

Yummy Eats

FOR PICKY KIDS

For all options lacking in balance, add a side of fresh fruit, some yogurt or cheese, kid crackers and/or steamed veggies.

◆ *Banana Sushi*

- A peanut butter or nutella coated banana rolled in rice cereal and cut into slices (can also add chocolate chips)

◆ *Grilled Cheese Roll-Ups*

- American cheese sandwiched between two pieces of crustless bread and rolled. Then grilled with butter in a pan.

◆ *Peanut Butter Banana Quesadillas*

- Sliced banana, chocolate chips and peanut butter sandwiched between two tortillas and grilled.

◆ *Lunchmeat & Cheese Roll-Ups*

- Sandwich meat rolled with a slice of cheese and speared with a pretzel stick

◆ *PB& J Sushi*

- A flattened and crustless slice of bread smeared with peanut butter and jelly that has been rolled and cut like sushi. (can be made ahead and frozen)

◆ *Pizza Rolls*

- Pre-made dough smothered in tomato sauce and cheese then rolled, sliced and baked according to directions.

◆ *Cheesy Dogs*

- A sliced hotdog filled with melted cheese and sliced into pieces for tiny hands.

◆ *Smoothies!*

Just blend the ingredients and serve!

Banana Rama - Frozen banana, vanilla yogurt, honey, milk and cinnamon

Orange Creamsicle - Orange, OJ, yogurt, frozen banana, vanilla and honey

Piña Colada - Frozen pineapple, coconut milk, pineapple juice and banana

Double B - Yogurt, frozen blueberries, banana, milk, cinnamon and honey

Straw-nana - Frozen strawberries, banana, oats, honey, peanut butter and milk

Straw-nana Popeye Style - Frozen strawberries, banana, spinach, yogurt and milk

Choconut - Frozen banana, milk, peanut butter, cocoa powder, honey