

kohl's  
healthy  
kids.com

# RECIPE BOOK

Made by kids for kids





## Apple Green Salad

---

### Ingredients

3 Cups Lettuce broken into pieces  
2 Cups Spinach leaves  
1 Apple cut into 1/4 inch pieces  
1/2 Cup Chopped Walnuts

### Instructions

In a large bowl, toss the lettuce and spinach together. Add in the apple pieces and walnuts. Serve with your favorite sweet dressing.

## Confetti Milkshake

---

### Ingredients

1 Banana  
1 Cup Strawberries  
1/2 Cup Spinach  
1/2 tsp. Cinnamon  
1 Tbsp. Ground Flax Seed  
1 Cup Skim Milk  
2 Packets of Stevia  
Ice Cubes

### Instructions

Put all of these ingredients into a blender. Have your parents help you blend it. The little bits of strawberry and spinach make it look like there are sprinkles or confetti in the shake - drink and enjoy!

## Breakfast Fruit Cup

---

### Ingredients

2 oranges, peeled and sliced into bite-sized pieces  
1 banana, peeled and sliced  
1 Tbsp golden raisins  
1/2 cup low-fat plain yogurt  
1/8 tsp cinnamon

### Instructions

Put all the fruit in a small bowl and stir. Then divide the fruit equally into 4 bowls. Put one tablespoon of yogurt over fruit in each bowl and sprinkle with a dash of cinnamon.

## Easy Lasagne

---

### Ingredients

8 large lasagne noodles uncooked  
1 jar spaghetti sauce  
1 lb. ground beef & carrots, spinach, onions, etc depending on type of dish you want  
2 cups mozzarella cheese shredded  
1 cup Parmesan cheese shredded  
1 cup cottage cheese

### Instructions

Preheat oven 350 mix cooked beef/veggies with sauce. Layer noodles, sauce and cheese in oven safe dish. Cover with foil. Bake covered for 50 minutes. Uncover & bake for 10 minutes Let cool a little & enjoy.



## Frozen Banana Treat

---

### Ingredients

1 banana  
honey  
nuts or granola

### Instructions

Peel banana. Have your parents help you slice the banana into small chunks. Roll the chunks in honey and then into the granola or nuts. Put the chunks into a small baggie and then put in the freezer for 4-6 hours. Take out of the freezer and enjoy your treat!

## Homemade Salsa

---

### Ingredients

5 Roma Tomatoes  
1/2 Chopped Small White Onion  
1/2 Chopped Small Green Pepper  
2 Small Garlic Cloves - Minced  
1/4 Cup Cilantro  
2 Tbsp. Fresh Lemon  
1/2 Can Chopped Black Olives  
Salt & Pepper to Taste

### Instructions

Have a parent help you chop up all the ingredients. Combine them all in a bowl and stir. Serve with corn chips or a quesadilla.

## Fruit Flowers

---

### Ingredients

1 Navel Orange  
1 Banana  
1 Strawberry  
1 Kiwi

### Instructions

Get 4 different bowls. Take an orange, cut into slices, then take the peel off and cut the slices into cubes and place into one of the bowls. Take the banana, peel it, then slice it and put into another bowl. Take the strawberry, cut off the green stem, cut into slices lengthwise and place into a bowl. Take the kiwi, peel it, cut into slices, then take the slices and cut them into strips. Put the kiwi in a bowl. On a plate, place an orange for the center of the flower. Place bananas around the orange for the petals. Place several sliced kiwis in a line for the stem. Place strawberries for the leaves. (Makes approximately 3 flowers.)

## Yogurt Dip Supreme

---

### Ingredients

Apple slices  
Grapes  
3 little containers of triple berry yogurt  
1 cup of cottage cheese

### Instructions

Mix apple yogurt and cottage cheese together. Optionally, you may add granola or chocolate chips to give a crunch texture. Dunk the apple slices and grapes into the dip and enjoy.



## Sandwich On A Stick

---

### Ingredients

One slice whole wheat bread, broken into bite-sized pieces  
2 oz Ham or turkey cubed  
1 string cheese, sliced into 4-5 pieces  
2-3 black olives  
Lettuce leaf  
Cherry tomatoes, 3-4 each  
Mustard or ketchup to dip

### Instructions

Have your parents help you place the bite sized ingredients onto kabob sticks. Dip in mustard or ketchup. Makes 2-3 stick sandwiches.

## Cookie Cutter Sandwiches

---

### Ingredients

2 slices whole wheat bread  
1 1/2 Tbsp peanut butter  
2 tsp jam or jelly

### Instructions

Have your parent's help you spread peanut butter and jam on your bread with a butter knife. Let your parent's show you how to use a cookie cutter on the sandwich to cut out a shape, and then let them help you cut out the rest. Eat the shape and the outside crust. Makes one sandwich.

## Apple Sailboat

---

### Ingredients

1 Apple  
Peanut Butter  
1 Toothpick  
12 Small Marshmallows  
16 Raisins

### Instructions

Have a parent cut an apple into 4 pieces so that there are 4 flat surfaces. Spread the peanut butter on the white part of the apple. Put 3 marshmallows on the toothpick and place the toothpick on one end of the apple for a sail. Then place 4 raisins on top of the peanut butter like people riding on a boat. Eat and Enjoy!

## Breakfast Wraps

---

### Ingredients

1 Tortilla  
1 Egg  
1 Handful of Spinach, washed

### Instructions

Put the tortilla on a plate and put the spinach on it. With your parents help, scramble the egg and then put the egg on the spinach. Roll it up into a wrap. Eat!





## Five Cup Fruit Salad

---

### Ingredients

1 cup fresh pineapple, cut into chunks  
1 cup fresh mandarin orange slices  
1 cup shredded coconut  
1 cup mini marshmallows  
1 cup fat free sour cream

### Instructions

Have a parent help you cut the pineapple into chunks and the orange into slices. Mix the pineapple, orange slices, coconut, marshmallows, and fat free sour cream in a bowl.

## Golden Apple Oatmeal

---

### Ingredients

1 golden delicious apple, cut into small pieces  
1/3 cup apple juice  
1/3 cup water  
Dash of cinnamon  
Dash of nutmeg  
1/3 cup quick-cook rolled oats, uncooked

### Instructions

Mix apples, juice, water, cinnamon and nutmeg in a microwave safe medium-sized bowl. Have your parents help you microwave your mix for 1-2 minutes until hot and apples are soft. Stir-in rolled oats. Cover and let stand several minutes until it is cooled before serving. Makes 1 serving.

## Frozen Cup O' Fruit

---

### Ingredients

3 5 oz plastic cups  
wooden spoon or popsicle sticks  
1 can 'lite' fruit cocktail

### Instructions

Dump a can of fruit cocktail in a blender. Have your parents help you blend it and then pour it into cups. Put the cups on a cookie sheet and have your parents put them in the freezer. Leave them in the freezer for 1 1/2 hours and then put sticks in them like a popsicle. Leave them in the freezer for 3-4 hours more. Take them out of the freezer, warm the cup between your hands and then pull the popsicle out of the cup and eat!

## Ogre Smoothie

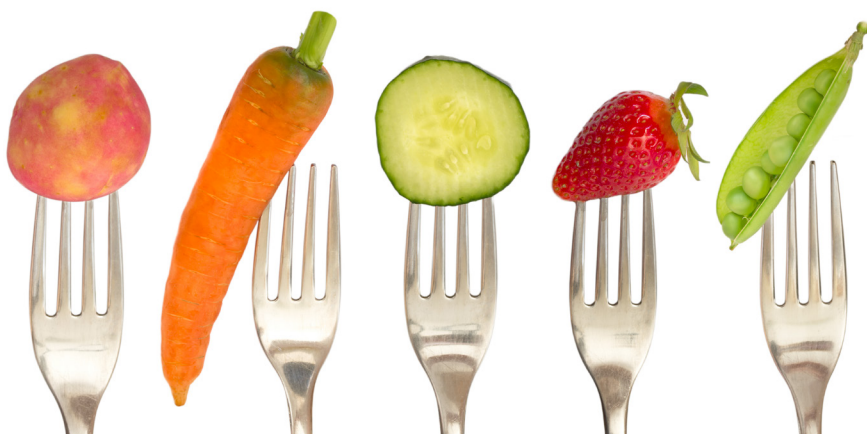
---

### Ingredients

1 Cup Fresh Green Grapes  
3/4 Cup Spinach Leaves, washed  
1 Cup of Crushed Ice  
1 Kiwi, peeled  
1/8 Cup Fresh Pineapple or 1/2 Cup canned pineapple (drained)

### Instructions

Place all the ingredients in the blender and with your parents help blend until smooth. Pour into 4 glasses and enjoy – and don't worry, you won't even notice the spinach!



## Tortilla Pizzas

---

### Ingredients

1 whole wheat tortilla 6inch  
1-2 tbsp pizza sauce  
1 oz shredded cheddar cheese  
additional toppings

### Instructions

Carefully spread the pizza sauce on tortilla and sprinkle cheese on top. Any other toppings you like for your pizza like pre-sliced olives, ham, pineapple. Have your parents help you place your pizza on top rack of the oven and bake @350° F until cheese melts on top and starts to bubble. Then let your parents help you remove the pizza out of the oven and allow to cool on stove top before serving.

## Carrot Raisin Salad

---

### Ingredients

4 medium carrots (shredded)  
1/4 cup raisins  
2 tsp sugar  
2 Tbsp lemon juice

### Instructions

Stir carrots, raisins, sugar and lemon in a medium sized bowl. Serve chilled. Makes 4 servings.

## Apple Yogurt Dip

---

### Ingredients

1/2 cup vanilla yogurt  
1/4 tsp cinnamon  
1 medium apple

### Instructions

Put the yogurt and cinnamon in a small bowl. Have your parents help you core and slice the apple for them to dip into mixture.

## Yummy Apple Snack

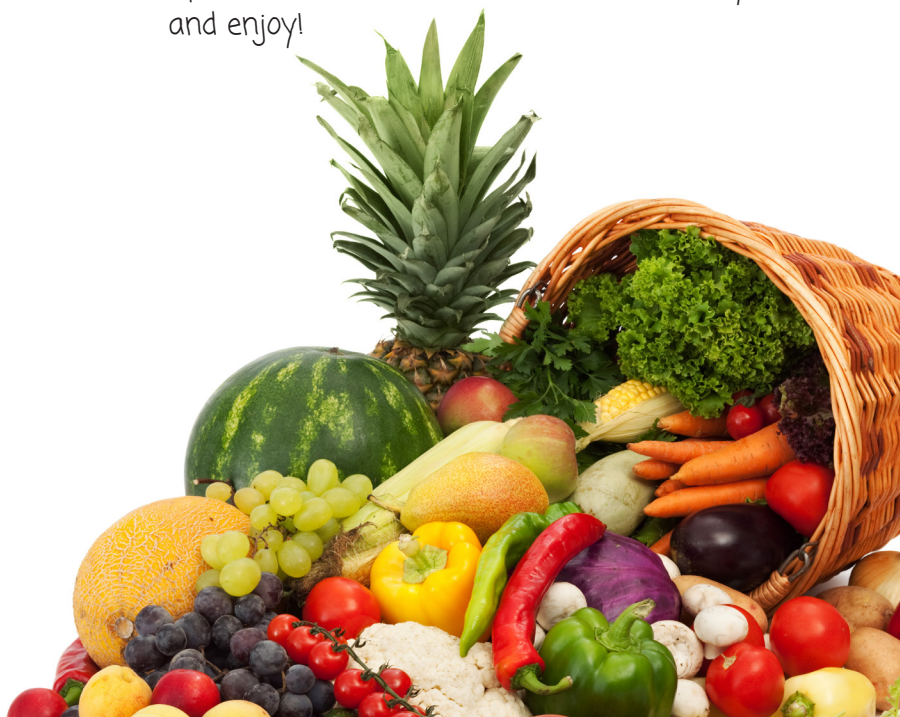
---

### Ingredients

1 Pear or Apple  
1 oz Cheese or 1 String Cheese Stick  
2 Tbsp. Slivered Almonds  
1 Tbsp. Honey

### Instructions

With your parents help, chop the pear or apple into bite size pieces. Put into a bowl. Dice the cheese into tiny blocks and put into the bowl. Sprinkle the nuts in and drizzle with honey. Toss and enjoy!



## Creative Rolls

---

### Ingredients

1 can refrigerator reduced-fat wheat biscuit dough  
1 egg white  
table salt, or large salt pieces  
pastry brush

### Instructions

Take the dough out of the package and roll it and shape it and make your own creations with the dough. You can make people, shapes, pretzels, etc. Paint each creation with egg white and sprinkle salt. Have your parents help you bake your creations according to roll directions on package.

## Fruit Cocktail Popsicles

---

### Ingredients

3 5 oz plastic cups  
3 Popsicle sticks  
1 Can Light Fruit Cocktail

### Instructions

Dump 1 can of fruit cocktail into a blender. Have your parents help you blend it together. Then pour it into the 3 cups. Put the cups in the freezer for 1 ½ hours and then put the sticks in them like a popsicle. Leave them in the freezer for 3-4 more hours. Take them out of the freezer, warm the cup between your hands and then pull the popsicle out of the cup. Enjoy!

## Fresh Zucchini Delight

---

### Ingredients

1 Zucchini  
Olive Oil  
Garlic Salt  
Parmesan Cheese  
Pepper

### Instructions

Reheat oven to 350 degrees. Cut zucchini in 1/4 inch round slices. Place round slices flat on a baking sheet. Lightly drizzle olive oil on each zucchini piece. Shake garlic salt, Parmesan cheese and pepper on top of each zucchini piece to your liking. Cook 15 minutes.

## Raspberry Meltdown

---

### Ingredients

1/2 cup of raspberries  
1 string cheese  
1 tortilla

### Instructions

Place tortilla on a plate. Pull string cheese apart into several strings and lay on top of tortilla. Add raspberries on top of cheese. Place in microwave and heat for 35 seconds. Take out and fold in half.





## Great Balls of Fire

---

### Ingredients

2 cups dry oatmeal (old fashioned)  
2 cups coconut flakes  
1 cup chocolate chips  
1 cup ground flax seed or chia or unhulled sesame  
1 cup raisins or craisins (dried cranberries)  
zest from 1 orange  
1 cup peanut butter  
2/3 cup honey  
2 tsp. vanilla

### Instructions

Mix all dry ingredients together in a big bowl. Mix peanut butter honey and vanilla together in a smaller bowl and then mix into dry ingredients. Let chill in refrigerator for 1 hour. Roll into 1" balls and store in airtight container in refrigerator for up to 1 week. Makes about 40 balls. The recipe is very versatile. You can use any kind of nut or dried fruit or chips. You can also substitute wheat germ for the seeds. Give it a whirl and experiment with what you like.

## Vegetable Pinwheels

---

### Ingredients

1 Cup Chopped Broccoli  
1 Cup Chopped Carrots  
1/2 Cup Chopped Olives  
1 Packet Powdered Ranch Dressing  
Tomato or Spinach Tortillas  
1 Cup Chopped Cauliflower  
1 Cup Diced Cucumber  
8 oz Fat-Free Cream Cheese

### Instructions

Put the cream cheese and the powdered Ranch dressing into a bowl and blend it together. With your parents help, chop all the vegetables. Put the vegetables in the bowl and stir them into the cream cheese mixture. Put the bowl in the fridge for 30-60 minutes. After that, spread the mixture on the tortilla and roll it up. Cut the tortilla into thick pieces and insert a toothpick. Serve it up and Enjoy!

