

# Recipes for kids



## Introduction

Nutrition is important at every age. Your children need proper nutrition to stay healthy, strong and to grow up and reach their milestones. Nutrition for children can also help establish good eating habits as they grow older. Good habits can be used throughout life and it's good to establish them early

Fine motor skills involve using the small muscles that control the hand, fingers and thumb. These skills are used to perform important tasks like feeding, grasping different toys, buttoning, zipping clothes, coloring in, writing and many more.

Cooking together as a family can help practice these skills as well as teach children at a young age about nutrition and healthy eating habits.

## Other benefits of early cooking include

- Building basic skills: Patience and taking turns and cleaning up
- Maths. (measuring, counting and pouring)
- An adventurous palate.
- Sensory play: Try let them work independently as much as possible.
- Boost confidence
- Cooking together as a family also helps boost confidence. Kids love affirmation and what a great way to affirm your child. This helps greatly to give a feeling of accomplishment.

Small kids are notorious for being picky eaters and bringing them into the kitchen can help open them up to new tastes. It is important to encourage your kids to taste the foods as they cook. Explore their senses - smell, taste and touch.

### CHECK LIST

- Taste everything
- Have fun

# Contents - Menu

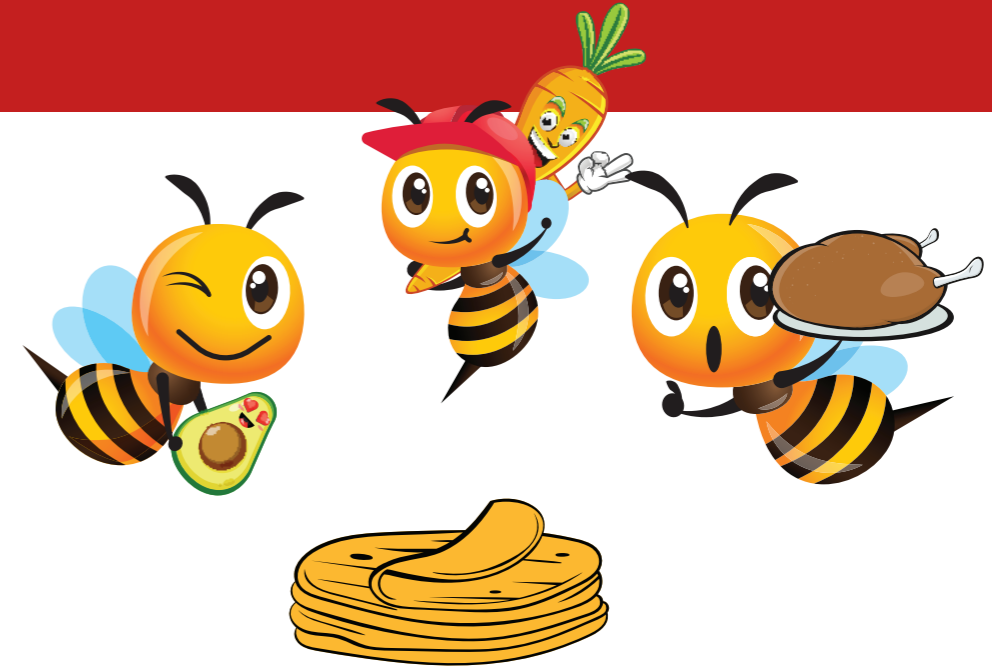


Crumpet Pizzas

No bake protein balls



Chicken, carrot and avocado rolls



Frozen yoghurt fruit bites



No bake orange cheezecake



# PIZZA CRUMPETS



## The Fun Part!

Heat the Oven 200 degrees Celsius. Lightly toast the crumpets in the oven. Meanwhile, mix the tomato puree, ketchup in a bowl. Season. Chop your chosen toppings into small pieces – Young kids can help tear or cut ham with blunt nose scissors



## Ingredients

6 crumpets

4 tbsp tomato puree

4 tbsp ketchup

75g cheddar cheese , grated

Toppings of your choice (tomatoes, onion, sweetcorn, mushroom, ham and basil all work well)



Line a baking tray with foil or baking paper. Spread the sauce over the crumpets, then top with cheese. Arrange on the tray and grill for 3-4 mins, until the cheese is golden. Make sure to let it cool before eating.

# No Bake Protein Balls



## The Fun Part!

Place mixture in a a blender or get those little hands dirty by crushing everything up

Using a 1 tbsp measure and roll into balls

For Chocolate sauce (optional): melt 1/4 cup dark chocolate chips with 1 teaspoon coconut oil. Allow to cool down and then drizzle over protein balls.

## Ingredients

1 cup nut butter  
(any kind)

5 dates, pitted

1/4 cup pro tein powder

3/4 cup pumpkin seeds

1/4 cup chia seeds

No bake!!

These Protein bites are great because they're no bake! So easy to make over the weekend and pack in lunchboxes for the week. They are healthy and full of great fats and fibre.



# Frozen Yogurt Fruit Bites



## The Fun Part!

Place yogurt and raspberries in a bowl and mash with a fork. If you want chunks of raspberries don't overly mash, this is also great for those fine motor skills.

Using a small spoon or spatula, place the mixture into your favourite shaped silicone moulds.

Tap once or twice to remove any air bubbles.

Place the mould on a small baking sheet or directly into your freezer and freeze for 4-6 hours or until bites are solid.

Pop bites from moulds and enjoy!

## Ingredients

1 Container Full cream milk vanilla greek yogurt

1/3 cup fresh raspberries



Great for after school snacks and the great part about these is that you can use any silicone moulds to create your very own shapes. The hard part is waiting for these little guys to freeze.

# Chicken, carrot and avocado rolls



## Ingredients

75g low-fat cream cheese

1 large carrot, grated

3 tortillas

1 large avocado

1 cooked skinless chicken  
breast



## The Fun Part!

Shred the chicken and slice the avocado

Spread the cheese over the tortillas and top with the chicken, carrot, avocado and rocket.

Tightly roll up each tortilla. Wrap tightly in cling film, twisting the ends firmly to seal and put into the fridge to chill

Unwrap and cut each roll into 4 chunks - read to eat or add into any lunch box

# No-bake Orange cheesecake



## The Fun Part!

Crush the biscuits. Put them in a clear bag and smash them with a spoon

Place the biscuits in a bowl and mix with butter- quite fun to do with little hands

Put the mixture into a cheesecake tin, then use the back of a spoon to spread it evenly

Press it down in the tin to form the base.

Put the tin into fridge to set for 30 min

Put the cream cheese, orange zest, mascarpone, sugar and milk into a bowl and mix it well with the wooden spoon.

Put the cream into a bowl and whisk it until it has a thick consistency. Add the orange mixture and make sure to mix it thoroughly.

Remove the cheesecake from the fridge and pour the filling over the biscuit base and spread it evenly

Place it back in the to the fridge until it's ready to serve. You can decorate it with little left-over pieces of orange. it has a thick consistency. Add the orange mixture and make sure to mix it thoroughly.

## Ingredients

15 digestive biscuits

6 tbsp butter, melted

400g cream cheese

grated zest 3 oranges,

save the segments for the decoration

200g mascarpone cheese

100g caster sugar







## Contact

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