

Recipe

Frozen Strawberry Banana Snack

INGREDIENTS:

2 bananas
1/2 cup frozen strawberries
1/4 tsp vanilla extract
milk (dairy or plant based)
cinnamon (optional)

*Caution: Always check for allergies
before serving foods. Make
substitutions as needed

DIRECTIONS:

Invite the children to help make an icy treat. Have them wash their hands so that they may help prepare the food. Children can help measure the frozen strawberries, peel the bananas, and roughly chop the bananas with child-safe knives. Add the fruits to a blender or food processor along with the vanilla extract. If the mixture is too thick to blend well, add a small amount of milk (dairy or plant based) to loosen it a bit. Scoop a serving for each child into a small bowl.



Recipe

Tropical Baked Oatmeal

INGREDIENTS:

1 cup rolled oats
½ cup unsweetened
coconut flakes (optional to
toast first)
1 tsp. cinnamon
½ tsp. baking powder
1 cup milk (dairy or
plant based)
½ cup Greek yogurt (dairy or
plant based)
2 T. maple syrup
1 T. coconut oil
½ tsp. vanilla extract
5 canned pineapple
rings, drained and chopped

*Caution: Always check for allergies
before serving foods. Make
substitutions as needed

DIRECTIONS:

Prepare an 8"x8" pan or loaf pan by brushing it with oil or butter. Have children wash their hands so they may help make the baked oatmeal. Invite them to help measure and add all of the ingredients to a large bowl. Stir the ingredients together and pour into your prepared pan. Bake at 375°F for 45–50 minutes, until golden and firm on top. Allow to cool to room temperature before serving to the children.

