



KEEPING KIDS HEALTHY@HOME

EXTREMELY SIMPLE IMMUNITY FIGHTING FOODS FOR KIDS

6 key immune boosting suggestions

Cinnamon, Apples, Yogurt, Broccoli, Sweet Potatoes, Bell Peppers

CINNAMON OATMEAL



1. 2 CUPS OF OLD FASHIONED OATS
2. 4 CUPS OF MILK
3. 2 TSP OF CINNAMON
4. STIR FOR 5 MIN ON MEDIUM HEAT
5. ADD SOME CHOPPED BANANA ON TOP

4 SERVINGS

YOGURT & FRUIT

1. 1 CUP OF UNSWEETENED YOGURT
2. STIR IN 1/2 CUP OF OATS
3. ADD CHOPPED APPLES AND CHOPPED BANANAS
4. FOR A LITTLE SWEETNESS, ADD A DRIZZLE OF HONEY

1 SERVING



WONDER BOWL



1. 1/2 CUP BROWN RICE
2. LAYER ON 1 CUP STEAMED BROCCOLI
3. ADD 1 SCRAMBLED EGG
4. STIR IN THE YUM YUM DRESSING AND MIX ALL UP

1 SERVING

YUM YUM IMMUNE BOOSTING DRESSING = OLIVE OIL, LEMON JUICE, SALT, AND GARLIC POWDER.

SWEET POTATO PANCAKES



1. ONE SWEET POTATO, ROASTED AND COOLED
2. PEEL, MASH AND BEAT IN 2 EGGS
3. COOK ON PAN 5 MIN EACH SIDE

1 SERVING

FOR THE TOPPING, MIX YOGURT WITH CINNAMON & SPOON OVER PANCAKES.

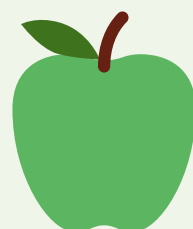
CHEESE & BELL PEPPERS

1. WASH AND CHOP THE BELL PEPPERS (FUN TO CUT INTO SHAPES)
2. SERVE WITH BITE-SIZE PIECES OF CHEESE
3. THAT'S IT!



APPLE & PEANUT BUTTER

1. WASH AND CUT AN APPLE INTO SLICES
2. PROVIDE 2 TABLESPOONS OF PEANUT BUTTER TO DIP.
3. THAT'S IT!



PANTRY SUBSTITUTES

- CHEESE OR PEANUT BUTTER
- APPLE OR BANANA
- RICE OR QUINOA
- EGGS OR TOFU OR CHICKEN
- BROCCOLI OR CARROTS

