



# KIDS CRAVE BLUEBERRY COTTAGE CHEESE PANCAKES

Kids love these  
pancakes filled with  
sweet blueberries, whole  
wheat and protein-rich  
cottage cheese.

*Makes 4 Pancakes*

## Ingredients

2 large eggs  
3/4 cup fat-free cottage cheese  
(lowest sodium available)  
1/2 cup fat-free milk  
1 cup whole-wheat flour  
1 tsp baking soda  
2 tsp sugar  
12 ounces frozen unsweetened blueberries  
(thawed, with liquid)

Cooking spray

## Instructions

In a medium mixing bowl, stir together the eggs, cottage cheese, and milk until combined and moist. Stir the flour, baking soda, and sugar into the egg mixture just until the ingredients are combined and no flour is visible. The batter may be slightly lumpy. Don't overmix or the pancakes won't be light and fluffy. Gently stir the blueberries with liquid into the pancake batter. Lightly spray a large skillet or electric griddle with cooking spray. Heat over medium-high heat. For each pancake, ladle 1/4 cup batter into the skillet or griddle. Don't overcrowd the pancakes. You may need to cook these in batches (the batter will make 4 pancakes total). Cook for 2 to 3 minutes, or until bubbles appear on the edge of each pancake. Using a spatula, turn over the pancakes. Slightly flatten each pancake with the back of the spatula. Cook for 2 to 3 minutes, or until second side is golden brown. The pancakes should be fairly firm to the touch. Transfer the pancakes to serving plates.

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## Nutrition Facts

Calories	250kcal
Total Fat	5g
Saturated Fat	1.5g
Cholesterol	140mg
Sodium	390mg
Total Carb	37g
Dietary Fiber	6g
Sugars	12g
Protein	15g



# KIDS CRAVE MAC & CHEESE (AND THIS ONE'S VEGAN!)

Elbow macaroni  
baked with creamy  
Daiya® cheddar cheese  
sauce & bread crumbs.

So delicious, your  
non-vegan friends won't  
know the difference.

Serves 4

## Ingredients

6 oz	elbow macaroni dry
1 1/2 Tbsp	olive and vegetable oil
1 1/3 cup	soy milk
1/3 tsp	nutritional yeast
3/4 tsp	onion powder
1/2 tsp	garlic powder
1 pinch	ground nutmeg
8 oz	Daiya® cheddar cheese shredded
2 tsp	olive or vegetable oil
1 oz	panko bread crumbs
1/2 tsp	paprika
1/8 tsp	kosher salt
1/8 tsp	ground black pepper

## Instructions

Preheat oven to 325 F. Cook elbow macaroni according to package directions. In stockpot over medium heat, heat oil and soy milk. Bring to a simmer. Add yeast, onion powder, garlic powder and nutmeg. Whisk until well blended. Cook, whisking constantly until mixture boils, 2 to 3 minutes. Reduce heat. Add vegan cheese. Whisk until cheese is melted and sauce is well blended. Combine macaroni to vegan cheese mixture. Toss to coat. Add to pan or oven-proof dish and cover. Bake until internal temperature reaches 165 F, 20 to 30 minutes. While macaroni and cheese is baking, combine oil, panko, vegan cheese, paprika and pepper. Once macaroni and cheese reaches 165 F, remove from oven and top with bread crumb mixture. Put back in oven and bake until cheese is melted and bubbly, 5 to 8 minutes.

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## Nutrition Facts

Calories	480kcal
Total Fat	22g
Saturated Fat	6g
Cholesterol	0mg
Sodium	620mg
Total Carb	56g
Dietary Fiber	5g
Protein	12g



# KIDS CRAVE PEANUT BUTTER POWER TOAST

Start the day right  
with smooth peanut  
butter, banana slices,  
chia seeds and honey  
on multigrain toast

Serves 4

## Ingredients

4 slices	multigrain bread
1/2 cup	creamy peanut butter
2 tsp	chia seeds
2	bananas
1 1/3 Tbsp	honey

## Instructions

Toast multigrain bread.

On each slice of toast:

Spread 2 Tbsp peanut butter\*.

Sprinkle 1/2 tsp chia seeds.

Slice and add 1/2 banana.

Drizzle 1 tsp honey.

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## Nutrition Facts

Calories	200kcal
Total Fat	16g
Saturated Fat	3g
Cholesterol	0mg
Sodium	135mg
Total Carb	11g
Dietary Fiber	13g
Sugars	10g
Protein	8g

*\*For a tasty peanut-free substitute, try  
sunflower seed butter or almond butter.*



# KIDS CRAVE TROPICAL CHICKEN WITH CITRUS SAUCE

Enjoy a tasty trip to the tropics! This easy dish features protein-packed chicken in a sweet and zesty citrus sauce rich in vitamin C.

*Makes 4 Servings*

## Ingredients

1 Tbsp	extra virgin olive oil
4 ea	boneless chicken breast (about 4 oz each)
1/4 cup	low sodium chicken broth
1/2 cup	Mandarin orange segments
1/2 cup	grapefruit segments
1/3 cup	orange marmalade
1/4 cup	fresh lime juice
1/8 tsp	crushed red chili pepper flakes or to taste

## Instructions

Preheat oven to 350°.

Heat the vegetable oil in a skillet over high heat for a minute or so. Add the chicken breast and cook 4 to 5 minutes on each side, until golden brown. Transfer the chicken to a roasting pan, reserving the drippings in the skillet.

Pour the broth over the chicken in the roasting pan. Cover the roasting pan and bake for 20 minutes, until chicken reaches an internal temperature of 170°. While the chicken is cooking, add the orange, grapefruit, marmalade, lime juice, and red pepper to the skillet with the drippings and whisk. Simmer for 5 minutes.

For each serving, place chicken on a plate and ladle 1/4 cup of sauce over top.

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## Nutrition Facts

Calories	210kcal
Total Fat	5g
Saturated Fat	1g
Cholesterol	60mg
Sodium	290mg
Total Carb	20g
Dietary Fiber	1g
Sugars	18g
Protein	23g