



RENÚA

Kids in the Kitchen!

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Here's a collection of recipes that kids will love to make and love to eat!

It even got a thumbs up from my two and they are my toughest crowd! Well, mostly up, until they saw the celery!

Enjoy and happy cooking!

Irene :)

For more information about customized nutrition programmes, meal planning and recipe books, just get in touch!

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Green and Gold Smoothie

4 servings

10 minutes

Ingredients

3 cups Frozen Mango
4 Lime (juiced)
4 cups Baby Spinach (packed)
1/4 cup Ground Flax Seed
1/2 cup Hemp Seeds
7 cups Water

Directions

1

Throw all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

Notes

No Mango, Add frozen pineapple or banana instead.

More Protein, Add a scoop of your favourite clean protein powder.

Add more flavour, Instead of water, use your favourite cooled down herbal tea.



Banana Coconut Granola

6 servings

1 hour 15 minutes

Ingredients

2 cups Oats (rolled or old fashioned)
 1 cup Unsweetened Coconut Flakes
 1/2 cup Pumpkin Seeds
 1/2 tsp Cinnamon
 1/4 tsp Sea Salt
 1 Banana (ripe, mashed)
 2 tbsps Coconut Oil (melted)

Directions

- 1 Preheat oven to 300°F (149°C).
- 2 In a large bowl, combine the oats, coconut flakes, pumpkin seeds, cinnamon and sea salt.
- 3 Add the mashed banana and coconut oil into the bowl with the oat mixture. Use a spoon to stir until all is very well combined. The mixture should be evenly coated.
- 4 Spread mixture in an even layer on a large baking sheet. Press down slightly and place in oven.
- 5 Bake for 45 to 55 minutes, checking and tossing every 15 minutes. Break up large clusters as necessary. Once the granola is evenly browned and no longer feels damp, remove from oven. As it cools it will crisp up even more, so do not over-bake.
- 6 Once cooled, store in an airtight container at room temperature for up to one week. Or store in the freezer for a few months.

Notes

Serve it With, Yogurt, oatmeal, parfaits, almond milk and/or fresh fruit.



Easy Banana Pancakes

4 servings

20 minutes

Ingredients

4 Banana (ripe)
8 Egg
2 tbsps Coconut Oil

Directions

- 1 In a bowl, mash the bananas very well until quite smooth. Add the eggs and beat gently with a fork for about 30 seconds.
- 2 Heat coconut oil in a skillet over medium heat. Add 1/4 cup of the batter at a time to form pancakes, cooking for about 1-2 minutes per side.
- 3 Serve with a sprinkle of cinnamon or a drizzle of maple syrup if desired.

Notes

Likes it Sweet, Add blueberries or chocolate chips into the batter.

No Coconut Oil, Use olive oil instead



Yogurt & Berries

2 servings

5 minutes

Ingredients

- 2 cups Plain Greek Yogurt
- 2 cups Frozen Berries (thawed)

Directions

1

Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

Notes

Dairy-Free, Use a dairy-free yogurt like coconut, almond or cashew.

No Frozen Berries, Use any type of fresh fruit instead.



Blueberry Oat Muffins

12 servings

40 minutes

Ingredients

2 cups Oats (rolled)
 1/2 cup Unsweetened Shredded Coconut
 2 tbsps Hemp Seeds
 1 tsp Cinnamon
 1 tsp Baking Powder
 2 Egg
 1/4 cup Unsweetened Almond Milk
 1 tsp Vanilla Extract
 2 tbsps Maple Syrup
 1 cup Blueberries (fresh)

Directions

- 1 Preheat the oven to 375°F (190°C) and line a muffin pan with liners.
- 2 In a large mixing bowl combine the oats, shredded coconut, hemp seeds, cinnamon and baking powder. Mix together until evenly combined.
- 3 In a separate mixing bowl, whisk the eggs, almond milk, vanilla and maple syrup. Add the egg mixture to the dry ingredients and mix until combined. Fold in the blueberries.
- 4 Divide the batter between the muffin cups and bake for 25 to 30 minutes or until the muffins are golden brown around the edges. Let the muffins cool in the pan for 5 minutes before transferring to a cooling rack to cool completely. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days or freeze for up to one month.

Serving Size, One serving is equal to one muffin.

Additional Toppings, Top with shaved almonds or pecans.

No Blueberries , Use strawberries or raspberries instead.



Celery with Peanut Butter

4 servings

5 minutes

Ingredients

8 stalks Celery (sliced into sticks)
1/2 cup All Natural Peanut Butter

Directions

1

Spread peanut butter across celery sticks (about 1 tbsp per celery stalk). Happy munching!

Notes

No Celery, Use cucumber instead

Nut Free, Use sunflower seed butter or tahini instead.



Hummus Rainbow Dippers

4 servings

15 minutes

Ingredients

- 1 Yellow Bell Pepper
- 1 Carrot
- 4 stalks Celery
- 1 cup Hummus

Directions

- 1 Slice your pepper, carrot and celery into sticks.
- 2 Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with $\frac{1}{4}$ cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

Notes

Homemade, Make your own hummus! Check out our Sweet Potato Hummus or Green Pea Hummus recipes.

Mix it Up, Substitute in different veggies like cucumber or zucchini.



Turkey Hummus Sandwich

1 serving

5 minutes

Ingredients

2 slices Organic Bread (or gluten-free)
113 grams Turkey Breast, Cooked
1 tbsp Hummus
1 1/2 tsps Dijon Mustard
1/2 cup Mixed Greens

Directions

- 1 Lightly toast the bread.
- 2 Spread one slice of the bread with hummus and mustard. Layer on the turkey and mixed greens. Place the second slice of bread over top. Slice and enjoy!

Notes

No Turkey, Use chicken breast instead.

Vegan & Vegetarian, Use smashed chickpeas instead of turkey.



Meatloaf Muffins with Mashed Cauliflower Topping

8 servings

30 minutes

Ingredients

900 grams Extra Lean Ground Beef
 1 1/3 Yellow Onion (medium, chopped)
 2 2/3 tbsps Dijon Mustard
 1 1/3 tsps Ground Sage
 2 tsps Sea Salt (divided)
 1 1/3 heads Cauliflower (chopped into florets)
 2/3 cup Organic Coconut Milk (full fat, from the can)
 1/3 cup Tomato Sauce

Directions

- 1 Preheat oven to 350°F (177°C) and grease your muffin tray with oil.
- 2 In a mixing bowl, combine the beef, onion, mustard, sage and half the salt until well combined. Divide evenly into muffin cups and bake for 20 minutes or until cooked through.
- 3 Meanwhile, place cauliflower florets in a steaming basket over boiling water. Steam for 8 minutes or until tender.
- 4 Transfer cauliflower, remaining salt and coconut milk to a blender and blend until smooth.
- 5 When the meatloaf muffins are ready, top each one with about a teaspoon of tomato sauce. Then, top it with cauliflower mash and spread evenly using the back of a spoon. Enjoy!

Notes

Serving Size, Each serving is equal to two muffins.

Leftovers, Refrigerate in an airtight container up to 3 days.

No Cauliflower, Use potato instead.

No Coconut Milk, Use water or any alternative milk.

More Veggies, Add spinach, mushrooms or chopped bell pepper to the meatloaf mixture.



Penne with Bursted Cherry Tomato Sauce

2 servings

30 minutes

Ingredients

113 grams Chickpea Pasta (dry)
 1/4 cup Extra Virgin Olive Oil
 3 cups Cherry Tomatoes
 2 Garlic (cloves, minced)
 Sea Salt & Black Pepper (to taste)
 1 cup Basil Leaves (chopped)
 1 tbsp Nutritional Yeast

Directions

- 1 Cook pasta according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
- 2 In a large sauce pan, heat olive oil over medium-high heat. Add tomatoes, garlic, salt and pepper. Stir occasionally and cook until all the tomatoes have burst, about 15 to 20 minutes.
- 3 Toss pasta with the chopped basil and divide onto plates. Top each serving with the tomato sauce and nutritional yeast. Enjoy!

Notes

No Chickpea Pasta, Use any other high-fibre, high-protein pasta such as lentil or black bean pasta. If using brown rice, quinoa, or regular whole grain pasta, add in extra protein like chicken or, chickpeas, hemp seeds.

No Nutritional Yeast, Use parmesan or omit completely.



Herby Chicken Tenders with Honey Dijon

8 servings

40 minutes

Ingredients

900 grams Chicken Breast (skinless, boneless, sliced into strips)
 1/4 cup Olive Oil (divided)
 1 cup Oats (quick)
 2 tbsps Italian Seasoning
 1 tsp Sea Salt
 12 Carrot (medium, peeled and sliced into fries)
 1/2 cup Dijon Mustard
 1/3 cup Raw Honey

Directions

- 1 Preheat oven to 200°C and line two baking sheets with parchment paper. Brush chicken strips with half of the olive oil.
- 2 Combine the oats, Italian seasoning, and sea salt and spread over a small plate. Press both sides of the chicken strips into the oat/spice mixture to coat, then lay on baking sheet.
- 3 Toss the carrot sticks in remaining olive oil. Spread across the other baking sheet.
- 4 Place both pans in the oven and bake for 30 minutes, flipping the chicken and tossing the carrot fries halfway through.
- 5 Meanwhile, combine the Dijon and raw honey in a small bowl to make the sauce. Mix well and set aside.
- 6 To serve, divide the chicken tenders and carrot fries between plates and serve with honey Dijon dipping sauce. Enjoy!

Notes

No Quick Oats, Place rolled oats in your blender or food processor. Pulse a few times to break them up.

Vegan and Vegetarian, Use tofu strips instead of chicken.

Leftovers, Keeps well in the fridge up to 3 days.



Coconut Banana Ice Cream

6 servings

1 hour 30 minutes

Ingredients

- 1 1/2 cups Organic Coconut Milk (full-fat, canned)
- 5 Banana (sliced and frozen)

Directions

- 1 Add all ingredients into a blender and blend until smooth. Occasionally turn the blender off and scrape down the sides if needed.
- 2 Scoop into bowls and enjoy immediately as soft serve or for firmer ice cream, transfer to a baking pan and freeze for at least 1.5 hours before scooping.

Notes

Chocolate Lover, Add cocoa powder while blending.

Topping Ideas, Nut butter, jam, chocolate chips, granola, crushed nuts, melted dark chocolate or fresh fruit.



Mango Coconut Popsicles

4 servings

40 minutes

Ingredients

- 2 cups Frozen Mango
- 1 cup Organic Coconut Milk (divided)

Directions

- 1 Blend mango and 3/4 of the coconut milk in a food processor or blender until smooth.
- 2 Roughly scoop mango puree into 3oz. paper cups.
- 3 Spoon remaining coconut milk into each cup to fill in the gaps around the mango. This will create a swirl effect when frozen.
- 4 Insert popsicle sticks in the middle. Place in freezer for 4 hours or until completely frozen.

Notes

No Coconut Milk, Use almond milk or cashew milk instead.