

Starter Recipes for Kids

Here's a sampling of healthy snack food recipes that kids love to make—and eat—in class and at home.



Yogurt Parfait Ice Pops with Healthy Grains Clusters

Yields: 4 servings

4 ice pop molds

1 cup granola (use non-GMO, gluten-free Kind bars) in small pieces

1 cup organic fresh fruit such as raspberries, kiwi, mango and strawberries cut into small pieces

2 (6-oz) cartons organic dairy or non-dairy yogurt

Layer ingredients in each ice pop mold like a parfait. Put a sprinkle of granola in first, and then layer yogurt and fresh cut fruit. Add another spoonful of granola to top it all off and freeze the pops for at least 4 to 6 hours.

Adapted from a recipe by Leah Smith for Kids Kitchen and Chefs Club, in Austin, Texas

Raw Banana Ice Cream

Yields: about 1 quart

20 pitted dates, roughly chopped

2 Tbsp raw honey

2 Tbsp extra-virgin coconut oil

1 tsp vanilla extract

1/8 tsp ground cinnamon

4 cups sliced very ripe organic bananas

1/2 cup raw peanuts, coarsely chopped, optional

2 Tbsp cacao nibs

Put dates into a medium bowl, cover with luke-warm purified water and set aside to soak for 10 minutes. Drain dates and reserve soaking liquid. In a food processor, purée dates with 3 to 4 tablespoons of the soaking liquid, honey, oil, vanilla and cinnamon until smooth. (Discard the remaining liquid.) Add bananas and purée again until almost smooth.

Transfer to a stainless steel bowl and stir in peanuts and cacao nibs. Cover and freeze, stirring occasionally, until almost solid—4 to 6 hours. Let ice cream soften a bit at room temperature before serving.

Adapted from a recipe from Whole Foods Market, Lake Calhoun, Minnesota



Nut Butter Granola Bars

Yields: 8 bars

2 1/4 cups rolled oats

1/4 cup shredded coconut (without added sugar)

1/2 cup applesauce

1/3 cup nut butter (almond or peanut)

1/4 tsp baking soda

1/2 cup raw honey or maple syrup

1 Tbsp milk or almond milk

3 Tbsp chocolate chips

Preheat the oven to 350° F. Mix all dry ingredients in one bowl. Mix wet ingredients into a separate bowl; it may help to heat the nut butter a little first. Combine the wet and dry contents.

Line a 9-by-13-inch pan with parchment paper. Bake for about 25 minutes. Let them cool completely before cutting. Store in a plastic container separated by parchment paper. They should keep for about two weeks and may be refrigerated.

Adapted from a recipe by Kensey Goebel for Kids Kitchen and Chefs Club, in Austin, Texas



Cheesy Lasagna Rolls

Yields: 4 to 6 servings

Sea salt

1/2 lb (8 to 10) uncooked lasagna noodles

Organic olive or coconut oil

1 cup ricotta cheese

1 1/2 cups prepared marinara sauce

1 1/2 cups packed baby spinach

1/2 cup shredded mozzarella

Preheat oven to 400° F. Bring a large pot of salted water to a boil, add noodles and cook until *al dente*, 8 to 10 minutes. Drain well and gently transfer to a clean surface.

Oil the inside of a small roasting pan or casserole dish and set it aside. Working with one noodle at a time, spread with about 2 tablespoons each of the ricotta and marinara, then top with spinach. Starting at one end, roll up the noodle snugly, and then arrange it in the pan either seam-side down or with the rolls close enough to hold each other closed. Pour the remaining marinara over assembled rolls, sprinkle with mozzarella and bake until golden and bubbly, 20 to 25 minutes.

Adapted from a recipe from Whole Foods Market

Paleo Pizza Twists with Easy Marinara Dip

by Clara Wisner

Pizza Twists:

*1 1/2 cups almond flour/almond meal
1 tablespoon oregano + 1 tablespoon parsley + 1 tablespoon of basil mixed together and then divided in half
1/4 teaspoon garlic powder
1 teaspoon sea salt, divided
1 tablespoon bacon grease (or ghee or coconut oil), melted
1 teaspoon honey (optional)
3 eggs, divided
2 tablespoons coconut flour*

INSTRUCTIONS:

Preheat oven to 350 degrees. Line a baking sheet with parchment paper and set aside.

In a large bowl whisk together almond flour, 1 1/2 teaspoons , garlic powder, 1/2 teaspoon sea salt, bacon grease (or ghee or coconut oil), and honey.

In a small bowl, whisk 2 eggs together. Add egg mixture to the almond flour mix and stir to combined. Add 1 tablespoon coconut flour and stir to combine. Allow the mixture to sit for a minute and then add the other tablespoon of coconut flour and stir to combine. The batter should be slightly sticky and easy to knead.

Make a ball of dough and on a large clean surface (I use a large cutting board) roll dough using finger tips to make a long rope. I think we all remember "making a snake with play dough", same as that. You want a long snake about 1/2 inch thick in diameter. Carefully fold the long rope in half so you have two pieces in equal size. Then carefully pinch the two tops together and start twisting the two pieces of dough together to make a twist. If the dough starts to crack just use damp fingers and smooth out the cracks.

Place the pizza twists onto prepared baking sheet lined with parchment paper and place in preheated oven. Bake for 10 minutes.

In a small bowl whisk 1 egg with 1 teaspoon water. In another small little bowl add 1.5 teaspoons of herb mix and 1/2 teaspoon sea salt and mix to combine.

Remove the sticks from the oven and carefully turn them over. The bottoms should be golden. Then brush the tops of the sticks (which were the bottoms) with the egg wash and then sprinkle with the pizza seasoning/sea salt mix.

Increase the heat of oven to 375 degrees.

Place the pizza sticks back in the oven and bake for an additional 5 minutes. Remove and allow the sticks to cool slightly before serving.

Simple Marinara Dip:

*1 can organic tomato paste
1 can crushed tomatoes
Italian seasonings of your choice
2 cloves garlic minced*

INSTRUCTIONS:

Empty both cans into a pan, fill tomato paste can with water and empty into pan.

Add seasonings and garlic. Boil and stir until sauce comes to desired thickness.

Cool and serve with paleo pizza twists! Yum!

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