

Nutritious Recipes for Children
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Drinks:

Sugar free lemonade:

Juice of three lemons
2 tsp of Omnibalance or 1/4 cup of Xylitol
Add water to taste.

Psuedo-Soda:

4 oz Gerolsteiner, Pelligrino or Perrier Carbonated Mineral Water
4 oz POM pomegranite juice or wild berry zinger tea
1 tsp Omnibalance or sugar substitute

“Juice”:

Steep two bags of Celestial seasonings “wild berry zinger” tea in hot water.
Let cool.
Add 1 tsp Omnibalance or sugar substitute
Serve cool or on ice.

Super Smothie:

1/2 cup yogurt (goat, cow or soy)
Frozen fruit (banana slices, blueberries, strawberries)
Soy or rice milk
Protein powder optional
This is a great place to hide supplements such as probiotic powder, multivitamin, minerals, cod liver oil!

Snacks:

Holy Guacamole!

The keys to great guacamole are ripe Haas avocados, lemon or lime and something good for dipping in it!

3 ripe Haas avocados
Juice of 1 lemon or lime
2-3 cloves garlic, minced
2 tablespoons onion, fine chopped (use sweet onions, if available)
2 teaspoons cumin
Salt and pepper to taste
Minced fresh Cilantro optional

Mix all together with a fork in a glass or stainless steel bowl, cover, and refrigerate for 1 hour before enjoying.

Dipping items can include corn chips, pita bread, carrot sticks,

Sweet Squash Corn Muffins:

1.5 cups cornmeal
1.5 cups wheat or barley flour
1 tbs. Baking powder
1/4 tsp. Salt
2 cups squash puree
1/3 cup vegetable oil

1/2 cup maple syrup
1/2 cup water

Preheat 375 degrees
Mix wet ingredients in one bowl.
Mix dry ingredients in another bowl.
Spoon batter into muffin cups
Top with pumpkin seeds.
Bake 20-25 minutes.

Hummous or Bean Dip

1 Can of garbanzo beans (or other beans)
Add one tbsp of tahini (sesame seed paste)
Add juice of one lemon
Add olive oil and blend until smooth.
Salt and pepper to taste.
Serve on toast, chips, veggie sticks or plain.

Lunch bag:

Sandwich Roll ups

Place turkey or ham, lettuce, and condiments on a flour tortilla.
Roll up.
Slice in 1 inch rounds.

Entrees:

Make-ahead recipe : white puree

You can use this puree in almost ANYTHING!!! (sauces, baking, dips, etc.)

2 cups cauliflower, cut into florets
2 small to medium zucchini, peeled and rough chopped
1 teaspoon fresh lemon juice
1-2 tablespoons water, if necessary

Steam cauliflower in a vegetable steamer over 2 inches of water, using a tightly-covered pot, for about 10 to 12 minutes until very tender. Alternatively, place cauliflower in a microwave-safe bowl, cover with water, and microwave on high for 8 to 10 minutes until very tender.

While waiting for the cauliflower to finish steaming, start to pulse the raw peeled zucchini with the lemon juice only (no water at this point). Drain the cooked cauliflower. Working in batches if necessary, add it to the pulsed zucchini in the bowl of the food processor with one tablespoon of water. Puree on high until smooth. Stop occasionally and push contents from the top to the bottom. If necessary, use the second tablespoon of water to make a smooth (but not wet) puree.

Makes about 2 cups of puree. Double recipe if you want to store even more, which can be done in the refrigerator for up to 3 days, or freeze 1/4 cup portions in sealed plastic bags or the small plastic containers.

Make-ahead Recipe #2: Orange Puree

Use in sauces, meats, mac and cheese, muffins...

1 medium sweet potato or yam, peeled and rough chopped
3 medium to large carrots, peeled and sliced into thick chunks
2-3 tablespoons water

In a medium pot, cover carrots and potatoes with cold water and boil for about 20 minutes until yams, and especially the carrots, are very tender. If the carrots aren't thoroughly cooked, they'll leave telltale little nuggets of vegetables, which will reveal their presence (a gigantic NO-NO for the sneaky chef). Drain the potatoes and carrots and put them in the bowl of food processor with

two tablespoons of water. Puree on high until smooth; no pieces of carrots or potatoes should remain. Stop occasionally to push the contents from the top to the bottom. If necessary, use the third tablespoon of water to make a smooth puree, but the less water the better. This makes about 2 cups of puree. Double the recipe if you want to store another cup of puree. Store in refrigerator up to 3 days, or freeze one-quarter cup portions in sealed baggies or small plastic containers.

Baked Chicken with peaches:

Preheat oven to 350.

Take one whole organic fryer, rinse and drain.

Open one large can or jar of peach slices in water (not syrup) and pour over chicken.

Sprinkle with salt and pepper.

Option: Add fresh rosemary sprigs

Option: Place chunks of sweet potato, rutabaga, yam or potatoes around the chicken to bake along side it.

Baste frequently.

Bake for until juices run clear when poked with a fork (about 45 minutes)

“Spaghetti” Squash:

Slice one spaghetti squash in half

Bake face down in 3/4 inch water in a baking dish.

Bake at 350 for 45 minutes or until soft.

Let cool a bit and scrape out insides with a fork.

Add butter and salt to taste.

Can top with meat sauce, marinara, butter, cheese, pesto, or any other “pasta sauce” you child likes.

Baked Mac and Cheese:

Boil Multi grain or veggie based noodles until “al dente”

Place in a baking dish.

Add your favorite tomato sauce mixed with “white Puree” and “orange puree” and blended tofu.

Add cheese or cheese substitute.

Bake until bubbly.

Shepherd’s Pie:

Make Mashed potatoes to your liking. (You can add “white puree” or blended tofu here!)

Preheat oven to 350 degrees.

In a cast iron skillet, brown ground beef, chicken or tempeh with onions or plain.

Top with a layer of frozen peas, corn and carrots.

Top that with your mashed potatoes.

Bake at 350 for 20 minutes or until hot all the way through and golden on the top.

Karl's Favorite LOD Breakfast Pancake:

Process 2 cups raw, organic pumpkin seeds in a blender or food processor

Add 1/4 cup of white rice flour and a quarter cup tapioca flour

Add a dash of salt,

Add 1/4 teaspoon each of baking soda and baking powder,

1/4 cup of canola or other oil

Add enough coconut milk or other low oxalate liquid to moisten and mix into a batter.
Mix in one egg or add additional liquid (as above)
Add sliced banana or other fruit.
Heat skillet with ghee (or other oil) and cook on medium heat.

* Protein powder can be added if desired.

Sides:

Mashed sweet potatoes:

Boil yams or sweet potatoes

Mash with soymilk, salt and pepper.

Can boil in chicken broth or add white puree for extra nutrients!

Desserts

Make ahead dessert Puree: "purple Puree"

One cup blueberries

1/2 cup cooked spinach

Blend and use in desserts, smoothies, etc.

Heavenly Brownies: (GF/CF)

One package of Bob's red mill GF/CF Brownie Mix.

Follow the instructions on the package.

SOOOOO easy!

Popcicles:

Freeze organic fruit juice (no sugar added) into plastic reusable popcicle trays!

Can also freeze smoothies, Chamomile tea/wild berry zinger tea with stevia.