

Fun Food Not Just for Kids

This book has a collection of great vegan recipes that all kids will love from 1 to 100 years old! The book also includes some fun food related activities, menu plans & shopping guides to help kids & the adults enjoy their time in the kitchen together.

Here we have a day's worth of the recipes and an activity from this great book. (The book has over 75 recipes and 14 activities for you to enjoy). **Book retail cost \$23.95 on sale for \$17.97 until Easter.**

Breakfast Ideas

First thing when we wake up our stomach starts letting us know we need to eat. But let's make sure we put the right things into our bodies to keep us healthy!

What can you have for a healthy breakfast?

- Fresh Vegetable and Grass Juices
- Fruit Smoothies
- Whole Grain Toast and raw fruit jams
- Flax Cereal Bowl
- Sliced melon kabobs (on a stick)
- Granola
- Assorted Fruits

The list is almost endless but remember let's keep it healthy!

It is also okay to have something cooked for breakfast like

these pancakes below but make this as a special occasion breakfast only not to have every day.



Applesauce Pancakes

Here is a great special weekend recipe!

Preheat your electric griddle (do not oil it until you are ready to pour the batter)

In a large bowl add the following dry ingredients:

- ¾ cup unbleached flour
- ¾ cup whole wheat flour
- ¼ cup organic oatmeal
- 2 tsp. aluminum free baking powder

In a small bowl put the following wet ingredients, blend well

- ¼ cup coconut oil
- ¼ cup applesauce
- 1 tbsp. honey or agave syrup
- 1 ½ cups coconut milk

Add the wet ingredients to the dry and mix using a whisk just until all are moist.

Grease your hot griddle or pan with coconut oil.

Pour ½ cup of the batter onto your hot griddle and brown both sides.

Serve with real maple syrup and blueberries, raspberries, or sliced strawberries.

You could also add coconut and our raw carob powder to make these pancakes special!



See the 2 raw breakfast ideas below.

Easy Smoothie Popsicles

Serving size: makes two large 10/12 oz. glasses

Hint: when they have the over-ripe bananas on sale I buy a few to have them on hand in my freezer and they are usually priced cheap!

I like to freeze my bananas whole and slice them when I need them.

Try any one of these Smoothie recipes to make fun popsicles!

Strawberry Smoothie:

Put the following in your blender:

- 1 ripe frozen banana thinly sliced
- 1 cup fresh or frozen berries (raspberry, strawberry, blueberry)
- 2 cups raw almond milk
- 2 tbsp fresh ground flax seed

Blend on high until a smooth and creamy texture.

Pour this mixture into your Popsicle mold and freeze for 8 hours or overnight.

Serve fresh from the freezer and enjoy!

Hint: to get the Popsicle out of the mold sit in warm water for a few minutes and they slip right out.



Melon Sticks

Here is a simple and fun thing for the kids to help you make and have fun eating!

Melon Q-bob:

Today we have used Watermelon, Honeydew and Cantaloupe

Cut your melons into bite sized pieces and arrange them on a stick to show off the bright colours.

You can make them ahead and keep them in a sealed container in the fridge overnight or for a couple of days.

Another great idea for the leftover melon is to make a

Melon Smoothies – all it takes is some melon and water (a mint leaf will boost the taste) put in a good blender and processed for a few minutes until you have a wonderful smoothie!



Melons have very high water content and they digest quickly so they are best eaten by themselves. Some great melons are watermelon, cantaloupe, muskmelon, and honey dew. Because of the high levels of water they are great to eat in the summer to help quench your thirst. A great way to get your daily amount of water!

LUNCHES for School

Lunches: Food that you have to carry to work or school is more of a challenge than when you eat at home, in your own kitchen, so here is a list of some of the things I have found will help you make carrying a lunch easier:

- 1) Insulated Lunch BAG
- 2) Stainless steel water bottle





- 3) Thermos – one with a wide mouth (for soups) and one with the smaller mouth for smoothies and juices
- 4) Glass and food-grade plastic (remember plastic really only becomes harmful when you apply heat to it) for carrying your salads, dips and spreads
- 5) Baggies with a zip lock top in a variety of sizes

Creative Salads

Sometimes it is fun to make up your own salad from a mixture of vegetables. So it makes sense to have a variety of vegetables all washed and cut up ready for use then everyone in the family can choose what they want and create their own salad.

Here is a list of some veggies you can have cut up and ready to use:

Cucumber	Bell peppers
Celery	Carrots
Zucchini	Broccoli
Cauliflower	Turnip and Tomatoes

We make our favorite salad dressing to use as a dip and we are ready to create an awesome salad! Also you can turn to the page in this book with the instructions on how to make great raw dressing for more ideas. Here is my favorite dressing!

Honey Mustard Dressing:

Put the following ingredients into a blender and blend on high until well mixed and creamy:

- 3 tbsp. apple cider vinegar
- 3 tbsp. extra virgin olive oil
- 1 tsp. organic mustard
- 1 tsp. garlic powder (or 1 clove garlic)
- 1 tbsp. honey or maple syrup

Put the dressing in a small container so you can use it as a dip with the veggies.

Again when making food for kids keep in mind they like to be creative so let them help with the menu planning, grocery shopping and especially the preparation.

Family Soft Salad Tacos

Method: makes about 10-12 tacos

Buy a package of whole wheat or multi grain soft tacos (or the crisp kind if you like) to use for taco night.

Guacamole is so easy to make just mash your avocado then mix in ½ of a fresh lime juiced with a pinch of sea salt and a spoonful of your salsa – mix and enjoy!

The Salsa & Refried Beans are from the healthy organic wellness section of my grocery store.

You need the following to make these easy fun tacos:

- 1 cup chopped tomatoes (buy vine ripe)
- ½ cup white onion (finely chopped)
- 3-4 cups Romaine lettuce or kale (chopped)
- 1 cup bell peppers (red/orange/yellow) chopped
- ½ cup cilantro chopped



- 1 cup corn cut fresh off the cob
- 1 can organic black beans (rinse and drain)
- 2 cups of the organic Tomato Salsa
- 2 cups raw Guacamole (mashed avocado mixed with lime juice)
- 2 cups organic Refried Beans

Put out all the ingredients as we have in the picture and let everyone make their own Tacos!

Macaroni and Cheese

Method: serves 4-6 people

First boil your macaroni noodles (we used penne) until they are “al dante” (firm but not hard)

- 2 cups pasta noodles
- 4 cups water
- 1 tbsp. coconut oil
- Sea salt to taste

Rinse the pasta then put aside until the cream cheese sauce is ready.

Creamed Cheese Sauce: makes 2 -3 cups

This Mac-N-cheese is full of vegetables and for those kids who hate their veggies they will never know because I puree them so they blend in with the orange cheese sauce!

Sauté the following in a large saucepan, on medium heat until lightly browned and tender

- 1 small onion (diced)
- 2 cloves of garlic (minced)
- 1 tsp. of each: basil & thyme
- 3 tbsp. coconut oil
- 4-6 mini carrots chopped finely
- ½ cup of each: chopped red peppers & tomatoes

Take this combination once it is tender and add ¼ cup water then puree it in your blender. Put it back in the sauce pan and add the following:

- 3 tbsp. whole wheat or spelt flour

Whisk in the flour stir well then add the coconut milk and rice cheese slices gradually:

- 1-2 cups coconut milk (add as needed to get a thick creamy sauce)
- 3-4 rice cheese slices (cut into pieces)
- sea salt to taste

Slowly whisk until you get a nice creamy sauce, turn heat down to low until ready to use.

To assemble mix in the pasta noodles and stir until well coated, you can serve right away or – put all in a 2 quart baking dish. Sprinkle with bread crumbs and bake under the broiler until slightly browned – serve hot.

Strawberry Ice Cream Sundaes

Banana Dream Ice-Cream ingredients: makes 6-8 cups of banana ice-cream

You can make this in your Champion Juicer using the blank screen or do it in the food processor as I have here (If using your juicer, do not add the water).

Freeze 3 peeled bananas overnight

Put the following in your food processor and blend until creamy:

- 3 frozen peeled bananas (thinly sliced)
- ½ cup sliced frozen strawberries
- 2-4 tbsp. water (add this as you need it to a creamy texture)



Once the mixture is fully creamed put in the freezer for 15-20 minutes, then stir in ½ cup pomegranate seeds just before serving.

Put some of the ice-dreams in a bowl and let everyone choose their own toppings.

We put some ice-dreams in a heart mold and froze them until firm for some fun shapes of love. Note: Do not leave the whole amount in the freezer longer than 1 hour because it will freeze solid since it has no preservative like traditional ice cream.

Toppings (pictured above):

1. pureed fresh strawberries
2. chopped pecans
3. shredded unsweetened organic coconut
4. Carob Acai syrup (blend ¼ cup carob powder with 2 tbsp. of acai syrup and maple syrup)
5. any other fruit or nuts and seeds

Serve immediately with an assortment of toppings so everyone has their own creation.

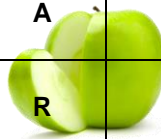
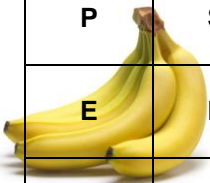


Fun family activity:

Find the different fruits in the grid below then take all the leftover letters to finish the sentence:

F _ _ _ _ _ S _ _ _ _ _ V _ _ _ _ _ S see the words you need below

A	P	P	L	E	S	B	F	N	B
Y	K	I	W	I	E	E	R	O	A
A	U	N	I	T	P	R	G	L	N
P	S	E	G	N	A	R	O	E	A
A	I	A	V	L	R	Y	G	M	N
P	S	P	F	I	G	S	N	R	A
E	E	P	S	M	U	S	A	E	S
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R	A	E	P	S	M	I	N	A	U
S	D	C	H	E	R	R	Y	W	N



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| APPLES | CHERRY | GRAPES | MANGO | PAPYA | WATERMELON |
| BANANAS | DATES | KIWI | NUTS | PEAR | |
| BERRY | FIGS | LIMES | ORANGES | PINEAPPLE | |