

Recipes from Parents

Favourite recipes from parents in the Healing Foundations community.

Cashew Butter and Banana Sandwich

Ingredients:

2 slices whole wheat bread, lightly toasted
½ banana (sliced)
3 tbsp. cashew butter

Method:

Spread cashew butter on each piece of bread. Take one slice of bread and place sliced bananas on top. Cover with the other slice of bread. Cut into 4 parts.

Vegetable Rolls

Ingredients:

5 nine inch whole wheat flour tortillas
1 8 oz package of cream cheese
2 tbsp. tomato salsa
¼ tsp. onion powder
¼ tsp. garlic powder
¼ tsp. ginger powder
1/ cup shredded carrot or ½ cup finely chopped celery

Method:

Use a fork to soften cream cheese. Add salsa and mix thoroughly. Spread this mixture evenly on tortillas. Sprinkle carrots over this and roll up tightly. Wrap rolls in clear plastic wrap and refrigerate for at least 3 hours. Cut into bite size pieces. Serve with celery sticks and cucumber slices.

Trail Mix

Ingredients:

2 cups multi-grain cheerios
½ cup unsalted pretzels
½ cup shreddies
¼ cup dried cranberries
¼ cup apricots

Method

In a large bowl, combine cheerios, pretzels and shreddies. Cover and store.
Chop the apricots and combine with cranberries. Cover and store.
In a zip lock bag, combine some cereal and fruits. Popcorn, popped with an air popper can also be added for variety.

Bran Muffins

Ingredients:

¼ cup olive oil (cold pressed)
2 eggs
¼ cup brown sugar
2 cups whole wheat flour
¼ cup brown sugar
¼ tsp. baking powder
¼ tsp. sea salt
¼ cup molasses
1 ¼ cup bran
1 cup milk
¼ cup dried cranberries or frozen blueberries

Method

In a large bowl, combine oil, eggs, brown sugar and molasses until thoroughly mixed. Add molasses and milk. Stir. In a separate bowl, combine flour, baking powder, salt and bran. Add the dry ingredients to the wet ingredients. Add dried fruits and mix. Divide evenly into 12 lined muffin tins. Bake in a preheated oven at 350 degrees F for 20 to 25 minutes. (an inserted toothpick should come out dry if done)

Pita Chips

Ingredients:

6 whole wheat pitas
¼ cup olive oil
2 tbsp. tamari
¼ tsp. garlic crushed

Method

Preheat oven to 400 F.

In a medium sized bowl, blend oil, tamari and garlic together. Using a small cooking brush, brush this mixture on both sides of the pita. Cut into small triangles. Place on lightly greased cookie sheet and bake for 15 minutes. This can be made ahead and stored in a container or zip-lock bag.

Hummus Sandwich

Ingredients:

1 small can of chick peas
¼ cup yogurt (natural and plain)
¼ tsp. lemon juice
½ tsp. crushed garlic
Dash black pepper
4tbsp. tahini
Small cucumber (thinly sliced)

Method

Combine all of the above ingredients, except cucumber in a deep stainless steel bowl. Using a hand blender, blend until smooth. Spread on 2 slices of multi-grain bread and spread sliced cucumbers on top. Cut into fours.

Banana Bread

Ingredients:

3 cups almond flour
½ cup honey
3 eggs or egg substitute
2 mashed ripe bananas
½ tsp baking soda
¼ tsp sale

Method

Mix everything together and pour into a buttered loaf pan. Bake at 350 F for 50-60 minutes, or until an inserted knife comes out clean.

Lunch/Snack ideas:

Granola, raisins, carrots and cucumber sticks with hummus for dipping. Frozen peas in a dish (will thaw by lunch time) Rice crackers or cakes. Kids can make their own stackables.