

HEALTHY, EASY, FAMILY-FRIENDLY RECIPES

Avocado Toast

Ingredients

- 1 slice of whole grain bread (whole wheat / oat / bran)
- ½ ripe avocado
- Pinch of salt

Optional: Any of the extra toppings – red pepper flakes (pinch)/ 1 sliced tomato with a tsp balsamic vinegar/ 1 tbsp chives and ¼ small red onion / 1 tbsp roasted sunflower seeds and a pinch of black pepper.



Instructions

1. Toast your slice of bread until golden and firm.
2. Remove the pit from your avocado. Use a big spoon to scoop out the flesh.
3. Put it in a bowl and mash it up with a fork until it's as smooth as you like it.
4. Mix in a pinch of salt (about ⅛ teaspoon) and add more to taste, if desired.
5. Spread avocado on top of your toast.

Enjoy as-is or top with any extras under optional.

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Healthy Overnight Oats



Base Ingredients

- 1/2 cup rolled oats
- 1/2 cup skimmed milk or almond milk
- 1/4 cup Greek yogurt, or dairy-free yogurt
- 1 tablespoon chia seeds
- 1 tsp maple sugar / honey (no need with added fruits)

Options

Banana Bread

- 1/2 banana, mashed
- 2 tablespoon chopped walnuts
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- pinch of ground flaxseed

Carrot Cake

- 1/4 cup shredded carrot
- 1 tablespoon shredded coconut
- 1 tablespoon raisins
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon cinnamon

Spiced Pear

- 1/2 pear, diced
- 1 tablespoon chopped pecans
- 1/2 teaspoon cinnamon
- pinch of nutmeg

Mango Tango

- 1/4 cup diced mango
- 1 scoop protein powder or collagen powder
- 1 tablespoon sliced almonds
- 1/2 teaspoon vanilla extract

Piña Colada

- 1/4 cup small diced pineapple
- 1 tablespoon shredded coconut
- 1/4 teaspoon vanilla extract

*note: use coconut milk in the base

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Healthy Lasagna

Ingredients

- 1/2 lb lean ground beef
- 1/4 onion (chopped)
- 1 eggplant (medium)
- 1/2 lb pumpkin (medium)
- 15 oz. whole tomatoes (canned)
- 10 oz. fresh tomato sauce
- 1/2 tsp garlic
- 1/2 tsp dried parsley
- 1 tsp dried basil
- Add any other local herbs
- 6 uncooked whole grain lasagna noodles
- 10 oz. low fat cottage cheese (small curd)
- 1/2 cup parmesan (grated)
- 1 cup mozzarella (shredded)
- salt/pepper

Instructions

1. Preheat oven to 375 degrees.
2. Cook the chopped onion and ground beef until the beef is fully cooked.
3. While the beef is cooking, cut the eggplant and pumpkin into small, 1/4" - 1/2" cubes.
4. Once the beef is done cooking, set aside and drain.
5. Cook the eggplant and pumpkin for about 10 minutes.
6. Add in the tomatoes, tomato sauce, and spices.
7. Continue cooking over medium heat for another 15 minutes, stirring often.
8. Add the cooked beef and onions back into the tomato sauce mixture and stir.
9. Pour about 1/2 of the tomato sauce mixture into a 8" x 10" casserole dish.
10. Place 3 of the lasagna noodles on top of the mixture (breaking each one in half if necessary), pressing each one down so that it's covered with about 1/4" of the tomato mixture on top.
11. Add 1/2 of the cottage cheese to the casserole dish.
12. Top with 1/2 of the parmesan and 1/2 of the mozzarella.
13. Repeat steps 9-12 with the remaining ingredients.
14. Cover the casserole dish with foil and bake for 30 minutes.
15. Uncover and bake for another 15 minutes.

Serve warm and enjoy!

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Pita Pesto Bite

Ingredients

- 1 whole wheat pita bread
- 3 oz grilled chicken breast or fish (boneless, skinless) canola / olive oil spray
- 1 small tomato sliced
- 1/2 cup lettuce / spinach and cabbage shredded
- 1/2 cucumber sliced
- 1/4 small, sweet pepper sliced
- 1 tsp BBQ sauce – guava
- ½ tbsp pesto

Instructions

1. Spread pesto on one side of the pita bread
2. Add chicken, lettuce / spinach and cabbage, sweet pepper, cucumbers and tomatoes.
3. Top with BBQ sauce.

Enjoy!

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Roasted Veggie Pasta

Ingredients

- 1/2 cup of Broccoli / spinach
- 1/2 cup of carrots (sliced)
- 1/2 cup of mushrooms (whole) OR eggplant
- ½ cup squash or pumpkin
- 2 medium tomatoes (whole)
- 3 cloves of garlic
- 1/2 cup of whole wheat Pasta(cooked)
- Pinch of salt

Instructions

1. Toss all vegetables in a bowl with 1 tbsp of Olive oil, light salt and black pepper.
2. Place vegetables on a baking sheet in a single layer and roast in oven at 400F for about 20mins.
3. While the vegetables are roasting, boil and drain whole wheat pasta.
4. After the vegetables has been roasted, sliced the tomatoes and garlic.
5. Mix the vegetables and the pasta together and add in any herbs you like such are basil or oregano or thyme.
6. Add a pinch of salt.

Enjoy!

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Citrus Tea

Ingredients

- 1 large orange sliced
- 1 teabag of choice – decaffeinated for children
- 5 cups of filtered water

Instructions

1. Let the teabag sit in the water for 30 minutes
2. Add orange
3. Refrigerate

Enjoy

HEALTHY, EASY, FAMILY-FRIENDLY RECIPES

Tropical Popsicle

Ingredients

- 2 cups pineapple chopped
- 2 bananas sliced
- 2 oranges juiced
- 1 tsp lime

Instructions

1. Blend ingredients
2. Place in mold, cup, or ice tray

Enjoy

