



THE GREAT LIST OF KID-FRIENDLY RECIPES

By Successful Solutions Training in
Child Development

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TIPS FOR MAKING THESE RECIPES



Be aware of food allergies



Use developmentally appropriate judgement



Avoid choking hazards



Substitute ingredients as needed



Prioritize healthy habits



Supervise! Supervise! Supervise!



FLOWER SNACKS

INGREDIENTS

Small plastic spreaders or butter knives

Slices of cheese

Celery sticks

Carrot sticks

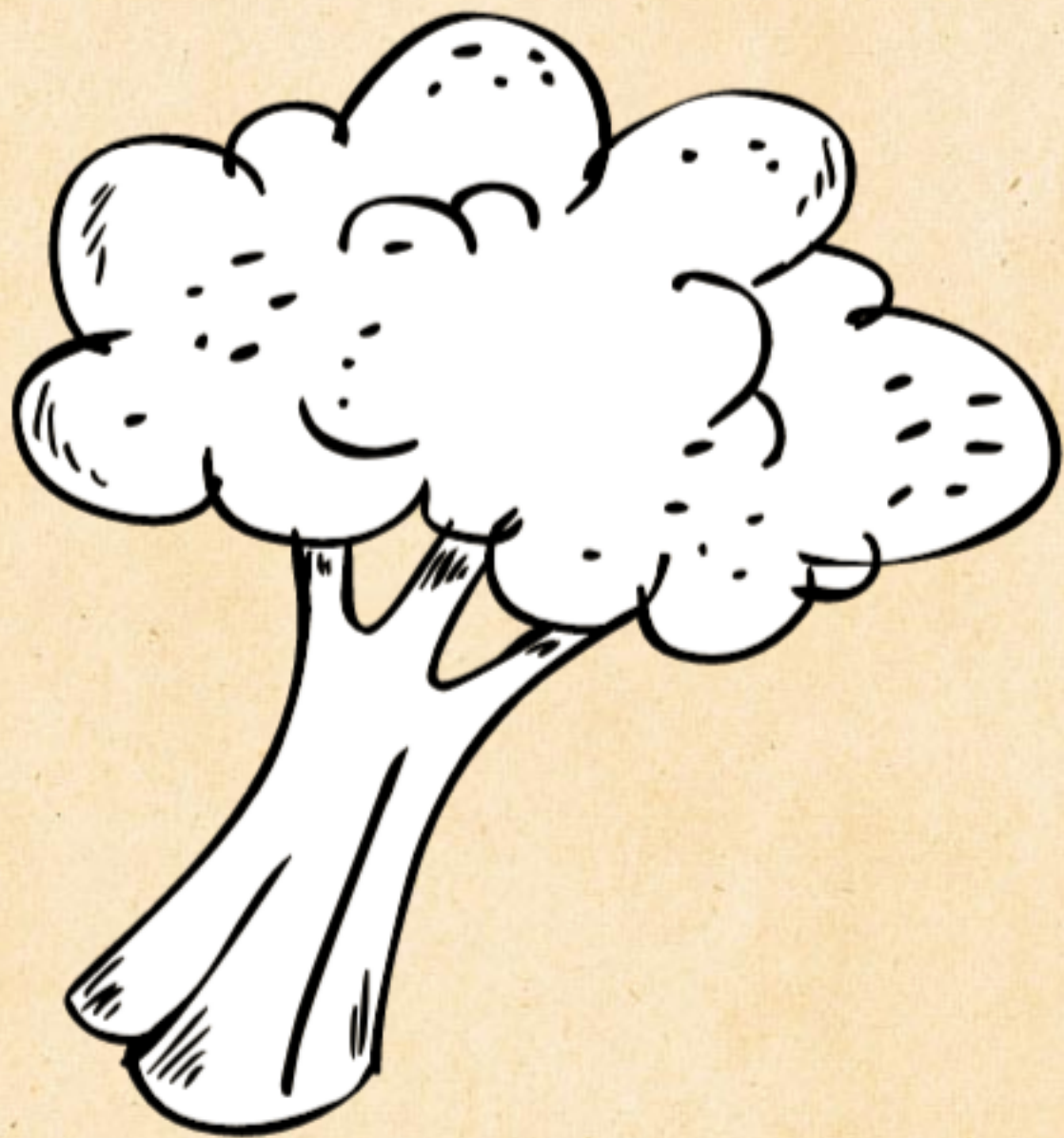
Cucumber slices

Apple slices

PROCEDURE

1. Allow children to choose vegetables and cheese slices, reminding them of appropriate portion sizes for a snack.
2. Encourage them to cut out shapes and designs using the plastic knives and arrange a flower garden on their plate!

SMILEY FACE RICE CAKES



INGREDIENTS

Plain rice cakes

Hummus

Black or green sliced olives

Bell pepper strips

Shredded vegetables such as carrots,
zucchini, lettuce

PROCEDURE

1. Allow children to choose their vegetables and toppings, reminding them of appropriate portion sizes for a snack.
2. Encourage them to spread the hummus on the rice cake and add toppings to make a funny face, or anything they'd like to make!

RAINFOREST PARFAIT



INGREDIENTS

Pineapple chunks
Mango chunks
Peach chunks
Banana chunks
Kiwi chunks
Vanilla Greek yogurt
Clear plastic cups

PROCEDURE

1. Give children big spoons or scoops to layer the fruit and yogurt in the cups.
2. Talk about healthy food choices as well as appropriate portion sizes as they're making their snack.

CHEESY TORTILLA SHAPES

INGREDIENTS

Whole wheat tortillas

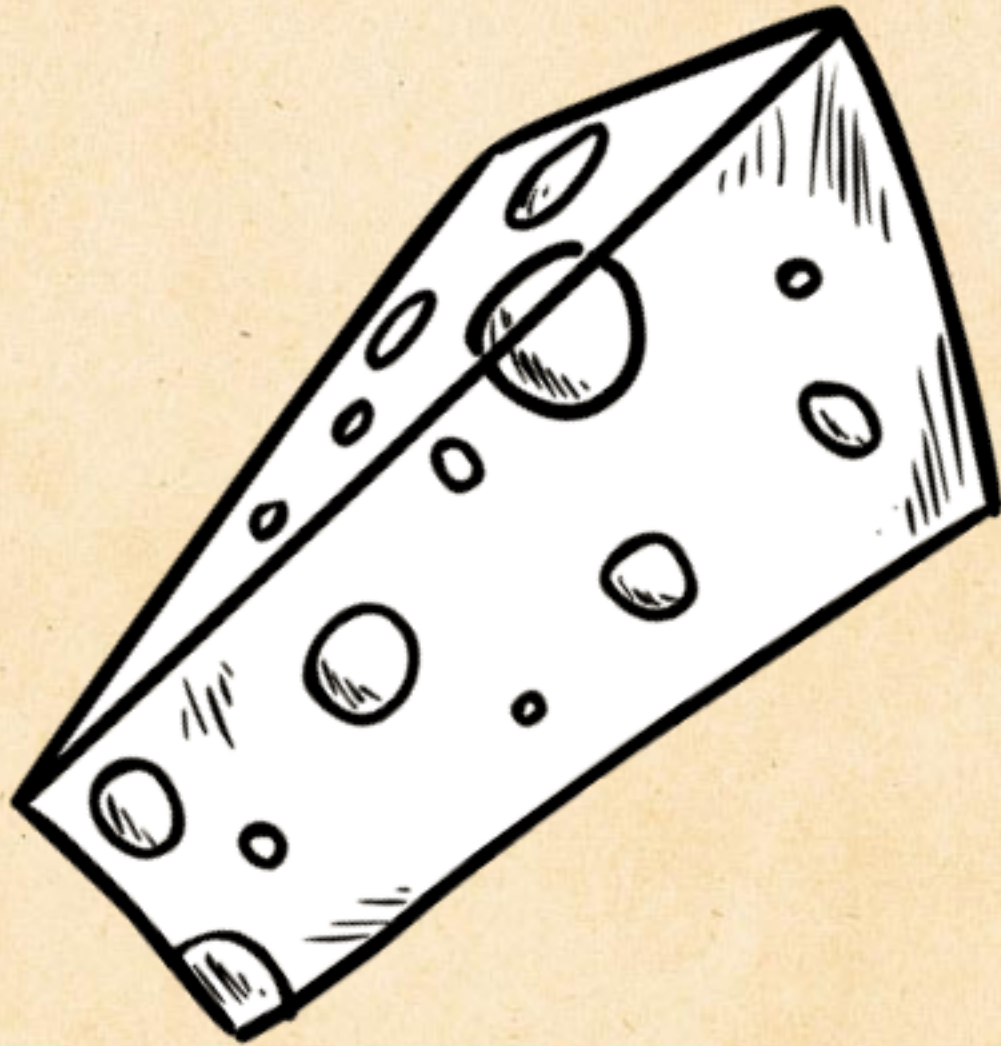
Shredded cheese such as provolone, parmesan, or mozzarella

Assorted cookie cutters

Hummus, guacamole, marinara sauce, or salsa for dipping

PROCEDURE

1. Give each child one whole wheat tortilla and let them cut some fun shapes out with the cookie cutter.
2. Invite children to lightly sprinkle their choice of cheese on top of the tortilla shape.
3. Place on a cookie sheet and bake at 325 degrees until cheese is melted.
4. Serve with dip of your choice.



HOMEMADE HUMMUS



INGREDIENTS

Chickpeas

Cannellini beans

Olive oil

Salt

Lemon wedges

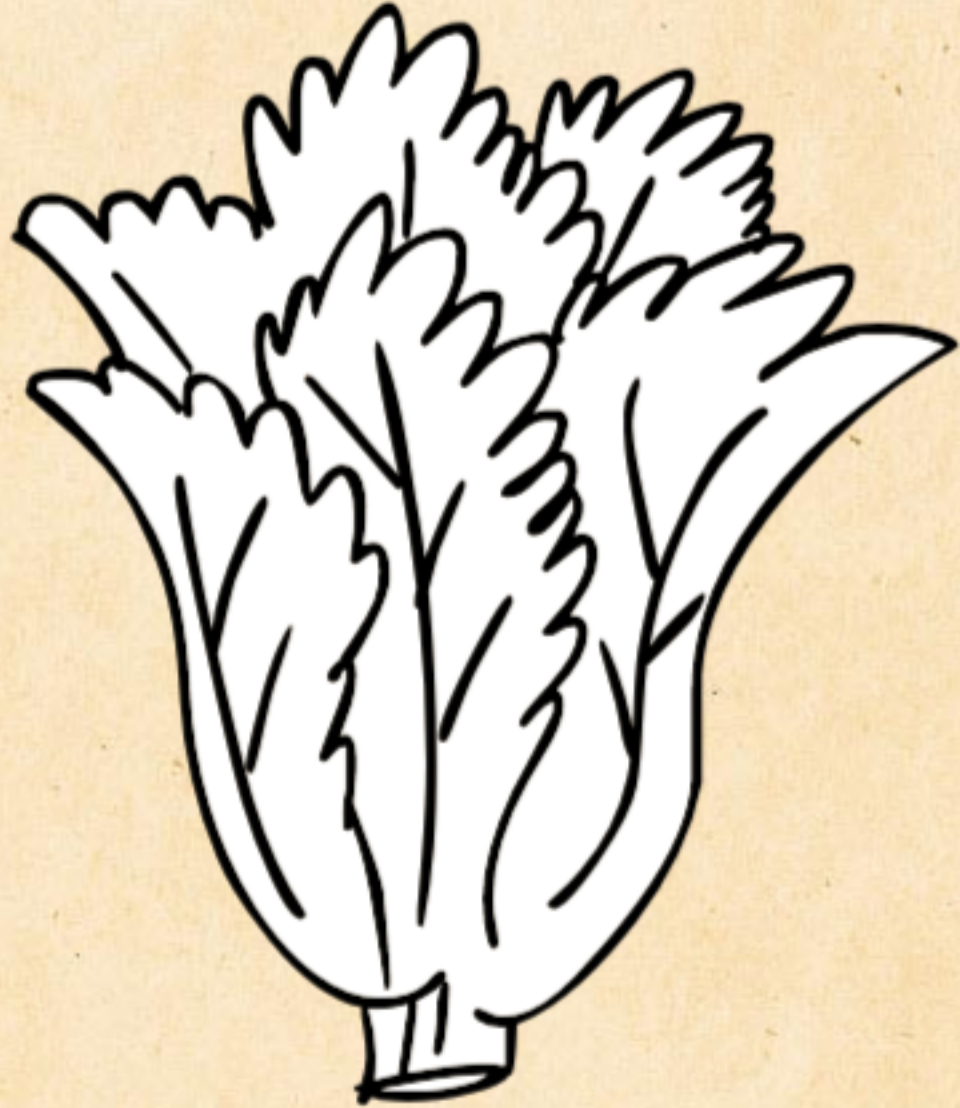
Garlic powder

Cumin

PROCEDURE

1. Put the chickpeas and beans in a bowl and let the children take turns mashing them up. They can use spoons, potato mashers, the bottoms of cups, etc.
2. When they are nice and mashed drizzle some olive oil, lemon, salt, garlic powder, and cumin in the bowl and let the children mix it all up.
3. If the mixture isn't a very smooth consistency an adult should put the mixture in a food processor and pulse several times until it is creamy and smooth.
4. Serve the hummus with veggie sticks or pita chips.

VEGGIE SLAW



INGREDIENTS

Shredded cabbage

Shredded carrots

Shredded broccoli stalks

Vinegar

Mayonnaise

Sugar

Salt and Pepper

PROCEDURE

1. Children can scoop the vegetables into their own individual bowls.
2. In a separate bowl children can combine mayonnaise, a splash of vinegar, a couple pinches of sugar and salt and pepper to taste.
3. Next, children can add the mayonnaise mixture to the vegetable mixture to create a coleslaw.

EGG SALAD

INGREDIENTS

Hard boiled eggs
Mustard
Mayonnaise
Salt and Pepper
Bread

Optional:
Mustard
Chopped pickles
Chopped celery



PROCEDURE

1. Let children peel the eggs. Place them in a bowl and mash them using a fork.
2. Add remaining ingredients to taste and mix well. Alternatively: have children chop pickles and celery using appropriate tools and then add all of the ingredients to the mix.
3. Serve on bread.

CINNAMON APPLES

INGREDIENTS

Apples

Cinnamon



PROCEDURE

1. Using appropriate utensils, let children cut apples into small pieces. Place the apples in a bowl.
2. Sprinkle cinnamon over the top of the apples and stir to coat.

PINWHEEL SANDWICHES



INGREDIENTS

Tortillas

Cream cheese

Turkey

Cheese

Shredded veggies

PROCEDURE

1. Give each child a tortilla and have them spread the cream cheese onto it.
2. Top the tortilla with meat, cheese, and their choice of shredded veggies.
3. Show children how to roll the tortilla and seal the edge with some cream cheese.
4. Using a pastry cutter or similar, let children cut their sandwiches into pinwheel chunks.

FRUIT SALSA



INGREDIENTS

Strawberries
Grapes
Kiwi
Watermelon
Berries

Oranges
Bananas
Lemon Juice

PROCEDURE

1. Give children an assortment of fruit and have them wash the fruit.
2. Next, children can use dull knives to chop the fruit into smaller pieces.
3. Combine all of the fruits and toss them with lemon juice.

OPTIONAL

Serve the fruit salsa with Cinnamon Tortilla Chips (recipe on next slide).

CINNAMON TORTILLA CHIPS

INGREDIENTS

Whole Wheat Tortillas

Cinnamon

Sugar

Butter or oil

PROCEDURE

1. Place several tortillas on a cookie sheet.
2. Combine 1 part cinnamon to two parts sugar. Mix well.
3. Spread a very thin layer of melted butter or oil over the tortillas.
4. Sprinkle the cinnamon mixture over the tortillas and make at 325 degrees until golden brown.

OPTIONAL

Serve the cinnamon tortilla chips with the Fruit Salsa (recipe on previous slide).



APPLE SALAD

INGREDIENTS

Assorted apples
Vanilla yogurt
Dried fruits
Slivered almonds



PROCEDURE

1. Children should wash and chop the apples into cubes with appropriate utensils. Place in a large bowl.
2. Next toss the apples with a few scoops of yogurt and add the remaining ingredients. Stir well to coat.

HOME MADE BUTTER

INGREDIENTS

Heavy whipping cream
Pinch of salt
Jar with tight fitting lid
Clean marble



PROCEDURE

1. Place ingredients in the jar.
2. Pass around to children encouraging them to shake the jar really well. Eventually the cream will thicken and turn to fresh butter!

ANTS IN THE SNOW

INGREDIENTS

Celery sticks

Peanut butter (or sun butter)

Shredded coconut (unsweetened)

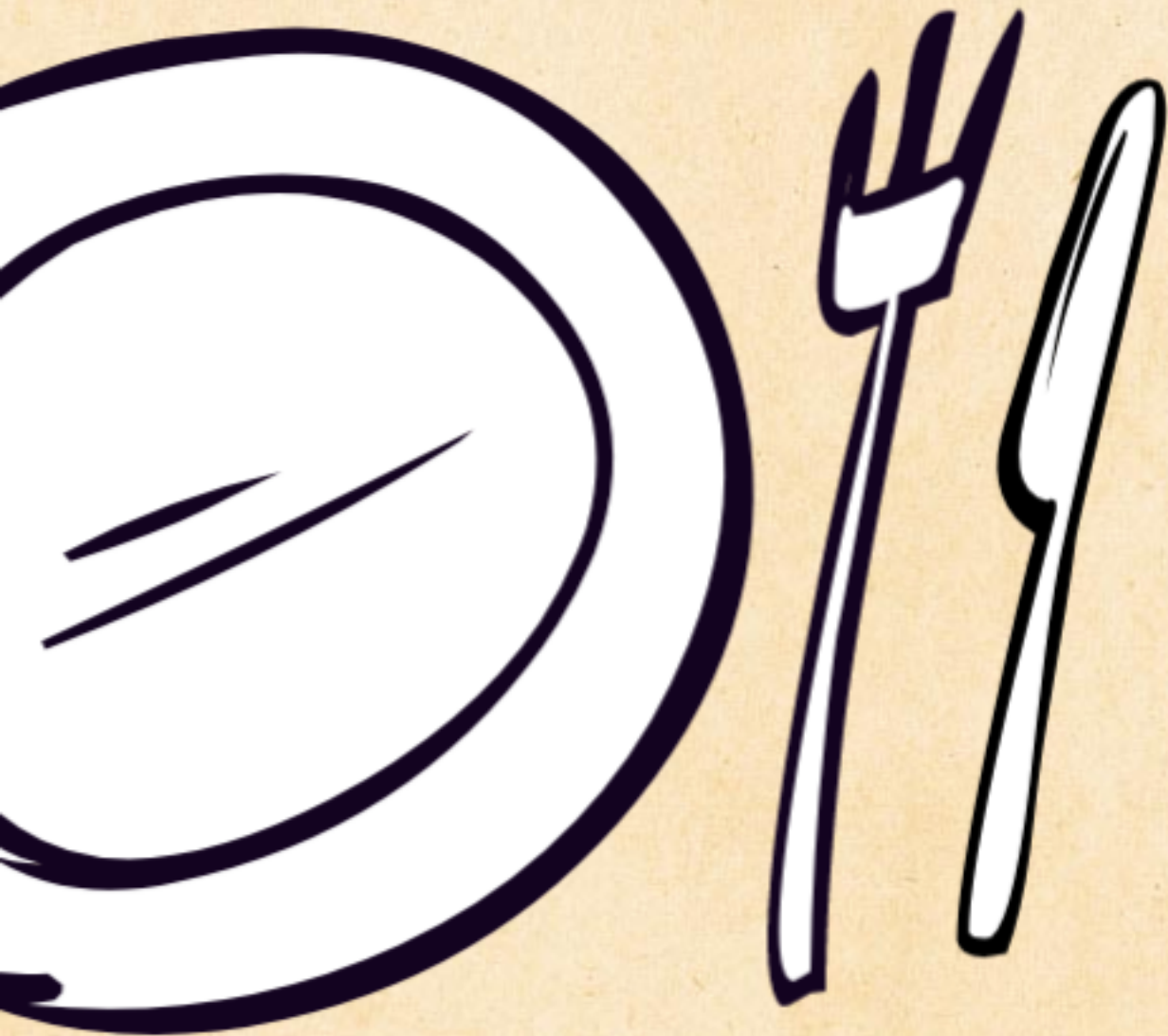
Raisins

PROCEDURE

1. Let children chop celery into sticks using appropriate tools.
2. Children should spread peanut butter into the celery sticks then sprinkle with coconut and place the raisins on top.

ALTERNATIVELY

Instead of peanut butter and coconut, spread cream cheese on the "logs" and use sliced black olives instead of raisins for "ants."



NEED MORE IDEAS?



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