

Healthy Breakfast & Snack Recipes to Make with Kids

Please note that these recipes are not low-carb, but they are added-sugar-free and gluten free.

Also, you will notice that most of my measurements are rough estimates. This is because all of these “recipes” are simply everyday foods I make at home for which I have never used a recipe or measured the ingredients. Most of these recipes are very simple and easy to adjust the amounts to your own liking as you make them, so please adjust the measurements to your/your child’s taste.

Quinoa Hot Breakfast Cereal

My daughter loves quinoa and would eat it even when she did not like oatmeal. The best part is that it is healthy *and* delicious.

What You’ll Need:

- Quinoa
- Apple cider vinegar
- Water
- Frozen mixed berries, frozen blueberries or fresh apples
- 1-2 bananas
- Raisins
- Almond butter
- Cinnamon

Recipe:

Soak about ½ cup of dry quinoa with 1 Tablespoon of apple cider vinegar and water in a glass bowl, covered, overnight. In the morning, thoroughly rinse the quinoa in a fine mesh strainer. Dump the quinoa into a small pot with about 1 cup of water. Add ¾ cup frozen mixed berries or blueberries and ¼ cup raisins. Bring to a boil and then continue to simmer for 15 minutes, or until water is mostly cooked out.

Meanwhile, mash one or two whole bananas (depending on level of sweetness desired) with roughly 2 Tablespoons of almond butter and ½ teaspoon of cinnamon.

Once quinoa is cooked, pour banana and almond butter mixture and mix until fully incorporated.

You can also make this with fresh chopped apple pieces instead of the berries, which is also quite delicious. The mixed berries are the most tart option.

Banana Cake

This is one of my daughter's favorites – as long as it has the chocolate on top. And I love it too because it has fruit, protein and nothing bad! Plus, it's extremely easy to make and a good way to use up those bananas that are getting a little too ripe.

What You'll Need:

- 3-4 bananas
- Almond butter
- Cinnamon
- 85% Chocolate bar or cocoa powder, coconut oil & xylitol

Recipe:

Mash 3-4 bananas with 2 Tablespoons of almond butter and ½ teaspoon of cinnamon until only some small chunks remain. Bake in a small baking dish at 375 degrees for 25 minutes or until softly firm in the middle. Eat as is or let some 85% chocolate melt on top and spread it around. Alternatively, mix up some coconut oil, cocoa powder and xylitol to spread on top as a completely sugar free chocolate frosting. Note that these measurements are estimates because I never measure for this recipe. Feel free to experiment with a little more or less almond butter for a cake that is more dry or more soft.

Apple, Banana, Peanut Butter Fruit Salad

My daughter likes fruit salad as a breakfast or a snack. Occasionally, I'll even let her have it for lunch since it has protein and it's healthy.

What You'll Need:

- Apple
- Banana
- Natural, no sugar-added peanut butter

Recipe:

Cut up ½ or a whole apple (depending on preference) into a bowl. Add one whole sliced banana. Sprinkle ¼ teaspoon cinnamon on top. Scoop 1 Tablespoon of natural, no sugar-added peanut butter and mix with apples and bananas until bananas are mashed and everything is well mixed. You may want to adjust for less cinnamon depending on your taste. I happen to like a lot of cinnamon. You can even leave the cinnamon out if you prefer.

Frozen Chocolate Banana

This recipe could not be any easier. And it's very healthy with only the banana for sweetness. This makes a great after-school snack or healthy dessert. And it is something your child can easily help you make as well.

What You'll Need:

- Ripe Banana
- Coconut Oil
- Cocoa Powder
- Popsicle Sticks

Recipe:

Cut the banana in half and carefully push a reusable or wooden popsicle stick into the center of each banana half. Lay them on a plate and freeze for about 10-15 minutes. Meanwhile, heat about 4 tablespoons of coconut oil on the stove in a pan or in the microwave with 2 teaspoons of cocoa powder. Mix until all of the cocoa powder is dissolved. Pull the bananas out of the freezer and spoon the chocolate sauce over the banana. It will harden pretty quickly as the coconut oil contacts the cold banana. You will need to keep spooning the chocolate sauce over the banana several times until you have a thick enough coating that has hardened on the banana. Make sure to turn the banana around to coat all sides.

Popcorn with Garlic Sauce

This recipe is healthy because the popcorn is homemade (but still so easy!) and the garlic sauce is full of health benefits from both the yogurt and the garlic. This is also just about the only way I can get my daughter to eat raw garlic (which is an amazing anti-viral, anti-bacterial, anti-fungal). The way we like to eat this is simply by dipping the popcorn into the garlic sauce as we eat it.

What You'll Need:

- Popcorn kernels (whatever variety you like but preferably from non-GMO corn)
- Olive oil
- Salt
- Plain yogurt
- Raw garlic clove

Recipe:

Pour just enough olive oil to liberally coat the bottom of a medium sauce pan. Add about 1/3 cup of popcorn kernels and a generous amount of salt. Cover with lid and turn stove on high. Watch closely. It will take a couple of minutes for the oil to heat up enough to start popping the kernels, but once it does, it will only take another couple of minutes for the kernels to finish popping. Once you hear the popping start to die down, turn off the stove. If you leave it on until all of the

kernels have popped, you will burn your popcorn. Only leave it on high until the busiest period of popping starts to slow. Remove pot from the burner but do not lift the lid until you no longer hear any popping for a minute or two.

For the sauce, crush or finely mince one clove of raw garlic into a bowl. Add roughly ¼ teaspoon of salt and 1 cup of yogurt and mix thoroughly. Taste and add salt as desired.

Tortilla Pizza

Tortilla pizzas are one of my daughter's favorite lunches, although they could also be a snack or breakfast if you wanted them to be. They are easy to make and a great option for those days when you have limited food options (or a child with limited preferences).

What You'll Need:

- Small corn tortillas
- Olive oil or olive oil spray
- White vinegar
- Cheese of choice
- Desired toppings (olives, onions, peppers, etc.)
- Basil
- Oregano
- Garlic powder (or fresh minced garlic)

Recipe:

Place two small corn tortillas on a small baking sheet lined with foil. Spray or spread olive oil onto both. Pour about ½ teaspoon of white vinegar onto each and spread around. Sprinkle cheese of choice on top (my daughter loves feta cheese). Add sliced any desired toppings (my daughter likes sliced olives, but you could also do small-chopped onions, peppers, etc.). Lightly sprinkle some basil, oregano and garlic powder (alternatively use a little crushed or minced garlic) on top. Bake at 350 degrees for 10-12 minutes until tortilla is getting crunchy around the edges. Alternatively, you can toast it in a toaster oven for 10-12 minutes.

Avocado Sauce

This recipe makes a great dipping sauce for veggies or almond crackers. It is simple, very healthy and delicious! Even my daughter – who does not like avocado – loves it!

What You'll Need:

- Avocado
- Clove of garlic
- Fresh lemon juice (just a little)

- Salt

Recipe:

Mash the avocado with a fork until pretty smooth. Crush the clove of garlic and mix it into the avocado along with a pinch of salt and a squeeze of lemon juice. Adjust the salt and lemon juice to taste. This goes over especially well for kids when you carve “spoons” out of the carrots and cucumbers for scooping the sauce.