



# Raising Healthy Kids

It's not always easy to encourage your children to eat a balanced diet. Here are 6 tips for helping them to develop healthy habits at a young age.



- 1** Teach them where their food comes from. Shop at the farmers markets and introduce them to the farmers. Grow a little garden of your own or try making a trip to a u-pick farm.
- 2** Cook with them, get their little hands involved and make sure to congratulate and appreciate them on the food they make. You'll be surprised what a little bit of gratitude can do.
- 3** Talk to them. Get to know what they like and don't like about the foods they eat. Work with them not against them. For example if they don't like chunks try pureeing it. Soups and sauces are a great way to get a picky eater adjusted.



- 4** Lead by example. Being healthy isn't about perfection or restriction. It's not having the perfect body, eating the perfect diet or working out x amount of times. It can be seen as choosing to let go of your tight dietary restrictions when out celebrating or eating with loved ones, because in the moment it may just not be about the food. Show them how creating a healthy mindset around food is one of which we are aware and mindful of everything around us while honouring one's self.
- 5** Be creative!! How I got started was by creating my favourite "unhealthy" dishes to become healthy ones. Try new things like using herbs and spices to change the colour of food. Like this green quinoa. Or try a banana nice cream (frozen banana's blended with coconut cream in to a thick soft serve ice cream) topped with date caramel syrup. Or like our okra nacho cheese sauce in the picture over. Once you get started you'll realize the possibilities are endless.
- 6** Eat together and create family dinner routines. My little ones created "special spots" for everyone of us. We then sit down and go around the table and express 3 things we are all grateful for in that day. Food isn't always about the food itself but the connection it creates with others. Remember food is the building blocks of who we are physically and mentally. It's an area of our life we absolutely need to survive but we tend to do it so mindlessly. If you ever want to know how you or someone else is doing just look at their eating habits at the time.



## Grocery List

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### Produce

- 2 Red Bell Peppers
- 1 Yellow Bell Pepper
- 1 Cucumber
- Bag of Mini Cucumbers
- 1 head Green Leaf Lettuce
- Cherry Tomatoes
- 1 Red Onion
- 1 Yellow Onion
- 1 Bulb Garlic
- Bag of Carrots
- Bag of Snap Peas
- 1 Bunch Radishes
- 2 Avocados
- 2 Medium Tomatoes
- 1 Lime
- 1 Lemon
- Dill
- 25 Dates
- Small Butternut Squash
- Edamame Beans (Frozen)

### Pantry Items

- Box of Crackers
- 1 cup Quinoa
- 1-2 cups Black Rice
- 2 cans Chickpeas (398 ml)
- 1 cup Split Red Lentils
- Honey
- Grainy Honey Dijon Mustard
- Apple Cider Vinegar
- Rice Vinegar or White Vinegar
- Soya Sauce or Braggs
- Toasted Sesame Oil
- Avocado Oil (optional)
- Tahini (optional)
- Dill Pickles
- Butter or Vegan Butter
- Mayo
- Sugar
- Whole Wheat Tortillas
- Loaf of bread
- Shredded Cheese

### Spices

- Dry Basil
- Mustard Powder
- Onion Powder
- Garlic Powder
- Cumin Powder
- Smoked Paprika
- Oregano
- Chili
- Cinnamon
- Sea Salt
- Black Pepper

### Dairy

- Shredded Cheese
- Butter/ Vegan Butter

### Sides

- Seasonal Fruit
- Chocolate
- Dips (Optional)

**\*Note: The amounts above makes enough for 2 servings for 5 days.**



## Sushi Bowl

Honey sesame soy black rice topped with shredded carrots, sliced mini cucumbers and edamame beans. Side of seasonal fruit and chocolate

### Ingredients you will need:

- 1 cup black rice
- 1 mini cucumber sliced
- 1-2 radishes sliced
- 1 carrot shredded
- 1/2 cup edamame beans
- 1 avocado cubed (Optional)

### Sesame Soy Dressing:

- 2 tbsp bragg
- 2 tbsp toasted sesame oil
- 1 tbsp avocado oil
- 2 tsp honey
- 4 tbsp rice vinegar
- 1/2 tsp onion powder
- 1/2 tsp garlic powder

### Directions:

1. Cook rice to package directions. This can be done in advance as rice will be used cold.
2. Slice cucumbers and radishes into bite size pieces. Shred carrot.
3. Thaw out edamame beans in hot water.
4. Peel and slice avocado into bite size cubes.
5. Combine all dressing ingredients in a jar. Cover and shake. Take cold rice and add desired amount of dressing and gently turn rice until dressing is evenly distributed.
6. Scoop rice into container and top with ingredients.

**PREPARATION: 10MIN**  
**COOKING: 15-20MIN**  
**READY IN: 20MIN**

**Sides: Seasonal fruit and chocolate.**



## Smashed Chickpea Sandwiches

Seasoned smashed chickpeas with lettuce, sprouts, shredded carrots. Side of homemade date caramel dip and sliced apples.

### Ingredients you will need:

- 4 slices of bread
- 1 carrot shredded (optional)
- Lettuce (optional)
- Sprouts (optional)

### Smashed Chickpea Recipe:

- 1 can chickpeas (398ml)
- 1/4 red onion diced
- 1/2 cup diced dill pickles
- 2 tbsp mayo
- 2 tbsp apple cider vinegar
- 1/2 tbsp grainy honey mustard
- 1 tsp honey or sugar
- 2 heaping tbsp of fresh chopped dill

**PREPARATION: 10MIN**  
**COOKING: 0MIN**  
**READY IN: 10MIN**

### Directions:

1. Smash chickpeas with either your hand or a potato masher. You want it to still be chunky. Add onions, pickles, mayo, apple cider vinegar, mustard, honey or sugar and dill. Season with salt and pepper to taste.
2. Pile high on bread and add your veggies.



### Date Caramel Recipe:

- 25 pitted dates
- 1/8 tsp cinnamon
- 1 tbsp butter
- 1 cup hot water

1. Add dates, cinnamon and water to blender. Blend until smooth. Then add butter blend just until combined. Serve and enjoy!

**Sides: Apple slices and date caramel.**



## Quinoa Salad

Quinoa tossed with chickpeas, sliced cucumber, peppers, cherry tomatoes, and a honey basil vinaigrette. Side of seasonal fruit and veggies.

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### Ingredients you will need:

- 1 cup quinoa
- 1 can chickpeas (398ml) rinsed and drained
- 1 diced red pepper
- 1/2 diced cucumber
- 1 cup halved cherry tomatoes
- 1/4 diced red onion

### Honey Basil Vinaigrette:

- 1 tsp dry basil
- 1 tbsp honey
- 1/4 tsp mustard powder
- 1/4 cup apple cider vinegar
- 1/4 cup white vinegar
- 1/2 cup avocado or olive oil

### Directions:

1. Cook quinoa to package direction. This can be done in advance as quinoa will be used cold.
2. Combine cold quinoa, chickpeas, red pepper, cucumber, cherry tomatoes and red onion.
3. Combine all vinaigrette ingredients in a jar. Cover and shake. Add desired amount of dressing and mix until evenly distributed. Serve and enjoy!

**PREPARATION: 10MIN**  
**COOKING: 15-20MIN**  
**READY IN: 20MIN**

**Sides: Seasonal fruit and veggies.**



## Refried Red Lentil Wraps

A whole wheat wrap smothered with seasoned refried lentils topped with lettuce, avocado, tomato, pepper and cheese. Side of seasonal veggies and dill ranch dip.

### Ingredients you will need:

- 2 whole wheat tortillas
- 1 cup black rice
- 1/2 sliced avocado
- Lettuce
- 1 slice yellow pepper
- 1/2 cup shredded cheese

### Refried Lentils:

- 1 cup split red lentils
- 1/2 diced onion
- 2 tsp minced garlic
- 1 cup diced tomatoes
- 1/2 tsp cumin
- 1/2 tsp oregano
- 1/4 tsp chili powder
- 1/2 a lime juiced
- 2 cups water
- 1/2 tsp salt

**PREPARATION: 10MIN**  
**COOKING: 15-20MIN**  
**READY IN: 20MIN**

### Directions:

1. Cook black rice to package direction. This can be done in advance as rice will be used cold.
2. Rinse split red lentil.
3. Heat a small saucepan over medium heat. Once hot add 2 tbsp cooking oil of choice and add onions. Saute until onions are caramelized. Then add garlic, cumin, oregano, and chili powder and stir until fragrant. Add rinsed lentils and stir until coated with oil. Add diced tomatoes and 2 cups water. Bring to a boil then reduce heat until it becomes a simmer. Cover and cook for 15 mins. Add salt and lime juice at the end. Store leftovers in a covered container for up to 4-5 days.
4. Spread refried lentils on tortilla top with all other ingredients wrap and enjoy.

**Sides: Seasonal veggies and either homemade or store bought dip of choice.**



## Butternut Hummus & Veggies

Homemade roasted butternut hummus with a seasonal veggies and side of crackers.

### Ingredients you will need:

- 2 carrots cut into sticks
- 1 large diced red pepper
- 2 mini cucumbers sliced
- 4 radishes
- handful of cherry tomatoes
- snap peas

### Butternut Hummus:

- 1 cup cubed butternut squash
- 4 cloves garlic
- 1 can chickpeas (398ml) rinsed and drained
- 4 tbsp avocado or olive oil
- 2 tbsp tahini
- 1/2 tsp cumin
- 1/4 tsp cinnamon
- dash of paprika
- 1/2 a lemon juiced
- 1/4 tsp salt

PREPARATION: 15MIN

COOKING: 15-20MIN

READY IN: 25MIN

### Directions:

1. Preheat oven to 400°F.
2. Peel and dice butternut squash into cubes toss in olive oil and season with salt.
3. Add butternut squash cubes to a lined baking sheet and bake for 15-20 mins or until the squash is fork tender. Take out and set aside
4. Add garlic, chickpeas, oil, tahini, cumin, cinnamon, paprika, lemon, salt and roasted butternut squash to food processor and puree until smooth. If too thick add a few tbsp of water at a time until u get the consistency you like. Store leftovers in a sealed container in the refrigerator for up 4-5 days.

**Sides: Seasonal veggies and crackers of choice.**