

Kid-Friendly Healthy Recipes



Baby Tortilla Pizzas

Prep: 10 mins **Cook:** 10 mins | **Total:** 20 mins

Servings: 4 **Yield:** 12 mini pizzas

Ingredients:

- 1 serving cooking spray
- 1 (8 ounce) package flour tortillas
- ½ cup pizza sauce
- 1 cup shredded mozzarella cheese
- 1 (8 ounce) package sliced pepperoni

Step 1 | Preheat oven to 350 degrees F (175 degrees C). Grease a 12-cup muffin tin with cooking spray.

Step 2 | Use a round cookie cutter or small mason jar lid to cut circles from the tortillas that are slightly larger than the bottom of the muffin cups. Place 1 circle in the bottom of each cup.

Step 3 | Spoon some pizza sauce over each tortilla circle; top with some mozzarella cheese and 1 pepperoni slice.

Step 4 | Bake in the preheated oven until cheese is melted and golden, 10 to 12 minutes. Scoop out of the muffin cups using a spoon.



Equipment:

- Muffin/cupcake tin
- Cookie cutter or jar lid

Nutrition Facts:

Per Serving:

540.3 calories; 24.7 g protein; 32.8 g carbohydrates; 76.9 mg cholesterol; 1624.7 mg sodium.

Kid-Friendly Breakfast Sushi

This simple recipe is a great way to bring a little fun to the morning meal. The simplicity is what makes it a great creative outlet and way for your little one to make choices. Try different flavors of yogurt—the thick texture and high protein to fat ratio of Greek yogurt makes it ideal. Don't have blackberries? You can switch it up and use strawberries, blueberries, even dried cranberries or raisins. Chopsticks optional.

Ingredients:

- 1 Banana
- 1 Cup Blackberries
- 1 small container Greek yogurt, any flavor
- 2 cups breakfast cereal of your choice (*Rice Krispies work great for this recipe!*)

Instructions:

- Begin by peeling the banana.
- Using a butter knife, spread a layer of Greek yogurt on the outside surface of the banana.
- Place your cereal in a shallow dish. Roll your banana in the cereal until fully coated.
- Place banana on a plate. Top with blackberries. Slice into “sushi” sized pieces and arrange.



Bite-Sized Apple Pies

Directions

- Preheat oven to 425°. In a small bowl, mix sugar and cinnamon; reserve 1 tablespoon. On a lightly floured surface, unroll pie crusts; roll and trim each to an 8-in. square. Brush with 2 tablespoons butter; sprinkle with remaining sugar mixture. Cut each square into eight 1-in. strips.
- Cut each apple into 8 wedges; wrap 1 strip of pastry around each wedge, placing sugared side of pastry against the apple.
- Place on a parchment-lined sheet. Brush tops with remaining butter; sprinkle with reserved sugar mixture. Bake 13-15 minutes or until pastry is golden brown. Serve warm.



Makes

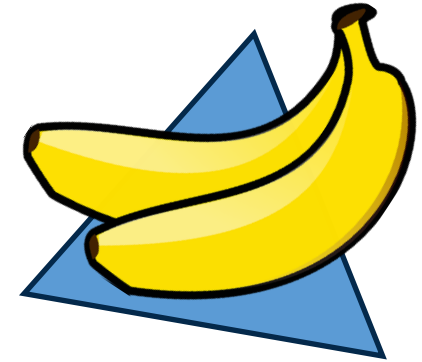
16 appetizers

Total Time

Prep: 20 min.
Bake: 15 min.

Nutrition Facts | 1 piece: 163 calories, 9g fat (4g saturated fat), 10mg cholesterol, 108mg sodium, 21g carbohydrate (9g sugars, 0 fiber), 1g protein.

Flourless Peanut Butter Banana Blender Muffins



Ingredients

- 3 ripe bananas
- 3 eggs
- 3/4 cup peanut butter
- 3/4 teaspoon baking powder
- 1 teaspoon vanilla extract

Directions

•Preheat oven to 400° F, prepare mini muffin pans with cooking spray; set aside. In a blender jar, add the ingredients and blend until smooth and creamy.

- Scoop out small mounds of batter and place into greased muffin tin.
- Bake for 8 to 9 minutes, or until the tops are set and springy to touch.
- Allow muffins to cool in pan for about 10 minutes.

These Peanut Butter Banana Muffins couldn't be easier. Simply add all the ingredients to a blender and pulse to combine - that's it! Best of all they are healthy, gluten free and make an awesome breakfast or dessert! They are also free of oil or refined sugars. They are a great snack you don't have to feel guilty about eating.

Nutrition Facts | 1 piece: 91 calories, 6g fat , 6g carbohydrate (3g sugars, 1g fiber), 2g protein.