

VOLUME 11

Grandmother's RECIPE eBook



KID'S RECIPES



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SWEETS & DESSERTS





Ham, Cheese and Tomato Omelette



INGREDIENTS

2 eggs
2 Tbsp milk
pinch sea salt
pinch pepper
1 Tbsp chives or parsley, finely chopped
1 tomato, cut into thin slices
2 slices ham
1/4 cup grated cheese of choice

This cheesy, ham and tomato omelette is a tasty breakfast!

Prep Time : 5 minutes.

Cook Time : 10 minutes

Yield : 1 omelette

INSTRUCTIONS

Makes one omelette which serves 2.

Double recipe to make 2 omelettes to serve 4.

Cut the tomato in half and slice into thin slices.

Lightly beat the eggs, milk, sea salt and pepper together.

Heat a dash of olive oil in a non-stick frying pan.

Pour in the egg mixture and cook over medium high heat, ensuring the egg is being cooked evenly.

When the underside is golden lower the heat.

Arrange herbs, sliced tomato and ham and on top. Sprinkle with grated cheese.

Cook for a further 30 seconds to melt cheese and heat through.

Slide the omelette from the pan onto a plate and fold in half.

Sprinkle remaining cheese, tomato and herbs over top and serve immediately.



Crepes



INGREDIENTS

1 cup all-purpose flour
2 eggs
1 cup milk
1 tsp salt
2 Tbsp butter, melted

These easy thin french crepes are made with ingredients you'll have on hand.

Prep Time : 10 minutes.

Cook Time : 20 minutes

Yield : 4

INSTRUCTIONS

In a large mixing bowl, whisk together the flour and the eggs.

Slowly add in the milk, stirring to combine.

Add the salt and butter; beat until smooth.

Heat a lightly oiled frying pan over medium high heat. Scoop 1/4 cup of the batter onto the pan and tilt the pan in a circular motion so that the batter coats the surface thinly and evenly.

Cook the crepe for about 2 minutes, until the bottom is light brown and the edges start to curl. Loosen with a spatula, turn and cook the other side.

Serve hot topped with fresh berries yogurt or maple syrup or savory scrambled eggs and sour cream.



Breakfast Quinoa with Pomegranate Seeds



INGREDIENTS

1 cup quinoa
2 cups almond milk, soy milk or cow's milk
1/2 tsp pure vanilla extract
1 Tbsp maple syrup
pinch nutmeg
pinch cinnamon
pinch salt
1 pomegranate, seeds of

Creamy quinoa topped with pomegranate seeds makes a pretty healthy breakfast that is high in protein.

Prep Time : 5 minutes.

Cook Time : 25 minutes

Yield : 4 servings

INSTRUCTIONS

Rinse quinoa under hot water. Drain thoroughly and add to sauce pan.

Over medium high heat, brown the quinoa, stirring constantly to avoid burning.

Add pinch of nutmeg, salt and cinnamon.

When quinoa has browned, add 2 cups almond milk and bring to a light simmer.

Cover and simmer for about 20 minutes or according to package instructions.

The quinoa should thicken and look like porridge. Add maple syrup and pomegranate seeds.

Serve with brown sugar, and more milk.



Breakfast Quesadilla



INGREDIENTS

2-3 tortillas, whole wheat or spelt
2 eggs
1/2 cup grated cheese, cheddar, Monterey
jack or
mozzarella work well

This is a simple breakfast Quesadilla with egg and cheese.

Prep Time : 5 minutes.

Cook Time : 5 minutes

Yield : 2

INSTRUCTIONS

Whisk 2 eggs in a bowl.

Heat a 9 inch pan (or any pan that is larger than your tortilla) over medium heat and add 1 teaspoon oil to coat the bottom of the pan.

Pour the whisked eggs into the pan and tilt the pan to spread evenly across.

Let cook for 30 seconds and use spatula to go around the edges to loosen from the pan.

Sprinkle 2 tablespoons of cheese on top, place one tortilla on top of the egg and cheese and flip it onto a plate.

Slide the egg, tortilla side down, back into the pan, sprinkle another 2 tablespoons of cheese on top of the egg and place another tortilla on top to cover.

Continue to cook the quesadilla for 1 minute. Press it down lightly with a spatula to melt the cheese. Flip the quesadilla to cook the other side until cheese melts.

Cut into wedges and serve with salsa, ketchup or fresh cilantro.

You can half the amount of egg and cheese if you are using smaller tortillas.



Creative Porridge 4 ways



These are delicious ideas to jazz up porridge and turn it into a breakfast you and your kids will love.

Prep Time : 5 minutes.

Cook Time : 6 minutes

Yield : 3-4

INSTRUCTIONS

Basic Oat Porridge: Place the oats and the milk or water in a large pan over medium heat. Add a pinch of salt and stir with a wooden spoon. Bring to a steady simmer for 5 to 6 minutes, stirring frequently to give you a smooth creamy porridge.

Blueberry and Apple Porridge: Make the basic oat porridge as directed. Stir the grated apple and most of the honey into the porridge for the last few minutes of cooking. Stir in most of the blueberries, then serve with the remaining scattered on top and the remaining honey drizzled over. Tip: Substitute the blueberries with any berries of choice or season. Things like sliced canned pear or peaches are also a yummy variation!

Banana Almond Cinnamon Porridge: Make the basic Oat Porridge as directed. Peel, then slice the bananas. Add the almonds to a small non-stick frying pan over a medium heat with no oil to roast for 3 to 4 minutes, or until lightly golden. Stir in the cinnamon. Serve with the bananas and toasted almonds on top and drizzle honey or maple syrup over top if desired.

Apple, maple syrup and pecan porridge: Make the basic oat porridge as directed. Slice the pecans then add them to a small non-stick frying pan over a medium heat with NO oil for 3 to 4 minutes, or until lightly golden. Stir the grated apple and some of the maple syrup into the porridge for the last few minutes of cooking. Serve with the toasted pecans on top and the remaining maple syrup drizzled over.

INGREDIENTS

BASIC OAT

1 3/4 cups rolled oats

600 ml water, soy, almond or cow's milk

pinch sea salt

BLUEBERRY APPLE

1 apple, coarsely grated

2-3 Tbsp honey

1 cup blueberries (fresh or frozen)

BANANA ALMOND CINNAMON

1 ripe banana

1/2 tsp ground cinnamon

1/4 cup sliced or slivered almonds

MAPLE APPLE PECAN PORRIDGE

1 apple, coarsely grated

1/4 cup sliced pecans

2-3 Tbsp maple syrup



Homemade Whole Wheat Pancake and Waffle



Have this healthy mix on hand to whip up pancakes or waffles in a jiffy! Makes 6 batches.

INGREDIENTS

FOR THE DRY MIX

large airtight container
6 cups whole wheat flour
1/3 cup sugar
2 Tbsp baking powder
1 Tbsp baking soda
2 tsp salt

FOR FRESH PANCAKES OR WAFFELS

1 large egg, lightly beaten
1 cup buttermilk
1 Tbsp oil
1 cup pancake mix

INSTRUCTIONS

To make the dry mix:

Whisk together all dry ingredients being sure to mix well. Transfer to airtight container and store in cool dry place.

To make fresh pancakes or waffles:

In a large bowl, whisk the egg, buttermilk and oil. Whisk in the pancake mix until just combined.

Heat a large pan or griddle over medium heat and grease with butter or oil. Pour about 1 tablespoon of the pancake mixture onto the griddle, making as many pancakes as will fit and cook for 2 minutes. Flip the pancakes and cook for one minute longer and serve. Making smaller pancakes can sometimes be more appealing to children. Or add batter to a greased and preheated waffle iron. Use according to manufacturer's directions.

Tip: If you don't have buttermilk on hand. Make your own! Just add 1 Tablespoon of vinegar or lemon juice to the 1 cup of milk and let sit for at least 5 mins.

Add berries of choice to vary this recipe!



Frittata



INGREDIENTS

6 eggs
1/8 tsp salt
1/8 tsp pepper
1 Tbsp butter
1 onion, finely chopped
1/4 cup cooked potatoes
1/4 cup red peppers
1/3 cup grated or crumbled cheese (use any cheese your family likes)

This is a simple Italian omelette with eggs, red peppers and potatoes.

Can be served cold or warm.

Prep Time : 5 minutes.

Cook Time : 15 minutes

INSTRUCTIONS

Preheat oven to 350°F (175°C) degrees.

In a mixing bowl, whisk together eggs, salt, pepper .

In a large oven-proof frying pan over medium heat, melt butter. Add onion and sauté until soft and translucent. Add vegetables and sauté for a couple of minutes until slightly soft. Shake pan to spread the veggies evenly around the pan. Remove pan from heat, pour egg mixture over the veggies, and sprinkle cheese on top.

Bake until center is set and edges are browned and pulling away from pan sides, around 10-15 minutes. Let stand for a few minutes before serving. Cut into wedges or squares.

Tip: This recipe calls for cooked potatoes and red peppers, but you can substitute any other veggie that your kids will like. This is a great recipe for using up leftovers!



Cheesy Zucchini and Bacon Muffins



INGREDIENTS

- 1 cup all purpose flour
- 1 1/2 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 1/4 cup butter, melted
- 1 lightly beaten
- 250 ml milk
- 1 clove garlic, minced
- 3/4 cup grated cheddar cheese
- 2 Tbsp freshly grated parmesan cheese
- 4 slices bacon, cooked and chopped

Savory muffins made with zucchini, cheese and bacon.

Prep Time : 15 minutes.

Cook Time : 30 minutes

Yield : 12

INSTRUCTIONS

Preheat oven to 350°F (180°C). Lightly grease a 12 cup muffin tin or line with paper.

Mix together the dry ingredients. In another bowl, stir together the butter, egg, milk, grated zucchini and garlic.

Mix the flour mixture into the milk mixture gradually, stirring between additions, until the flour mixture is evenly mixed in. Do not overmix.

Fold in the cheddar cheese, parmesan cheese and bacon pieces, and pour the batter into the prepared muffin tin.

Bake in the preheated oven until a toothpick inserted into the centre of a muffin comes out clean, 30 to 35 minutes.

Allow muffins to cool slightly before removing from tin. Serve warm. Refrigerate any leftovers.



Buttermilk Pancakes



INGREDIENTS

3 cups all purpose flour
3 Tbsp white sugar
3 tsp baking powder
1 1/2 tsp baking soda
3/4 tsp salt
3 cups buttermilk
1/2 cup milk
3 eggs
1/3 cup butter, melted

Classic fluffy pancakes!

Prep Time : 15 minutes.

Cook Time : 10 minutes

Yield : 12

INSTRUCTIONS

In a large bowl, combine flour, sugar, baking powder, baking soda, and salt. In a separate bowl, beat together buttermilk, milk, eggs and melted butter.

Keep the two mixtures separate until you are ready to cook.

Heat a lightly oiled griddle or frying pan over medium high heat.

Pour the wet mixture into the dry mixture, using a wooden spoon or fork to blend. Stir until just blended. Do not over mix!

Pour or scoop the batter onto the griddle, using approximately 1/3 cup for each pancake. Brown on both sides and serve hot.



Apple Cinnamon Oatmeal Pancakes



The smell of these delicious apple cinnamon pancakes will draw your kids to the kitchen!

Prep Time : 10 minutes.

Cook Time : 10 minutes

Yield : 8-10 pancakes

INSTRUCTIONS

In a bowl whisk together 1 cup of the buttermilk or milk (preferably buttermilk) and the oats. Let stand for 15 minutes.

In a large bowl whisk together the egg, brown sugar, and the apple. Stir in the flours, baking soda, salt, cinnamon, 2 tablespoons of the oil, the oats mixture, and the remaining 1/4 cup buttermilk and combine the batter well.

Heat a griddle over moderate heat until it is hot. Brush it with the additional oil, and drop the batter into the pan.

When the pancakes form bubbles on the surface flip and continue to cook for another 1-2 minutes. Serve the pancakes with syrup.

Tip: Try replacing the apple with mashed squash or pumpkin! Next time you buy a squash or pumpkin that is much too big for your intended recipe (which they often are!) cut the extra up into cubes and freeze them. That way for recipes like this you can take out a handful, let them cook in water while you mix the rest of the batter. When soft, remove from water (saving the cooking water) and mash with a fork. Add to batter in place of apple. If your pancakes need more liquid add some of the saved cooking water to reach desired texture. Often the kids don't even notice they are eating pumpkin!

INGREDIENTS

- 1 1/4 cups buttermilk or milk
- 2/3 cup quick-cooking rolled oats (not instant)
- 1 large egg, beaten lightly
- 2 tsp firmly packed light brown sugar
- 2/3 cup firmly packed grated apple
- 6 Tbsp all-purpose flour
- 6 Tbsp whole-wheat flour
- 1 tsp baking soda
- 1/2 tsp salt
- 1 tsp cinnamon
- 2 Tbsp vegetable oil plus additional for brushing the griddle
- maple syrup for serving



Classic French Toast with Very Berry Topping



A delicious rich french toast recipe topped with warm berry sauce.

Prep Time : 5 minutes.

Cook Time : 20 minutes

Yield : 8 pieces

INGREDIENTS

4 large eggs
1/2 cup milk
1/4 cup heavy cream
1 tsp vanilla extract
pinch of Salt
8 thick slices day old bread
3 Tbsp butter, plus more for serving
1 ½ -2 cups frozen berries (raspberries, blueberries
or your favorite frozen berry mix)
2 tsp cornstarch
1/8 cups cold water
confectioner's sugar for sprinkling

INSTRUCTIONS

Heat oven to 190°F (93°C). Line a baking sheet with parchment paper and put into oven. This will keep the first batches warm while the rest is cooking. Put 1 ½ – 2 cups frozen berries into a small saucepan and let sit. In a bowl whisk together the eggs, milk, cream, vanilla extract and a pinch of salt until well blended. Line bread slices up in a large baking dish. Pour egg mixture over bread slices. Flip and move the bread around so each slice is completely dosed with the egg mixture and the bread has soaked it all up. Melt a tablespoon of butter in a heavy, large pan or griddle over medium low heat. Working in batches, transfer a few slices of the soaked bread to the pan and cook until golden brown and cooked through, 2 to 3 minutes on each side. Transfer cooked french toast to warm oven while you cook the remaining bread slices. Add additional butter to pan as needed for each batch. While the remaining batches of french toast are cooking prepare the berry topping. Put the saucepan with the berries on medium heat and heat thoroughly until the berries have thawed. Stir the sauce, partially mashing the berries. Taste and add sugar if the mixture is too tart. Mix 2 tsp cornstarch with 1/8 cups cold water and add to heating berries. Bring to a light simmer and let simmer one minute to thicken stirring constantly. To serve, take the warm french toast out of the oven and put onto plates. Top with the berry topping. Sprinkle confectioner's sugar over top if desired.



2 Minute, 2 Ingredient Banana Pancakes



INGREDIENTS

3 small ripe bananas

3 eggs, lightly beaten

Need a quick and easy meal? Got eggs? Got Bananas? Done.

Prep Time : 5 minutes.

Cook Time : 2-3 minutes

INSTRUCTIONS

Mash bananas well. Whisk in eggs until well mixed.

Heat a non stick frying pan over a low medium heat. This is important. If pan is too hot they are harder to flip.

Pour in 1/3 of a cup of the batter. Cook until bubbles form evenly on the surface and flip. Cook a further 1-2 minutes. Done!

Serve with maple syrup and/or fruit.

This recipe can be easily doubled or tripled.

The most important part to remember is the ratio. You need 1/3 cup of mashed banana per egg . That's it!



Open “Face” Bagel Sandwiches



INGREDIENTS

2 bagels
2 hardboiled eggs
handful alfalfa sprouts
1 radish or cherry tomato
4 Tbsp cream cheese or mayonnaise
6 stalks chives

This is a fun simple lunch with hardboiled eggs and fresh greens on a bagel.

Prep Time : 10 minutes.

Cook Time : 10 minutes

Yield : 4

INSTRUCTIONS

Boil 2 eggs for 10 minutes.

Cut the bagels in half and toast if desired. Spread cream cheese or mayonnaise over the bagel.

After the eggs have cooked and been run under cold water shortly , and have cooled enough to handle, peel and slice crosswise.

Slice the radish or cherry tomatoes crosswise.

Arrange some of the alfalfa sprouts as hair on the top third of the bagel half.

Use two slices of hardboiled egg to form the eyes.

A slice of radish or tomato for the nose and make whiskers out the chive stalks.

Leftover slices can be arranged on the plate as a “necklace” or anything that comes to mind.

Serve and watch your kids smile!

Tip: You could add a slice of cheese or ham underneath the “face” to make these go further.



Veggie Pancakes



INGREDIENTS

1/2 cup carrots, grated
1/2 cup zucchini, grated
4 Tbsp frozen corn, thawed
1 egg
1/4 cup milk
1/2 cup flour
1/2 tsp baking powder
1/2 tsp salt
olive oil
1/4 cup sour cream
1 Tbsp chopped chives

These savory pancakes made with grated carrots and zucchini are really tasty with sour cream!

Prep Time : 5 minutes.

Cook Time : 20 minutes

Yield : 12 mini pancakes

INSTRUCTIONS

In a separate bowl, whisk the egg and milk together and add grated carrots, zucchini and thawed frozen corn. Mix until veggies are coated. Whisk the flour, baking powder, and salt together in a bowl and sprinkle over the vegetable mixture. Toss to combine. Heat oil in a frying pan over medium heat.

Place 1 tablespoon of vegetable mixture in pan and cook for 3 minutes on each side or until golden brown.

Repeat with remaining batter.

Place sour cream in a small bowl and stir in the chives. Serve hot veggie pancakes with a dollop of sour cream on the side to dip. Delicious!

Tip: These also freeze well. Allow to cool, place in a ziploc bag and freeze. When ready, place in toaster oven or oven at 300°C and heat for 10 minutes or until heated through.



Cheesy Black Bean Quesadillas



INGREDIENTS

6 10 inch tortillas, any flavor
1 1/2 cups salsa (choose one mild enough for your kids)
2 cups black beans, cooked or canned and drained
1 bell pepper , cut into thin strips
2 cups grated Cheese, Monterey jack or cheddar
for dipping sour cream
for dipping guacamole

Goopy warm quesadillas with cheese, black beans and bell peppers.

Prep Time : 5 minutes.

Cook Time : 15 minutes

Yield : 3

INSTRUCTIONS

Preheat oven to 375°F (190°C)

Place 3 tortillas on a cutting board or clean counter top. Spread 1/2 cup of the salsa evenly over each of the tortillas. Top with beans, strips of bell peppers and sprinkle evenly with cheese. Top with remaining tortillas.

Bake quesadillas on a baking sheet for about 15 minutes, or until heated through and light golden brown.

Cut each quesadilla into 6 wedges and serve with sour cream, salsa and guacamole on the side, if you like. Make this a full meal and serve with Spanish rice.

Tip: If you have a pressure cooker or slow cooker you can make your own beans without having to soak over night. Beans freeze beautifully, so any extra can be easily frozen for later use. This saves money!

For pressure cooker: Rinse beans. Add desired amount of beans and cover at least 2 inches in water. Do not add salt yet. Cook according to manufacturer's directions, usually about 20 mins on the first ring. Use caution when opening the pressure cooker. Season with salt.

For slow cooker: Rinse beans. Add desired amount of beans and cover at least 2 inches in water and 1 tsp salt per pound of beans. Cover and cook on low for 6-8 hours.



Couscous salad



INGREDIENTS

1 1/4 cups couscous
2 cups boiling water
1/2 cup feta cheese
cherry tomatoes, or one large
1 cucumber, diced
1/2 tsp salt
lemon juice, freshly squeezed
3 Tbsp olive oil
1-2 Tbsp fresh parsley leaves, finely
chopped
to taste pepper

Couscous is not a grain is it actually a pasta! If there is one food that kids seem to love its pasta. This is a fresh simple salad that is a fun way to incorporate vegetables.

INSTRUCTIONS

Bring the 2 cups of water to a boil. Place the couscous, 1 Tablespoon of olive oil, and a pinch of salt in the pot of boiling water. Simmer for about 5 minutes, cover and remove from heat.

Let sit for about 10 minutes. (OR cook your couscous according to package directions, as the coarseness of the couscous may vary). Then remove to a bowl and allow to cool.

Add the diced cucumber, tomatoes, crumbled feta and parsley.

In a small bowl mix together remaining olive oil, lemon juice, salt and pepper. Add to salad and mix well.

Tip: You can of course use any vegetable that your kids like. If they don't like tomatoes but will eat peppers then cut strips of bell peppers. If they don't like feta use another kind of cheese cut into cubes.



Tea Biscuits



INGREDIENTS

2 cups all-purpose flour
4 tsp baking powder
1 tsp salt
1/2 cup butter, very cold, cut into cubes
3/4 cup milk

These soft and fluffy tea biscuits are best fresh out of the oven with melted butter! A great accompaniment to any soup.

Cook Time : 12 minutes

Yield : 12-20

INSTRUCTIONS

Preheat oven to 400°F (205°C). Grease a baking sheet or line with parchment paper.

Whisk together flour, baking powder, and salt. Cut the cold butter cubes into the flour until mixture has a fine crumb texture. If you don't have a pastry knife, use two knives to cut in the butter. Make a well in the centre and stir in milk with a fork. Use your hands to gather the dough until just combined. Do not knead or over mix! On a lightly floured surface roll out the dough to a thickness of at least 1/2 inch. Cut into rounds with a cookie or biscuit cutter (or use a glass). Place on cookie sheet, and allow to rest for a few minutes.

Bake in preheated oven for 12 to 15 minutes. Until just starting to turn golden brown. Serve warm.

Tip: For a healthy twist: Instead of using only all purpose flour, combine with a little whole wheat flour. Add 3/4 cup whole wheat flour and 1 1/4 cups all purpose flour. You may need to add a tablespoon or two more of milk as the whole grain flour tends to soak up more moisture.



Potato Salad



This creamy potato salad is a perfect side to just about anything.

Prep Time : 35 minutes.

INGREDIENTS

2 lbs waxy potatoes, such as red-skinned or new potatoes, scrubbed
2 large eggs
1 cup mayonnaise
1/2 cup celery stalk, sliced thinly
1/4 cup Dijon Mustard
1/4 cup dill relish
1/3 cup scallions, finely chopped
2 Tbsp fresh parsley leaves, finely chopped
2 Tbsp fresh dill, chopped
1 Tbsp freshly squeezed lemon juice
1/2 tsp salt
1/8 tsp pepper

INSTRUCTIONS

Make sure to buy waxy potatoes, such as red-skinned or new potatoes, or potatoes that retain their shape after cooking. Russets are not suitable as they contain more starch and will crumble. You can cook the potatoes and eggs up to a day in advance and store them in the refrigerator until you're ready to make the salad. Place the potatoes and eggs in a large pot filled with salted water and bring to a boil over high heat. Reduce the heat to medium and simmer until the eggs are hard-boiled, about 12 minutes. Remove the eggs, run under cold water shortly and set aside. Continue to simmer the potatoes until tender when pierced with a knife. Drain the potatoes allow them to cool slightly, about 10 minutes. Transfer the eggs and potatoes to a baking sheet or large plate and arrange them in a single layer. Refrigerate until completely cooled, about 1 hour. Meanwhile, mix together the remaining ingredients in a large bowl. When the eggs and potatoes have cooled, peel and dice the eggs, add to bowl with the mayonnaise mixture. Set aside. Remove the skin from the cooled potatoes. Using your hands, break the potatoes into large chunks (about 3/4 inch pieces) and add them to the bowl with the eggs and mayonnaise mixture. Use a rubber spatula to gently fold the potatoes and eggs into the mayonnaise mixture. Combine until well-coated. Serve immediately or refrigerate in an airtight container for up to 4 days.



Oven Baked Sweet Potato Fries



INGREDIENTS

5 sweet potatoes, peeled and sliced into strips
3-4 Tbsp olive oil
1/2 tsp paprika
1/2 tsp garlic powder
to taste salt

When are these delicious sweet potato fries not a hit?!

Prep Time : 5 minutes.

Cook Time : 20 minutes

Yield : 3-4

INSTRUCTIONS

Preheat oven to 450 F (230 C).

Line a baking sheet with parchment paper. In a large bowl toss sweet potatoes with just enough oil to coat, about 3-4 tablespoons.

Sprinkle with paprika, garlic powder and salt. Mix until evenly coated.

Spread sweet potato strips out evenly on prepared baking sheet, being sure not to overcrowd.

Bake until sweet potatoes are tender and golden brown, turning occasionally, about 20 minutes.



Your Kids Will Never Know Its Lentil Soup



INGREDIENTS

- 1 small onion, peeled and quartered
- 2 medium carrots, peeled and largely chopped
- 4 medium potatoes, peeled and quartered
- 1/2 cup uncooked red lentils
- 4 cups water or vegetable broth
- 1 Tbsp tomato paste
- 1 cup heavy cream
- 1 Tbsp Butter

This is a smooth creamy comforting soup that most kids just love.

Prep Time : 5 minutes.

Cook Time : 15 minutes

Yield : 4 servings

INSTRUCTIONS

Add the 4 cups of water or vegetable broth, onion, carrots and potatoes to a large saucepan and bring to a boil. Let simmer about 10 minutes. Add lentils and continue to simmer until the lentils become smooth and creamy and all the vegetables are soft when pierced with a fork. Remove from heat and carefully purée the soup with a hand held mixer or in batches in a blender. Add tomato paste and heavy cream and return to medium low heat. Heat and stir the soup until the cream and tomato paste are well mixed and soup is hot. Add 1 tablespoon butter and stir. Taste and add salt if necessary. If the soup turns out too thick add more water until desired consistency is reached. Serve hot.



Soft Cornbread



INGREDIENTS

5 Tbsp unsalted butter
3/4 cup all-purpose flour
3/4 cup yellow cornmeal
1 1/2 tsp baking powder
1/2 tsp baking soda
1/2 tsp kosher salt
1 cup buttermilk
2 large eggs

This easy soft corn bread makes the entire house smell delicious and completes any soup to make a great lunch.

Prep Time : 25 minutes.

Cook Time : 20 minutes

Yield : 4-6

INSTRUCTIONS

Preheat the oven to 425 °F (215°C) . Butter an 8-inch-square baking pan.

Melt the butter in the microwave or in a small pan on the stove. Set it aside to cool.

In a bowl, whisk together the flour, cornmeal, baking powder, baking soda and salt.

In a large bowl, whisk together the buttermilk and the eggs. Add the melted butter. Add the flour-cornmeal mixture and stir just until combined. Pour the batter into the greased pan. Bake until the cornbread just begins to brown and a toothpick inserted in the center comes out clean, 20 minutes. Cool for 10 minutes before serving.



Easy Tomato Soup



INGREDIENTS

1-2 Tbsp olive oil
1 small sweet onion, coarsely chopped
1 can whole peeled tomatoes in their juices
1 1/2 cups low-sodium chicken broth or water
2 bay leaves
1/3 cup heavy cream
Salt
Fresh basil for garnishing

Simple creamy homemade tomato soup.

Prep Time : 5 minutes.

Cook Time : 15 minutes

Yield : 4 servings

INSTRUCTIONS

Heat oil in a medium sauce pan over medium heat. Add onion and a generous pinch of salt. Cook, stirring occasionally, until onion is soft and just beginning to brown. Add tomatoes and juices to the pan and stir to crush up tomatoes. Add broth or water and bay leaves and bring to a simmer. Simmer until tomatoes begin to fall apart, about 10 minutes. Discard bay leaves and remove the soup from heat. Once the soup has cooled down just a bit, carefully purée soup in a blender or with a handheld mixer until smooth. Return soup to the stove over low heat and stir in cream. Taste and adjust salt and pepper accordingly. Garnish with fresh Basil leaves and serve with whole wheat soda crackers or classic grilled cheese sandwiches!



Creamy Scalloped Potatoes



INGREDIENTS

4 lbs russet potatoes
2 Tbsp butter
1 small onion, minced
2 garlic cloves, minced
3 cups heavy cream or half & half
1 cup milk
2 sprigs fresh or 1 tsp
dried
fresh thyme
2 bay leaves
2 tsp salt
1/2 tsp ground black pepper
1 cup grated cheese

This is a comfort dish made with potato slices in a creamy sauce and topped with melted cheese.

Prep Time : 10 minutes.

Cook Time : 25 minutes

Yield : 8-10 servings

INSTRUCTIONS

Heat oven to 350°F (175°C)

Peel and cut potatoes into 1/8-inch-thick slices.

Meanwhile, melt butter in large Dutch oven or large, heavy-bottomed saucepan. Add onion and sauté until translucent and soft.

Add garlic and sauté until fragrant. Add cream, milk, thyme, bay leaves, salt, pepper, and potatoes and bring to a simmer.

Cover, adjusting heat as necessary to maintain a light simmer, and cook until potatoes are almost tender when pierced with a knife.

Remove and discard thyme sprigs and bay leaves. Transfer potato mixture to a 3-quart oven proof dish and sprinkle with cheese. Bake for 20 minutes or until the surface is bubbling and the top is golden brown. Cool before serving.



American Goulash



INGREDIENTS

- 2 lbs lean ground beef
- 2 onions, chopped
- 3 garlic cloves, finely chopped
- 3 cups water
- 2 (15-ounce) tomato sauce
- 2 (15-ounce) diced tomatoes
- 2 Tbsp Italian seasoning
- 3 bay leaves
- 3 Tbsp soy sauce
- 1 cup canned or frozen peas and/or corn
- 1 tsp kosher salt
- 2 cups elbow macaroni
- 1 cup grated cheese

This one dish meal is a classic. It mixes lean ground beef with a cheesy tomatoey sauce. This meal is always a pleaser.

Prep Time : 20 minutes.

Cook Time : 50 minutes

INSTRUCTIONS

In a deep sauce pan with a lid or Dutch oven, sauté the ground beef over medium-high heat until no pink remains.

Break up the meat while cooking with a wooden spoon. Spoon off any grease. Add the onions and garlic to the pan and sauté until they are tender and translucent, about 5 minutes. Add 3 cups water, along with the tomato sauce, diced tomatoes, corn, peas, Italian seasoning, bay leaves, soy sauce, and salt.

Stir well. Place a lid on the pan and allow to cook for 15 to 20 minutes. Add the elbow macaroni, stir well, return the lid to the pot, and simmer for about 30 minutes. Turn off the heat, remove the bay leaves. Serve topped with grated cheese.

Tip: This is a dish that makes a delicious leftover and it freezes well too. Make on a Sunday if you have a busy week coming up and save yourself the cooking on weekday nights.



Carrot Ginger Pasta Sauce



INGREDIENTS

1 Tbsp oil
2 garlic cloves, minced
1 Tbsp fresh ginger, minced
4 carrots, peeled and chopped
2 Tbsp miso
1 Tbsp tahini (sesame paste)
2 Tbsp water

Creamy, sweet and delicious pasta sauce made with carrots and ginger.

Prep Time : 10 minutes.

Cook Time : 15 minutes

INSTRUCTIONS

Heat oil in a pan over medium heat. Add garlic and sauté until fragrant, about 30 seconds. Add ginger and carrots.

Cover and cook until carrots are soft, about 15 minutes.

Transfer to a food processor or blender and add the miso, tahini and water.

Puree until smooth.

Serve tossed with pasta, soba, or brown rice.

Tip: Stays fresh in the refrigerator for 3-4 days.



Pasta Primavera



INGREDIENTS

2 small zucchini,
2 carrot, peeled
4 asparagus spears
1 red bell pepper
1 clove garlic, minced
2 Tbsp olive oil
1 tsp salt
2 Tbsp butter
1/2 cup parmesan cheese
pasta noodles, bow tie or any short pasta

Fresh veggie ribbons and pasta in a light creamy sauce. Gourmet for kids.

Prep Time : 10 minutes.

Cook Time : 10 minutes

INSTRUCTIONS

Julienne (cut into thin strips) the vegetables with a knife or in a food processor using the shredding blade. Cook pasta according to package directions in salted water.

While the pasta cooks, place the olive oil in a pan over medium heat. Sauté the garlic for 1 minute. Add the vegetables and cook for an additional 3-4 minutes. Stir in the salt, strain the pasta, reserving 1/3 cup of the pasta water. Place the pasta, reserved water, vegetables, butter and parmesan cheese in a bowl. Toss to combine, and serve.

Tip: Whole wheat pasta goes very well with recipe!



Spaghetti Carbonara



Creamy carbonara sauce with bacon and parmesan.

Prep Time : 10 minutes.

Cook Time : 10 minutes

INGREDIENTS

8 pancetta or bacon slices
1 Tbsp olive oil
1 Tbsp flour
1/4 cup onion, chopped
1 clove garlic, minced
1/8 cup dry white wine or chicken stock
2 eggs, beaten
1/4 cup heavy cream, half & half or milk
1/2 cup parmesan cheese
to taste salt and pepper
1/2 cup reserved pasta water
For garnishing fresh parsley leaves, finely
chopped
(optional)
1 16 oz box pasta noodles, spaghetti or
linguine

INSTRUCTIONS

In a large pot, bring salted water to a boil, cook the pasta until al dente. While the pasta cooks start cooking the bacon.

In a large skillet, cook chopped bacon or pancetta until slightly crisp. Remove bacon pieces to drain onto paper towels. Reserve 1 tablespoon of bacon fat. Add 1 tablespoon olive oil, and heat. Add chopped onion, and sauté over medium heat until onion is translucent. Add minced garlic, and cook for one minute. Add flour and whisk briskly until combined with the fat. Quickly add wine or chicken stock and cook until thickened whisking constantly. Turn off heat and return cooked bacon to pan.

Drain the spaghetti noodles thoroughly, reserving 1/2 cup pasta water. Add hot spaghetti to the pan and toss to coat. Mix the cheese, cream and beaten eggs together in a separate bowl, then stir into the pasta. Tossing constantly with tongs or large fork until eggs are barely set. If the mixture is too thick add a bit of the reserved pasta water. Add pepper to taste. You may not need to add additional salt as bacon and parmesan are very salty. Serve immediately with chopped parsley sprinkled on top, and extra parmesan cheese.



Tuna Noodle Casserole



A quick delicious one dish meal, combining pasta with a creamy tuna sauce and baked with bread crumbs and melted cheese.

Prep Time : 30 minutes.

Cook Time : 45 minutes

Yield : 6

INSTRUCTIONS

Preheat oven to 375 °F (190 °C).

Butter a medium baking dish with 1 tablespoon butter. Melt 1 tablespoon butter in a skillet over medium low heat.

Stir in the onion, celery, and garlic, and sauté 5 minutes, until tender. Increase heat to medium high, and mix in mushrooms. Continue to cook and stir 5 minutes, or until most of the liquid has evaporated.

Meanwhile, bring a large pot of water to a boil. Add egg noodles, cook for 8 to 10 minutes, until al dente, and drain. While you are waiting for the water to boil, melt 4 tablespoons butter in a medium saucepan, and whisk in flour until smooth. Gradually whisk in milk, and continue cooking 5 minutes, until sauce is smooth and slightly thickened.

Season with salt and pepper. Stir in tuna, peas, mushroom mixture, and cooked noodles. Transfer to the baking dish. Melt remaining 2 tablespoons butter in a small bowl, mix with bread crumbs, and sprinkle over the casserole. Top with cheese. Bake 25 minutes in the preheated oven, or until lightly browned.

INGREDIENTS

- 1/2 cup butter
- 1 package uncooked egg noodles
- 1/2 medium onion, finely chopped
- 1 stalk celery, finely chopped
- 1 clove garlic, minced
- 1 1/2 cups mushrooms, sliced
- 1/4 cup all-purpose flour
- 2 cups milk
- to taste salt and pepper
- 2 cans tuna, drained and flaked
- 1 cup frozen peas, thawed
- 3 Tbsp bread crumbs
- 2 Tbsp butter, melted
- 1 cup shredded cheddar cheese



Spanish Rice



INGREDIENTS

2 Tbsp olive oil
1 onion, chopped fine
1 garlic clove, minced
2 cups medium or long-grain white rice
3 cups (or according to package)
chicken or vegetable stock
1 Tbsp tomato paste or 1 cup of diced
fresh or cooked tomatoes, strained
Pinch of oregano
1 tsp salt

Tomatoey rice with a nutty flavor, which accompanies just about anything well.

Prep Time : 5 minutes.

Cook Time : 25 minutes

Yield : 4-6

INSTRUCTIONS

In a large skillet brown the rice in olive oil on medium high heat. Add onion and garlic. Cook onion rice mixture, stirring frequently, about 4 minutes, or until onions are softened and translucent.

In a separate sauce pan bring stock to a simmer. Add tomato sauce, oregano, and salt. Add onion rice mixture to broth. Bring to a light simmer. Cover.

Over low heat, cook 15-25 minutes, depending on the type of rice and the instructions on the rice package. Turn off heat and let sit for 5 minutes.



Spaghetti and Meatballs



This classic tomato sauce sneaks in zucchini for added nutrients.

Prep Time : 15 minutes.

Cook Time : 30 minutes

Yield : 4-5 servings

4 large good quality pork sausages

1lb lean ground beef

1 carrot, finely grated

1 small onion, coarsely grated

1tsp dried oregano

1/4 cup parmesan, finely grated

1 medium egg

1 Tbsp olive oil

TOMATO SAUCE

1 Tbsp tomato sauce

1 Tbsp olive oil

1 cup grated zucchini

3 garlic cloves, minced

1 Tbsp tomato paste

pinch sugar or honey

splash red wine vinegar

2x 400g cans tomato sauce

INSTRUCTIONS

Squeeze all the sausage meat out of the sausage skins into a large bowl and add the ground beef. Add the rest of the meatball ingredients, except the olive oil, into the bowl and season with salt and black pepper. Mix everything together with your hands until completely mixed. This is a great job for kids! Roll the meatball mixture into walnut sized balls and place them on a plate. This is also a great job for children to help with. Heat the oil in a large sauce pan. Add the zucchini and garlic and cook for 5 minutes until soft. Stir in the tomato paste, sugar and vinegar leave for 1 minute then pour in the tomato sauce and simmer for 5 minutes. If your children like zucchini then you can leave the sauce chunky. If they don't then purée the sauce with a hand held mixer. Continue to simmer sauce gently while you cook the meatballs.

Bring a pot of water to boil for the noodles. Meanwhile, heat the oil in a large frying pan. Working in batches, brown the meatballs on all sides then put them into the sauce. Continue to simmer the sauce for 15 minutes, stirring gently until the meatballs are cooked through. Serve with cooked spaghetti noodles, extra grated parmesan and a few torn basil leaves.

Tip: Choose whole wheat noodles for added nutrients.



Bacon and Cheese Quiche



This classic fluffy quiche is made with bacon and cheese.

Prep Time : 40 minutes.

Cook Time : 40 minutes

Yield : 1 Quiche

INGREDIENTS

HOMEMADE CRUST

1 1/4 cups all purpose flour

1/2 cup unsalted butter, very cold cut into cubes

1 tsp sugar

1/4 tsp salt

3-4 Tbsp cold water

QUICHE FILLING

1/2 lb bacon

1 cup milk

1/2 cup heavy cream

3 eggs

1/2 tsp salt

1/4 tsp black pepper to taste

1/8 tsp ground nutmeg

1 cup grated gruyere or other cheese

1 heaping Tbsp chopped chives

INSTRUCTIONS

Preheat oven to 350°F (175°C). First make the pie crust. Combine flour, salt and sugar. Cut cold butter cubes into the flour with a pastry cutter, or two knives. Continue cutting until mixture forms crumbs about the size of peas. Add a little of the water kneading in between until the mixture just starts to hold together – if it doesn't hold together add more water small amounts at a time; note that too much water will make the dough tough. After kneading the dough until just combined roll into a ball and flatten slightly. Cover with plastic wrap and refrigerate while you prepare the rest. Cook the bacon until nicely browned. Lay cooked strips of bacon on a paper towel to absorb the excess fat. Chop the cooked bacon into 1/4 inch pieces. Whisk the eggs in a large bowl. Add the nutmeg, salt, black pepper and chives and whisk a little more. Add the milk and cream and whisk briskly for 2 minutes to introduce a little air into the mix. This keeps the texture of the quiche light and fluffy. Now roll out the dough on a floured surface and form a circle large enough to fill your quiche pan about 12-inches round. Place it in a 10-inch wide, 1 1/2 inch high tart pan, pressing the dough into the edges. Use a rolling pin to roll over the surface of the tart pan to cleanly cut off the excess dough from the edges. Arrange the bacon and cheese in the bottom of the pie crust. Whisk the egg and milk mixture again for a few seconds, then pour it gently into the pie crust. Bake for 30-40 minutes. After about 30 minutes test by gently jiggling the quiche. It should have just a little wiggle (It will finish setting while it cools). Cool on a wire rack. A quiche will keep for several days in the fridge, enjoy at room temperature, cold or gently reheated in a 200° F (90°C) oven.



Cream of Cauliflower Soup



INGREDIENTS

1 Tbsp butter
1 onion, coarsely chopped
1 cloves garlic, chopped
1/2 tsp salt
1 head cauliflower, chopped
2 cups chicken or vegetable broth
1/4 tsp freshly ground white pepper
1/8 tsp freshly grated nutmeg
1 to 2 cups whole milk, or heavy cream
1/8 tsp finely grated zest of organic lemon, optional

A creamy cauliflower soup with lots of flavor!

Prep Time : 5 minutes.

Cook Time : 15 minutes

Yield : 4 servings

INSTRUCTIONS

In a large pot over medium heat, melt 1 tablespoon butter. Add the onions and salt. Cook, stirring occasionally until the onions are soft but not browning about 5 minutes. Add the garlic and cook until fragrant.

Add the cauliflower, stir to combine. Add the broth, bring to a boil, reduce heat and simmer until cauliflower is tender when pierced with a fork.

Purée the soup with a hand-held blender. Or, blend in batches in a blender or food processor until smooth. Stir in the pepper and nutmeg.

Add the milk or cream and cook over medium low heat until the soup is hot. Taste and add more salt and pepper. If you would like to give this soup a hint of lemon. Add about 1/8 teaspoon freshly grated lemon zest.



Asian Orange Chicken



Tender chicken pieces in a delicious Asian orange sauce.

Prep Time : 15 minutes.

Cook Time : 30 minutes

Yield : 6

INSTRUCTIONS

2 lbs boneless skinless chicken,
chopped into bite sized pieces

1 egg, lightly beaten

1 1/2 tsp salt

to taste pepper

oil (for frying)

1/2 cup + 1 Tbsp cornstarch

1/4 cup flour

1 tbsp ginger root, minced

1 Tbsp garlic, minced

1/2 tsp crushed hot red chili pepper

1/4 cup green onion, chopped

1 Tbsp rice wine

1/4 cup water

1/2 tsp sesame oil

ORANGE SAUCE

1 1/2 Tbsp soy sauce

1 1/2 Tbsp water

5 Tbsp sugar

5 Tbsp white vinegar

1 zest of orange

INSTRUCTIONS

In a large bowl whisk together egg, salt, pepper and 1 tablespoon oil and mix well. Whisk cornstarch and flour together and add to the egg mixture. Add chicken pieces, stirring to coat. In a deep frying pan or wok, heat a generous amount of oil. Add chicken, small batches at a time to the hot oil and fry 3 to 4 minutes or until golden crisp, being careful not to overcook. Remove chicken from oil and drain on paper towels if necessary. Set aside. Prepare orange sauce. Clean wok or pan and heat again over high heat for about 15 seconds. Add 1 tablespoon oil, ginger, garlic and stir-fry until fragrant. Quickly add and stir-fry crushed chiles (optional: if you are cooking for kids you might want to omit these unless they like spicy foods), green onions and rice wine. Add orange sauce and bring to boil. Add cooked chicken, stirring until well mixed. Stir water into remaining 1 tablespoon cornstarch until smooth and add to chicken. Heat until sauce is thickened. Stir in sesame oil and orange zest if desired. Serve with rice, soba noodles or rice noodles.



Meatloaf



This is a juicy meatloaf your kids will love!

INGREDIENTS

2/3 cup bread crumbs
1 cup milk
2 eggs, beaten
1 Tbsp minced onion
1 ½ lbs ground beef
1 tsp salt
1/8 tsp pepper
1/2 tsp sage
3 Tbsp brown sugar
1/3 cup ketchup
1/4 tsp nutmeg
1 tsp dry mustard

INSTRUCTIONS

Preheat oven to 350 ° F (175°C)

Mix bread crumbs, milk, eggs and minced onions together in a large bowl.

Add meat, salt, pepper, and sage to bread mixture and mix well.

Shape meat into a loaf and place into a loaf pan that has been well greased.

Mix brown sugar, ketchup, nutmeg and dry mustard together, and pour over meatloaf.

Bake for 1 hour.

Serve with mashed potatoes and a steamed vegetable such as carrots or broccoli for a balanced meal.



Easy Shepherd's Pie



INGREDIENTS

1 1/2 lbs lean ground beef
1 onion chopped
1-2 cups vegetables – chopped carrots, corn, peas
1 1/2 – 2 lbs potatoes (3 big ones)
1 1/2 cups cauliflower, chopped (optional)
8 Tbsp butter (1 stick)
1/2 cup beef broth
1 tsp Worcestershire sauce
salt, pepper, other seasonings of choice

Creamy mashed potatoes and cauliflower layered on top of ground beef and corn. This simple dish is a children's favorite.

Prep Time : 15 minutes.

Cook Time : 50 minutes

Yield : 4

INSTRUCTIONS

Preheat oven to 400°F (200°C)

Peel and quarter potatoes. Put chopped cauliflower and potatoes in a pot and cover with water. Boil in salted water until tender (about 20 minutes). While the potatoes and cauliflower are cooking, melt 4 tablespoons butter in large frying pan. Sauté onions in butter until tender over medium heat. If you are adding vegetables, add them according to cooking time. Put any carrots in with the onions. Add corn or peas either after the onions are cooked, or after the meat is no longer pink. Add ground beef and sauté until no longer pink. Add salt, pepper and Worcestershire sauce. Add half a cup of beef broth and cook, uncovered, over low heat for 10 minutes, adding more beef broth as necessary to keep moist.

Mash potatoes and cauliflower with remainder of butter and season to taste.

Place beef and onions in a baking dish. Distribute mashed potato mixture on top. Rough up with a fork so that there are peaks that will brown. You could get creative here and use the fork to make some designs in the potatoes that your kids may find funny.

Bake until bubbling and brown about 30 minutes.



Easy Salmon Fish Cakes



INGREDIENTS

1lbs floury potatoes, cut into chunks
3/4 lbs salmon (about 3 fillets)
2 tsp tomato ketchup
1 tsp english mustard
1 zest ½ lemon, plus slices to serve
1 heaped Tbsp chopped parsley
1 heaped Tbsp chopped dill
3 Tbsp all purpose flour
1 egg, beaten
2 cups dried breadcrumbs
4 Tbsp sunflower oil
Lettuce leaves for serving

Healthy salmon combined with mashed potatoes make up these yummy fish cakes.

Prep Time : 15 minutes.

Cook Time : 15 minutes

Yield : 4

INSTRUCTIONS

Place the potatoes in a pot of water, bring to a boil, and cook for 12-15 minutes until tender. Drain and mash them.

Set aside.

Meanwhile, season the salmon and broil in the oven for 5-6 minutes until just cooked. Let cool for a few minutes, then break the salmon into large flakes.

Mix the potato, ketchup, mustard, zest, herbs and some seasoning. Lightly mix in the salmon. Be sure not to break it up too much. Shape into 4 large fish cakes.

Put the flour, egg and breadcrumbs in 3 shallow dishes. Dip the cakes into the flour, dust off any excess, then into the egg, and finally coat in breadcrumbs. Heat the oil in a large pan. Fry the cakes over a medium low heat for 3-4 mins each side until deep golden and heated through. Serve with lettuce and lemon slices.



Easy Mini Quiches



INGREDIENTS

3 eggs
4 bacon, diced
1 small onion
2 Tbsp cheese, grated
to taste salt and pepper
1/4 cups dash of thickened cream,
sprinkle of fresh or dried parsley
3-4 pre-made frozen pastry squares

Mini quiche made in a muffin tin is very appealing to the kids.

Prep Time : 10 minutes.

Cook Time : 15 minutes

Yield : 8

INSTRUCTIONS

Preheat your oven to 350° F (180° C).

Lightly grease 2 muffin tins. In a bowl, mix the eggs, bacon, onion, cheese, salt, pepper, cream and parsley with a fork until mixed together well. Using a glass or pastry cutter, cut circles out of the defrosted pastry dough and place into the greased muffin trays. Spoon the mixture over the pastry until the tins are about 1/2-3/4 full.

Bake in the oven for 15 – 20 minutes or until golden brown.



Easy Chicken Pot Pie



Delicious creamy chicken and veggies topped in a buttery pastry!

Prep Time : 45 minutes.

Cook Time : 40 minutes

Yield : 6-8

INGREDIENTS

HOMEMADE PASTRY CRUST

1 1/4 cups all purpose flour
1/2 cup unsalted butter, very cold
cut into
cubes
1 tsp sugar
1/4 tsp salt
4-6 Tbsp ice water
2 Tbsp all-purpose flour
2 cups low-sodium chicken stock
1 cup heavy cream
1 egg, lightly beaten

PIE FILLING

1 1/2 pounds chicken tenders
(about 10 tenders)
1/2 tsp sweet paprika
1/2 tsp dried sage
1/4 tsp dried oregano
Salt and freshly ground black
pepper
3 Tbsp extra-virgin olive oil
1 cup onion chopped
1 cup frozen peas and diced carrots
2 cloves garlic, minced
2 Tbsp all-purpose flour
2 cups low-sodium chicken stock
1 cup heavy cream
1 egg, lightly beaten

INSTRUCTIONS

Preheat the oven to 400° F (200°C). First make the crust. In a food processor, pulse together flour, sugar, and salt. Add butter and pulse until mixture resembles coarse meal, with a few pea-size pieces of butter remaining. Sprinkle with 3 tablespoons ice water. Pulse until dough is crumbly but holds together when squeezed (if necessary, add up to 2 tablespoons ice water); do not overmix. Form dough into a ball and flatten slightly, wrap tightly in plastic, and refrigerate until firm, at least a half an hour (while you prepare the chicken filling).

Season the chicken tenders with paprika, sage, oregano, salt and pepper. Heat a 10-inch cast-iron pan over medium high heat and add the olive oil. (if you don't have a cast iron pan, use a Dutch oven, or make the chicken in a pan and transfer to oven proof dish for the baking) When the oil is hot, add the seasoned chicken and sauté until cooked through. Remove the chicken to a plate, leaving the oil in the pan. Let the chicken rest for a few minutes, and then chop into half inch cubes. Using the same pan, fry the onions, peas and carrots and sprinkle with salt and pepper. Stir and cook until the onions become tender and translucent, 3 to 5 minutes. Add the garlic and cook about 1 minute. Sprinkle in flour and stir until the flour dissolves into the vegetables and juices. Add chicken stock and bring to a simmer, stirring until thickened. Once the liquid has thickened, stir in the heavy cream. Season with salt, if needed. Return chicken to pan. If not using a cast iron pan, now is the point to transfer the chicken to an oven proof dish for baking. Roll out dough to 1/8-inch thickness on a floured surface. Place dough over dish and fold overhang inward while pinching in the edge. Cut 3 vents in dough. Whisk egg and brush on top of pastry crust. Place dish on a rimmed baking sheet and bake until crust is golden brown and filling is bubbling around edge, 45 to 50 minutes. Let cool 15 minutes before serving.



Crispy Baked Chicken



INGREDIENTS

8 chicken pieces (preferably 2 breasts, 2 thighs, 2 legs and 2 wings)
1/2 cup all-purpose flour
Kosher salt and freshly ground pepper
4 cups cornflakes
2/3 cup buttermilk
2 Tbsp dijon mustard
1/4 tsp cayenne pepper
1 1/2 tsp paprika
3/4 tsp ground sage

Chicken coated in cornflakes and crispy baked.

Prep Time : 20 minutes.

Cook Time : 50 minutes

Yield : 4-6

INSTRUCTIONS

Preheat the oven to 425° F (220°C). Place a rack in a roasting pan or on a baking sheet.

Rinse the chicken in cold water; pat dry. In a large bowl or on a plate, season the flour with salt and 1/4 teaspoon pepper. Coat each chicken piece thoroughly, tap against the bowl to shake off excess flour and set aside. Discard the flour. Place the cornflakes in a big resealable plastic bag, carefully pressing the bag to push out as much of the air as possible. Roll over the flakes with a rolling pin. (the kids might love to help with this job!) Open the bag and pour the crushed flakes into a wide bowl or onto a plate.

In a large bowl, mix the buttermilk, mustard, cayenne pepper, paprika and sage. Dip the floured chicken into the buttermilk bath and turn several times until well coated. Roll generously in the cornflake crumbs.

Arrange the chicken pieces on the rack and place in the hot oven. Cook for 15 to 20 minutes, lower the heat to 375° F (160 °C) and cook for another 25 to 30 minutes, until cooked through and crispy. When the meat is pierced with a knife, the juices should run clear.

Serve with your family's favorite side dishes.



Broccoli Pesto



INGREDIENTS

2 cups chopped broccoli florets
2 cups chopped fresh basil
1/4 cup extra-virgin olive oil
1/4 cup finely grated parmesan cheese
1/4 cup pine nuts
6 cloves garlic, peeled
2 Tbsp vegetable broth, or more if needed
1 pinch cayenne pepper
to taste salt and ground black pepper
Pasta of choice

Fresh pesto is delicious and easy to make. Making it with broccoli is a great way to give your kids more greens.

Prep Time : 15 minutes.

Cook Time : 15 minutes

INSTRUCTIONS

Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil. Add broccoli, cover, and steam until tender, 5 minutes.

Blend steamed broccoli, basil, olive oil, parmesan cheese, pine nuts, garlic, vegetable broth, cayenne pepper, salt, and black pepper in a blender until smooth and pourable.

Add more vegetable broth if needed.

Serve with your family's favorite noodles and extra parmesan sprinkled over top.



Broccoli Cheese Casserole



INGREDIENTS

2 lbs (about 8 cups) broccoli, stems removed
Salt for blanching water
1/3 cup all purpose flour
5 eggs, beaten
1/2 cup cream
1 cup whole milk
2-3 tsp fresh black pepper
1/2 tsp salt
2 tsp Dijon mustard
about 2 cups cheddar cheese, grated

A tasty broccoli casserole in creamy sauce topped with melted cheese.

Cook Time : 55 minutes

Yield : 5-10

INSTRUCTIONS

Preheat oven to 425°F (220°C) . Butter a casserole dish.

Bring a large pot of salted water to a boil. Add the broccoli florets and boil for 5 minutes or until just tender enough so that a fork can easily pierce the floret, but still firm. Strain and rinse with cold water to stop the cooking.

In a bowl, whisk the eggs into the flour, then whisk in the cream and milk. Add the black pepper, salt, and mustard.

Mix in about a third of the cheese.

Place the parboiled broccoli florets in the casserole dish, sprinkling a third of the cheese over top. Pour the egg, cream, milk, cheese mixture over the broccoli, moving the broccoli pieces a bit so that the mixture can coat the florets. Sprinkle the casserole with the remaining cheese. Bake for 25-40 minutes, or until set. Once the top has browned, cover with aluminum foil to keep from burning.



Beef and Cheddar Casserole



A simple one dish meal with egg noodles and beef in a tomatoey sauce topped with melted cheese.

Prep Time : 10 minutes.

Cook Time : 40 minutes

Yield : 4-6

INSTRUCTIONS

Preheat the oven to 425 °F (215°). Oil a 2 liter baking dish.

Bring a large pot of salted water to a boil. Add the noodles and cook to al dente according to the package directions.

Drain and put in the prepared baking dish. Toss with the sour cream, parmesan and 1/4 teaspoon salt.

Meanwhile, heat the olive oil in a large skillet over medium high heat. Add the ground beef and cook, stirring, until no

longer pink. Add the bell peppers and scallions and cook until crisp and tender, about 3 minutes. Add the tomato paste and toast for a minute. Sprinkle with the Italian seasoning and 1/4 teaspoon salt. Add the diced tomatoes, stir and bring to a simmer. Cook until slightly thickened, about 2 minutes.

Pour the beef mixture over the noodles and sprinkle with the grated Cheddar. Bake on the middle rack until the cheese is melted and the edges are bubbling, 15 to 20 minutes.

INGREDIENTS

1 Tbsp extra-virgin olive oil

Kosher salt

3 cups wide egg noodles

1 1/2 cups sour cream

1/2 cup freshly grated parmesan

3/4 lb lean ground beef

1 red bell pepper, seeded and
chopped

1 green onion, chopped

1 tsp tomato paste

1 tsp Italian seasoning

1 14 1/2-ounce canned tomatoes

2 cups grated cheddar



Guacamole for Kids



INGREDIENTS

1 ripe avocado
1 (roughly 1/4 cup) freshly squeezed
lemon juice
1/4 tsp or to taste sea salt

This 3 ingredient smooth guacamole is kid friendly, fast and healthy!

Prep Time : 5 minutes.

INSTRUCTIONS

Be sure to pick a nice ripe avocado that is soft when lightly pushed, but doesn't feel like it has air pockets between skin and flesh (may be too ripe).

Cut the avocado lengthwise and scoop out flesh with a spoon (save the pit). Mash thoroughly with a fork or blend shortly in blender.

Add the juice of 1 lemon and whip together until smooth.

Add salt to taste.

This makes a nice tangy dip without the "spiciness" of garlic that some kids don't like.

You may add minced garlic if desired.

Scrape into serving bowl and place the pit in the middle. This keeps it from turning brown too fast.

Any leftovers should be covered with plastic wrap immediately to avoid browning.

Goes nicely with corn nachos, veggie sticks and homemade pita chip



Chicken Satay with Cucumber Ribbon Salad



Tender chicken skewers dipped in a peanut buttery coconut curry sauce with a refreshing cucumber salad.

Prep Time : 60 minutes.

Cook Time : 30 minutes

Yield : 3-4 servings

INSTRUCTIONS

First make the marinade by peeling the ginger and finely grating it into a bowl. Repeat with the garlic and lime zest. Halve the lime and juice it, then mix it in a bowl with the honey, soy, curry powder and peanut butter. Give it a good mix, adding a little water if it's too thick, then spoon 2/3 of the mix into a small pan. Set aside.

Mix the chicken with the marinade. Cut the chicken into strips, pour it into the remaining third of the peanut butter mix and stir well. Cover with plastic wrap and chill until required. This can be done at least one hour ahead of time. While the chicken is marinating, put the pan with the peanut butter mix on medium heat and pour in the coconut milk stirring well. Let the sauce come to a gentle simmer stirring frequently. Cook rice as directed on package. Preheat the oven to 375° F (190° C). Thread the chicken into 'S' shapes onto the skewers. Place on a lightly oiled pan or pan lined with parchment paper. Place in oven and bake for about 30 minutes, or until fully cooked through. Make cucumber ribbons with a peeler. Using a peeler, peel the cucumber into a bowl, then carry on peeling the cucumber flesh into ribbons until you get to the seeds. Repeat with each side of the cucumber. Now, mix the dressing for the cucumber. Mix the vinegar and sugar until the sugar dissolves add the sweet chilli, if using, then pour over the cucumber. Add coriander if your child likes it, or serve on the side for the grown-ups. To serve, put the skewers on a platter, the sauce and salad in bowls, and serve with rice and lime wedges on the side.

INGREDIENTS

1 lb boneless skinless chicken breast fillets
small piece ginger
2 garlic cloves
1 zest and juice lime
1 tsp clear honey
1 tsp soy sauce
1 tsp mild curry powder
3 tsp smooth peanut butter
165 ml can coconut milk
1 tsp vegetable oil
cooked rice and lime wedges, to serve
CUCUMBER RIBBON SALAD
1 cucumber
2 Tbsp white wine vinegar
1 Tbsp light brown sugar
Sweet chilli sauce (optional)
bunch coriander, leaves picked (optional)



Hummus



Creamy garlicky chickpea and tahini dip. So good.

Prep Time : 15 minutes.

INGREDIENTS

- 1 15oz can or 425g chickpeas aka garbanzo beans
- 1/4 cup freshly squeezed lemon juice
- 1/4 cup tahini (sesame paste)
- 1 garlic clove, minced
- 2 Tbsp olive oil
- 1/4 tsp ground cumin
- 1/2 tsp kosher salt
- 2-3 Tbsp water

INSTRUCTIONS

In a blender, food processor or in a bowl with a handheld blender, whip the lemon juice and tahini until smooth. Drain and rinse the chickpeas.

Add olive oil, ground cumin, 1/2 tsp salt and minced garlic. Mix well.

Add the chickpeas batches at a time, mixing well and at least 1 minute in between. Your mixture may be too thick at this point, if so, add water a tablespoon at a time until you have reached desired texture. Taste, and add more salt if required.

Add to serving bowl and garnish with 1 tsp olive oil drizzled over top and a dash a paprika.

Tip: Serve hummus with vegetable sticks to dip. Or with the homemade pita chips recipe.

Keeps refrigerated up to a week.



Sunshine Smoothie



INGREDIENTS

1 mango, peeled, seeded, and cut into chunks

1 banana, peeled and chopped

1 cup orange juice

1 cup vanilla yogurt

This bright fruity smoothie is a healthy and refreshing snack!

Prep Time : 5 minutes.

INSTRUCTIONS

Place mango, banana, orange juice, and yogurt in a blender.

Blend until smooth.

Serve in tall glass, and drink with a bendy straw!



Green Lagoon Smoothie



INGREDIENTS

2 cups baby spinach or kale
1 banana
1 pear, halved and cored
3/4 cup greek yogurt
3/4 cup ice cubes
2 Tbsp honey

This sweet fruity smoothie is a green adventure for your kids. A great way to give them vitamins from fresh greens.

Prep Time : 5 minutes.

INSTRUCTIONS

Wash spinach, or wash and stem the kale.

Put spinach or kale, banana, pear, yogurt, ice, and honey in a blender; blend until smooth.

If more liquid is required just add a bit of water a little at a time. Adjust sweetness either by adding a banana and mixing more, or adding more honey.



Fruit Islands



INGREDIENTS

2 banana

2 kiwis

1 orange

These simple fruit islands are a fun way to offer a fruit snack.

Prep Time : 5 minutes.

Yield : snack for 2

INSTRUCTIONS

Peel bananas and cut lengthwise.

Then slice the lengths into bite size slices and arrange on a plate as the “tree trunk”.

Peel and cut a kiwi lengthwise.

Lay the halves flat side down and slice crosswise.

Arrange the kiwi slices as the “palm tree leaves” on the plate.

Slice orange into thin wedges and use one wedge under each tree as the “sand” .

Tip: You can vary the fruit types and get creative. This is a great way to introduce new fruits!



Very Berry Muffins



INGREDIENTS

1/2 cup all purpose flour
3/4 cup whole wheat flour
3/4 cup old fashioned oats
2 tsp baking powder
1 tsp salt
1 egg, whisked
1/3 cup brown sugar
1 tsp pure vanilla extract
3/4 cup milk
1/3 cup vegetable oil
2 cups frozen berries

These healthy muffins are moist and filled with berries!

Prep Time : 10 minutes.

Cook Time : 20 minutes

Yield : 12

INSTRUCTIONS

Preheat oven to 400 °F (200°C)

In a medium bowl mix together all of the dry ingredients except for the sugar.

Combine the egg, sugar, vanilla extract, milk and oil in a separate bowl.

Slowly combine the dry ingredients into the wet ingredients.

Gently mix the frozen berries into the batter, do not over mix.

Pour batter into greased or lined muffin tins.

Bake for 20-22 minutes.

Allow muffins to cool for 5 minutes then remove to a cooling rack.

Serve.



Pumpernickel Cucumber Cream Cheese Skewers



INGREDIENTS

4 wooden skewers
16 small round pumpernickel bread pieces
1/4 cup cream cheese, for spreading
16 cucumber slices
12 cherry tomatoes
herbal salt

A delicious snack with whole grain pumpernickel, cream cheese, cucumber and tomato.

Prep Time : 10 minutes.

Yield : 4

INSTRUCTIONS

(Look in the specialty section of your grocery store to find these cute round slices of pumpernickel bread)

Lay the pumpernickel rounds out on a cutting board spread 8 rounds generously with cream cheese. Take the remaining 8 rounds and place on top of the ones with the cream cheese .

Slice the cucumber. Wash cherry tomatoes.

Holding the skewers with the point away from you, arrange the tomatoes, cucumber and pumpernickel sandwiches

on the skewer as desired. Starting and ending with a tomato (they hold the other things on well)

Sprinkle sparingly with herbal salt.



Homemade Fruit Juice Jello



INGREDIENTS

- 1 1/2 cups real fruit juice of choice
- 1/4 cup cool water
- 1/4 cup boiling water that has cooled off a few minutes
- 1 Tbsp gelatin Powder
- 1 cup fresh fruit (optional)

Jello made with real fruit juices and no sugar.

Prep Time : 5 minutes.

Cook Time : 5 minutes

Yield : 3-4 servings

INSTRUCTIONS

Choose a real fruit juice of your choice (grape, orange, mango, pineapple, cherry, or a mix of two)

Pour the cool water into a medium sized bowl and add the gelatin powder.

Stir briskly until mixed. It will start to thicken.

Add the 1/4 cup of boiled water and stir to mix. It should be thinner now.

Add the juice and mix well.

Choose a flat dish to make the jello in. A 8x8 inch baking pan. If you want to get creative you could use shaped ice cube trays.

Add fresh fruit (if using).

Pour the jello mixture over the fruit (if using) and stir lightly to make sure it has coated the fruit too.

Put in the fridge, covered, for at least 2-3 hours or overnight and serve.

If you used a pan cut into cubes or scoop out to serve.

Enjoy.



Coconut Peanut Butter Balls



INGREDIENTS

1 1/4 cup old fashioned oats

1/2 cup peanut butter

1/2 cup honey

1/2 cup coconut flakes

This is a yummy snack that kids will enjoy making themselves. Peanut butter balls made with oatmeal and honey and rolled in coconut.

Prep Time : 10 minutes.

Yield : 40

INSTRUCTIONS

Grind the Oats in a food processor or blender.

In a bowl mix the peanut butter and honey until well combined.

Add the ground oats and stir until thoroughly combined. Spoon out the mixture a teaspoon at a time and roll into balls. Place the coconut flakes on a plate and roll the balls in the coconut to completely cover.

Serve.

Makes about 40 balls.

Tip: They freeze well. To freeze spread out on a tray and put in freezer for 30 min or so (so they don't freeze together in the freezer bag). Remove, place into a freezer bag or container and freeze up to 2-3 months.

You can substitute the peanut butter with any of your favorite nut butters!



Strawberry Oatbars



INGREDIENTS

- 1 3/4 cups salted butter, cut into pieces
- 1 1/2 cup all-purpose flour
- 1 1/2 cup rolled oats
- 1 cup packed brown sugar
- 1 tsp baking powder
- 1/2 tsp salt
- One 10 to 12 oz. jar of strawberry jam

These chewy squares are great for lunches, snacks or even breakfast!

Prep Time : 10 minutes.

Cook Time : 40 minutes

Yield : 12 squares

INSTRUCTIONS

Preheat the oven to 350° F (175°C). Butter a 9×13 inch rectangular pan. Mix together the butter, flour, oats, brown sugar, baking powder and salt. Put half of the oat mixture into the prepared pan and press down firmly with your hands. Spread the strawberry jam over the oats. Sprinkle the other half of the oat mixture over the top and pat lightly. Bake until light brown, 30 to 40 minutes. Let cool completely, and then cut into squares.

Tip: Use any kind of jam your kids love. Try picking a jam made with a higher percentage of fruit than sugar or even look for jams with alternative sweeteners like agave syrup or unrefined sugars.



Pumpkin Bread



These spiced moist pumpkin bread slices are so yummy!

Prep Time : 15 minutes.

Cook Time : 60 minutes

INGREDIENTS

1 cup brown sugar
2 eggs
1/2 cup vegetable oil
1/3 cup water
1 3/4 cups pumpkin puree
1 3/4 cups all purpose flour
1 tsp baking soda
1/2 tsp baking powder
1 tsp salt
1/4 tsp nutmeg
1 tsp cinnamon
1 tsp pumpkin pie spice

TOPPING

1 Tbsp butter
1/4 cup brown sugar
3 Tbsp milk
1/4 cup pecans, chopped

INSTRUCTIONS

Preheat oven to 325°F (160°C). Grease and flour a 8.5 x 4.5 inch loaf pan.

In a medium size bowl beat eggs lightly and mix with sugar, oil, water and pumpkin.

In another bowl mix flour, baking soda, baking powder, salt, nutmeg, cinnamon and pumpkin pie spice.

Combine wet

ingredients with dry ingredients until just blended. Do NOT overmix.

Pour into loaf pan and bake for 50 to 60 minutes.

For topping: In a small saucepan mix butter, brown sugar and milk. Boil only 2 1/2 minutes while stirring constantly.

Immediately drizzle on top of loaf. Sprinkle with chopped pecans and press pecans lightly into topping.

Wrap and store until next day for serving. This will keep moisture inside.

Tip: One 15 ounce can pumpkin = 1 and 3/4 cups mashed pumpkin.



Homemade Pita Chips



INGREDIENTS

12 small pita bread pockets,
1/2 cup olive oil
1/2 tsp ground black pepper
1 tsp garlic powder
1 tsp sea salt
1/2 tsp mild paprika
1/2 tsp dried basil
1 tsp dried oregano

Better than you can buy! These homemade pita chips fresh out of the oven are a salty treat!

Prep Time : 5 minutes.

Cook Time : 7 minutes

INSTRUCTIONS

Preheat oven to 400° F (200° C).

Cut each pita bread into 8 triangles. Place triangles on lined cookie sheet. In a small bowl, combine the oil, pepper,

salt, basil, oregano and paprika. Brush each triangle with oil mixture. Bake in the preheated oven for about 7 minutes, or until lightly browned and crispy. Watch carefully, as they tend to burn easily!

Play around with the spices, omit or add things your kids do or do not like.

Serve with veggies and dip, Humus dip or as a side dish instead of french fries.



Homemade Granola Bars



These chewy granola bars made with oats, honey and dried fruit are a sweet treat and great for snacks and lunches.

Prep Time : 25 minutes.

Cook Time : 40 minutes

Yield : 12-16 bars

INSTRUCTIONS

Preheat the oven to 350° F (170°C). Line a 8 by 12-inch baking dish with parchment paper.

Toss the oatmeal, almonds, and coconut together on a cookie sheet, spreading evenly and bake for 10 to 12 minutes, until lightly browned, stirring occasionally. Take out of oven and reduce oven temperature to 300 °F (150°C). Transfer the mixture to a large mixing bowl. Stir in the wheat germ.

In a small saucepan melt the butter over low medium heat. Stir in the honey, brown sugar, vanilla, and salt and bring to a boil over medium heat. Stir and cook for one minute, then pour over the toasted oatmeal mixture. Add the dates, apricots, chocolate chips and cranberries and mix well.

Pour the mixture into the prepared pan. With wet fingers, lightly press the mixture evenly into the pan. Bake for 25 to 30 minutes, until light golden brown. Cool for at least 2 to 3 hours before cutting into squares. Serve at room temperature.

INGREDIENTS

- 2 cups old-fashioned oats
- 1 cup sliced almonds
- 1 cup shredded coconut
- 1/2 cup wheat germ
- 3 Tbsp unsalted butter
- 2/3 cup honey
- 1/4 cup light brown sugar, lightly packed
- 1 1/2 tsp pure vanilla extract
- 1/4 tsp kosher salt
- 1/2 cup dried cranberries
- 1/4cup chopped dried apricots
- 1/4 cup chopped pitted dates
- 1/2 cup mini chocolate chips



Dinosaur Chips (Crunchy Kale chips)



INGREDIENTS

4 cups kale, washed and thoroughly dried
2 Tbsp olive oil
Sea salt, for sprinkling

You could tell your kids they are plant eating dinosaurs and they might just love to crunch down this healthy salty snack!

INSTRUCTIONS

Preheat the oven to 300° F (150°C). Line a large baking sheet with parchment paper.

Wash kale leaves and dry thoroughly (Pat with a clean dish towel to dry, or spin in a salad spinner). Trim out the thick stems and discard. Cut or tear the kale into bite sized pieces.

Place kale in a large bowl and toss gently but thoroughly, making sure that every last bit is coated with olive oil.

Lay kale in a single layer on the baking sheet and sprinkle with salt. You may need to cook in batches if you don't have enough space on the baking sheet. Bake for 8 – 12 minutes, just until crisp.

Check frequently as they tend to burn easily.

Serve directly to your hungry dinosaurs or they will lose their crunch.

Tip: Sometimes it helps to divert your childrens attention with a creative game to get them to try new things. If your kids are too old to play dinosaurs tell them you want to hear who can crunch the loudest!



Banana Smoothie



INGREDIENTS

2 cups milk
2 bananas
1 Tbsp honey
1/2 cup plain yogurt
1/2 tsp cinnamon
6 ice cubes

A refreshing smoothie with banana, yogurt and honey.

Prep Time : 5 minutes.

Yield : 2

INSTRUCTIONS

Place all ingredients in a blender add the honey last.

Blend until all ingredients are smooth.

Serve in two tall glasses with a sprinkle of cinnamon on top and a slice of banana to garnish.

Tip: Replace the banana with any soft fruits you have on hand or even frozen fruits to create your own favourite flavours. If you use frozen fruits you won't need to use ice cubes.



Ants on a Log



INGREDIENTS

5 stalks celery

1/2 cup peanut butter

1/4 cup raisins

Crunchy celery with creamy peanut butter. A classic childhood snack.

INSTRUCTIONS

Wash and cut the celery stalks in half cross wise.

Spread with peanut butter.

Sprinkle with raisins.



Classic Bran Muffins



INGREDIENTS

3/4 cup wheat bran
250 ml buttermilk
5 Tbsp vegetable oil
1 egg
1/2 cup dark brown sugar
1/2 tsp vanilla extract
1 1/8 cup all purpose flour
1 tsp baking soda
1 tsp baking powder
1/2 tsp salt
1/3 cup raisins

These juicy muffins made with bran make a delicious wholesome snack or breakfast on the run.

Prep Time : 20 minutes.

Cook Time : 20 minutes

Yield : 12 muffins

INSTRUCTIONS

Preheat oven to 350°F (175°C). Grease or line a muffin tin with paper liners.

In a medium sized bowl mix together wheat bran and buttermilk. Let stand for 10 minutes.

Beat together oil, egg, sugar and vanilla and add to buttermilk mixture. Sift together flour, baking soda, baking powder and salt. Stir flour mixture into buttermilk mixture, until just blended. Fold in raisins and divide batter into prepared muffin tins.

Bake for 15 to 20 minutes, or until a toothpick inserted into the centre of a muffin comes out clean.



Chocolate Cake with Peanut Butter Frosting



Creamy peanut butter frosting and moist chocolate cake make an easy dessert kids will enjoy.

Prep Time : 15 minutes.

Cook Time : 35 minutes

Yield : 1 cake

INSTRUCTIONS

Preheat oven to 350°F (175°). Grease a 13-by-9-inch baking pan.

To make cake: mix flour, cocoa, baking powder, baking soda and salt.

In a separate bowl add sugars, eggs, buttermilk, oil and vanilla. Mix thoroughly until smooth and sugars are almost dissolved. Add dry ingredients to egg mix alternating with hot water, ending with dry. Pour into prepared pan. Bake 35 minutes or until toothpick inserted in center comes out clean. Cool.

To make frosting: mix butter, confectioner's sugar and vanilla with a mixer; beat well. Add peanut butter. Add 2 tablespoons milk slowly, beating until very creamy. Add up to 3 additional tablespoons milk if necessary to achieve desired consistency. When cake has cooled, frost.

3/4 cup granulated sugar

3/4 cup brown sugar

2 cups all purpose flour

2/3 cup cocoa powder

1 1/2 tsp baking powder

1 1/2 tsp baking soda

1 tsp salt

2 eggs

1 cup buttermilk

1/2 cup vegetable oil

2 tsp pure vanilla extract

1 cup boiling water

PEANUT BUTTER FROSTING

5 Tbsp butter, room temperature

1 1/2 cup confectioners' sugar

1 tsp pure vanilla extract

1 cup creamy peanut butter

3 Tbsp milk



No Bake Chocolate MaCaroons



INGREDIENTS

1/2 cup milk
3/4 cup sugar
4 Tbsp cocoa powder
1/2 cup butter
1 tsp pure vanilla extract
2 cups rolled oats
1 cup coconut shredded

These easy chocolate cookies with coconut and oats are a sweet treat!

Prep Time : 5 minutes.

Cook Time : 10 minutes

Yield : 30 cookies

INSTRUCTIONS

Heat butter and milk in a medium sauce pan over medium heat until butter is melted.

Add sugar and cocoa powder and stir until well blended and sugar is dissolved.

Turn heat to medium high and simmer for 3 minutes stirring constantly, being careful not to burn. Remove from heat.

Add vanilla, coconut and oats and mix well. Allow mixture to cool. Drop a teaspoon at a time onto wax paper and refrigerate until hardened and cooled. Enjoy!

Tip: Chopped nuts would go great with these macaroons and increase the nutrients. Macaroons store wonderfully in the freezer.



Peach Raspberry Dream Covered in Clouds



INGREDIENTS

1 large can (2 cups diced)
canned peaches, drained and diced
2 cups frozen raspberries
1 cup heavy whipping cream
2 cups plain yogurt
1 tsp vanilla extract
1/8 cup brown sugar
to garnish strawberries or raspberries

This is a light and fruity dessert made with raspberries and peaches, topped with yogurt and cream.

Prep Time : 15 minutes.

Yield : 6-8 servings

INSTRUCTIONS

Drain and dice the canned peaches. Put diced peaches into a deep casserole or dessert dish. Arrange the frozen raspberries evenly over top in a single layer.

Whip the cream along with 1 tsp vanilla extract until peaks form. Add 2 cups of yogurt to a mixing bowl and fold in the whipped cream until just combined. Pour the whip cream yogurt mixture over the fruit (these are the clouds), sprinkle brown sugar generously and evenly over top. Refrigerate until serving.

Garnish with fresh strawberries or any fresh berries of season.

Tip: If you are having company this dish looks very impressive when arranged in glass dessert dishes or mason jars.

Make as directed and instead of using a deep casserole dish arrange in the separate jars or glass bowls.



Sugarless Banana Oatmeal Chocolate Chip Cookies



INGREDIENTS

3 bananas, ripe
2 cups old fashioned oats
1 cup dried dates, pitted and chopped
1/4 cup oil
1 tsp cinnamon
1/2 cup chocolate chips
1 tsp kosher salt
1/4 cup chopped walnuts (optional)

A delicious sugarless cookie made with bananas, oatmeal and chocolate.

Prep Time : 10 minutes.

Cook Time : 25 minutes

Yield : 30

INSTRUCTIONS

Preheat oven to 350 ° F (175°C)

In a bowl mash bananas and mix in the remaining ingredients.

Allow the mixture to sit for 10 minutes. Using a mini ice cream scoop or tablespoon, place the batter onto a parchment-lined baking sheet.

Bake for 25 Minutes. Cool and serve.

Tip: You could add other nuts and raisins or coconut flakes. Or substitute chocolate chips with chunks of chopped dark chocolate. To Freeze: allow cookies to cool after baking then place in a Ziploc bag and freeze for up to 3 months.



Rice Pudding



INGREDIENTS

2 1/2 cups whole milk
1/3 cup uncooked short grain white rice
pinch salt
1 egg
1/4 cup dark brown sugar
1 tsp vanilla extract
1/4 tsp cinnamon
1/3 cup raisins

Creamy sweet rice pudding with vanilla and cinnamon.

Prep Time : 5 minutes.

Cook Time : 25 minutes

Yield : 3-4

INSTRUCTIONS

In a medium sized, heavy bottomed sauce pan, bring the milk, rice and salt to a boil over high heat. Reduce heat to low and simmer until the rice is tender, about 20-25 minutes. Stir frequently to prevent the rice from sticking to the bottom of the pan. If the rice turns too thick add more milk a little at a time until desired consistency is reached.

In a small mixing bowl, whisk together egg and brown sugar until well mixed. Add a half cup of the hot rice mixture to the egg mixture, a tablespoon at a time, vigorously whisking to incorporate.

Add egg mixture back into the saucepan of rice and milk and stir, on low heat, for 5 to 10 minutes, until thickened. Be careful not to allow the mixture to come to a boil or it will curdle. Stir in the vanilla. Remove from heat and stir in the raisins and cinnamon.

Serve warm or cold.



Peanut Butter Cookies



INGREDIENTS

1/2 cup sugar
1/2 cup packed brown sugar
1/2 cup butter, room temperature
1/2 cup peanut butter
1 egg
1 1/4 cup flour
3/4 tsp baking soda
1/2 tsp baking powder
1/4 tsp salt

Delicious chewy peanut butter cookies.

Prep Time : 15 minutes.

Cook Time : 20 minutes

Yield : 2 dozen cookies

INSTRUCTIONS

Preheat oven to 375°F (190°C).

Beat the butter and sugar until creamy and fluffy. Mix in the peanut butter and egg. Beating well after each addition.

Mix together the dry ingredients in a separate bowl. Stir the dry ingredients into the butter mixture.

Shape dough into 1 1/4 inch balls. Place about 3 inches apart on ungreased cookie sheet. Press flat in crisscross pattern with a fork. You may need to dip the fork into flour to prevent sticking.

Bake until light brown, 9 to 10 minutes. Cool on baking sheets for a few minute before removing or they will break.

Transfer to rack to cool completely.

Tip: For chewier cookies, bake at 300°F for 15 minutes. You could also add nuts or semi-sweet chocolate or white chocolate chips. Add chopped nuts or chocolate pieces to the finished batter if desired.



Lemon Cupcakes



Cupcakes made with a hint of lemon zest to give a fruity lemony note.

Prep Time : 15 minutes.

Cook Time : 20 minutes

Yield : 12

INSTRUCTIONS

Heat oven to 350° F (180°C) . Line a 12 cup muffin tin with paper liners.

In a medium bowl, whisk together the flour, baking powder, and salt. Set aside.

Using an electric mixer, beat the butter and sugar until fluffy, 3 minutes. Beat in the eggs, one at a time, and beat well in between each egg. Then add the vanilla and lemon zest.

Reduce mixer speed to low. Add the dry ingredients to the butter mixture in 3 additions and the milk in 2 additions, beginning and ending with the dry mixture. Mix just until combined (do not overmix). Divide the batter evenly among the muffin cups. Bake until a toothpick inserted in the center comes out clean, 15 to 20 minutes. Cool in the tin for 10 minutes, then transfer to rack to cool completely.

Make the frosting: Using an electric mixer, beat the butter and sugar on medium high until light and fluffy, 3 to 5 minutes. Beat in the lemon zest, juice, and salt. Frost the cupcakes.

1 1/2 cups all purpose flour
1 Tbsp finely grated lemon zest
1 1/2 Tbsp baking powder
1/4 tsp salt
1/2 cup unsalted butter, at room temperature
3/4 cup granulated sugar
2 large eggs
1 tsp pure vanilla extract
1/2 cup whole milk

FROSTING

1/2 cup unsalted butter, at room temperature
1 1/2 cups confectioners' sugar
2 tsp finely grated lemon zest
2 tsp lemon juice, freshly squeezed
1/4 tsp salt



Dark Chocolate Cupcakes



Dark moist chocolate cupcakes topped with creamy ganache frosting.

Prep Time : 20 minutes.

Cook Time : 20 minutes

Yield : 12

INGREDIENTS

1 1/8 cups all-purpose flour
1/4 cup unsweetened cocoa powder
1 1/4 tsp baking soda
1/4 tsp salt
1 large eggs
1/2 cup firmly packed light brown sugar
1/2 cup granulated white sugar
1/2 cup whole milk
1/3 cup strong brewed coffee or espresso
1/2 cup unsalted butter, melted
CHOCOLATE GANACHE FROSTING
6 oz. Semi-sweet chocolate baking squares,
chopped into pieces
3/4 cup heavy cream
3 Tbsp unsalted butter, room temperature
1 cup Milk or semi-sweet chocolate chips

INSTRUCTIONS

Preheat the oven to 350 °F (175°) . Line 12 muffin tins with paper liners or grease well. Sift together the flour, cocoa, baking soda, and salt. In a medium bowl, whisk together the egg, brown sugar, and white sugar. Whisk in the milk, coffee, and melted butter. Whisk in the dry ingredients. Divide the batter evenly among the cupcake molds, filling them about 3/4 full. Bake for 15 minutes, or until a toothpick inserted in the middle of the cupcakes comes out clean.

Cool for 10 minutes before removing from pan. Use a small spatula or knife to remove the cupcakes from the pan. Continue to cool on a wire rack at room temperature.

To make the frosting: Melt the chopped chocolate in a double boiler, or in a heatproof bowl, over hot water (but not boiling!) water. Stir constantly until smooth. Take care not to splash water into the chocolate. Heat the cream until hot. Remove from heat and whisk in the chocolate. Transfer to a bowl and allow to cool off a bit. Whisk in the butter until smooth. Let sit until it reaches a spreading consistency, about 1 hour. Spread the frosting on top of the cupcakes. Sprinkle them with chocolate chips or sprinkles or even fresh raspberries!



Real Vanilla Cupcakes



These delicious cupcakes are made with real vanilla.

Prep Time : 20 minutes.

Cook Time : 20 minutes

Yield : 12

INSTRUCTIONS

Preheat oven to 350°F(180°C). Cut the vanilla bean lengthwise and spread open. With a knife scrape out the tiny black seeds of the vanilla bean. Place the seeds (reserving some for the icing), empty bean, and the milk into a small saucepan. Heat to just under a simmer for a few minutes being careful not to scald the milk. Remove from heat and allow milk to cool. Be sure to remove the bean after it cools. With an electric mixer beat the butter for about 2 minutes on medium speed, then add the sugar and beat until light and fluffy, about 3 more minutes. Add the egg and beat for 30 seconds. Add the egg whites, one at a time, beating for 30 seconds after each one. Sift together the flour, baking powder, and salt in a separate bowl. In another whisk together the vanilla steeped milk, vanilla extract, and sour cream. Add the flour mixture and the milk mixture to the butter mixture in alternating additions, starting and ending with the flour. Mix until just combined, do not overmix. Divide the batter into cupcake papers in a muffin tin and bake in the preheated oven for 15-20 minutes or until slightly golden brown until an inserted toothpick comes out clean. Be sure to rotate the cupcakes after the first 15 minutes to ensure even baking. Allow to cool a few minutes before removing from pan. Cool on a wire rack. Frost when completely cooled. To make the frosting: Beat the butter and slowly add in the confectioner's sugar. Add the remaining vanilla bean seeds or vanilla extract (if using) and beat in. Frost the cupcakes.

INGREDIENTS

1 1/2 cups + 2 Tbsp all purpose flour
1/4 tsp kosher salt
1 1/4 tsp baking powder
1/2 cup unsalted butter, room temperature
1 cup sugar
1 egg
2 egg whites
1/2 cup whole or 2% milk
1/4 cup sour cream
1 1/2 tsp vanilla extract
1 vanilla bean

VANILLA FROSTING

1/2 cup unsalted butter, softened
1 1/4 cups confectioner's sugar
1/2 vanilla bean (or 1 tsp of vanilla extract)



Delicious Banana Muffins



INGREDIENTS

1 1/2 cups all purpose flour
1 tsp baking powder
1 tsp baking soda
1/2 tsp salt
3 large bananas, mashed
3/4 cup sugar
1 egg
1/3 cup butter, melted
1/3 cup chopped walnuts or pecans
(optional)

These moist banana muffins are great any time of day!

Prep Time : 10 minutes.

Cook Time : 25 minutes

Yield : 12

INSTRUCTIONS

Preheat the oven to 350°F (175°C). Grease the muffin pans, or use paper liners.

In a small bowl, sift together the flour, baking powder, baking soda, and salt. Set aside.

In a larger bowl, mash bananas and mix in sugar, egg, and melted butter. Fold in flour mixture, and mix until just smooth. If using chopped nuts add now and mix. Divide into muffin pans filling about half full.

Bake in preheated oven. Bake for 25 to 30 minutes. When ready the muffins will spring back when lightly touched.

To make the frosting: Beat the butter and slowly add in the confectioner's sugar. Add the remaining vanilla bean seeds or vanilla extract (if using) and beat in. Frost the cupcakes.



Carrot Muffins



A scrumptious spiced carrot muffin recipe with raisins.

Prep Time : 10 minutes.

Cook Time : 18 minutes

Yield : 12

INGREDIENTS

1 cup whole wheat flour
1/2 cup all purpose flour
1/4 tsp salt
1 tsp baking powder
1/4 tsp ground nutmeg
1/4 tsp ground cloves
1/4 tsp ground cinnamon
2 eggs
225 ml buttermilk
4 Tbsp vegetable oil
2 Tbsp apple sauce
1/2 cup honey
1 cup grated carrots
3/4 cup raisins (optional)

INSTRUCTIONS

Preheat oven to 390°F (200°C) . Grease muffin tin or line with paper.

Whisk together whole wheat flour, all purpose flour, salt, baking powder, nutmeg, cloves and cinnamon.

In a separate bowl, mix together eggs, buttermilk, oil, apple sauce and honey. Stir egg mixture into flour until just combined. Fold in carrots and raisins. Spoon mixture into prepared muffin tin.

Bake in preheat oven for 18 minutes, or until a toothpick inserted into the centre of a muffin comes out clean.

Tip: Using apple sauce allows the amount of fat to be reduced and works wonderfully in muffin recipes as it keeps them moist and low in calories!

To make the frosting: Beat the butter and slowly add in the confectioner's sugar. Add the remaining vanilla bean seeds or vanilla extract (if using) and beat in. Frost the cupcakes.



Banana Bread



INGREDIENTS

3 or 4 ripe bananas, mashed
1/3 cup melted butter
3/4 cup sugar
1 egg, beaten
1 tsp vanilla
1 tsp baking soda
Pinch of salt
1 1/2 cups all purpose flour

A delicious simple banana bread recipe that can go for a snack, lunch or even breakfast!

Prep Time : 5 minutes.

Cook Time : 60 minutes

Yield : one loaf

INSTRUCTIONS

Preheat the oven to 350°F (175°C).

Mix the melted butter into the mashed bananas in a large mixing bowl. Add the sugar, egg, and vanilla. Mix until thoroughly combined.

Whisk together flour, baking soda, and salt. Mix into banana mixture until just combined. Pour mixture into well greased 4×8 inch loaf pan. Bake for 1 hour. Allow to cool a little before removing from pan. Cool on a rack.

Remove from pan and slice to serve.

To make the frosting: Beat the butter and slowly add in the confectioner's sugar. Add the remaining vanilla bean seeds or vanilla extract (if using) and beat in. Frost the cupcakes.