



5 WAYS TO SNEAK IN

Healthy Foods

FOR YOUR KIDS

5 WAYS TO SNEAK HEALTHY FOODS IN FOR YOUR KIDS

As a child, I can vividly remember sitting at the dinner table with a large pile of green peas staring at me alongside a meatloaf that I had no interest in eating. The idea of eating my vegetables seemed like something I never wanted to do. I would push them around on my plate and try to come up with ways to hide them or avoid them altogether. I'd even sneak some under the table and feed our cat (she didn't like them much either).

But my mom was determined to make sure that I was getting the proper nutrition that my growing body needed.

It wasn't until I became an adult that I truly appreciated the effort that my mom put into making sure that I was eating healthy foods. I realized that the nutrition that I was getting from those green peas and other vegetables was essential for my overall health and well-being. I also realized that there were many ways to make vegetables taste delicious and exciting.

As a parent now myself, I understand the challenges of getting kids to eat healthy foods. It can be a struggle to get them to try new things, especially when they have a strong preference for certain foods.

That's why I want to share with you some of the ways that I've found to sneak healthy foods into my own children's diets. These tips have helped me to get my kids excited about trying new foods and to ensure that they are getting the nutrition that they need to grow and thrive.

So, whether you're a parent struggling to get your kids to eat their veggies or someone who just wants to incorporate more healthy foods into your own diet, I hope that you find these tips helpful and inspiring. Remember, eating healthy doesn't have to be a chore, and it can be fun and delicious too! :)

5 SNEAKY WAYS

1. BAKE WITH HEALTHY INGREDIENTS

Who doesn't love baked goods? Kids love them too! This is a perfect opportunity to sneak in some healthy ingredients like whole grains, nuts, seeds, and fruits. You can try baking healthy muffins, bread, or cookies using healthier ingredients such as almond flour, coconut oil, or applesauce instead of butter. These alternatives not only make the baked goods healthier but also add a unique flavor to them.

For instance, you can try making healthy banana bread using whole wheat flour, Greek yogurt, and honey instead of refined flour, butter, and sugar. This is an excellent source of fiber, protein, and healthy fats. Likewise, you can try making blueberry muffins using almond flour, coconut oil, and honey. These muffins are gluten-free, dairy-free, and refined sugar-free, making them an ideal snack for kids with food allergies or intolerances.

Another healthy baked goods option is to make homemade granola bars. You can use rolled oats, nuts, seeds, and dried fruits to make a healthy and delicious snack. These granola bars are high in fiber, protein, and healthy fats, making them a perfect energy-boosting snack for kids on the go.

Want to try some delicious yet healthy cookies? Try these!

HEALTHY BANANA OATMEAL COOKIES

Ingredients:

2 ripe bananas, mashed
1 cup rolled oats
1/4 cup almond flour
1/4 cup chopped walnuts
1/4 cup raisins
1 tbsp honey
1 tsp vanilla extract
1/2 tsp cinnamon
Pinch of salt

Instructions:

- *Preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper.*
- *In a large mixing bowl, combine the mashed bananas, rolled oats, almond flour, chopped walnuts, raisins, honey, vanilla extract, cinnamon, and salt.*
- *Mix well until all the ingredients are combined.*
- *Using a cookie scoop or spoon, drop the dough onto the prepared baking sheet, about 2 inches apart.*
- *Bake for 15-20 minutes, or until the cookies are golden brown.*
- *Remove the cookies from the oven and let them cool on the baking sheet for 5 minutes.*
- *Transfer the cookies to a wire rack to cool completely.*

These healthy banana oatmeal cookies are a great snack for kids and adults alike. They are loaded with fiber, protein, and healthy fats, making them a great energy-boosting snack. Plus, they are naturally sweetened with ripe bananas and honey, so you can feel good about giving them to your kids. So, give this recipe a try and see how easy it is to sneak healthy ingredients into baked goods that your kids will love!

2. USE PUREED VEGGIES IN FOODS

Pureed veggies are an excellent way to sneak some extra nutrients into your child's diet without them even knowing it. You can add pureed carrots, zucchini, or sweet potatoes to pasta sauces, soups, and even meatloaf. The puree will blend in with the other ingredients, and your kids won't be able to taste the difference.

For example, you can add pureed sweet potatoes to mac and cheese, giving it a creamy and nutritious twist. Likewise, you can add pureed carrots to tomato sauce, giving it a slightly sweet and rich flavor. You can also add pureed zucchini to the meatloaf, making it moist and delicious. These purees not only add nutrition but also help to increase the volume of the food, making it more filling and satisfying.

Another way to use pureed veggies is to make vegetable pancakes. You can mix pureed vegetables with eggs, flour, and spices to make a healthy and delicious breakfast or snack. These pancakes are an excellent way to sneak some extra veggies into your child's diet. For example, you can make carrot pancakes, zucchini pancakes, or sweet potato pancakes. These pancakes are easy to make and are a perfect option for a quick and healthy breakfast.

Here are some general ratios to use when adding pureed veggies to different types of foods:

- **Sauces and Soups:** 1/2 to 1 cup of pureed veggies per 2 cups of sauce or soup.
- **Meatloaf and Meatballs:** 1/2 to 1 cup of pureed veggies per pound of ground meat.
- **Baked Goods:** 1/2 to 1 cup of pureed veggies per 2 cups of flour or dry ingredients.
- **Pancakes and Waffles:** 1/2 to 1 cup of pureed veggies per 2 cups of batter.
- **Smoothies:** 1/2 to 1 cup of pureed veggies per 2 cups of liquid.

These ratios are just a starting point, and you can adjust them based on your family's taste preferences and the type of vegetable you are using. Remember to start with a smaller amount of puree and gradually add more until you reach the desired texture and consistency.

Adding pureed veggies to your family's meals is an excellent way to increase their daily intake of vitamins and minerals. So, get creative in the kitchen and experiment with different combinations and ratios to sneak some extra nutrition into your child's favorite foods!

3. ADD FRUITS AND VEGGIES TO BREAKFAST FOODS

Breakfast is the most important meal of the day, and it's an excellent opportunity to get some fruits and veggies into your kids' diets. You can add fresh fruits like bananas, strawberries, or blueberries to pancakes, waffles, or oatmeal. You can also make a fruit smoothie with some spinach or kale. It's an easy way to get some greens into your child's diet without them even realizing it.

Here is a kid-approved fruit smoothie recipe with sneaky greens:

Ingredients:

- 1 cup of kale, stems removed and chopped
- 1 cup of frozen mixed berries
- 1/2 cup of frozen pineapple
- 1 banana, peeled and sliced
- 1 cup of coconut water

Instructions:

In a blender, add the chopped kale and coconut water. Blend until the kale is pureed and there are no chunks.

Add the frozen mixed berries, frozen pineapple, and sliced banana to the blender.

Blend until smooth, adding more coconut water if needed to reach your desired consistency.

Pour the smoothie into a glass and serve immediately.

This smoothie is packed with vitamins and nutrients from kale, berries, pineapple, and banana, making it a great way to start the day or enjoy it as a healthy snack. The coconut water adds a sweet and refreshing flavor that kids love. Plus, the bright purple color of the smoothie is sure to catch their attention.

If your kids are hesitant to try a smoothie with kale, you can start by using a smaller amount and gradually increasing it as they become more accustomed to the taste. You can also add a bit of honey or maple syrup to sweeten the smoothie if needed.

Overall, this kale fruit smoothie is a delicious and healthy way to get your kids to eat more fruits and veggies, without them even realizing it!

And another thing you can do - you can make banana pancakes using mashed bananas, whole wheat flour, and almond milk. These pancakes are a healthy and delicious breakfast option that is packed with fiber, protein, and vitamins.

Another way to add fruits and veggies to breakfast foods is to make a fruit salad or a vegetable omelet. You can mix different fruits and veggies to make a colorful and nutritious salad. Likewise, you can mix veggies like bell peppers, onions, and mushrooms to make a healthy and delicious omelet. These breakfast options are easy to make and are a great way to start your day with a healthy dose of vitamins and minerals.

4. MIX VEGETABLES WITH THEIR FAVOURITE FOODS

Kids often love pizza, mac and cheese, and other comfort foods. You can add some healthy vegetables to these meals by mixing them in with the cheese or sauce. For example, you can add some broccoli or spinach to a cheese pizza or mix some pureed butternut squash into mac and cheese. It's a simple way to add some extra nutrition to your kids' favorite foods.

Another way to mix vegetables with their favorite foods is to make veggie burgers or meatballs. You can mix different veggies like carrots, zucchini, and onions with ground meat to make a healthy and delicious meal. These burgers or meatballs are a great way to get some extra veggies into your child's diet without them even realizing it.

And, you can make vegetable quesadillas by mixing different veggies with cheese and tortillas. These quesadillas are easy to make and are a perfect option for a quick and healthy lunch or dinner. You can mix veggies like bell peppers, onions, mushrooms, and zucchini to make a colorful and nutritious meal.

Here is a list of veggies that you can add to your child's favorite foods without them even noticing:

Zucchini: Grate or finely chop zucchini and add it to pasta sauce, meatballs, or burgers. Zucchini is mild in flavor and adds moisture and nutrition to these dishes.

Cauliflower: Pulse cauliflower in a food processor until it's rice-like and add it to fried rice, stir-fries, or casseroles. Cauliflower is a great source of fiber, vitamin C, and other nutrients.

Sweet Potato: Mash cooked sweet potato and add it to muffins, pancakes, or bread. Sweet potatoes are rich in vitamin A and fiber, and they add natural sweetness to baked goods.

Carrots: Grate carrots and add them to meatloaf, spaghetti sauce, or muffins. Carrots are an excellent source of vitamin A and fiber and can add a slight sweetness to savory dishes.

Spinach: Add finely chopped spinach to scrambled eggs, smoothies, or quesadillas. Spinach is packed with iron and other nutrients, and its mild flavor is easily masked by other ingredients.

Butternut Squash: Roast and puree butternut squash and add it to mac and cheese, soup, or mashed potatoes. Butternut squash is a great source of vitamin A and adds a creamy and slightly sweet flavor to dishes.

Bell Peppers: Finely chop bell peppers and add them to omelets, tacos, or meatloaf. Bell peppers are rich in vitamin C and add a pop of color and flavor to dishes.

These are just a few examples of veggies that you can add to your child's favorite foods without them even noticing. With a little creativity and experimentation, you can sneak all sorts of healthy vegetables into your family's meals.

5. MAKE HEALTHY SNACKS

Kids love to snack, and it's an excellent way to get some extra nutrients into their diets. You can make healthy snacks like fruit kabobs, homemade granola bars, or veggie sticks with hummus. These snacks are easy to make, and your kids will love them.

Here is a list of kid-approved healthy snacks that you can try:

Apple Slices with Peanut Butter: Cut up some apples into slices and serve them with a dollop of peanut butter. This snack is high in fiber, protein, and healthy fats, making it a great energy-boosting snack for kids.

Yogurt Parfait: Layer Greek yogurt, fresh berries, and granola in a cup to make a delicious and nutritious snack. Greek yogurt is high in protein and calcium, while the berries add natural sweetness and antioxidants.

Trail Mix: Mix a variety of nuts, seeds, and dried fruits to make a healthy and satisfying snack. You can add some dark chocolate chips for a touch of sweetness.

Roasted Chickpeas: Drain and rinse a can of chickpeas, toss them with some olive oil and spices, and roast them in the oven until crispy. Chickpeas are a great source of protein and fiber, and they make a tasty and crunchy snack.

Banana and Nut Butter Roll-Up: Spread some nut butter on a whole-grain tortilla, and roll up a banana inside. This snack is high in fiber, protein, and healthy fats, making it a great option for a quick and easy snack.

Veggie Chips: Slice up some vegetables like sweet potatoes, beets, or kale, and bake them in the oven until crispy. These homemade veggie chips are a healthy alternative to traditional potato chips, and they're loaded with vitamins and minerals.

Smoothies: Blend up some fruits, vegetables, and yogurt or milk to make a healthy and delicious smoothie. You can add some honey or maple syrup to sweeten it if needed.

These are just a few examples of healthy snacks that your kids will love. With a little creativity and experimentation, you can find the perfect snacks that are both tasty and nutritious for your family.

FINAL THOUGHTS

As I mentioned earlier, when I was a kid, I was the pickiest eater around. My mom tried everything to get me to eat my vegetables. She would bribe me with dessert, threaten to take away my toys, and even try to make me feel guilty by telling me about all the starving children in the world who would love to have the food that I was refusing to eat. None of it worked. I was stubborn, and I was convinced that vegetables were gross and disgusting.

So when I had my own kids - I knew I had my work cut out for me. But after finding these sneaky ways, and seeing my kids eat healthy without even realizing it, I know I'm on the right track to have healthier children. And so are you!

Now, my kids are much more open to trying new foods, and they actually enjoy eating their vegetables. It took some time and patience, but it was worth it. I know that they are getting the proper nutrition that they need to grow and thrive, and I feel good knowing that I am setting them up for a lifetime of healthy eating habits.

To sum up, getting your kids to eat healthy can be a tough one, but it's not impossible. When you start getting creative in the kitchen, involving your kids in the cooking process, and making healthy eating fun and exciting, you can sneak some healthy foods into their diets without them even realizing it. Remember, healthy eating is essential for your child's development and growth, and it's up to us as parents to make sure they are getting the nutrition they need.

So, get in the kitchen with your kids, and have fun making healthy and delicious meals together!