

Healthy Holiday Family Granola + Yummy Yogurt Whip + Kid-Designed Un-Smoothies



healthy holiday family granola

choose + chop

First have kids choose what they want to add to their granola: **chocolate chips, dried fruit, coconut flakes, cinnamon, pumpkin pie spice, nutmeg, pumpkin seeds, sunflower seeds, etc!** Then, have kids chop up whatever dried fruits they've chosen. Add all of their chosen ingredients to one mixing bowl.

measure + stir + melt + add

Measure **4 C rolled oats** and add to a bowl. Stir in **½ tsp salt**. Melt **¼ C butter** (or use olive oil) with **½ C honey/maple syrup** in a large skillet over low heat. Cook the butter and honey/maple syrup over medium heat until it gets bubbly - about 30 seconds to a minute. Add the oats and salt and stir in your skillet over low heat until oats smell nutty and fragrant. This takes about 3-5 minutes.

cool + stir + eat!

Let the oats cool by transferring to a mixing bowl and having kids stir them. Once cool to the touch, stir in any additions! Make several versions with different ingredients if kids want! Eat sprinkled over **Yummy Yogurt Whip** (recipe below). Delicious!

Family Fun Recipes

Sticky Fingers  Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.co

© 2019 Sticky Fingers Cooking



yummy yogurt whip

measure + mix + whip

To a mixing bowl, measure and add **2 C whole milk Greek yogurt**. Mix in **1 tsp vanilla extract** and **2 T honey/maple syrup**. Use a whisk to whip the yogurt until smooth and fluffy! Divide into bowls and top with granola!

kid-designed un-smoothies

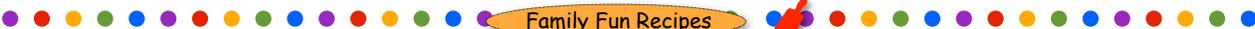
choose + chop + shred

Have each kid choose **1 C fresh or frozen fruit** or a mix (**mangoes, blackberries, raspberries, strawberries, pears, banana, apple, pineapple, peaches, etc**) and **1 vegetable (zucchini, kale, spinach, avocado, beets)**. Shred and chop any fresh fruits and vegetables. Frozen fruit can go straight in the blender!

add + blend + pour

Add **¼ C whole milk Greek yogurt**, **1 ½ C milk or juice**, **½ C ice**, and **2 T honey** to your blender along with the chopped fruit and veggies. Blend on high until smoothie is pureed completely. Add more milk or juice if smoothie is too thick. Taste and add more sugar if needed! Pour and CHEERS!

::continued::



Family Fun Recipes



Sticky Fingers Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.co

© 2019 Sticky Fingers Cooking

shopping list!

Healthy Holiday Family Granola

- | | |
|--|--|
| <input type="checkbox"/> 4 C rolled oats | Granola Add-ins! |
| <input type="checkbox"/> ½ tsp salt | <input type="checkbox"/> Chocolate chips |
| <input type="checkbox"/> ¼ C honey/maple syrup | <input type="checkbox"/> Dried fruit (apricots, raisins, |
| <input type="checkbox"/> ¼ C butter/olive oil | cranberries, banana, apple, |
| | pineapple, mango, etc |

Yummy Yogurt Whip

- | | |
|--|--|
| <input type="checkbox"/> 2 C whole milk Greek yogurt | <input type="checkbox"/> Coconut flakes |
| <input type="checkbox"/> 1 tsp vanilla extract | <input type="checkbox"/> Ground cinnamon, nutmeg, or pumpkin pie spice |
| <input type="checkbox"/> 2 T honey/maple syrup | <input type="checkbox"/> Pumpkin or sunflower seeds |

Kid-designed Un-Smoothies

- | | |
|--|---|
| Per kid chef: | Smoothie Add-ins! |
| <input type="checkbox"/> ¼ C whole milk Greek yogurt | <input type="checkbox"/> Fresh or frozen fruit: berries, |
| <input type="checkbox"/> 1 ½ C milk or juice | apples, mango, pineapple, pear, |
| <input type="checkbox"/> 2 T honey | peaches, etc! |
| <input type="checkbox"/> ½ C ice | <input type="checkbox"/> Veggies: zucchini, avocado, kale, spinach, beets |

::continued::

Family Fun Recipes

Sticky Fingers  Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.co

© 2019 Sticky Fingers Cooking

Cooking off the Cuff!

Have kid chefs choose their Granola AND Smoothie Add-ins and encourage them to get creative with making their healthiest, tastiest, most colorful creations. Granola is easy to make at home in a skillet, and the possible additions and flavor combinations are vast! It's fun to make several different versions and sprinkle them on yogurt or have on-hand for a quick snack straight from the bag. Smoothies are another breakfast or snack item that can become a sugar-bomb fast, but adding full-fat Greek yogurt and veggies helps cut down on the total sugar content. Smoothies are a great way to disguise veggies like kale and spinach! Kids who don't like green leafy veggies find them appealing when blended up with sweet fruits like banana, mango, and strawberry.

Surprise Ingredient Facts: OATS!

People have been growing and eating oats for at least 7,000 years! Oats were grown in ancient China and ancient Greece. The Greeks were the first people to make oats into porridge.

Oats are one of America's favorite breakfast foods. Cedar Rapids, Iowa grows more oats than anywhere else in the U.S.A.

JANUARY is national oatmeal MONTH!

Oatmeal is the #1 use for oats, followed by meatloaf!

Oats have a special ingredient that helps take away the itches! That's why it's recommended that we take oatmeal baths when we have chicken pox.

Oats have something called "beta-glucan" which helps boost the immune system and help prevent us from getting sick! OATS are a source of protein and a big source of carbohydrates. Carbohydrates are a direct source of energy for the body (first it has to change some things about the carbohydrates, but then it is quickly converted to energy by our cells).

Time for a laugh!

What does a duck like to have for breakfast? **Quacker Oats!**

Why did the chef give a baker an oatmeal cookie? **To make a sweet first impression!**

What do you call a sad raspberry? **A blueberry.**

Family Fun Recipes

Sticky Fingers Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.co

© 2019 Sticky Fingers Cooking