



# Fruit and Veggie Muffins

*Enjoy this fun and healthy recipe brought to you by The Early Childhood Team*



SERVINGS  
28 Mini Muffins



TIME  
20 min



DIFFICULTY  
Medium



CALORIES  
77 kcal

## INGREDIENTS

1 cup - Flour, Whole Wheat  
1 cup - Flour, All Purpose  
1 teaspoon - Baking Soda  
1/2 teaspoon - Salt  
1/4 teaspoon - Nutmeg  
1/2 teaspoon - Cinnamon  
1/2 cup - Sugar  
4 tablespoon - Butter (unsalted)  
2 Large Eggs  
1 teaspoon - Vanilla Extract  
1/2 cup - Zucchini  
1/2 cup - Broccoli (Steamed)  
1 1/2 - Medium Apple  
1/2 - Medium Banana  
1/4 cup - Applesauce (Unsweetened)  
1/4 cup - Greek Yogurt (Plain)

## NOTES

You can use honey or maple syrup as a sugar replacement.

Can be stored at room temp.

Serving: 1 mini muffin | Calories: 77kcal

## DIRECTIONS

1. Preheat oven to 375 degrees F.
2. In a medium size bowl, mix together flours, baking soda, salt, nutmeg, and cinnamon. Set aside.
3. In a mixer or another bowl, mix the sugar, softened butter, eggs, vanilla and Greek yogurt. Beat well.
4. Steam broccoli until fork tender. Shred zucchini and squeeze with a dry towel to remove extra liquid. Shred carrots.
5. In a food processor, combine steamed broccoli, shredded zucchini and carrots, apple, banana, and applesauce. Pulse until thoroughly mixed to a thick puree.
6. Combine the fruit and veggie puree into the wet ingredient mixture and beat until mixed.
7. Finally, add the dry ingredients and mix just until combined and wet.
8. Scoop the mixture into a greased prepared muffin pan. Fill each cup about 3/4 of the way full.
9. For mini muffins: Bake in a 375° F oven for 15-20 minutes for mini-muffins. For regular size muffins: Bake in a 375° F degree oven for about 20-25 minutes.



# Fruit and Yogurt Parfait

*Enjoy this fun and healthy recipe brought to you by The Early Childhood Team*



SERVINGS  
1 Parfait



TIME  
10 Minutes



DIFFICULTY  
Easy



CALORIES  
338 kcal

## INGREDIENTS

1/2 cup - Plain Whole Milk Yogurt

1/4 cup - Fruit (such as fresh or frozen and thawed berries, diced mango, applesauce, roasted apples, or chia jam)

1 tablespoon - Hemp Seeds (or chia seeds or shredded unsweetened coconut)

1/4 cup - Crunchy Topper (such as granola, mini animal crackers, dry cereal, or broken up graham crackers)

## DIRECTIONS

1. Place half of the yogurt into a small container or bowl.
2. Top with fruit.
3. Top with the rest of the yogurt.
4. Add an even layer of seeds on top of the yogurt, if using.
5. Finish with the crunchy topping.
6. Serve or store in the fridge. (If you plan to store them for more than 4 hours, put the crunchy topping in a separate container and simply add it to the rest of the ingredients when ready to serve.)

## NOTES

You can use regular or Greek yogurt in this recipe.

Serving: 1g, | Calories: 338kcal



# Cheesy Broccoli Rice Bites

*Enjoy this fun and healthy recipe brought to you by The Early Childhood Team*



**SERVINGS**  
30 Bites



**TIME**  
40 Minutes



**DIFFICULTY**  
Medium



**CALORIES**  
227 kcal

## INGREDIENTS

2 cups - Cooked Rice  
1 1/2 cups - Finely Chopped  
Cooked Broccoli  
1 cup -Shredded Sharp Cheddar  
Cheese (or cheese of choice)  
1/2 cup - Breadcrumbs  
3/4 teaspoon - Garlic Powder  
1/2 teaspoon - Onion Powder  
1/2 teaspoon - Salt  
1/4 teaspoon - Black Pepper

## NOTES

Great recipe for leftover rice.  
Oats can be substituted for  
breadcrumbs, must be blended  
beforehand.

Serving: 5 bites | Calories: 227

## DIRECTIONS

- 1.Pre-heat oven to 400 degrees F. Line a large baking sheet with parchment paper or a non-stick mat.
- 2.Add all ingredients to a large bowl and mix until combined.
- 3.Add half the mixture to a food processor and blend until combined. Add back to the bowl and mix everything together.
4. Use a tablespoon scoop to scoop the mixture onto the baking sheet and then use your fingers to pat the top down. Top each one with a small spinke of cheese.
- 5.Bake bites until cheese is melted and bottoms are golden brown, 15-20 minutes. Let cool for 5-10 minutes before eating.



# Banana Oat Pancakes

*Enjoy this fun and healthy recipe brought to you by The Early Childhood Team*



SERVINGS

15 Mini Pancakes



TIME

16 Minutes



DIFFICULTY

Medium



CALORIES

82 kcal

## INGREDIENTS

- 3/4 cup - Old Fashioned Rolled Oats (quick oats can be substituted)
- 1 - Ripe Banana
- 1 - Egg
- 1 - Pinch of Cinnamon
- 1/4 cup - Milk (can use any milk)

## NOTES

If the batter is too thick, slowly add milk to thin.

Make ahead of time and store them in the freezer for an easy grab and go breakfast.

Serving: 3 Mini Pancakes |  
Calories: 82 kcal

## DIRECTIONS

1. Place all ingredients into a blender and blend until smooth.
2. Pour batter onto a warm, greased skillet, about 1 Tablespoon of batter for each pancake to keep them small.
3. Cook until the batter starts to form little bubbles and you can easily get under the pancake with a spatula.
4. Flip pancake and cook for another 1-2 minutes or until pancake is cooked through.
5. Serve whole or break into pieces for tiny hands. You can serve these plain, with a little nut butter or yogurt spread on top or with a fruit puree to dip the pancakes in.
6. Cool the pancakes completely on a wire rack before storing in an airtight container.
7. Refrigerate for up to 5 days or freeze for up to a month.



# Veggie Rainbow Wraps

*Enjoy this fun and healthy recipe brought to you by The Early Childhood Team*



**SERVINGS**  
8 Wraps



**TIME**  
10 Minutes



**DIFFICULTY**  
Easy



**CALORIES**  
223 kcal

## INGREDIENTS

- 1 cup - Roasted Red Peppers
- Hummus (or hummus of choice)
- 8 - Whole Grain Tortillas
- 1 - Red Bell Pepper (cut into strips)
- 1 - Orange Bell Pepper (cut into strips)
- 1 1/2 cup - Spinach (chopped)
- 1 - Cucumber (cut into strips)

## DIRECTIONS

1. Spread hummus or bean spread of your choice thinly on one side of the tortillas.
2. Add a thin layer of the vegetables across two thirds of each tortilla.
3. Roll up each tortilla.
4. Slice into about 5 individual rolls per tortilla.

## NOTES

Great source of fiber!  
Substitute hummus for your favorite bean spread.

Serving: 1 Wrap or 5 rolls |  
Calories: 223 kcal



# Apple & PB Sandwiches

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SERVINGS  
3 Sandwiches



TIME  
20 Minutes



DIFFICULTY  
Medium



CALORIES  
111 kcal

## INGREDIENTS

1 tablespoon - Rolled Oats  
1/8 tablespoon - Ground Cinnamon  
3 tablespoons - Unsweetened  
Peanut Butter  
3/4 tablespoon - Honey  
1 tablespoon - Raisins  
1 - Medium Apple

## NOTES

To prevent the apple from turning brown, let soak in a mixture of 1/4 cup water and 1 tablespoon lemon juice

Serving: 1 sandwich | Calories: 111 kcal

## DIRECTIONS

1. Combine the oats and cinnamon in a dry skillet over medium heat and toast, stirring occasionally, until the oats are golden. Cool before using.
2. Mix together the peanut butter and honey.
3. Core and slice the apple into 6 rounds. (If you don't have an apple corer, you can slice the apple first and then cut out the centers with a small cookie cutter or knife.)
4. Spread 1 tablespoon of peanut butter on 3 of the apple slices and sprinkle with raisins and oats. Top with the remaining apple slices to form sandwiches.



# Spinach Quesadilla

*Enjoy this fun and healthy recipe brought to you by The Early Childhood Team*



**SERVINGS**  
2 Quesadillas



**TIME**  
10 Minutes



**DIFFICULTY**  
Easy



**CALORIES**  
484 kcal

## INGREDIENTS

- 5 Ounces - Baby Spinach ( washed and dried)
- 7 Ounces - Shredded Monterey Jack Cheese (or cheese of choice)
- 1 - Green Onion (diced)
- 1 - Roma Tomato (diced)
- 2 - Large Tortillas

## NOTES

Serve with salsa for an extra kick!  
Substitute tortillas for whole grain.  
Serving: 2 Quesadillas | Calories: 484 kcal

## DIRECTIONS

1. Add a little bit of oil to the largest non-stick pan you have and heat to medium-low.
2. Put the spinach in the pan and stir until it has softened.
3. Take the spinach out of the pan and increase the heat to medium.
4. Add a tortilla to the pan and add in  $\frac{1}{4}$  of the cheese to half of the tortilla. Top with half of the spinach and sliced green onions and diced tomatoes then cover with another  $\frac{1}{4}$  of the cheese.
5. Fold the tortilla over to make the quesadilla.
6. If you have room in the pan, add the other tortilla and build the quesadilla the same way, otherwise cook them one at a time.
7. Allow the quesadillas to cook on one side about 2 minutes before flipping. The bottom of the tortilla should be crisp and have browned and the cheese should be melting.
8. Cook for another minute or two on the other side before serving.
9. Serve with your favourite salsa, sour cream, or guacamole.