Easy and Healthy Recipes for Kids

The recipes within this book are intended for children 2 years old and older.

For more recipes like these, go to: www.whatscooking.fns.usda.gov
Think Fresh and Delicious for Kids!

Healthy snacks for toddlers and older kids can be oh-so-tasty-good! Sometimes food can take on names that hide all the green, leafy stuff in the recipe. Or, oranges and apples can taste so much better in a turtle shape. This recipe booklet will share healthful ideas like these that kids need to grow.

With that busy schedule of yours, let your children help make these snacks too. Then, wow, they might eat everything off their plate!

But, toddlers and younger children can't have it all. Kids under the age of 4 years old are still learning how to chew the right way.

NOTE: Because of various choking hazards, recipes within this book are intended for children 2 years old and older.
You — as parents and caregivers — play an important role in knowing unsafe foods for your toddler and ways to make them safer. You can change the shape, size, or texture of certain foods within this book so that kids from 2-to-4 years old can easily chew and swallow most of these recipes.

**Know the foods that your 2-4 year olds can choke on:**

1. **Small, Hard Foods:** nuts and seeds, chunks of cheese (or string cheese), popcorn, chunks of raw vegetables, and chips

   **Make Hard Food Safer:**
   - Chop or grind nuts into small pieces.
   - Grate or cut cheese into thin slices.
   - Cook carrots and celery sticks until they’re a soft, so you can pierce them with your fork.
2. **Sticky Foods:** large pieces of dried fruit, peanut butter, nut butter, seed butter, taffy, soft candies, gel or gummy candies, caramels, marshmallows, jelly beans, and chewing gum

   **Make Sticky Food Safer:**
   - Chop pieces of dried fruit that are wider than a nickel.
   - Spread a thin layer of peanut butter, nut butter or seed butter. Use creamy style peanut, nut or seed butter, not chunky.

3. **Slippery Foods:** raw peeled apple or pear slices, cherries with pits, lollipops, cough drops, whole grapes, large pieces of meat or poultry, hot dogs, and whole beans

   **Make Slippery Food Safer:**
   - Cut soft food into thin slices or no larger than one-half inch pieces.
   - Cut grapes, cherries, berries, or melon balls in half. Then, cut into smaller pieces.
   - Cut soft, round foods, like hot dogs or string cheese, into short strips rather than round pieces.
   - Grind tough meat.

**More Tips:**
- Watch your kids while they eat.
- Have kids sit while they eat or drink.

**Resources:**
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Nutrition Facts
Serving Size 1 3” celery log with spread and bugs (29g)
Servings Per Container 1

Calories 30
Calories from Fat 1%
% Daily Values* 
Total Fat 0.5g 1%
Saturated Fat 0g 0%
Trans Fat 0g 0%
Cholesterol 0mg 0%
Sodium 35mg 1%
Total Carbohydrate 5g 2%
Dietary Fiber 0g 0%
Sugars 4g 2%
Protein 1g 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Continued on Back

Ingredients
Bug Options:
• green, red, yellow, or orange peppers (cut into half-inch pieces)
• whole grain cereal (unsweetened)
• peanuts, nuts or seeds (ground)

Log Options:
• celery (cut in 3” pieces)
• apples (peeled, quartered, cored and cut into half-inch slices)
• carrot sticks (cut in 3” pieces)

Spread Options:
• low-fat, plain or vanilla yogurt
• spreadable or shredded cheese (low-fat)
• creamy peanut butter, nut butter or seed butter

Allergy Warning: Contains wheat, tree nuts, peanuts, and milk

CUT DOWN ON CHOKING
For kids 2- 4 years old, serve food in the following ways:
• Cook celery and carrots until they are soft, so you can pierce them with a fork. Then, cut them into sticks.
• Mix in applesauce with peanut butter to spread thinly on the celery.

Ingredients
Bug Options:
• green, red, yellow, or orange peppers (cut into half-inch pieces)
• whole grain cereal (unsweetened)
• peanuts, nuts or seeds (ground)

Log Options:
• celery (cut in 3” pieces)
• apples (peeled, quartered, cored and cut into half-inch slices)
• carrot sticks (cut in 3” pieces)

Spread Options:
• low-fat, plain or vanilla yogurt
• spreadable or shredded cheese (low-fat)
• creamy peanut butter, nut butter or seed butter

Allergy Warning: Contains wheat, tree nuts, peanuts, and milk

CUT DOWN ON CHOKING
For kids 2- 4 years old, serve food in the following ways:
• Cook celery and carrots until they are soft, so you can pierce them with a fork. Then, cut them into sticks.
• Mix in applesauce with peanut butter to spread thinly on the celery.
Instructions
Choose one “log” option. Top with a “spread,” and sprinkle with a “bug.”

*Choose from these nut butter spreads: peanut, almond, and cashew or allergy-friendly soy, pumpkin, and sunflower seed butter.

Source: National Network for Childcare
Butterfly Bite

**Ingredients**
- 3 celery stalks
- 6 tablespoons creamy peanut butter, nut butter or seed butter*
- 12 circular, whole wheat crackers
- 3 tablespoons of peeled, half-inch pieces of fruit—like apple pieces or quartered banana slices

**Instructions**
1. Wash hands and cooking area.
2. Clean celery with vegetable brush under cool running water.
3. Cut each celery stalk crosswise into two pieces.
4. Fill center of each celery stick with one tablespoon of nut or seed butter. This is the body of the butterfly.

---

**CUT DOWN ON CHOKING**
For kids 2-4 years old, serve food in the following ways:
- Cook celery until it’s soft, so you can pierce it with a fork. Then, cut it into sticks.
- Mix in applesauce with peanut butter to spread thinly on the celery.
- Make sure the crackers dissolve or break up easily in your child’s mouth. Crackers that are hard to chew are choking hazards.

**Allergy Warning:** Contains peanuts, tree nuts and wheat

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Continued on Back
5. Grab two circle crackers. On each side of the butterfly body, use a cracker to form the wings. On the first side, stick one cracker into the peanut butter, nut butter, or seed butter to make it stick upwards. This cracker is the first wing. Do the same thing on the other side of the butterfly to form the second wing.

6. Use the tiny pieces of fruit to make the face of the butterfly.

*Choose from these **nut butter spreads**: peanut, almond, and cashew or **allergy-friendly** soy, pumpkin, and sunflower seed butter.

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**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 butterfly bite (47g)</th>
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</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td>Calories 140</td>
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<tr>
<td>Calories from Fat</td>
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<td>5g</td>
</tr>
<tr>
<td>Protein</td>
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<tr>
<td>Vitamin A</td>
<td>2%</td>
</tr>
<tr>
<td>Calcium</td>
<td>2%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>2%</td>
</tr>
<tr>
<td>Iron</td>
<td>4%</td>
</tr>
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*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Calories 2,000 2,500
Total Fat Less than 65g 80g
Sat Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2400mg 2400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g

---

*Source: Texas Cooperative Extension, The Texas A&M University System, Expanded Nutrition Program*
**Ingredients**

- 1 1/2 cup bran cereal (“Chex” type)*
- 1 1/2 cup cereal (“O” type)*
- 1/4 cup quartered grapes
- 1/8 cup ground peanuts, nuts or seeds**
- 1/4 cup shredded coconut

**Instructions**

1. Mix cereals together in a large bowl.
2. Add the rest of the ingredients, and mix well.
3. Eat it dry or with milk.

*Check the ingredients list on the box of this product for other foods you might be allergic to.

**Choose allergy-friendly pumpkin and sunflower seeds.

**Nutrition Facts**

Serving Size 1/4 of recipe (49g)
Servings Per Container 4

- Calories: 210
- Calories from Fat: 80%
- Total Fat: 9g
- Saturated Fat: 4g
- Trans Fat: 0g
- Cholesterol: 0mg
- Sodium: 150mg
- Total Carbohydrate: 32g
- Dietary Fiber: 4g
- Sugars: 11g
- Protein: 5g

<table>
<thead>
<tr>
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<th>Calcium</th>
<th>Iron</th>
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<tr>
<td>10%</td>
<td>6%</td>
<td>6%</td>
<td>35%</td>
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*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.*

*Calories 2,000 2,500
- Total Fat Less than 65g 80g
- Sat Fat Less than 20g 25g
- Cholesterol Less than 300mg 300mg
- Sodium Less than 2400mg 2400mg
- Total Carbohydrate Less than 300g 375g
- Dietary Fiber Less than 25g 30g

**Source:** Oregon State University Cooperative Extension Service, Pictoral Recipes
Lynn Myers Steele, 2000 Oregon Family Nutrition Program

**Allergy Warning:** Contains wheat, tree nuts and peanuts
Ingredients

- 1 tablespoon creamy peanut butter, nut butter or seed butter* 
- 1 graham cracker (or use whole grain or saltine crackers)** 
- 1 tablespoon cheddar cheese (shredded) 
- 3 half-inch pieces of canned or fresh, peeled fruit (like peeled peaches, peeled pears, banana slices or crushed pineapple) 
- 2 cooked, green peas 
- 1 grape (quartered)

Instructions

1. Spread nut or seed butter on a cracker in the shape of a face.
2. Sprinkle grated cheese at top for hair.
3. Place half-inch pieces of fruit on cracker for a mouth.
4. Use peas for eyes and a quarter of a grape for a nose.

Continued on Back

CUT DOWN ON CHOKING
For kids 2-4 years old, serve food in the following ways:

- Make sure the crackers dissolve or break up easily in your child’s mouth. Crackers that are hard to chew are choking hazards.
- Mix in yogurt and a little milk with peanut butter to spread thinly on the crackers.

Allergy Warning: Contains tree nuts, peanuts, wheat, soy and milk
*Choose from these **nut butter spreads**: peanut, almond, and cashew or **allergy-friendly** soy, pumpkin, and sunflower seed butter.

**Check the ingredients list on the box of this product for other foods you might be allergic to.**

---

**Nutrition Facts**

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<th>Serving Size</th>
<th>1 Funny Face Cracker (47g)</th>
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<tr>
<td>Calories</td>
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<td>18%</td>
<td>% Daily Value*</td>
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</tr>
<tr>
<td>Saturated Fat</td>
<td>3g</td>
<td>15%</td>
<td></td>
</tr>
<tr>
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<td>5mg</td>
<td>2%</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
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<tr>
<td>Iron</td>
<td>4%</td>
<td>4%</td>
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<td>300mg</td>
</tr>
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<td>Sodium</td>
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<tr>
<td>Total Carbohydrate</td>
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</tr>
<tr>
<td>Dietary Fiber</td>
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<td>30g</td>
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Source: Kansas Family Nutrition Program, Kids a Cookin’
**Ingredients**

- 1/2 cup yogurt, low-fat, vanilla
- 2 tablespoons peanuts, nuts or seeds (ground)*
- 2 cups of half-inch, fruit pieces (like quartered grapes, banana slices, peeled apple wedges, or strawberries)

**Instructions**

2. Dip fruit into the yogurt peanut mixture.

*Also choose allergy-friendly pumpkin and sunflower seeds.

---

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size 1/4 of recipe (100g)</th>
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<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
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<tr>
<td>Calories</td>
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<tr>
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<tr>
<td>% Daily Values</td>
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<tr>
<td>Saturated Fat</td>
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<tr>
<td>% Daily Values</td>
<td>3%</td>
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<td>Trans Fat</td>
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<tr>
<td>% Daily Values</td>
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<tr>
<td>Vitamin A</td>
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<td>Vitamin C</td>
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<td>Calcium</td>
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<tr>
<td>Iron</td>
<td>2%</td>
</tr>
</tbody>
</table>

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Calories 2,000 2,500

| Total Fat Less than 65g          |
| Salt Fat Less than 20g           |
| Cholesterol Less than 300mg      |
| Sodium Less than 240mg           |
| Total Carbohydrate Less than 300g |
| Dietary Fiber 25g                |

**Source:** USDA, Food and Nutrition Service (FNS) and Food and Drug Administration, DHHS, The Power of Choice

**Allergy Warning:** Contains tree nuts, peanuts and milk
Ingredients

- One 12-ounce can of fruit juice concentrate (100% juice)
- 12 ounces water
- 3 cups ice

Instructions

1. In a blender, place juice concentrate, water and half of ice.
2. To prevent spillage, do not pass the top line of the blender.

Notes

Use any flavor of juice concentrate. If slush is too thick, add more water.

Source: University of Hawaii at Manoa, Cooperative Extension, Lifeskills in Food Education Food Skills Cookbook
Food Stamps Nutrition Education Program
Ingredients

- One 6-ounce can of frozen orange juice concentrate
- 2 cups water (cold)
- 1/3 cup non-fat dry milk powder
- 1 teaspoon maple syrup
- 1 cup ice (or more)

Instructions

1. Place all ingredients in blender or food processor.

Notes

You can replace 1/3 cup nonfat dry milk powder and 2 cups water with 1 cup milk and 1 cup water.

Source: Montana State University Extension, Nutrition Education Programs, Buy Better. Eat Better. recipes

Allergy Warning:
Contains milk

Orange Cow
**Ingredients**
- 1 slice whole wheat bread*
- 2 tablespoons, creamy peanut butter, nut butter or seed butter**
- 1/4 apple or banana (peeled and thinly sliced into half-inch pieces)
- 2 tablespoons grated carrots (optional)

**Instructions**
1. Spread 2 tablespoons nut or seed butter on bread.
2. Place fruit slices on top.
3. Optional: Top with grated carrot.

**Notes**
Instead of whole wheat bread, try crunchy graham crackers or roll up the filling in a soft tortilla. Instead of fresh fruit, use canned, drained pineapple.

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**ALLERGY WARNING:** Contains wheat, tree nuts and peanuts

**CUT DOWN ON CHOKING**
For kids 2-4 years old, serve food in the following ways:
- Mix in apple sauce with peanut butter to spread thinly on the bread.
*Check the ingredients list on the label of this product for other foods you might be allergic to.

** Choose from these nut butter spreads: peanut, almond, and cashew or allergy-friendly soy, pumpkin, and sunflower seed butter.

Source: USDA, Food and Nutrition Service (FNS) and Food and Drug Administration, DHHS, The Power of Choice
Ingredients

- 4 celery stalks (cleaned and cut into 3-inch long pieces)
- 1/2 cup creamy peanut butter, nut butter or seed butter*
- 2 pears (peeled, cored and cut into half-inch chunks)

Instructions

1. Spread the nut or seed butter into the center of the celery pieces.
2. Place the pear chunks on top of the nut or seed butter.
3. Serve on a plate and enjoy with your friends.

Notes

Other materials needed: paring knife, small spatula or table knife, cutting board, and measuring cups

*Choose from these nut butter spreads: peanut, almond, and cashew or allergy-friendly soy, pumpkin, and sunflower seed butter.

Source: USA Pears. Pear Bureau Northwest.
Ingredients

- 2 strawberries
- 1 graham cracker (broken in half)*
- 2 tablespoons yogurt, low-fat, vanilla

Instructions

1. Rinse the strawberries in water.
2. Slice the strawberries in half, then into smaller, half-inch pieces.
3. Add the yogurt and strawberries to 1/2 of graham cracker.
4. Top with the other 1/2 of graham cracker.
5. Enjoy immediately.

Notes

Substitute any desired low-fat yogurt flavor. Try other fruits like blueberries, bananas, etc.

*Catch the ingredients list on the box of this product for other foods you might be allergic to.


CUT DOWN ON CHOKING

For kids 2-4 years old, serve food in the following ways:

- Make sure the crackers dissolve or break up easily in your child’s mouth. Crackers that are hard to chew are choking hazards.

Allergy Warning: Contains milk and wheat

Nutrition Facts

<table>
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<tr>
<th>Serving Size 1 Strawberry S’More (18g)</th>
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<tr>
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<td>Vitamin C 4%</td>
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*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

<table>
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<tbody>
<tr>
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<td>Sodium</td>
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<tr>
<td>Total Carbohydrate</td>
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<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>Less than 25g</td>
<td>30g</td>
</tr>
</tbody>
</table>
Ingredients

- 1 apple, small or medium
- 1 can mandarin oranges, drained

Instructions

1. Wash hands; get out ingredients and utensils.
2. Wash and peel apple. Cut in half (see notes).
3. Place apple half in center of small plate.
4. Put mandarin oranges next to apple for arms, legs, and head.
5. Enjoy your Turtle Apple.

Notes

Adults: Make sure you use sharp knife to cut apple in half, remove core and discard. Using can opener, open mandarin oranges and discard sharp-edged lid.

Source: Chickasaw Nation Get Fresh! Nutrition Education Program.
**Nutrition Facts**

- **Serving Size:** 1 veggie pizza pita pocket (138g)
- **Servings Per Container:** 1

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<td>20%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>39g</td>
<td>13%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>5g</td>
<td>20%</td>
</tr>
<tr>
<td>Sugars</td>
<td>3g</td>
<td>0%</td>
</tr>
<tr>
<td>Protein</td>
<td>13g</td>
<td>26%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

**Ingredients**

- 1 pita, whole wheat (cut around the sides, into flats)
- 2 tablespoons tomato sauce, unsalted
- 2 slices mozzarella cheese, part-skim
- 2 or more of the following vegetables sliced into half-inch pieces: green & red peppers, sliced mushrooms, chopped broccoli, chopped red onion or chopped spinach

**Instructions**

1. Place one pita round on plate.
2. Spread 2 tablespoons of tomato sauce on pizza.
3. Sprinkle various chopped vegetable over sauce.
4. Layer two slices of cheese on top of sauce.
5. Cover with the other half of pita round.
6. Microwave 35-45 seconds or until cheese melts.
7. Slice in half, let cool, and enjoy!

**Veggie Pizza Pita Pockets**

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Notes
A tablespoon each of broccoli and red onion was used for costing and nutrition analysis.

Tips:
1. Layering the cheese over the raw vegetables will help them cook; the melting cheese steams the vegetables in the microwave. If you prefer softer vegetables, they can be steamed before being put on the pizza.
2. A tomato sauce with added flavors will add a nice kick to this pizza; also, mild salsa will add a different flavor.
3. Many sliced cheeses come in low-fat varieties and could be substituted for mozzarella. Or, you could mix and match varieties.

Source: CSAAC (Community Services for Autistic Adults and Children)
This custom cookbook was created based off recipes from the What’s Cooking USDA Mixing Bowl’s recipe database. Recipes included in the database have been reviewed by nutrition professionals at the US Department of Agriculture’s Food and Nutrition Service using specific cost and nutrition criteria. Recipes are consistent with the current Dietary Guidelines for Americans and MyPlate. Nutrition educators in the Supplemental Nutrition Assistance Program (SNAP) or other Food and Nutrition Service (FNS) nutrition assistance programs and their partners are encouraged to use the database to support their nutrition education program goals. For additional recipes and more information about the What’s Cooking USDA Mixing Bowl recipe database, please visit the website at https://whatscooking.fns.usda.gov

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