until golden and firm.
7. Let cool before serving.

Kid-Friendly Recipes

SWEET POTATO & CHICKEN PATTIES

A protein-packed, soft patty that's easy for toddlers to bite into.

Ingredients:

- 1 cup cooked, mashed sweet potato
- 1/2 cup cooked chicken, finely shredded
- 1/4 cup breadcrumbs (use whole wheat or flaxseed meal for added nutrition)
- 1 egg
- 1/4 teaspoon garlic powder
- A pinch of salt
- 1 tablespoon olive oil (for cooking)

Instructions:

1. In a large bowl, mix the mashed sweet potato, shredded chicken, breadcrumbs, egg, garlic powder, and salt.
2. Shape the mixture into small patties that are easy for your toddler to handle.
3. Heat the olive oil in a skillet over medium heat.
4. Cook the patties for about 3-4 minutes on each side, until golden brown and fully cooked through.
5. Serve with a side of steamed veggies or fruit.

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COTTAGE CHEESE WAFFLES

Ingredients:

- 1/2 cup cottage cheese
- 2 large eggs
- 1/3 cup oats (rolled or quick)
- 2/3 tsp extra virgin olive oil (divided)

Instructions:

1. Add the cottage cheese, eggs, and oats to a blender. Blend until smooth and well combined.
2. Preheat your waffle iron
3. Lightly grease the waffle iron with a small amount of the olive oil (you can use a spray or a brush for even coverage).
4. Pour about 1/4 to 1/3 cup of the batter onto the center of the waffle iron (adjust based on the size of your waffle iron).

Kid-Friendly Recipes

PROBIOTIC-RICH SMOOTHIE

Ingredients:

- 1/2 cup plain Greek yogurt
- 1/2 banana
- 1/4 cup frozen mixed berries
- 1-2 dates, pitted (for natural sweetness)
- 1/4 cup spinach
- 1/4 tsp vanilla extract
- 1/2 cup water or milk
- A few ice cubes (optional, for a colder smoothie)

Instructions:

1. Add the Greek yogurt, banana, mixed berries, dates, spinach (if using), vanilla extract, and water or milk to a blender.
2. Blend on high until smooth and creamy. Add more water or milk if the smoothie is too thick.
3. Pour into glasses and serve immediately.

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SWEET POTATO SHEPHERD'S PIE

Ingredients:

For the filling:

- 1 lb (450g) grass-fed ground beef
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 2 medium carrots, diced
- 1/2 cup peas (fresh or frozen)
- 1 cup low-sodium beef broth (or vegetable broth)
- 1 tbsp tomato paste
- 1 tbsp Worcestershire sauce (optional for flavor)
- 1/2 tsp dried thyme
- 1/2 tsp dried rosemary
- Salt and pepper, to taste
- 2 tbsp olive oil (or butter) for sautéing

For the sweet potato topping:

- 3 medium sweet potatoes, peeled and diced
- 2 tbsp butter (or olive oil for a dairy-free version)
- 1/4 cup milk (dairy or non-dairy)
- Salt and pepper, to taste
- A pinch of cinnamon (optional, for added flavor)

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SWEET POTATO SHEPHERD'S PIE

Instructions:

1. Prepare the sweet potatoes: Boil sweet potatoes for 10–15 minutes, until fork-tender. Drain, then mash with butter/olive oil and milk until smooth. Season with salt, pepper, and cinnamon (if using).
2. Make the filling: Sauté onion and garlic in olive oil/butter for 2–3 minutes. Add carrots and cook for 5–7 minutes. Add ground meat and cook until browned. Stir in tomato paste, Worcestershire sauce, herbs, salt, and pepper. Add broth, peas, and corn. Simmer for 5–10 minutes, until thickened.
3. Assemble: Preheat oven to 375°F. Transfer filling to a baking dish and top with mashed sweet potatoes. Spread evenly and use a fork to create texture on top.
4. Bake: Bake for 20–25 minutes, until golden and bubbling. Broil for 2–3 minutes for a crispier top, if desired. Let cool slightly before serving.

Kid-Friendly Recipes

AIR FRYER SALMON BITES WITH ALMOND FLOUR & PARMESAN CHEESE

Ingredients:

- 1 lb fresh salmon fillets, skin removed, cut into 1-inch cubes
- 1/2 cup almond flour
- 1/4 cup grated Parmesan cheese (use finely grated for better adhesion)
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- 1/4 tsp dried oregano
- Salt and pepper, to taste
- 1 large egg, beaten (for coating)
- Olive oil spray (for spraying)
- Fresh lemon wedges (optional, for serving)
- Fresh parsley or dill, chopped (optional, for garnish)

Instructions:

1. Preheat the air fryer to 375°F for 3–5 minutes.
2. Cut salmon into 1-inch cubes and pat dry.
3. Mix almond flour, Parmesan, garlic powder, paprika, oregano, salt, and pepper in a shallow bowl. Beat the egg in a separate bowl.
4. Dip each salmon cube in the egg, then coat with the almond flour mixture, pressing gently to adhere.
5. Lightly spray the basket with olive oil and arrange salmon in a single layer. Spray the tops with oil and air fry for 8–10 minutes, shaking halfway through, until golden and cooked through (145°F).
6. Serve with fresh lemon wedges and garnish with parsley or dill, if desired.

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BANANA MUFFINS

Ingredients:

- 3 large ripe bananas (well mashed)
- 4 large eggs (room temperature)
- 1 tsp pure vanilla extract
- 1 1/2 cups almond flour
- 1/4 cup coconut flour
- 1 tsp baking powder
- 1/2 tsp ground cinnamon
- 1/4 tsp salt
- Optional add-ins: chocolate chips

Instructions:

1. Preheat oven to 350°F (175°C). Line or lightly grease a 12-cup muffin tin.
2. Mash bananas in a large bowl until mostly smooth.
3. Add eggs and vanilla; whisk until combined.
4. In a separate bowl, mix almond flour, coconut flour, baking powder, cinnamon, and salt.
5. Stir dry ingredients into wet until just combined. Rest for 2–3 minutes, then fold in optional add-ins.
6. Divide batter evenly among muffin cups.
7. Bake for 18–22 minutes, until set and a toothpick comes out clean.
8. Cool in the pan for 5 minutes, then transfer to a wire rack.