

Food Fit for a Kid: Healthy & Tasty Recipes!

Many kids love fruits and vegetables, especially when they can help prepare them! Use the recipes below and add your creative touches to encourage healthy eating. Finally, remember that children follow the actions of parents and older siblings. Model healthy eating by enjoying fruits and vegetables often.

Fruit-n-Juice Breakfast Shake

- 1 very ripe peeled, sliced banana
- 3/4 c pineapple juice
- 1/2 c low-fat vanilla yogurt
- 1/2 c cleaned strawberries

• Place all ingredients into blender. Secure lid and blend until smooth. Divide among two glasses and serve.
• Makes two servings. Tip: Substitute other berries that your child enjoys!

Carrot & Raisin Sunshine Salad

- 1 pound shredded carrots
- 1/2 c raisins
- 8 oz low-fat vanilla yogurt
- 4 to 6 lettuce leaves

• Mix all ingredients together except lettuce. Cover and chill for 15 minutes. Serve over lettuce leaves. Makes 4 to 6 servings. Tip: Substitute fresh baby spinach leaves for lettuce.

Ants on a Log

- 2 five inch celery sticks, washed
- 6 T peanut butter
- 2 T raisins

• Spread peanut butter in u shaped part of celery from one end to the other. Press raisins gently into peanut butter.
• Enjoy. Makes two servings. Tip: Substitute low-fat ranch flavored cream cheese and chopped carrots for orange "ants!"

Trees in a Broccoli Forest

- 8 baby carrots
 - 3 c broccoli florets
 - 4 cherry tomatoes
 - 3 T chopped parsley
- Dipping Sauce:
- 1/4 c plain non-fat yogurt
 - 1/4 c low fat sour cream
 - 2 t honey
 - 2 t brown mustard

• Cut vegetables and allow child to arrange on plate, creating their forest. Mix sauce, spoon onto plates, and sprinkle with parsley. Makes four servings.

Try sliced peaches and a glass of fat-free milk.

Wrap a piece of cheese around an asparagus spear.

Make kabobs with apples, grapes, melons, and pears.

Layer granola, blueberries, and yogurt for a parfait.

Mix cucumbers with plain yogurt, mint, salt and pepper for a cracker spread.

Serve kabobs of cherry tomatoes and slices of mozzarella.



Fit for a Kid

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