

# HEALTHY KID'S RECIPES

## Brian's Banana Pancakes



- 1 Ripe Banana
- 1 Tablespoon Vanilla
- 6-8 Dashes Cinnamon
- 1 Egg
- 1 Tablespoon Peanut Butter
- ¼ to 1/2 cup oats (OPTIONAL)
- Mix ALL ingredients in bowl.
- Heat butter in skillet on med-low heat.

-Pour batter into skillet according to desired size of pancake.

-Cook until sides are bubbling & then flip to cook other side.

-When done sprinkle with whatever supplements have been crushed up.

Normally made in an 8 inch omelet pan will yield 2 pancakes depending on size of banana & if oats are used

-From Brian at Standard Process

## Sunburst Breakfast Smoothie



- ¾ cup frozen pineapple cubes
- ¾ frozen mango cubes
- ¾ cup fresh squeezed orange juice
- 1 banana
- 1 TBS Chia Seeds

1 Scoop Dream Protein Powder

Big handful of spinach (optional - only add if you want to make it green) Blend together until smooth and creamy. To make half of it green: Pour half of the

orange mixture into several glasses. Mix the remainder with a big handful of spinach. Blend until smooth. Pour over the orange mixture and serve!

Adapted from [www.superhealthykids.com](http://www.superhealthykids.com)

## On-The-Go Breakfast Oatmeal Trail Mix Cupcakes



Makes 11-12

2.5 cups rolled oats  
1 1/4 cup over-ripe mashed banana OR applesauce  
1/2 tsp salt  
1/2 tsp cinnamon  
1/16 tsp *uncut* stevia OR 2 1/2 tbsp. pure maple syrup, agave, or honey  
1/2 cup dried cranberries or cherries or raisins, chopped small  
2 tbsp. wheat germ or flax meal (or oat bran)

1 1/3 cup water (If using the liquid-sweetener option, scale water back by 3 tbsp.)  
1 1/2 tbsp. oil OR more applesauce  
1 tsp pure vanilla extract

Preheat your oven to 380 F, and line 11-12 cupcake tins. Combine all dry ingredients in a large mixing bowl, and stir very well. In a separate bowl, whisk together all liquid ingredients. Mix wet into dry, then pour the batter into the cupcake liners and bake 21 minutes. Broil 3 additional minutes, then let cool. If you let them cool overnight, they will no longer stick to the liners. Leftovers can be refrigerated or frozen and reheated.

-From [Chocolatecoveredkatie.com](http://Chocolatecoveredkatie.com)

## Healthy Energy Smoothie



½ an Avocado

¾ to 1 cup unsweetened vanilla milk of your choice (Almond, Hemp, Rice, Coconut, etc.)

1 Teaspoon (local &/or raw) Honey

½ to 1 Banana

In a coffee/tea cup mix 1 Teaspoon Matcha (ground green tea) powder dissolved in 2 to 3 tablespoons of hot water

2 scoops of Whey Pro Complete

2 scoops of SP Complete

Can pick one of the powders (or both) as well as include any supplements & MIX EVERYTHING in the blender.

\*If they still turn their nose up at it, try adding a date (pitted) or some unsweetened peanut butter.

-From Brian at Standard Process

## Nutty Cereal



Handful or two of nuts (cashews, almonds, pecans, macadamias)

¼ cup or more of unsweetened shredded coconut (large flakes)

½ banana,

½ pink lady or other sweet apple

½ tsp cinnamon

Unsweetened vanilla almond milk

Mix in bowl and change up from time to time; add peaches or berries, a dried and cut date, dried goji berries etc.

## Jason's Juicy Thickie

- ¼ of a pineapple, skin removed
- 2 large celery stalks
- 1 large carrot
- 2 organic golden delicious apples
- ½ lemon (organic if possible)
- ½ avocado
- 1 banana

Blend in a juicer (not a blender) the first 5 ingredients. Transfer to a blender and add the avocado and banana, plus a few **ice cubes**. **Blend and wow! Delicious!**

-Jason Vale

## Coconut Raspberry Chia Smoothie

Ingredients:

- 4 tablespoon – chia seeds
- 1 cup – water
- 2 cup – coconut milk, full fat
- 2 cup, unthawed – Raspberries, Frozen
- ¼ cup – coconut flakes

Directions



Place 4 tablespoons chia seeds and 1 cup of water in a bowl. Place in fridge and let soak overnight.

Next day, combine chia seeds (including the liquid) 2 cups coconut milk, ¼ cup shaved or grated coconut, and 2 cups frozen raspberries. Blend until smooth.

## Deb's Awesome Chocolate Peanut Butter Shake

- 2 Tbsp. unsweetened cocoa or carob powder
- 2 Tbsp. peanut butter or almond butter (organic, no sugar is best)
- 2 T shredded unsweetened Coconut
- 1 banana
- 1 cup almond milk (I use Vanilla unsweetened)
- 1 scoop vanilla or chocolate Dream Protein
- 1 scoop of Vanilla or Chocolate Green's First BOOST\*
- 1 cup frozen cherries or strawberries (I use organic)

\*The Boost is made by Green's First and acts as a multi-pre-biotic and is yummy.

Blend and serve.

Makes 2 servings.

This is a beloved smoothie by kids and adults. It can be modified in many different ways by changing the fruit, deleting the peanut butter and on and on. It helps to tame cravings for sugar and chocolate candy. Experiment and enjoy! -Deborah



## Breakfast Banana Split

### Ingredients

- 2 large – banana
- 1 cup – Plain Coconut Milk Greek yogurt
- $\frac{1}{4}$  cup – quinoa crispies cereal\*
- 3 tablespoon – chia seeds
- 3 tablespoon – semisweet chocolate chips
- $\frac{1}{4}$  cup – raspberries
- 2 tablespoon – peanut butter, all-natural
- 2 tablespoon – water
- 1 tablespoon – maple syrup, pure



In place of Quinoa Crispie cereal, I use dried Mulberries (which are crunchy and taste like granola) or Go Raw Granola (which is sprouted seeds and dates, no sugars available on line or from Wegmans).

### Directions

Peel the two bananas and slice them lengthwise. Arrange them on a plate and top each with 1/2 cup of Coconut Milk Greek style yogurt. Sprinkle the remaining toppings evenly a top the yogurt. In a small bowl, whisk together the peanut butter, 1 tablespoon of water and maple syrup. Add additional water (or maple syrup) until sauce reaches a consistency which can easily be drizzled. Drizzle sauce over the splits and serve!

## Chocolate Fondue with Fresh Fruit

Prep Time: 10 minutes, Cook Time: 5 minutes

### Ingredients:

1-2 tablespoons butter or coconut oil (or a bit of both)

1/3 cup or more dark chocolate chips or pieces from a chocolate bar

Fresh seasonal fruit (berries, cherries, peaches, bananas, apples)

### Directions:

In a medium pan melt butter and/or coconut oil over medium-low heat.



Adjust heat to low.

Add chocolate pieces. Allow chocolate to melt, stirring often. Do not burn.

Meanwhile prepare your fruit.

When chocolate has melted, pour into a few bowls so that you can spread it among the guests and serve the fruit on platters.

# Pistachio Ice Cream Smoothie

*A green smoothie that tastes like ice cream - you have to try it to believe it!*

## Ingredients:

1 cup curly green kale leaves (about 3 large leaves)

2 ripe bananas - fresh or frozen

2 cups ice (a little less ice if using frozen bananas)

1/2 cup water

1/2 cup raw cashews

3 tablespoons raw agave nectar\*

1 teaspoon pure alcohol-free vanilla extract

1/2 teaspoon finely minced ginger

Pinch of Celtic sea salt

\*I use Vanilla Boost by Green's First or several dates

Optional: Add 1 Scoop Vanilla Dream Protein to make it breakfast worthy

## Directions:

Throw all of the ingredients in your high speed blender (I use a Vitamix) and puree until smooth and creamy. YUMMO!



# Out the Door Smoothie

1 Cup almond or coconut milk

1 T Coconut oil

1 banana, handful of strawberries

1 Scoop Chocolate Dream Protein Powder

Just blend, pour and out the door!

# Simply Banana Chocolate Soft Serve Ice Cream

This simply banana chocolate peanut butter coconut ice cream is incredibly silky smooth and sweet with banana essence throughout with after tones of peanut and chocolate.

## Ingredients:

4 ripe organic bananas, cut into one inch pieces and frozen\*

2 Tbsp. raw peanut butter

1 tsp. pure vanilla extract

a few drops liquid stevia (or to taste)

1/4 cup raw cacao powder

2-3 Tbsp. coconut

## Directions:

Remove from the freezer and place in a high speed blender or food processor with the peanut butter, vanilla, coconut water, cacao and stevia. Blend until smooth, using the tamper to press the mixture down into the blade (if using a blender), or stopping the machine to scrape down the sides (if using a food processor. It takes about a minute to blend with a high speed blender, but may take about 4-5 with a food processor. Enjoy right away!

\*when freezing the bananas, place them on a foil lined sheet and spread them out so they do not stick together.



# Real Chocolate Ice Cream

Prep Time: 5 minutes

Freeze Time: 20 minutes

Ingredients:

2 cans (3 cups) full fat coconut milk

2 tablespoon raw honey or maple syrup\*

½ cup raw cocoa powder

1 Tablespoon vanilla extract

\*I use medjool dates to taste



Directions:

Add all of the ingredients to a blender and process until mixed very well, about 1 minute or so.

Add to your ice cream maker according to the manufacturer instructions.

-Kristin McCaig from Eat By Design Coaching.

# Easy Watermelon Juice



Add about 2-3 cups of watermelon to blender and that's it!

Optional:

Add 3 parts watermelon, 1 part green seedless grapes (organic grapes are best or use veggie wash on regular grapes). Just blend and you have an super easy energy boost! Try adding a few frozen strawberries for a creamy blend. -Deborah