

# LIVE!

a plant rich life

plant-based nutrition and wellness

## 15 “Sure-to-Wow” Kid-Friendly Plant-Based Recipes

*The following recipes are designed for the little ones to be hands-on in the kitchen. All require adult supervision. For the younger ones food assembly (pouring, placing, stirring) is a safe way to cook while becoming invested in eating healthier options. For the older ones, they can prepare food using most tools. Either way let the experimenting and creating begin! Kid-friendly plant-based whole foods recipes are meant to be healthy and fun!*

### PIZZA FACES

#### INGREDIENTS

4 Whole Wheat Mini Pitas

½ cup 8 hummus (see above recipe or purchase individual portions)

Vegetables (bell peppers, onions, carrot rounds, olives, sprouts, broccoli, etc.)

Salt to taste

#### DIRECTIONS

1. Cuts vegetables in strips, rounds and shapes that can be easily placed.
2. Give each child a spoon or spatula, let them smear pita bread, dark side up with hummus.
3. Now, let them place vegetables on top of hummus.

### CAULIFLOWER POPCORN

#### INGREDIENTS

1 head cauliflower

1 tablespoon onion powder

1 tablespoon garlic powder

1 teaspoon cumin

½ teaspoon salt

¼ teaspoon black pepper

1 teaspoon turmeric

2 tablespoons olive oil

#### DIRECTIONS

1. Preheat oven to 400 degrees.
2. Wash and break cauliflower florets into small pieces. Place florets into a mixing bowl.
3. Mix all seasonings together.

4. Drizzle olive oil onto florets and mix well with a spoon or hands. Sprinkle seasoning mixture and coat well all florets.
5. Place florets onto a greased sheet pan.
6. Place in oven and roast for 15-20 minutes until they begin to brown.
7. Serve warm.

### **SNAP BEANS w/ HUMMUS DIP**

#### **INGREDIENTS**

½ pound snap beans (snap peas)  
1 15 ounce can of garbanzo beans  
2 cloves of garlic (or more according to taste)  
1 /2 tsp cumin  
1 tablespoon olive oil  
Juice from 1 lemon  
Water as needed for smoother consistency

#### **DIRECTIONS**

1. Use a food processor on pulse to mash beans. Add wet ingredients one by one.
2. Add water to get the preferred consistency, smooth or chunky (think spreadable peanut butter).
3. Add spices until mixed well.
4. Add one of the following ingredients in the food processor after hummus is done for your own unique blend: red bell pepper, olives, pine nuts, etc.

### **CARROT SALAD**

#### **INGREDIENTS**

6 carrots  
2 tablespoon honey, agave syrup or maple syrup  
1/3 cup raisins  
¼ tsp cinnamon  
½ cup coconut cream

#### **DIRECTIONS**

1. Peel and grate carrots by hand or use a food processor. Place the grated carrots into a glass, ceramic or stainless steel bowl.
2. Mix raisins in with the carrots.
3. Blend cream and honey together by hand or use a blender until smooth. Add cinnamon and mix well.
4. Pour cream mixture over carrot salad. Refrigerate for 30 minutes or more until chilled before serving.

### **PEACH SMOOTHIE**

#### **INGREDIENTS**

2 1/2 cups frozen peaches  
2 cups non-dairy milk beverage (soy, hemp, coconut or almond)  
½ cup apple juice

2 teaspoons agave nectar

#### DIRECTIONS

1. Put all ingredients in the blender on high for 3 minutes depending on speed quality of blender or until all solid ingredients disappear to liquid. Pour in glasses.
2. Add a strawberry garnish on the rim of glasses and serve with a straw for more joy.

#### GRILLED NECTARINE SKEWERS

##### INGREDIENTS

4 nectarines

1 tablespoon olive oil

½ tsp sea salt

4 tablespoon balsamic vinegar

Bamboo skewers

##### DIRECTIONS

1. Pit and cut hard (mildly ripe) nectarines into 4 wedges.
2. In a mixing bowl mix together all other ingredients.
3. Evenly brush nectarines with the oil mixture until thoroughly covered.
4. Put 4 wedges of nectarines on a skewer. Place skewers on a clean heated grill for 3-4 minutes each side or under a broiler until brown and carmelized.

#### FRUIT SALSA

##### INGREDIENTS

2 kiwis

1 cup strawberries, whole or frozen

2 Navel oranges, peeled, no seeds

1 cup pineapple, cubed

Juice from 2 medium lemons

2 tablespoon mint leaves, minced

1 teaspoon cinnamon

1 tablespoon olive oil

##### DIRECTIONS

1. Peel kiwi and oranges. Cut all fruit in pieces that are approximately ½ inch in diameter. Mix all fruit together in a bowl. Squeeze lemon juice onto fruit and stir well. Add mint. Serve with pita chips.
2. Modification: use fresh or frozen precut fruit or canned fruit with no sugar added.

#### SPICED SLOW COOKER APPLE BUTTER

##### INGREDIENTS

5 1/2 lb. organic apples, peeled, cored and sliced into 1/4"

4 cups organic coconut sugar or raw sugar

2 to 3 tsp. cinnamon  
1/4 tsp. ground cloves  
1/4 tsp. sea salt  
Dash of ground nutmeg  
Dash of ground cardamom  
Dash of ground ginger

#### DIRECTIONS

1. Place the apples in a food processor and puree them thoroughly
2. Add the pureed apples and the remaining ingredients to a crock pot, then cover and cook for 1 hour on high heat. Then, for 8 to 10 hours, cook on low heat. Raise the heat again to high, and remove the lid. Stir constantly until a wooden spoon stands upright in the apple butter mixture.
3. Fill jars with the apple butter and close them with their lids. Place them in a pot of boiling water for 15 minutes, then set aside overnight
4. Refrigerate any jars that are not sealed completely
5. After letting apple butter sit overnight. Serve chilled by spreading on whole grain toast or rice cakes.

*Adapted from VeganYumYum.com*

#### **WATERMELON CAKE**

##### INGREDIENTS

1 large watermelon  
1 honeydew melon  
1 cantaloupe melon  
Green grapes  
Blueberries  
Toothpicks or cake pop sticks  
Cookie cutters

##### DIRECTIONS

1. Cut watermelon top and bottom. Stand watermelon on flat side. Cut peel sides down to the inside flesh. Slice across to make two round cake-like shapes. Cut around with a paring knife to perfect the round cake shape making one smaller for a two tiered cake.
2. Cut melon to 1 inch slaps, using cookie cutters to make shapes.
3. Place shapes onto some picks/sticks by themselves and on other picks/sticks with blueberries, do the same with the grapes.
4. Decorate watermelon cake with fruit picks/sticks.
5. Place a larger center shape on the top tier.
6. Cut the watermelon like you would any cake and serve on plates or bowls. It will begin to fall apart once cut, but enjoy it anyway!

## **HAPPY KALE SALAD**

### **INGREDIENTS**

4 large kale leaves chopped  
1/2 cup diced red bell pepper  
1 ripe avocado  
2 tablespoons olive oil  
4 tablespoons apple cider vinegar  
2 tablespoons tamari or soy sauce  
1 tablespoon maple syrup  
Pepper to taste

### **DIRECTIONS**

1. Wash kale and remove kale stems, tear or cut leaves into small pieces
2. Pat kale dry and place in a large salad bowl
3. Massage the avocado into the leaves until all are covered
4. Whisk together oil, vinegar, soy sauce maple syrup and pepper
5. Top the avocado salad with bell peppers and dress with vinaigrette. Refrigerate for 1 hour before serving.

## **UN-TUNA GARBANZO BEAN SALAD**

### **INGREDIENTS**

2 cups garbanzo beans  
2 tablespoons chopped celery  
2 tablespoons scallions, finely chopped  
¼ cup stone ground mustard  
2/3 cup eggless mayonnaise  
1 tablespoon apple cider vinegar or fresh lemon juice  
¼ tsp celery seed  
Sea salt to taste  
Pinch of cayenne pepper  
½ tsp fresh ground pepper

### **DIRECTIONS**

1. Mash or blend the garbanzos in a food processor on pulse for 30 seconds at a time. Do not over mash to a paste, keep chunky like tuna. Set aside.
2. In a separate bowl mix mustard, mayonnaise, vinegar, spices and celery until blended well. Add mixture to the garbanzos turning with a large wooden spoon until fully mixed. Add scallions into salad. Chill.
3. Serve with lettuce and tomato on toasted whole grain bread or in small romaine leaf lettuce boats.

Adapted from the Kirpalu Cookbook

## **CORN, PEA, PEPPER SALAD**

### **INGREDIENTS**

2 cups of organic corn kernels  
2 cups of green peas  
¼ cup of red bell peppers  
2 tablespoons fresh cilantro, minced  
Juice from 1 lime  
¼ teaspoon of sea salt  
Pinch of paprika

### **DIRECTIONS**

1. Mix corn, peas and peppers in a bowl. Add lime juice and mix with a large spoon.
2. Stir in cilantro, sea salt and paprika.
3. Let refrigerate overnight. Serve as a side dish or with quesadilla.

## **STOVE TOP SPINACH QUESADILLA**

### **INGREDIENTS**

4 Whole grain tortillas  
2 cups shredded non-dairy cheddar or pepper jack (for a spicy taste) cheese  
2 cups baby spinach leaves  
2 teaspoons olive oil  
Pinch of sea salt  
Pinch of black pepper

### **DIRECTIONS**

1. Heat large frying pan with 1 teaspoon olive oil. Heat tortillas for 1 minute each side.
2. Lay warmed tortillas onto a large plate or cutting board. Layer ½ cup of cheese and the spinach leaves onto the tortilla. Place sprinkle salt and pepper then cover with second tortilla.
3. Repeat.
4. Slowly lower filled tortillas into pan and heat on each side until the cheese melts. Turning the quesadilla over and pressing with a spatula to ensure that the cheese and bread are adhering to one another.
5. Remove quesadilla from the pan and cut into four triangles. Put two on each plate and serve with salsa and or guacamole and lime wedges.

## **LENTIL MEAT BALLS**

### **INGREDIENTS**

1 package cooked lentils  
¼ teaspoon each of: ground sage, ground thyme, onion powder, garlic powder, sea salt and black pepper  
2 tablespoons oats  
1 tablespoon olive oil  
¼ cup water

## DIRECTIONS

1. Preheat oven to 375 degrees
2. Cook lentils according to package instructions. Let cool. Mash lentils or pulse in a food processor.
3. In a mixing bowl, add lentils, seasonings, oats and water until a consistency that allows them to be rolled into balls. Add water if necessary
4. Place lentil balls on greased sheet pan. Bake for 20 minutes until golden. Serve warm alone or with tahini or a tomato sauce.

## RUSTIC VEGGIE PIZZA

### INGREDIENTS

1 whole wheat frozen pizza dough or crust  
1 jar marinara sauce  
2 cups vegetables  
1 teaspoon garlic Powder  
½ teaspoon italian Seasoning  
2 cups shredded non-dairy mozzarella cheese  
Salt and pepper to taste

### DIRECTIONS

1. Reheat oven to 400 degrees.
2. Cut vegetables into bite size pieces, this helps them cook faster. Any combination of your favorite ones like black olives, tomato slices, red onions, broccoli, cauliflower, garlic, zucchini, etc.
3. Follow instructions on pizza dough using a rolling pin and flour to flatten if dough is purchased (this can be a fun family activity versus the already flattened pie crust). Don't worry about the shape, a rectangle works fine.
4. Spread sauce onto flattened dough.
5. Sprinkle all seasonings except salt onto sauce.
6. Place a combination of 3 or more vegetables (onions, broccoli, olives; tomatoes, garlic, cauliflower) on top of the sauce.
7. Place on a pizza stone or large cookie sheet into the oven for 10 minutes, then turn and bake for another 10 minutes or until the crust is light golden brown.

### DIRECTIONS

Cut vegetables into bite size pieces, this helps them cook faster. Any combination of your favorite ones like black olives, tomato slices, red onions, broccoli, cauliflower, garlic, zucchini, etc.

*\*All recipes yield 4-6 servings.*