



# 10 Recipes Picky Eaters Love

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## **Breakfast**

Banana Split Oatmeal Bar  
High Fiber Chocolate Smoothie Bowl

## **Lunch**

Green Eggs & Ham Bites  
Pizza Bites  
Bell Pepper Pizzas

## **Snack**

Healthy Coconut Fruit Dip  
Magic Cookies

## **Dinner**

Honey Chicken & Carrot Fries  
Fish Cakes  
Slow Cooker Chicken Noodle Soup

## **Watch How the Recipe is Made**

Whenever you see this play button by a recipe, it means that a video is available for you to watch how the recipe is made! Easy peasy.





# Banana Split Oatmeal Bar

## Ingredients (Makes 4 servings)

- 2 bananas, sliced
- 1 pint strawberries, washed and sliced
- 12oz vanilla Greek yogurt
- 1/3 cup mini chocolate chips
- 1/2 cup chopped walnuts
- 2 cups rolled oats
- 2 cups water
- 1 cup milk
- 2 tablespoons honey or maple syrup



## Directions

1. Assemble banana split buffet toppings in separate dishes by slicing bananas in half, slicing the strawberries, and placing the yogurt, chocolate chips and walnuts in small dishes.
2. In a small saucepan over medium-high heat, add the oats, water, milk, and honey. Bring the mixture to a gentle simmer. Cook, stirring occasionally, for 3 to 5 minutes, until the oats are cooked and have achieved a thick consistency. Transfer cooked oatmeal into a large serving dish.
3. Begin to fill an individual bowl with about 1/2 cup of cooked oats and then continue to top with an assortment of toppings.



## Why we love this recipe

I love this breakfast idea because it lets kids build a filling bowl with protein, grains, and fruit. It's a great way for them to learn to love oatmeal.



# High Fiber Chocolate Smoothie Bowl

## Ingredients (Makes 2 servings)

- 1 cup unsweetened vanilla almond milk
- ½ frozen banana
- ½ avocado (or if omitting, use 1 whole banana)
- 3-4 prunes (or dates)
- 2 teaspoons chia seeds
- 1 scoop chocolate protein (optional)
- 2 tablespoons cocoa powder
- 1 cup ice
- Toppings



## Directions

1. Place all ingredients inside your blender and blend until smooth, pausing a few times to stir mixture if necessary.
2. Transfer smoothie inside a medium bowl and top with your favorite toppings.



## Why we love this recipe

Kids love chocolate and this smoothie bowl (or smoothie if served in a cup with a straw) is a great way to add fiber and protein!

In the market for a new blender? [Check out the blender that Laura has in her home and in the studio.](#)



# Green Eggs & Ham Lunch Bites

## Ingredients (Makes 24 bites)

- 6 eggs
- 3 tablespoons milk
- ¾ cup finely chopped spinach
- 1 cup cheddar cheese, shredded
- 4 strips bacon, cooked and chopped or, 1/4 cup chopped ham



## Directions

1. Preheat oven to 350F (180C) and grease a 24 mini muffin pan.
2. In a large bowl, whisk eggs and milk. Add in chopped spinach, shredded cheddar, chopped bacon, and pepper. Give it a quick mix to combine all ingredients.
3. Distribute egg mixture evenly into muffin pan cups. Bake for 15-18 minutes. Allow mini quiches to cool in the pan before carefully removing with a small knife or spatula.



## Why we love this recipe

High in protein and with a hidden serving of veggies, the cheesy and bacon (or ham) combination makes these bites irresistible!

Making mini muffins and mini quiches can be a pain with a pan that sticks! [Check out Laura's favorite mini pan here.](#)



# Pizza Bites

## Ingredients (Makes 24 bites)

- 6 eggs
- 3 tablespoons milk
- 1 cup total of pizza toppings, chopped  
pepperoni, olives, etc
- 1 cup shredded cheese



## Directions

1. Preheat oven to 350 degrees and grease 24 count mini muffin pan.
2. In a large bowl, whisk eggs and milk. Add in chopped pizza toppings and shredded cheese. Mix to combine all ingredients.
3. Distribute egg mixture evenly into muffin pan cups and bake for 15-18 minutes.
4. Allow mini quiches to cool in pan before carefully removing with a small knife or spatula.
5. Pack warm in a thermos container or at room temperature.



## Why we love this recipe

If veggies are an issue and the Green Eggs & Ham recipe is too hard to implement, start with this version where you use their favorite pizza toppings in the lunch! If you can scramble eggs, you can make this recipe!

While that lunch container is no longer available, you can [check out other stainless steel lunch containers here.](#)



# Bell Pepper Pizzas

## Ingredients (Makes 4-6 servings)

- 4 large bell peppers, assorted colors, washed
- 1 cup pizza sauce (favorite tomato sauce)
- 1 cup shredded mozzarella cheese
- 1 teaspoon Italian seasoning
- Toppings: variety including pepperoni, black olives, chopped broccoli etc.



## Directions

1. Preheat oven to 350 and line a baking sheet with parchment paper.
2. Create a slice from each side of the bell pepper and lay it flat onto a baking sheet. Top with a tablespoon of sauce, sprinkle mozzarella cheese on top, a little Italian seasoning, and favorite toppings.
3. Bake for 10-12 minutes, until cheese is melted. Remove from oven and serve.



## Why we love this recipe

The bell peppers make a colorful pizza base kids often love. Once cooked, the bell peppers are not as crunchy but they don't turn mushy like they often do in other recipes. Their neutral texture is one that tends to please most picky eaters.





# Coconut Fruit Dip

## Ingredients (Makes 4 servings)

- 1 14 ounce can full fat coconut milk, refrigerated overnight
- 1/4 cup creamy peanut butter or, nut-free butter
- 1 tablespoon maple syrup



## Directions

1. Refrigerate coconut milk can overnight. When ready to make dip, open can and scoop out coconut cream from the top. Reserve liquid for smoothies or cooking in the refrigerator.
2. In a large bowl, whip the coconut cream until thick and creamy, almost like the consistency of frosting. Add peanut butter and maple syrup, and fold in with a spatula to combine. Continue to whip coconut cream and peanut butter mixture until it's cohesive and the consistency is of a fluffily frosting.



## Why we love this recipe

Kids love to dip things and if fruit isn't that excited to eat any more, this nutritious dip will be a hit at snack time.

Check out [the snack box pictured here](#).



# Magic Cookies

## Ingredients (Makes 12 cookies)

- 2 large ripe bananas
- 1 cup old fashioned oats
- 1/4 cup chocolate chips (optional)



## Directions

1. Preheat oven to 350°F (180°C). Line a baking sheet with parchment paper.
2. In the bowl of a food processor, blend bananas and oats until bananas are smooth but you can still see the oats. Add chocolate chips and mix with a spoon.
3. Scoop out batter with a cookie scoop and place it onto parchment paper.
4. Bake for 12 to 15 minutes until tops are golden.



## Why we love this recipe

With just two ingredients you can make a healthy cookie! Of course, the chocolate chips are optional and can be substituted with raisins, nuts, or other dried fruits.





# Honey Chicken w/ Carrot Fries

## Ingredients (Makes 6 servings)

- 2 tablespoons honey
- 2 tablespoons Dijon mustard
- 1/2 teaspoon kosher salt
- 3/4 teaspoon curry powder
- 1/4 teaspoon black pepper
- Olive oil or spray
- 12 chicken drumsticks, skin removed
- 1 pound carrots
- 2 teaspoons olive oil
- 1/2 teaspoon kosher salt



## Directions

1. Preheat oven to 350F, line a baking sheet with foil, and spray or grease it with olive oil.
2. Arrange drumsticks onto the pan.
3. In a medium bowl, whisk together the honey, Dijon mustard, salt, curry powder, and black pepper. Generously brush the honey mixture onto the chicken, making sure the entire drumstick is covered with the honey glaze. Save leftover for basting throughout baking.
4. Bake, for 1 hour, basting half way through, until the chicken is browned and juices run clear, making sure the drumsticks were flipped around minute 40 for both sides to brown.
5. While the chicken is cooking, wash, peel, and cut carrots into strips. Toss carrots with olive oil and salt in a large bowl. Half way through, place the carrots in the oven and roast, for about 20 minutes, until the thickest pieces are soft and the tops are crispy.
6. Remove both the chicken and carrots from the oven and serve.



## Why we love this recipe

The glaze makes this chicken irresistible and the carrot fries makes this meal a lot more fun. We also love how both things bake in the oven at the same time.



# Fish Cakes w/ Cilantro Lime Dip

## Ingredients (Makes 6 servings)

- 2 lb cod fillets, cut into 1-inch pieces
- 2 large eggs
- 1/2 cup panko bread crumbs, plus 1 cup for dredging
- 1/4 cup finely chopped fresh cilantro
- 1 tbsp lime zest
- 2 cloves garlic, minced
- 1/2 tsp soy sauce
- 2 tsp kosher salt
- 1 tsp freshly ground pepper
- Oil for frying
- 3/4 cup light sour cream
- 1/2 cup cilantro
- juice 1/2 lime
- pinch of salt



## Directions

1. Put the fish in a food processor and pulse just until uniformly minced, about 10 times. Be careful not to over-process or the fish will turn into a paste. Transfer to a large bowl and add the eggs, the 1/2 cup bread crumbs, the cilantro, lime zest, garlic, soy sauce, salt and pepper. Using your hands or a rubber spatula, gently fold and toss the ingredients together until well combined.
2. In a nonstick frying pan, heat a splash of oil over medium-high heat. Pinch off a small piece of the fish mixture and fry until cooked through, about 1 minute. Taste and adjust the seasoning of the remaining fish mixture if needed.
3. Place the 1 cup bread crumbs in a shallow dish. Shape the fish mixture into cakes about 2 inches (5 cm) in diameter and 1 inch (2.5 cm) thick. Coat each cake thoroughly with the bread crumbs, shaking off the excess.
4. Line a rimmed baking sheet with paper towels. Pour oil to a depth of 1/2 inch (12 mm) into the frying pan and heat until hot and shimmering but not smoking. Working in batches as needed to avoid crowding, add the cakes, placing them about 1 inch (2.5 cm) apart and fry, turning once, until golden brown and crispy, 2–3 minutes per side. Transfer to the paper towels to drain and season with salt while still warm.
5. In a blender, combine the sour cream, cilantro and lime juice and blend until creamy. Stir in a pinch of salt and serve with the fish cakes.

## Why we love this recipe

Sometimes, kids just don't like the texture of a fish fillet and we totally get that! Or maybe, it's the "fishy" smell (kids!) but these fish cakes (or fish nuggets) are easy to make and are always a winner with the kids. If your kids prefer to dip all things in ketchump, omit making the sauce.



# Slow Cooker Chicken Noodle Soup

## Ingredients (Makes 12 cookies)

- 1 1/2 pounds boneless, skinless chicken breasts or thighs
- 4 large carrots, peeled and chopped
- 1 medium yellow onion, diced
- 2 ribs celery, chopped
- 3 cloves garlic, minced (or 1 1/2 teaspoons dried)
- 3 tablespoons extra virgin olive oil
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried parsley
- 1 bay leaf
- 6 cups low-sodium chicken stock/broth
- 1 cup water
- 2 cups uncooked pasta (wide egg noodles, spaghetti, or fusilli)



## Directions

1. In a large (6 quart) crockpot, place all the ingredients except the pasta. Cook for 6 hours on low heat or 4 hours on high.
2. After 4 or 6 hours (depending on temperature), remove the chicken and chop to bite-size pieces. Place the chicken back in the crockpot.
3. Add in the pasta, turn the heat up to high, cover, and cook for another 15-20 minutes, until pasta is tender.
4. Discard the bay leaf, and serve the soup immediately.



## Why we love this recipe

Kids love the hearty flavor of chicken noodle soup and we love that it's made at home, with wholesome ingredients we can feel good about. The best part? The slow cooker does all the work for you!

Need a slow cooker? [Check out Laura's favorite.](#)