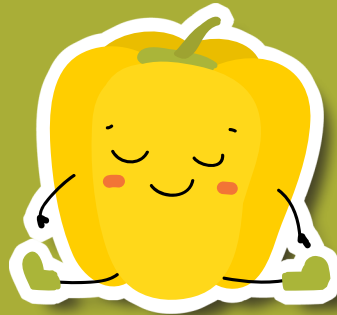
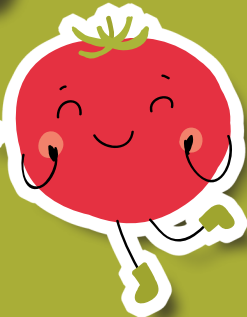
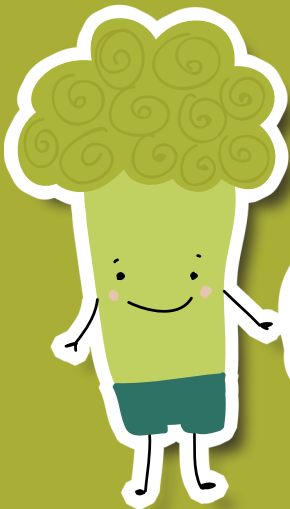


Coborn's Loves Kids Veggie Cook Book

A kid-friendly cookbook full of recipes that will get kids of all ages excited for vegetables!

Dig in!



COBORN'S
REGISTERED DIETITIAN TEAM

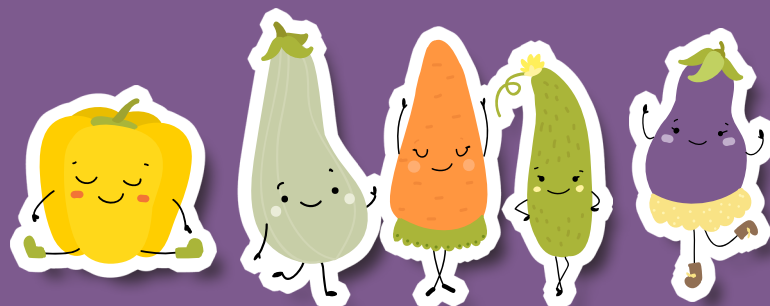
For nutrition resources and recipes visit
celebratemore.com/dietitians
or email: Supermarket.Dietitians@Cobornsinc.com

Why Does My Child Need Vegetables?

Vegetables contain countless important vitamins and minerals that your child needs to grow and learn in a healthy way. Infancy, childhood and adolescence are all crucial periods of development. If your child avoids or refuses vegetables, their bones, organs, and brain may not develop to their full potential without the nutrients that work together to make this development possible. Here are some examples of nutrients found in vegetables that support your child's growth and development:

- **Fiber** in all vegetables: aids in maintaining a healthy weight and normal digestion.
- **Vitamin A** in orange vegetables, like carrots and sweet potatoes: key for healthy vision (especially color and night vision) and preventing infection.
- **Vitamin C** in broccoli, bell peppers, and leafy greens: helps your child fight those relentless colds and infections, and heal more quickly from playtime scrapes.
- **Iron** in beans and dark green vegetables: necessary for healthy energy levels by transporting oxygen throughout the body.
- **Magnesium** in tofu and beans: necessary for energy, healthy organs, and strong teeth and bones.
- **Potassium** in potatoes, leafy greens, beans, and squash: supports a strong heart and active muscles.

To make sure your child is getting enough of these nutrients, encourage them to eat a variety of vegetables. Even the pickiest eaters can be enticed, persuaded, or tricked into eating their vegetables! See the next for some simple tips to expanding your child's vegetable repertoire.



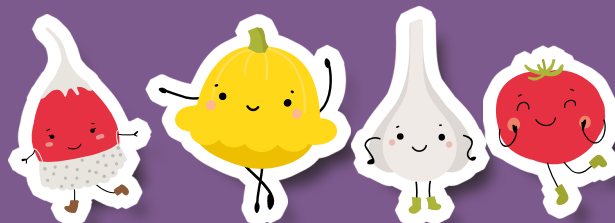
Tips for Picky Eaters

Does your child wrinkle their nose when it comes to eating their veggies? Try these tips to get your child to eat more veggies!

- **Eye appeal is buy appeal:** Serve up vegetables with a healthy dip, put them on an appealing plate, or arrange in a fun way (who could resist a smiley face?).
- **“What’s in a name?”:** Instead of serving zucchini, serve “zippin’ zucchini.” Which would you rather eat?
- **A new star is born:** Put more time and flavor into the vegetable instead of the main entrée. Find new and creative recipes for meals and celebrations.
- **“Don’t eat before dinner, you’ll ruin your appetite!”:** This may be the case with most foods, but not vegetables! Serve vegetables while dinner is being prepared to catch the kids when they are hungry.
- **The choice is yours:** Allow children to have options. Offer either broccoli or corn, for example.
- **The new golden rule:** Establish the “veggie polite bite” rule. Tell your child that he or she must take one bite of a new vegetable or one your child normally does not like. This will help expose them to new and returning foods.
- **Follow the leader:** Allow children to be involved with the shopping and preparation of their food. They may be more likely to try the food they make.

For the teenager who still does not like vegetables, or just does not want to listen to the adults:

- **Get them involved:** As with kids, teens may be more likely to eat vegetables if they are involved. Include their favorites in meal planning.
- **Veggie-a-go-go:** Teens can be super busy these days. Have healthy snacks available for them, including pre-cut carrots, celery, and peppers in single-serve bags.
- **Model the way:** Practice what you preach by eating vegetables throughout the day.



Breakfast

Green Monster Smoothie

This sweet and nutrient-packed smoothie is great for breakfast or a snack! Let your kids decorate their own cup and they will love it! Don't forget to add a side of protein such as hard-boiled eggs or nut butter toast!

Nutrition Facts

Serving Size: 1 cup
Servings per Recipe: 3

Amount per serving:

Calories: 102

Total Fat: 2 g

Saturated Fat: 0 g

Sodium: 18 mg

Total Carbohydrate: 21 g

Dietary Fiber: 3 g

Sugars: 15 g

Protein: 2 g



Time: 5 minutes

Ingredients:

- ½ cup water
- 1 cup green grapes
- ½ cup pineapple chunks
- ½ ripe banana, peeled
- 2 cups fresh spinach, packed
- ½ cup ice cubes
- 1 teaspoon honey
- 2 tablespoons ground flaxseed

Directions:

1. Place all ingredients into a blender container and secure lid.
2. Turn machine on and slowly increase speed to high.
3. Blend for 45 seconds or until desired consistency is reached. Serve immediately.
Adding a face or googly eyes to the cups brings your monsters to life!

Breakfast

Heart Beet Pancakes

Kids will love these pink pancakes! Not only do they look pretty, they taste good, too!

Nutrition Facts

Serving Size: 2 small (4" diameter) pancakes
Servings per Recipe: 3

Amount per serving:

Calories: 249

Total Fat: 7 g

Saturated Fat: 1 g

Sodium: 372 mg

Total Carbohydrate: 38 g

Dietary Fiber: 4 g

Sugars: 12 g

Protein: 8 g



Time: 60 minutes

Ingredients:

- Enough of your favorite pancake mix to make approximately six 4"-diameter pancakes (preferably whole wheat)
- 2 medium beets

Directions:

1. Cut beet greens from the root. Scrub beet roots under running water to remove dirt. Add beets to a medium saucepan. Fill the saucepan with water to cover beets. Bring water to a boil, reduce heat and simmer for approximately 45 minutes or until they can be easily pierced with a fork. Remove beets from water and peel skin from the beet with gloved hands. The skin should easily rub off.
2. Puree beets in a food processor. Set aside.
3. Prepare enough pancake batter to make approximately six 4"-diameter pancakes per package directions or according to your favorite recipe. Add beet puree to batter and stir to incorporate. Prepare pancakes on skillet, pouring batter into a heart shape or using a heart-shaped mold. Serve with your favorite toppings.

Breakfast

Green Eggs and Ham Sandwich

WOW your child with Dr. Seuss' classic breakfast dish!

Nutrition Facts

Serving Size: 1 sandwich

Servings per Recipe: 2

Amount per serving:

Calories: 315

Total Fat: 11 g

Saturated Fat: 5 g

Sodium: 682 mg

Total Carbohydrate: 30 g

Dietary Fiber: 5 g

Sugars: 7 g

Protein: 23 g



Time: 10 minutes

Ingredients:

- 2 whole wheat English muffins, sliced in half
- 2 large eggs
- 1 cup baby spinach
- 1 tablespoon water
- 2 slices low-fat cheddar cheese
- 2 slices low-sodium ham

Directions:

1. Toast English muffins; set aside.
2. Place eggs, spinach and 1 Tablespoon water in blender and blend until smooth.
3. Heat medium skillet over medium heat; spray with cooking spray. Add egg mixture. When partially set, use spatula to cut in half and flip. Let cook 30 seconds, or until done.
4. Place cheese, ham, and egg on one half of English muffins. Top with other half of English muffins.

Recipe adapted from Produce for Kids.

Snacks

Sweet Potato Muffins

These muffins are flavorful and moist! The best part? They also contain sweet potatoes, sneaking a veggie into a favorite snack!

Nutrition Facts

Serving Size: 1 muffin
Servings per Recipe: 12

Amount per serving:

Calories: 149

Total Fat: 6 g

Saturated Fat: 1 g

Sodium: 117 mg

Total Carbohydrate: 22 g

Dietary Fiber: 2 g

Sugars: 8 g

Protein: 2 g



Time: 30 minutes

Ingredients:

- 1 ½ cups mashed sweet potato
- 1 cup flour
- 1 teaspoon cinnamon
- ½ teaspoon baking soda
- ⅛ teaspoon baking powder
- ¼ teaspoon salt
- ½ cup brown sugar, packed
- ¼ cup canola oil
- 1 large egg
- ½ teaspoon vanilla
- ¼ cup ground flaxseed meal

Directions:

1. To prep sweet potatoes (this can be done a day or so ahead): Pierce the potatoes with a fork and place on a foil-lined baking sheet. Bake at 400°F for about 45 minutes or until tender when poked with a fork. Remove and let cool. When the potatoes are cool, peel off the skin and mash the sweet potato filling with a fork until any big lumps are gone. Measure out 1 ½ cups.
2. To make the muffins: In a large bowl combine the flour, cinnamon, baking soda, baking powder, and salt. In a separate bowl, combine the sugar, oil, eggs, and vanilla. Stir the wet ingredients into the dry ingredients, and then add in the sweet potato.
3. Pour into muffin tins/cups. Sprinkle flaxseed on top of the muffins. Bake at 325°F for about 30 minutes.

Snacks

Cucumber Roll-ups

This snack is fun for kiddos to make and eat!

Nutrition Facts

Serving Size: 2 roll-ups
Servings per Recipe: 3

Amount per serving:

Calories: 98

Total Fat: 4 g

Saturated Fat: 1 g

Sodium: 365 mg

Total Carbohydrate: 9 g

Dietary Fiber: 2 g

Sugars: 1 g

Protein: 7 g

Time: 10 minutes

Ingredients:

- 1 large cucumber
- 6 Tablespoons roasted garlic hummus
- Salt and pepper
- 3 ounces sliced ham or turkey

Directions:

1. Slice cucumbers using a mandolin or veggie peeler. Lay the cucumbers aside on a paper towel plate to allow excess moisture to drain.
2. Spread hummus across the cucumber slices and sprinkle with salt and pepper as desired.
3. Spread ham or turkey across cucumbers slices.
4. Roll-up carefully, using a toothpick to close if needed.



Snacks

Fruit and Veggie Snacks

This recipe takes fruit snacks to a whole new level! These fruity, gummy treats taste delicious! But shhhh...they have 4 cups of spinach!

Nutrition Facts Serving Size: 1/8 recipe Servings per Recipe: 8
Amount per serving: Calories: 105
Total Fat: 0 g Saturated Fat: 0 g Sodium: 48 mg Total Carbohydrate: 26 g Dietary Fiber: 2 g Sugars: 16 g Protein: 2 g

Time: 10 minutes + chilling time

Ingredients:

- ½ cup 100% orange juice
- 4 cups spinach leaves
- 3 cups berries
- ¼ cup honey
- 1 teaspoon vanilla extract
- 5 packets unflavored gelatin



Directions:

1. Combine orange juice with spinach in a blender until smooth.
2. Add in berries, blend until smooth (if using strawberries, strain out seeds using cheese cloth or a fine strainer).
3. Pour berry mixture into a saucepan. Pour in honey, vanilla, and gelatin packets.
4. Heat over medium-high heat until gelatin is completely dissolved (about 3-5 minutes).
5. Line a raised baking sheet with parchment paper. Pour fruit mixture into pan.
6. Let cool and refrigerate 2 hours until set. Cut and serve.

Snacks

Veggie Dips

Does your child refuse raw veggies? These unique and tasty dips might help!

Taco Dip

Makes 16 servings.

Ingredients:

- 16 ounces plain 2% Greek yogurt
- 2 ½ Tablespoons 40% Less Sodium Ortega® (or other lower sodium) taco seasoning mix*

*To make your own: 2 teaspoons cumin, 1 ½ teaspoon chili powder, 1 teaspoon garlic powder, 1 teaspoon onion powder, ¼ teaspoon black pepper, ¼ teaspoon oregano, ⅛ teaspoon salt.

Directions:

1. In a small bowl, mix all the ingredients.

Ranch Bean Dip

Makes 8 servings.

Ingredients:

- 1 cup beans (black, pinto, or kidney)
- 2 tablespoons sour cream
- 2 teaspoons ranch seasoning mix

Directions:

1. Place all ingredients in a food processor or blender and mix until smooth.

Hummus

Makes 12 servings.

Ingredients:

- One 15-ounce can chickpeas (garbanzo beans), rinsed and drained
- ¼ cup fresh lemon juice (about 1 large lemon)
- ¼ cup tahini
- Half of a large garlic clove, minced
- 2 tablespoons olive oil
- ½ to 1 teaspoon salt
- ½ teaspoon ground cumin

Directions:

1. Add tahini and lemon juice to a food processor and blend.
2. Add olive oil, minced garlic, cumin, and salt to the mixture and blend.
3. Add chickpeas to processor gradually and blend until desired consistency is reached. You may want to add 2-3 tablespoons of water if mixture is too thick.

Lunches

Bell Pepper Pizzas

Does your child love pizza? This recipe is just as fun, but includes more veggies!

Nutrition Facts

Serving Size: 4 pizzas
Servings per Recipe: 1

Amount per serving:

Calories: 219

Total Fat: 13 g

Saturated Fat: 7 g

Sodium: 154 mg

Total Carbohydrate: 16 g

Dietary Fiber: 4 g

Sugars: 1 g

Protein: 13 g

Time: 15 minutes

Ingredients:

- 1 large green bell pepper
- ¼ cup low-sodium pizza or spaghetti sauce
- ¼ cup low-sodium grated cheese
- Optional: other favorite pizza toppings such as turkey sausage, mini pepperonis, tomatoes, mushrooms, olives, chicken, etc. Use your imagination.
- Optional: a pinch of red pepper flakes
- Optional: a pinch of basil



Directions:

1. Preheat your oven or toaster oven to 350°F.
2. Slice off each of the four sides of your pepper and lay flat on a baking sheet.
3. Top with sauce, then cheese, followed by any of your favorite toppings!
4. Bake for 10 minutes, flipping your oven to broil towards the end.
5. Add a pinch of red pepper flakes and basil as desired.

Recipe adapted from Peas and Crayons.

Lunches

BBQ Meatloaf Muffins

This recipe puts a spin on a home-style classic. Not only does baking meatloaf in a muffin tin saves time, it also makes it more fun to eat. Top it off with a mashed sweet potatoes and you have yourself a meal!

Nutrition Facts

Serving Size: 2 muffins
Servings per Recipe: 4

Amount per serving:

Calories: 296

Total Fat: 9 g

Saturated Fat: 4 g

Sodium: 546 mg

Total Carbohydrate: 28 g

Dietary Fiber: 4 g

Sugars: 9 g

Protein: 24 g



Time: 30 minutes

Ingredients

Meatloaf:

- 1 pound ground beef
- 1 teaspoon olive oil
- 1 small onion, minced
- 2 garlic cloves, minced
- ¼ cup barbeque sauce
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- ½ teaspoon dried thyme

Topping:

- 2 medium sweet potatoes, peeled and cubed
- 1 tablespoon butter
- ¼ teaspoon sea salt

Directions:

1. Preheat oven to 350°F. Place ground beef in a medium bowl and set aside.
2. Melt olive oil in a small skillet over medium heat. Add onions and sauté, stirring occasionally, until they start to soften.
3. Add garlic, cook 30 seconds or until fragrant.
4. Add onion-garlic mixture to ground beef. Add barbeque sauce, sea salt, pepper and dried thyme. Using your hands or a spoon, mix well to combine.
5. Divide meat mixture evenly among 8 wells of a muffin pan.
6. Bake in preheated oven for 20 minutes or until meat is no longer pink in the center.
7. While meatloaves are baking, steam sweet potatoes until tender, about 10-12 minutes. Drain and puree sweet potatoes and butter in a food processor or mash well with a fork.
8. Scoop topping on to meatloaves. Drizzle with additional barbeque sauce, if desired.

Lunches

Santa Fe Veggie Quesadilla

Just add a few more veggies to this Mexican classic and you have a healthy, protein-packed lunch for you and your kiddos!

Nutrition Facts

Serving Size: 1 quesadilla

Servings per Recipe: 5

Amount per serving:

Calories: 417

Total Fat: 16 g

Saturated Fat: 6 g

Sodium: 386 mg

Total Carbohydrate: 49 g

Dietary Fiber: 11 g

Sugars: 4 g

Protein: 21 g



Time: 35 minutes

Ingredients:

- 1 red pepper, chopped
- 2 sweet onions, chopped
- 2 tablespoon olive oil
- 1 can black beans, rinsed and drained
- 1 cup canned corn, rinsed and drained
- 3 green onions
- ½ teaspoon paprika
- Pinch of cumin
- 2 cups skim mozzarella cheese
- Ten 6-inch corn tortillas
- Sour cream, guacamole, or salsa for dipping

Directions:

1. Place peppers and onions on a sheet pan, drizzle with olive oil, and roast for 20-25 minutes at 425°F.
2. In a medium bowl, mix roasted peppers and onions with black beans, corn, green onion and spices. Combine well.
3. Heat a skillet on medium heat. Place tortilla on heated skillet and top with 1 Tablespoon cheese, then 2 Tablespoons bean and corn mixture, and then another 1 Tablespoon of cheese. Top with another tortilla.
4. Cook 2 minutes per side, or until golden brown and lightly crisp. Repeat.
5. Using a knife or pizza cutter, cut quesadilla into 4-6 slices.

Butternut Squash Mac & Cheese

By replacing half the cheese with butternut squash, you not only save fat and calories, you also add important vitamins and minerals! Kids won't even know that this cheesy classic has a half serving of vegetables and is 100% whole grain!

Nutrition Facts

Serving Size: 1/3 cup
Servings per Recipe: 9

Amount per serving:

Calories: 284

Total Fat: 13 g

Saturated Fat: 8 g

Sodium: 228 mg

Total Carbohydrate: 30 g

Dietary Fiber: 3 g

Sugars: 3 g

Protein: 14 g



Time: 60 minutes

Ingredients

- 2 cups butternut squash, peeled and cubed
- 10 ounces pasta, dry
- 2 tablespoons low-sodium vegetable broth
- 1 ½ tablespoons butter
- 1 ½ tablespoons flour
- 1 teaspoon garlic powder
- ¾ cup skim milk
- 2 ½ cups shredded cheddar cheese

Directions:

1. Bring a large pot of water to boil and add butternut squash. Cook until squash is softened and drain. Alternatively, microwave squash until softened (about 4-5 minutes).
2. Prepare pasta according to box. Drain and set aside.
3. Place squash and vegetable broth in food processor or blender. Pulse until mixture is smooth. Add water by ¼ teaspoon if mixture is too firm.
4. Heat butter over medium-low heat until melted in a small saucepan. Whisk in flour and cook for 1-2 minutes.
5. Whisk in garlic powder, milk, and squash. Continue to whisk for another 1-2 minutes until mixture thickens.
6. Once thickened, add cheese and whisk until melted (about 5 minutes). Stir mixture into pasta. Enjoy!

Broccoli Tots

Putting a green spin a childhood favorite!

Nutrition Facts Serving Size: 4 tots Servings per Recipe: 4
Amount per serving: Calories: 158
Total Fat: 6 g Saturated Fat: 2 g Sodium: 389 mg Total Carbohydrate: 20 g Dietary Fiber: 4 g Sugars: 3 g Protein: 8 g



Time: 35 minutes

Ingredients:

- 2 cups or 12 ounces uncooked or frozen broccoli
- 1 large egg
- ¼ cup finely diced yellow onion
- ⅓ cup finely shredded cheddar cheese
- ⅔ cup panko breadcrumbs
- 1 teaspoon Italian seasoning
- ½ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon pepper

Directions:

1. Preheat oven to 400 °F. Grease a baking sheet with a thin layer of oil or line with parchment paper and set aside.
2. Bring a medium pot of water to a boil. Add broccoli to boiling water. After 1 minute, drain and immediately transfer broccoli into cold tap water. After 1 minute, drain again.
3. Transfer broccoli into a food processor bowl and process until fine. If without a food processor, finely chop broccoli with a knife. Transfer to a medium bowl.
4. Add egg, onion, cheese, breadcrumbs, and seasonings to the broccoli and thoroughly mix all ingredients together.
5. Using your hands, scoop about 1.5 Tablespoons of mix and gently press into a firm ball, then roll into a tater-tot shape. Repeat this step until all batter is used. Place tots on the prepared baking sheet.
6. Bake for 10 minutes, then remove from oven and turn tots. Bake for another 8-14 minutes or until golden brown and crispy. Remove from the oven and enjoy with your favorite dipping sauce!

Baked Sweet Potato Curly Fries

Putting a sweeter spin on your fast-food favorite

Nutrition Facts Serving Size: 1 cup fries Servings per Recipe: 4
Amount per serving: Calories: 111
Total Fat: 4 g Saturated Fat: 1 g Sodium: 469 mg Total Carbohydrate: 19 g Dietary Fiber: 3 g Sugars: 6 g Protein: 2 g



Time: 35 minutes

Ingredients:

- 2 large sweet potatoes
- 1 Tablespoon olive oil
- $\frac{3}{4}$ teaspoon salt
- Optional: sprinkle with fresh herbs or spices, such as rosemary, parsley, or ground cinnamon

Directions:

1. Preheat oven to 400°F.
2. Spiralize both potatoes using the blade with the larger triangles. You may need to break or cut longer pieces into smaller ones.
3. Add spiralized potatoes into a large bowl and toss with olive oil and salt.
4. Spread potatoes over two parchment-lined baking sheets. You will need two baking sheets to avoid overcrowding potatoes.
5. Bake both baking sheets together for 15 minutes (you may need them on separate shelves- this is okay!)
6. Remove from oven and flip fries. Add fresh herbs here if desired. Swap baking sheets before returning to oven.
7. Bake for another 10-15 minutes depending on how crispy you like them.
8. Remove trays and serve hot.

Dinners

Mexican Chicken Casserole

Bring the fiesta to your kitchen tonight by trying this Mexican inspired dinner dish. Not only does it taste delicious, it is also packed with lots of veggies! Say “Hola” to delicious and nutritious!

Nutrition Facts

Serving Size: 1 cup
Servings per Recipe: 9

Amount per serving:

Calories: 212

Total Fat: 6 g

Saturated Fat: 3 g

Sodium: 474 mg

Total Carbohydrate: 23 g

Dietary Fiber: 4 g

Sugars: 5 g

Protein: 17 g



Time: 5 hours

Ingredients

- 1 pound chicken breasts, boneless and skinless
- One 16 ounce jar of salsa
- 1 cup reduced-sodium canned black beans
- 1 cup squash, cooked and pureed
- 1 cup frozen corn kernels
- 4 ounces low-fat cream cheese
- 2 cups brown rice, cooked

Directions:

1. Add chicken, salsa, beans, and squash to slow cooker. Stir until combined.
2. Cover and cook on low for 5-6 hours, or until chicken is tender and cooked thoroughly.
3. Add corn and cream cheese. Stir until cream cheese melts and corn is warm.
4. Serve over brown rice. Top with favorite ingredients (i.e. cheese, lettuce, sour cream, etc.).

Dinners

Deliciously Deceptive Meatballs

Bring out your inner Italian with this simple meatball recipe that has a super-secret ingredient (one clue: it's green!)

Nutrition Facts

Serving Size: 3 meatballs
Servings per Recipe: 5

Amount per serving:

Calories: 247

Total Fat: 13 g

Saturated Fat: 4 g

Sodium: 223 mg

Total Carbohydrate: 11 g

Dietary Fiber: 1 g

Sugars: 2 g

Protein: 22 g



Time: 60 minutes

Ingredients

- 1 pound 90% lean ground beef
- 1 egg
- ½ cup parmesan cheese, grated
- ⅛ teaspoon ground nutmeg
- ⅓ cup breadcrumbs
- ⅓ cup skim milk
- 6 cups fresh spinach, chopped
- 1 tablespoon olive oil

Directions:

1. Combine beef, egg, cheese, and nutmeg in large bowl.
2. In a small bowl, combine breadcrumbs and milk. Let stand until milk is absorbed (about 1-3 minutes). Add this mixture to the beef.
3. Add the spinach to the beef and mix gently. Shape into 15 meatballs.
4. Over medium heat, heat oil in a large saucepan. Brown the meatballs and cook thoroughly (about 11 minutes on each side).
5. Serve with favorite pasta and sauce. Enjoy!

Recipe adapted from Naturally Ella.

Dinners

Hidden Veggie Cheeseburger

The kids won't even know there are veggies hidden inside this tasty cheeseburger!

Nutrition Facts

Serving Size: 1 burger
Servings per Recipe: 8

Amount per serving:

Calories: 289

Total Fat: 7 g

Saturated Fat: 3 g

Sodium: 663 mg

Total Carbohydrate: 25 g

Dietary Fiber: 29 g

Sugars: 4 g

Protein: 22 g



Time: 15 minutes

Ingredients:

- 4 ounces mushrooms, washed
- 1 bell pepper, washed with stem and seeds removed
- ½ small sweet onion, peeled
- 1 pound lean ground beef
- 2 cloves garlic, minced
- 1 teaspoon seasoned salt
- 8 slices low-fat cheddar cheese
- 8 whole wheat hamburger buns

Directions:

1. Place mushrooms, peppers and onion in food processor and blend until fine, or finely chop by hand.
2. Place beef in a large bowl. Add veggies, garlic and seasoned salt. Mix well and form into 8 patties.
3. Grill over medium heat 5-6 minutes per side, or until cooked through. Top with cheese and transfer to buns.

Desserts

Carrot Cake Cookies with Cream Cheese Frosting

Cookies that taste just like carrot cake, but are healthy? Yes! No one will ever know!

Nutrition Facts

Serving Size: 2 cookies with 2 tsp frosting

Servings per Recipe: 18

Amount per serving:

Calories: 173

Total Fat: 2 g

Saturated Fat: 1 g

Sodium: 182 mg

Total Carbohydrate: 35 g

Dietary Fiber: 2 g

Sugars: 20 g

Protein: 4 g

Time: 50 minutes

Ingredients

For cookies

- ½ cup brown sugar, packed
- ½ cup sugar
- 1 cup applesauce, unsweetened
- 2 eggs
- 1 teaspoon vanilla
- 1 cup flour, all-purpose
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon ground ginger
- 2 cups old-fashioned rolled oats, raw
- 1 ½ cups finely grated carrots (about 3 large carrots)



For frosting:

- ½ cup light cream cheese
- 1 cup fat-free Greek yogurt, plain
- 2 teaspoons vanilla
- 2 Tablespoons powdered sugar
- 1 ½ Tablespoons maple syrup

Directions:

1. Heat oven to 350 °F Grease baking sheet.
2. Mix sugars, applesauce, eggs, and vanilla in a large bowl.
3. In a separate bowl, stir dry ingredients together.
4. Blend dry ingredients into wet ingredients. Stir in raisins and carrots.
5. Drop batter by teaspoons on greased baking sheet. Bake for 10-15 minutes until golden.
6. While cookies are baking, mix light cream cheese, Greek yogurt, vanilla, powdered sugar, and maple syrup together.
7. Let cookies cool 15 minutes before frosting them.

Desserts

Fudgy Black Bean Brownies

No one will ever know that these chocolaty brownies pack a protein and fiber punch!

Nutrition Facts Serving Size: 1 brownie Servings per Recipe: 16
<u>Amount per serving:</u> Calories: 129
<u>Total Fat:</u> 5 g <u>Saturated Fat:</u> 77 mg <u>Total Carbohydrate:</u> 19 g Dietary Fiber: 3 g Sugars: 12 g <u>Protein:</u> 4 g



Time: 50 minutes

Ingredients

- 1 15-ounce can black beans, drained and rinsed
- 3 large eggs
- 3 tablespoons canola oil
- ¾ cup granulated sugar
- ½ cup baking cocoa powder
- 1 teaspoon vanilla extract
- ½ teaspoon peppermint extract (optional)
- ½ teaspoon baking powder
- Pinch of salt
- ½ cup mini semi-sweet chocolate chips, divided

Directions:

1. Preheat the oven to 350°F. Lightly oil or coat an 8x8-inch baking pan or dish with nonstick cooking spray and set aside.
2. Place the black beans in the bowl of a food processor and process until smooth and creamy. Add the eggs, oil, sugar, cocoa powder, vanilla extract, peppermint extract if desired, baking powder and salt. Process until smooth.
3. Add ¼ cup of the chips and pulse a few times until the chips are incorporated.
4. Pour the batter into the prepared pan, smooth the top with a rubber spatula and sprinkle with the remaining ¼ cup chocolate chips.
5. Bake 30 to 35 minutes or until the edges start to pull away from the sides of the pan and a toothpick inserted in the center comes out clean. Cool in the pan before slicing into 2-inch squares.

Desserts

Chocolate Hummus Cookie Sandwiches

Cookies with a chocolate filling and veggies! Who could resist?

Nutrition Facts

Serving Size: 2 cookie sandwiches (2 tbsp hummus + 4 cookie thins)
Servings per Recipe: 10

Amount per serving:

Calories: 201

Total Fat: 8 g

Saturated Fat: 4 g

Sodium: 134 mg

Total Carbohydrate: 29 g

Dietary Fiber: 3 g

Sugars: 12 g

Protein: 4 g

Time: 50 minutes

Ingredients

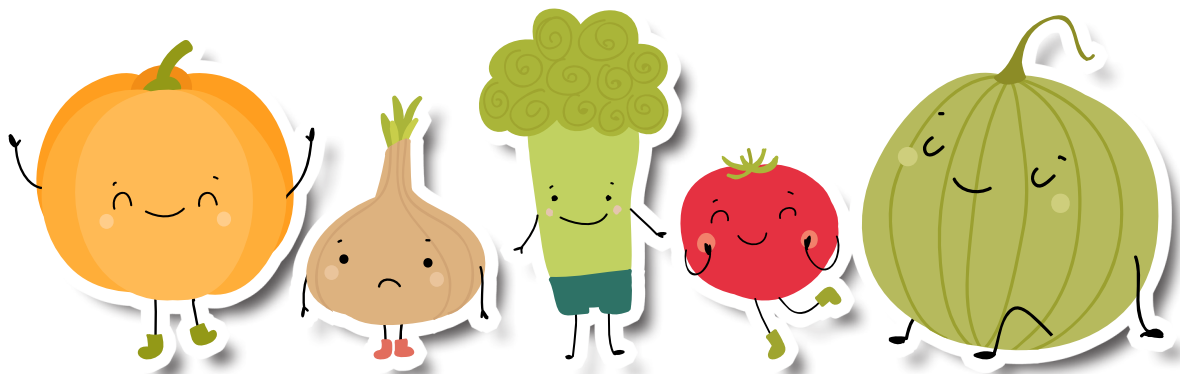
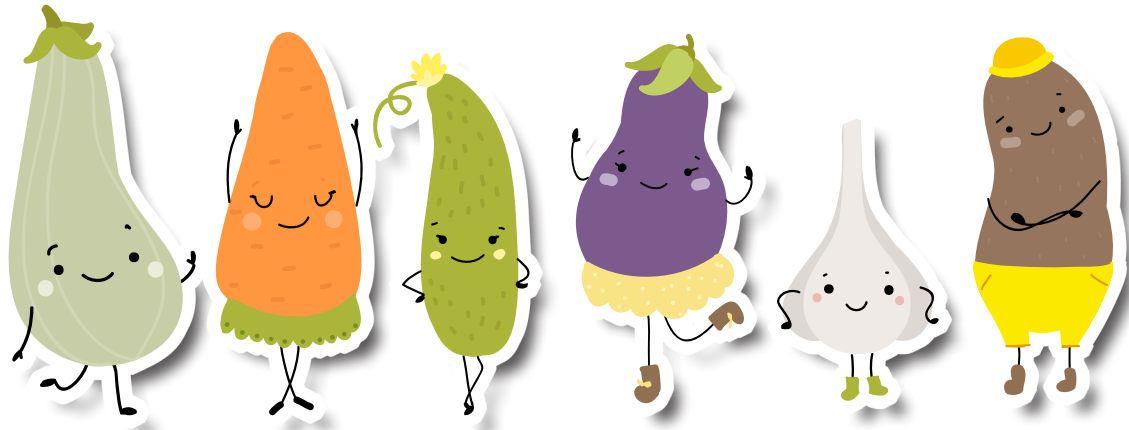
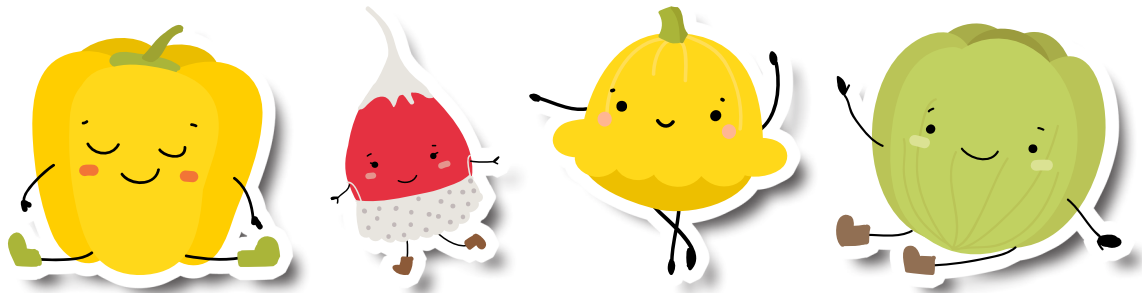
- One 15 ounce can low-sodium chickpeas, drained
- ¼ cup maple syrup
- 2 Tablespoons creamy peanut butter
- 2 Tablespoons skim milk
- 4 Tablespoons cocoa powder
- 2 teaspoons vanilla extract
- ½ Tablespoon granulated sugar
- 40 chocolate chip cookie thins or other favorite small cookie



Directions:

1. Place all ingredients (except cookies) into food processor or blender. Combine until smooth and creamy.
2. Spread 1 Tablespoon of chocolate hummus on top of one cookie thin and top with another cookie.
3. Refrigerate leftover cookie sandwiches or hummus.

Recipe adapted from Hummusapien.





Developed by OSF Saint Francis Dietetic Interns:
Raquel Reyes, Katie Koller, & Emily Parent