

Kid-Friendly Recipe Cards

Rainbow Fruit Cups

Ingredients:

Banana slices
Blueberries
Mandarin segments
Yogurt (optional)

Steps:

- Layer fruit into a clear cup.
- Name the colours as you go.
- Top with yogurt for extra fun.

Bread Art Toast

Ingredients:

Bread slices
Cream cheese or avocado mash
Jam or fruit spread

Steps:

- Lightly toast bread.
- Spread colourful toppings with a blunt knife.
- Create patterns or faces before eating.

Shake-It Salad Jar

Ingredients:

Soft lettuce
Shredded carrot
Cucumber chunks
Dressing

Steps:

- Add salad ingredients to a jar.
- Pour in a little dressing.
- Shake until mixed.

Mini Pita Pizzas

Ingredients:

Whole-wheat pitas
Tomato sauce
Grated cheese
Chopped vegetables

Steps:

- Spread sauce on pita.
- Sprinkle toppings.
- Bake until cheese melts.

Energy Bites (No-Bake)

Ingredients:

Oats
Peanut or seed butter
Honey
Raisins

Steps:

- Mix all ingredients in a bowl.
- Roll into small balls.
- Chill before eating.

Yogurt Parfait Towers

Ingredients:

Yogurt
Granola
Berries
Honey or cinnamon (optional)

Steps:

- Layer yogurt, fruit, and granola.
- Repeat layers.
- Top with honey or cinnamon.

DIY Sandwich Bar

Ingredients:

Bread
Spreads
Cheese slices
Fillings of choice

Steps:

- Lay out all fillings and spreads.
- Kids assemble their own sandwiches.
- Encourage naming their creations.

Scrambled Egg Muffins

Ingredients:

Eggs
Grated cheese
Chopped vegetables

Steps:

- Whisk eggs with cheese and veggies.
- Pour into greased muffin tins.
- Bake until set.

Banana Muffins

Ingredients:

Ripe bananas
Flour
Baking powder
Milk
Sugar

Steps:

- Mash bananas with a fork.
- Mix with dry ingredients.
- Scoop into muffin cases and bake.

Pancake Faces

Ingredients:

Pancake batter
Fruit slices
Chocolate chips
Nuts (optional)

Steps:

- Pour pancake batter onto hot pan (adult supervised).
- Cook until golden.
- Decorate with fruit and toppings to make faces.

Homemade Trail Mix

Ingredients:

Nuts
Seeds
Dried fruit
Popcorn
Pretzels
Chocolate chips

Steps:

- Set out bowls of ingredients.
- Kids scoop into jars or bags.
- Invent names for their mixes.

Simple Stir-Fry

Ingredients:

Mixed vegetables
Oil
Cooked noodles or rice

Steps:

- Heat oil in pan (adult supervised).
- Kids add and stir vegetables.
- Add noodles or rice and stir until combined.