

TASTY KIDS NUTRITION CLUB

*Selected recipes for
teaching children
about healthy
eating!*



GRANOLA BARS

Ingredients - oatmeal, nut butter, ground flaxseeds, mini chocolate chips, agave syrup

Let kids - measure ingredients, mix with gloved hands, press into pan or roll into bite size balls

Talking points - measuring math, fats in flaxseeds, fiber in oats, healthy snacking



RAINBOW VEGGIE WRAPS

Ingredients - whole wheat tortillas, cream cheese, zucchini, colored bell peppers, carrots, scallions, celery, cilantro

Let kids - cut up veggies, spread cheese, create colorful wraps

Talking points - 'Eat the Rainbow' vitamins & minerals in veggies, fiber in whole wheat



QUINOA PIZZA CUPS

Ingredients - cooked quinoa, warm marinara sauce, chopped veggies (olives, bell peppers, onions), shredded mozzarella cheese

Let kids assemble their chosen ingredients in individual cups.

Talking points - whole grains, fiber, calcium in cheese, veggies

FRUIT WAFFLE PIZZA

Ingredients - frozen whole wheat waffles, almond butter, assorted fruits (berries, grapes, bananas)

Let kids - toast waffles, spread almond butter, cut up fruit & create breakfast art

Talking points - healthy breakfast, fats in nuts, fruits, & fiber