

# 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