

## Kid Friendly Recipes

### Banana Sushi

#### Ingredients

- bananas
- almond butter
- whipped cream cheese
- crushed cereal
- rice crispy cereal
- chia seeds
- shredded coconut
- chopped chocolate
- cinnamon sugar

#### Directions

1. Cut the bananas into 1 1/2-2 inch pieces, roll in almond butter OR whipped cream cheese and roll in any desired coating. Let kids help coat the banana, and feel free to use other ingredients you have on hand as well!



## Whole Wheat Pizza Bagels

### Ingredients

- 1/2 Cup tomato sauce
- 1/4 Tsp garlic powder
- 1/4 Tsp Italian herbs
- 6 Mini whole wheat bagels, split in half
- 3/4 Cup mozzarella cheese, shredded

### Directions

1. Preheat oven to 425 degrees.
2. Stir the tomato sauce and herbs in a bowl to combine.
3. Place the bagels on a cookie sheet and coat each one with sauce.
4. Sprinkle with 2 teaspoons of the mozzarella.
5. Bake for 10 minutes.



## Layered Rainbow Pasta Salad

### Ingredients

- 12 oz. pasta – either elbows, rotini, or penne works well
- 1 cup green beans, trimmed and chopped into short lengths
- 2 cans tuna in olive oil, drained
- 4 tbsp mayonnaise, Ranch dressing or Greek yogurt
- ½ small pack chives, snipped (optional)
- cherry tomatoes, quartered
- 1 orange pepper, cut into little cubes
- 1 can sweetcorn, drained



### Directions

1. Cook the pasta until it is still a little al dente (2 mins less than the pack instructions) and drain well. Cook the green beans in simmering water for 2 mins, then rinse in cold water and drain well.
2. Mix the tuna with the mayonnaise and yogurt. Add the chives, if using.
3. Add pasta to a large glass bowl or four small ones or four wide-necked jars (useful for taking on picnics). Spoon the tuna salad over the top of the pasta. Add a layer of green beans, followed by a layer of cherry tomatoes, then the pepper and sweetcorn. Cover and chill until you're ready to eat. Kids will love helping assemble the salad almost as much as they will love eating it!

## Nutty Cinnamon and Yogurt Dip

### Ingredients

- 2/3 cup plain Greek yogurt
- 1 tbsp nut butter (Peanut butter, almond or cashew)
- 1/4 tsp ground cinnamon
- 1 tsp honey

### To serve

- apple wedges (tossed in a little lemon juice to prevent them turning brown)
- celery sticks
- carrot sticks
- mini rice cakes, pretzels or crackers (choose gluten-free brands if necessary)



### Directions

1. In a small tub, mix together the yogurt, nut butter, cinnamon and honey. Serve with apple wedges, celery or carrot sticks, and mini rice cakes or crackers.