

## Recipes for toddlers

### Monkey Faces

Ingredients:

- Whole grain slice of bread, English muffin or mini bagel
- Nut butter, cream cheese, jelly or egg salad, etc.
- Condiments such as cut or sliced veggies or fruit

Smear on the spread and then have your child decorate the bread slice with the fruit or veggie slices to make monkey faces or other funny designs. Eat and enjoy!

### Meat loaf

Ingredients:

- 1 lb 99% fat-free ground turkey
- 1/2c whole grain bread crumbs
- 1/2c wheat germ
- 2 eggs, beaten
- 1 tsp salt
- 1 tbs Italian seasoning
- 2 c tomato sauce

Combine ground turkey, bread crumbs, wheat germ, eggs, salt, seasoning and 1 cup tomato sauce until mixture is well combined. Place mixture in an oiled bread loaf pan, cover with aluminum foil and bake at 375 F for 45 minutes. Afterward, take off aluminum foil, pour remaining tomato sauce on top of meat loaf and bake an additional 15mins or until the internal temperature reaches 180 F or greater. *When serving to toddlers, cut into cubes and give them a dab of ketchup or other dipping sauce.*

### Purple Berry Smoothie

Ingredients:

- 1/2c low-fat milk
- 1/2c vanilla low-fat yogurt
- 1c frozen mixed berries (we like blackberries, blueberries and raspberries)

Combine all ingredients in a blender.

### Neptunes Spears

Ingredients:

- Asparagus, cleaned and with ends cut off
- 1tsp sesame oil

- ½ tsp salt

Combine ingredients in a zip-lock bag and shake until well covered. Place onto a cookie sheet and broil on low for about 3–5 minutes or until soft and tender.