



# 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     |



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 PEANUT BUTTER POWER TOAST

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

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# 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<br>(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<br>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 ¼ 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     |