

OVER 35 NOURISHING RECIPES AND SNACK IDEAS, COUPLED WITH ALL OF MY VERY FAVOURITE HINTS FOR USING WHOLEFOODS, TO RAISE HEALTHFUL KIDS.



# *Raising Healthful Kids*

THE WHOLEFOOD RECIPE GUIDE

KATIE HOLOHAN  
NATUROPATH - CLINICAL NUTRITIONIST



# Let us raise healthful children...

Let food be thy medicine; and  
medicine be thy food - Hippocrates

Every biological process undertaken by your child's body is impacted by, and relies upon the foods and nutrients we supply it on a daily basis.

Food is the most simple and yet effective way we can nourish our children to ensure and restore good health. Developing a positive relationship with food and its superpower qualities for our body, all begins in childhood; where little minds are learning the attitudes and behaviours that may impact them for a lifetime.

By the wisdom of Hippocrates, let us raise healthful children, who understand the magic medicine of food.



## The Wholefood Recipe Guide

Resting among the pages of this guide, you will discover over 30 easy to create, wholefood recipes to inspire you to nourish your little one.

All of the recipes you will find are free-from gluten, and few will contain dairy, egg (with plenty of swaps suggested if they do).

To accompany your recipes you will read snippets on all there is to love about some of the ingredients, some of my favourite ways to change things up or present them to your children and additional guides for feeding children when they are unwell, and nutrient boosting tips for every stage.

"I believe the best way to inspire a quality, or even a habit in our kids, is to cultivate it in ourselves. This means that parenting is a constant journey of learning and growth, of looking outward, toward my children, to see the areas in which I need to work at improving myself."

Hannah Guari Ma

This Wholefood Recipe Guide is the perfect accompaniment to our must-have, 'Raising Healthful Kids' online masterclass; containing all of the foundations for understanding your child's nutritional requirements, and the way in which food and nutrients affect little systems.



# Recipe Contents...

## *A little on the sweeter side...*

- 4 Homemade gummies
- 5 Chocolate hummus
- 5 Cacao hot chocolate
- 6 Oat and banana pikelets
- 7 Peanut butter and jelly overnight oats
- 7 Homemade coconut yoghurt
- 8 Almond butter chocolate chip cookies
- 9 Chewy chocolate chip muesli bars
- 9 Baby-love chia seed pudding
- 10 Scrumdiddlyumptious smoothies
- 11 Silken chocolate mousse



## *Something a little more savoury...*

- 12 Popping popcorn
- 12 Homemade pizza sauce
- 13 Roasted chickpeas
- 13 Mini egg cups
- 14 Nourishing the unwell child; Broth noodle soup
- 15 Lentil bolognese
- 15 Lentil sausage rolls
- 16 Zucchini meatballs
- 16 Homemade sushi
- 17 Super simple snack ideas
- 18 Slow cooker apricot chicken
- 18 Salmon and veggie kickers
- 19 Boosting nutrients at every meal



Happy, healthy parents, make happy, healthy children. What we instill in our children, will be the foundation upon which they build their future.

# Gummies with all of the goodness...

## What is there to love...

Gelatin is said to have a range of benefits including being a great source of amino acids, gelatin may improve skin health, digestive function, cardiovascular health and reduce inflammation.

These gummies are also a tasty way to sneak in other health boosting goodies.



## Ingredients

- 200ml of your favourite 'gummie flavour' liquid
- 2 Tbs. organic or grass fed gelatin (I use Nutra Organics)
- Optional: health boosters
- Optional: 1-2 tsp. sweetener (rice malt syrup, maple syrup or raw honey; although honey is not suitable for infants <1yr)

## Method

- 'Blooming' - in a medium saucepan pour your liquid of choice. Prior to turning on any heat, sprinkle your gelatin over the liquid 1 tbsp. at a time and notice the gelatin absorb into the liquid forming a little bloom of soft clouds at the top. Add the second tbsp. and allow the same.
- Turn on a gentle heat and stir slowly until all gelatin and liquid is combined.
- At this point, you can add in any additional sweetener or health boosters that you may like.
- Pour the mixture into molds (I found mine at Kmart) and refrigerate. These will last in an airtight container in the fridge for around 10 days, but are safe to take in a lunchbox for part of the day too.

## Vegetarian or Vegan?

Simply replace the gelatin with agar agar powder at equal amounts. If buying agar flakes rather than powder, you will need to check the dosage.

## Try something different...

Herbal Tea or infusions are a great liquid base for gummies, boosting their healing superpowers. Try chamomile tea and honey for calm gummies, or infusing turmeric and ginger in hot water to form the base of a winter warmer gummy.



Some of my favourite ways to enjoy are with the 'nudies' orange, tropical or apple and blackcurrant juices; with fresh pureed fruit and coconut water; with 2 tbsp. cod liver oil for a Vit A and D hit; mixing through a Vit C powder; add in any supplement you like; or you could simply have them as is.

# Chocolate Hummus

## Ingredients

- 400g can chickpeas (drained and rinsed)
- 3 1/2 tbsp. 100% maple syrup
- 1/2 tsp. pure vanilla extract
- 1/4 tsp. salt
- 4 tbsp. unsweetened raw cacao powder
- 2 tbsp. water (optional for desired consistency)

## Method

- In a blender or food processor, combine all ingredients except water.
- Puree until the mixture is smooth and add 1 tbsp. water at a time until you reach your desired consistency.
- Tip: You can also use black beans for this recipe (they are very smooth in texture and only have a mild bean flavour).

Perfect teamed with apple slices (my favourite), as a replacement for chocolate spread on sandwiches, with mini poppadoms, on banana (or on banana nice cream) or strawberries, home-made pancakes or a piece of sourdough or rye toast.



# Cacao Hot Chocolate

## Ingredients

- 2 heaped tbsp. organic raw cacao powder
- 1 tsp. 100% maple syrup
- 1/2 tsp. vanilla extract
- pinch of cinnamon
- 250ml coconut milk (or your favourite)

## Method

- Heat all ingredients together in a saucepan over low-medium heat until combined.
- Adjust sweetness and cacao if needed to desired taste.
- Try switching things up by trying turmeric powder in replacement for cacao for a delicious turmeric latte.



Cacao is the unprocessed, raw version of the cacao bean and is the most delicious source of minerals, being especially rich in magnesium. Cacao can assist to manage sugar cravings, and contains many antioxidants including polyphenols which hold many protective benefits for the body.

# Oat and Banana Pikelets

## What is there to love...

A plentiful and healthy alternative to Sunday morning pancakes with all the fibre, protein and sustainable energy of a much more wholesome breakfast.

Oats are a low GI (longer lasting energy source), rich in B vitamins, soluble fibre including beta glucans (helping to maintain healthy cholesterol and blood sugar levels).

Eggs are a rich protein and fat source, two of the most important macronutrients for the growth and development of children.



## Ingredients

- 1 ripe banana
- 1/2 cup whole oats
- 1 tsp. vanilla extract
- 1 tsp. baking soda
- 1 whole egg
- Coconut or Soy milk (or your favourite), to desired pouring consistency.

## Method

- Combine banana, oats, vanilla, egg and baking soda in a blender or Nutribullet.
- Begin adding small amounts of milk and blending incrementally until you reach a consistency that's thick but easily pour-able.
- In a non-stick frying pan, over medium heat, pour mixture into pikelets and cook until beginning to form air bubbles on top, then flip.
- Experiment in all sorts of ways by adding 1/2 tsp. cinnamon powder or a sprinkle of dark chocolate chips (Sweet Williams are dairy free and available in supermarkets).
- Also a great recipe to use for mini-muffins!

## Looking for an alternative to egg?

Try 1/4 cup of silken tofu, 2 heaped tsp. ground flaxseed meal with 1 tbsp. water or simply leave the egg out and add a little more baking soda.

## Looking for an alternative to banana?

Try any of your favourite fruits, berries are one of my favourite, or you could try cooked and cooled, mashed pumpkin which has a beautiful natural sweetness.



Perfect cooked in batches and stored in the fridge or freezer for fast snacks and lunchboxes. Although, these do remain one of my favourite treats for breakfast time, especially when topped with a spoonful of homemade coconut yoghurt, a sprinkle of hemp seeds and a bunch of berries.

# Peanut Butter and Jelly Overnight Oats

## Ingredients

- 1 empty mason jar or recycled glass food jar
  - 1/2 cup of whole oats (you could use quick oats, or blend the whole oats first if your child prefers a smoother consistency or if making for infants; remembering all grains are best for babies over 9-10mths of age)
  - 1/4 cup of frozen berries, blended (I love raspberries )
  - 1/2 cup of soy or oat milk (or milk of choice)
  - 1 tbsp. peanut butter
- Nut-free family? Just use sunflower seed butter instead.

## Method

- Simply combine oats, milk and peanut butter in the jar and stir - ensure milk is fully covering all of the oats mix.
- Place the covered jar in the fridge overnight.
- Top prior to refrigerating with frozen berry puree, or could be stirred through in the morning. I also love to add hemp seeds/hazelnuts and or coconut yoghurt.



# Homemade Coconut Yoghurt

## Ingredients

- 1 clean mason jar or recycled food jar
- 1 400ml can of whole fat organic coconut milk
- 3 capsules of probiotic (you can use practitioner quality or something like inner health plus from the pharmacy; for infants under 12mths I recommend Bioceuticals Baby Biotic from a practitioner or health food store).
- Optional: sweetener of choice (pureed fruit or rice malt syrup/honey/maple syrup; honey is not suitable for <1yr old)

## Method

- Shake or stir coconut milk well to ensure a smooth consistency.
- Pour coconut milk into jar and empty in probiotic capsules - stir well but **IMPORTANTLY** only with a wooden or plastic spoon, no metal as this may react with the probiotics.
- Cover jar with cheesecloth or a clean chux and fasten with an elastic band.
- Allow the yoghurt to sit in a warm place for up to 48 hours, that's it!!
- Remove cloth, cover with lid and refrigerate to be enjoyed!



Soaked grains are usually much easier to digest for little tummies than non-soaked grains, so the overnight oats recipe above is the perfect breakfast food, ready to be eaten straight out of the jar with no preparation in the mornings. Team it with this homemade fermented yoghurt for all the gut health goodness.



# Almond Butter Chocolate Chip Cookies

What is there to love...

Well what is there not to love...?

A much more nutrient dense version to the standard supermarket cookie.

Almond butter contains plenty of useful fats helping this cookie to provide more long lasting energy and is rich in many micro-nutrients.

Acknowledging with your children the distinction between always foods and occasional foods; and the importance of this balance for satisfying both our bodies and our minds is one of the most invaluable lessons they might learn about their relationship with food.



## Ingredients

- 1 cup of almond butter
- 1 large egg
- 1 tsp. vanilla extract
- 1 tsp. baking soda
- 1 overripe banana (or 1/2 cup soaked and strained dates)
- 1/2 cup dark chocolate chips (you could use milk if you like, or you could choose a dairy free chip like Sweet Williams.)

## Method

- Pre-heat oven to 170deg. Line a baking tray with baking paper or a light spray of oil. Alternatively, use silicon baking trays.
- In a mixing bowl, combine almond butter, banana, egg, vanilla and baking soda and mix until well combined. (If using the dates, you will need to blend this mixture).
- Add in the chocolate chips and stir gently.
- Measure out heaped tbsp. sized balls onto the baking tray, leaving room between each one.
- Bake for 12-17 minutes depending on oven, or until cookies are set.
- Remove from the oven and allow cookies to cool.
- Store cookies in an air-tight container for 5 days.

Looking for an alternative to egg?

Try 1/4 cup of silken tofu, 2 heaped tsp. ground flaxseed meal with 1 tbsp. water or simply leave the egg out and add a little more baking soda.

Nut-free family?

Try these cookies using sunflower seed butter.



Invite your babes into the kitchen today. Yes, it can be wild, but cooking can be the ultimate in child's play and adult joy. Any cooking done with care, is an act of love; sticky floors and messy kitchens are the remnants of happy children.





# Chewy Chocolate Chip Muesli Bars

## Ingredients

- 2 cups traditional rolled oats
- 1/2 cup sunflower seed butter
- 1/2 cup honey
- 1 cup sunflower seeds
- 1 tsp. pure vanilla extract
- 1/2 cup 'Sweet William's' chocolate chips (for on top)

## Method

- Preheat the oven to 180deg.
- Combine all but the choc chips in a large mixing bowl.
- Line an 8x8 inch dish with baking paper and transfer the mixture in.
- Press the mixture down FIRMLY (top with more baking paper and use a rolling pin or can to push mixture down so that the final product holds together).
- Top with choc chips and place in the oven for 10 minutes.
- Remove from oven and refrigerate for 1/2 hour before cutting. Perfect for lunchboxes.



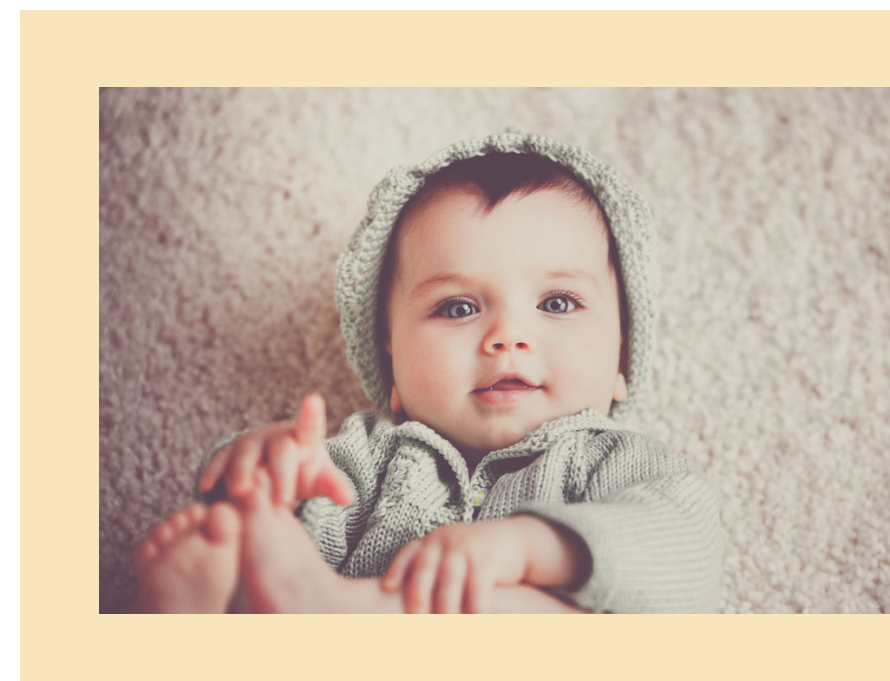
# Baby-Love Chia Seed Pudding

## Ingredients

- 1 small clean mason jar or recycled food jar
- 80-100ml coconut milk
- 2 tsp chia seeds
- Flavouring of your choice: small ripe mashed banana, crushed berries, vanilla pod/extract

## Method

- Simply combine all ingredients in your jar, stir and cover with the lid.
- If adding fruits as suggested, blend fruits and coconut milk together first to make a smoothie consistency, then add chia.
- Store in the refrigerator for an hour before serving.



This healthful pudding, is the perfect addition to your 'baby first foods' list, but so delicious for big kids too! It contains chia seeds, a known, rich source of omega fatty acids and protein; coupled with coconut milk this little pudding helps boost baby's healthy fat supply - one of the highest demand macro-nutrients for baby.



# Scrumdiddlyumptious Smoothies

## Snickers Smoothie

- 1 heaped tbsp. peanut butter
- 1 frozen banana
- 1 cup coconut or soy milk
- 1/4 cup oats
- 1 tbsp. hemp seeds
- 1 heaped tbsp. raw cacao powder

## Mango Madness

- 1/2 cup frozen mango pieces
- 1 cup coconut milk
- 1/2 ripe banana
- 1/2 cup cooked and cooled pumpkin
- Optional: 1/2 scoop of a clean vanilla protein powder.  
I have a post over on Instagram about ingredients to avoid when choosing protein powder.



## Hulk Green Machine

- 1 small pear
- 1 peeled kiwi fruit
- 1/2 cup frozen pineapple
- 1 big handful of baby spinach
- 1/2 cup pre-cooked and frozen/cooled zucchini
- 200ml coconut water
- Optional: greens powder (I love the Morlife Kidz Greens)

## Berry Babe

- 1/2 cup frozen berries
- 3 soaked dates (soak in warm water prior for easy blending).
- 1 tbsp of hemp or chia seeds
- 200ml coconut water
- 1 tbsp. coconut yoghurt



## A few extra tips for preparation:

- Purchase larger amounts of fruit and chop them up into pieces easy to throw in the blender to store and store in the freezer all ready to go.
- When making veggies for dinner, cook a little extra zucchini and pumpkin (but also other vege like cauliflower too) and have them stored alongside your fruit in the freezer.

Smoothies are my #1 favourite way of boosting the nutrients in your child's day. When just starting out, remember you can make any of the above smoothies into ice-cream bowls, by decreasing the amount of liquid - that's perfect as a healthy alternative to dessert or even for breakfast!

# Silken Chocolate Mousse

## What is there to love...

This recipe is a little more on the treat side, but sometimes it's nice to share something decadent, and this three ingredient recipe is a much healthier way to have that balance.

Silken tofu is a rich source of protein for your little one, so if you're looking for sneaky ways to up a fussy little eater's intake of this essential macro-nutrient, this is one of the recipes that will do it. Tofu contains all nine essential amino acids, so is a highly recommended addition to any family trolley.



## Ingredients

- 1 3/4 cups of silken tofu
- 80g of dairy free dark chocolate (I recommend Lindt for this, and always opting for the highest cacao percentage you can find)
- 3 tbsp. honey or maple syrup
- 1/2 tsp. vanilla paste (or extract)
- Teeny pinch of salt ( to taste )

## Method

- Melt your dark chocolate by breaking it up in a bowl, and placing the bowl over a saucepan of boiling water. Ensure that you continually stir your chocolate and remove from the heat when smooth.
- Place the tofu in a blender, or use a stick blender to blend until smooth.
- Pour chocolate into the tofu mix, add vanilla and salt and gently stir to combine well.
- You can taste the mixture at this point and adjust sweetener or salt as needed (although if you use too much sweetener, it won't set nicely like a mousse).
- Pour mixture into ramekins or glass jars, and refrigerate until set.

## Looking for a different flavour?

Try replacing the chocolate with 1 cup of strawberries or raspberries and combining the fruit with the tofu in the blender for a berry bliss mousse.



If at first, your child finds recipes like this not sweet enough or too tangy/bitter, play with the level of sweetness, and then slowly work back each time you make the recipe. Working like this helps us to be able to still provide treat options, but know we are in control of the ingredients and sugar level.

# Popping Popcorn

## What is there to love?

- Save on saturated fats, preservatives and money by popping your own popcorn at home!
- I love popping big batches, then storing in an airtight container for lunchboxes.
- The kids LOVE helping with this.

## Ingredients and Method

- 2-3 tbsp. corn kernels
- 1 tbsp olive oil (even better if you own an airfryer and don't need to use oil at all)
- Place corn kernels and oil in a medium saucepan with the lid on, as heat rises, popping will begin!
- As popping slows, remove from heat and serve with a sprinkle of Himalayan salt or cinnamon.



# Homemade Pizza Sauce

## What is there to love?

This sauce is a low sodium (salt), veggie loaded alternative to using traditional tomato paste on pizza. It's such an easy way to add so many nutrients to an exciting meal for kids.

## Ingredients

- 1 clove crushed garlic
- 1 tin organic crushed tomatoes
- 1 1/2 cups of all of your favourite baked veggies. My favourites are pumpkin for its natural sweetness, brown onion, sweet potato, zucchini, carrots or even brussel sprouts!
- Combine all of the ingredients into a blender and puree to make sauce. This can be stored in serving size portions in the freezer or kept in the fridge.
- This sauce is my favourite underneath a layer of mozzarella and sprinkled with nutritional yeast flakes for all of the added B vitamin benefits.



## A little note on pizza base and pasta options

- My favourite and simple way to make home-made pizza is with quinoa or rice wraps as the base. They are super light and crispy and avoid the use of traditional wheat bases, that can be inflammatory and contain preservatives that are best avoided for little people. If you are searching for a more traditional style base, then a nice baked sourdough is lovely (just check for preservatives). This sauce is also great with pasta, pulse, buckwheat or rice pasta being my picks!

## Movie night anyone?

These two recipes are the most delightful combination for a wholesome movie night with the family.

Pizza and popcorn, what could possibly be more right?

Left over homemade pizza or pasta are perfect lunchbox additions too!



# Roasted Chickpeas

## What is there to love?

Chickpeas are one of the most versatile legumes, actually, I really love all legumes.

Legumes are rich in fibre, B Vitamins, iron, calcium, zinc and magnesium. They are low in saturated fat, high in protein and a good source of antioxidants.

## Ingredients and Method

- 1 can of drained and well-rinsed chickpeas
- 1 tbsp. maple syrup
- 1 tbsp. tamari (gluten-free soy)
- 1 tbsp. coconut oil
- Simply coat chickpeas with tamari, maple and oil in a bowl, then bake on a lined baking tray until starting to dry. Store in the fridge as a great finger food lunchbox- friendly snack.



# Mini Egg Cups



## Ingredients

- 4-5 large eggs
- 3 vegetables of choice (diced tomatoes, onion, capsicum, mushrooms, zucchini, corn, carrot, pumpkin (if choosing pumpkin, and not grating, fry off in pan first to soften).
- Optional: 1/4 cup cheese, diced lean bacon.
- 2 tbsp. milk or milk substitute
- 2 large sandwich wraps (I like gluten-free quinoa or rice)

## Method

- Preheat the oven to 180deg.
- Whisk eggs and other chosen ingredients (dice or grate vegetables) in a bowl with milk.
- Cut sandwich wraps into quarters and place each piece in an individual muffin hole of a muffin baking tray. Press gently to form a 'cup' from the wrap pieces.
- Pour the egg mixture evenly into the wrap cups and bake in the oven for 10-15 minutes.

Both protein rich recipes, perfect for popping in a lunchbox, snacking on after Saturday sports or even enjoying as part of a more casual dinner.

Children have one of the highest requirements for protein in comparison to any other stage of life, let us find all of the ways we can boost their supply.



# Nourishing the unwell child...

When your little one is unwell, the focus should be on hydration

It's normal when we have a cold or a tummy bug to lose our appetite, but it can feel a little worrying as a parent to watch a lethargic child refuse meal times. The very best way we can nurture our little ones at times when they are unwell is to ensure they are getting plenty of rest, and part of that rest may be physically resting the digestive system too. Let your child be the guide as to whether they have an appetite for food, and focus instead on ensuring they are given plenty of healing liquids. If breastfeeding (or formula), this may mean a lot more milky time and less solids.



## Broth Noodle Soup

### Ingredients

- 250ml of your favourite broth - for something simple and healing, I recommend Meadow and Marrow grass-fed bone broth.
- If vegetarian or vegan, you may choose a vegetable stock. If using store bought, ensure to purchase organic liquid stock for the best nutrient quality.
- Konjac noodles (found in the Asian section of the supermarket). Konjac noodles are a plant based noodle that are high in fibre. I recommend using Konjac noodles to replace hokkein or wheat noodles in other noodle recipes too.
- Optional: sprinkle of nori flakes (an excellent source of Iodine)

### Method

- Simply boil noodles for 1-2 minutes, then stir through warm broth. You could add any softened veggies you like if your child is up to eating a little extra. Sprinkle with nori flakes. Also great in a thermos at school, and certainly a staple to replace packet '2 minute noodles' that are often filled with not so friendly preservatives and lots of sodium.



### Other options for increasing fluids

- Herbal Teas: chamomile (calming and stomach-settling, safe for infants), licorice root (lovely and sweet and a fantastic respiratory herb), peppermint (alleviating nausea) or lemon balm (gentle respiratory and sleep aide).
- Smoothies: don't forget your smoothies when it comes to supporting your child through times of lower appetite.

When children are unwell, it is advisable to always avoid refined or processed sugars and foods that may become inflammatory such as wheat and dairy. Dairy in particular should be limited or avoided during times of excess mucous production, or ear/nose/throat congestion. Please remember if you are concerned for your child, to seek the advice of your preferred health care provider.



# Lentil Bolognese

## Ingredients

- 1 can of drained and rinsed brown lentils
- 1 can of organic crushed tomatoes
- 1 carrot
- 1 cup button mushrooms
- 1 brown onion
- 2 cloves garlic
- 1 large zucchini (peeled if your kids won't eat the colour green, but try to add it back in once the dish is familiar)
- Organic tomato passata sauce
- Pulse Pasta (I love the San Remo Brand at Woolies)
- Optional: sliced olives; nutritional yeast flakes for a B Vitamin boost

## Method

- In a medium heat pan, fry off the garlic and onion.
- Whilst the onion and garlic are cooking, grate zucchini, mushrooms and carrot.
- Add in the vegetables, crushed tomatoes and lentils, cook until some of the water from the vegetables has evaporated.
- Pour in the passata to the sauce consistency of your liking.
- Serve over cooked pulse pasta for a veggie loaded version of traditional spag bol



# Lentil Sausage Rolls



## Ingredients

- 1 can of drained and rinsed brown lentils
- 1/3 cup walnuts
- 1 brown onion
- 1 carrot
- 3 sheets of puff pastry (search your store-bought varieties for preservative free), or for dairy-free, use filo.
- 2 eggs
- 1 tbsp poppy seeds or dried rosemary (for sprinkling on top)

## Method

- Preheat the oven to 180deg.
- Combine walnuts, onion, lentils and carrot and pulse in a food processor, add in one egg and stir to combine.
- Lay pastry and spread the mixture down the middle of each pastry half. Roll pastry over the mix to form 'sausage rolls'
- Whisk the spare egg and use it to brush the outside of the pastry layers. Sprinkle with seeds or herbs.
- Bake in the oven for 20-25 minutes or until golden.

Lentils are a rich source of prebiotic fibre, meaning they create a wonderful source of food for the good bacteria inside little tummies. This fibre also assists to slow the rate at which sugars are absorbed into our system and helps us to feel full for longer. These sausage rolls are a perfect dinner, lunch or school snack.



# Zucchini 'Meat' Balls

## Ingredients

- 1 can chickpeas, drained and rinsed
- 2 cloves of garlic
- 1/2 cup of whole oats
- 2 tsp. dried Italian herbs
- 1/2 tsp salt
- 2 tbsp nutritional yeast flakes
- Juice of half a lemon
- 1 cup of grated zucchini (approx 1 large zucchini)

## Method

- Preheat oven to 180deg.
- Combine all ingredients in a food processor
- Roll into bite size 'meatballs' and bake for 25min or until lightly browned.
- Serve alongside your favourite pasta, or some 'zoodles' as pictured (strips or spiralised zucchini)



# Homemade Sushi



## Ingredients

- 1 1/2 cups of cooked and cooled rice
- 2 tbsp. rice vinegar
- Fillings of choice (try julienne vegetables, tuna and cucumber, avocado, chicken or tamari coated tofu).
- 3 sheets of nori seaweed
- A bamboo sushi rolling mat (or baking paper)

## Method

- Pour the rice vinegar over the cooked and cooled rice, this helps the rice remain shiny and separate, rather than gummy and mushy.
- Lay out the nori sheet on your mat and add rice to cover the entire sheet aside from around a 2cm strip of the sheet nearest to you and 2cm at the end furthest to you.
- Layer your fillings in one nice line across the centre of the rice.
- Pick up the bamboo mat at the end closest to you and begin rolling as tightly as you can.
- Place a small amount of water over the last 2cm of the nori and fold it up to seal the sushi roll.
- Chop the sushi into bite size pieces with a sharp knife.

Both of these recipes can be stored in the fridge in air-tight containers ready for snacks, adding to main meals or sending in a school lunch box.

Seaweed is a wonderful addition to meals as it contains a high level of iodine, a nutrient that is essential for optimal thyroid function, particularly important during pregnancy and infancy.





# Super Simple Snack Ideas

## Watermelon Pizza

- Top sliced watermelon with coconut yoghurt (or yoghurt of choice) and sprinkle with your favourite toppings.
- Berries, sultanas, crushed nuts and sprinkled seeds all work wonderfully.
- Let the kids create!

## Rice-cake Faces

- Use quinoa or brown rice cakes spread with your favourite nut or seed butter and use toppings such as sultanas, seeds or julienne vegetables to level up the excitement.

## Any fruit or vegetable with dip or nut/seed butter

- Experiment with all different fruits/vegetables and dips.
- Try apple and almond butter/chocolate hummus
- Try celery and sunflower seed/peanut butter
- Try carrot sticks and beetroot dip

## Corn on the Cob

- A very simple, but fast, wholesome snack



## The humble boiled egg

- Keep pre-boiled eggs in their shell ready to peel and go for a fast breakfast, snack or lunchbox item.
- Full of protein and healthy fats, eggs are a great source of nutrition for little bodies.
- For babies under one, it is best to just eat the yolk and skip the whites.

## Any left over meat or tofu/tempeh

- Meatballs, sausages and sliced or cubed dinner meats are the perfect lunchbox item or picnic snack.
- Try out tofu or tempeh, simply slice or cube and fry off with some tamari (gluten free soy) or coconut aminos. This can be served cooled, or used in stirfrys or curries as a very healthy alternative to meat.

## The antipasto plate

- Kids seem to absolutely love the idea of an indoor picnic and a smorgasbord of different foods to choose. I find this extremely useful for fussy eaters and toddlers, who like to play and graze.
- Ask the kids to go and grab out the family picnic rug, place it on the living room floor and have an afternoon tea picnic. Use a combination of the snack above, but also try items like olives, cauliflower florets, sun dried tomatoes, rolled ham slices (nitrate free), rice crackers, seaweed sheets (essential for Iodine), roasted chickpeas, popcorn and dried fruit (look for fruit free-from preservative 220 especially in asthma or sinus households).



Choosing wholefood snacks and avoiding packaged items like chips, biscuits and sugary treats is one of the fastest ways you can turn your child's nutrient status around. Ever notice that kids will get home at the end of the school day, eat 4056 snacks and then not want dinner? Make it count!

# Slow Cooker Apricot Chicken

## Ingredients

- 1kg chicken breast or thigh (your preference)
- 1 large brown onion
- 1 tsp. ground cumin
- 1 tsp. cinnamon
- 1 tsp. ginger
- 1 400ml can apricot nectar
- 400ml water (or preferably bone broth if you have it)
- 1 tbsp. honey (switch for rice malt syrup for <1yr olds)
- 2 tbsp. cornflour
- 300g chopped dried apricots (look for no preservative 220 or you could use fresh apricots if in season)
- 1 cup frozen peas
- Optional: nori flakes to sprinkle on top (source of iodine)



## Method

- Place the chicken (diced into bite size pieces) into the slow cooker with all of the spices and onion
- In a separate mixing bowl, combine all of the liquids and cornflour and whisk to combine
- Pour this liquid over the chicken in the slow cooker and put the lid on to cook for 4-6 hours on low
- Add the peas in the last hour
- Serve with rice, veggies and a sprinkle of nori flakes

# Salmon and Veggie Kickers



## Ingredients

- 300g of fresh salmon, skin removed (or you could use tinned)
- 1 cup of cooked and cooled sweet potato
- 2 grated carrots
- 1 grated zucchini
- 1 tsp dried parsley or 2 tbsp. fresh
- Optional: 1/4 cup grated cheese

## Method

- Preheat the oven to 190deg
- Combine the salmon, carrot, zucchini, cooked sweet potato and herbs in a food processor and blitz until smooth
- Roll the mixture into bite-size balls and place on a lined baking tray to bake for 20 minutes or until golden.

## Looking for a homemade dipping sauce?

- Use 1/4 cup of your homemade coconut yoghurt (or you could use full fat Greek yoghurt), combine with 1-2 tbsp. finely grated cucumber (give it a good squeeze to remove excess moisture), 1/2 clove crushed garlic, 1 tsp. dill, 1 pinch of sea salt, 1 tbsp. lemon juice and 1-2 tsp. organic extra virgin olive oil - combine in a mixing bowl and enjoy!

Allow little hands to come and steal extra raw veggies from the bench. Remember nourishing our kids isn't about being particular for manners, it's about getting it in where we can. A few stolen cucumber and carrot sticks or cherry tomatoes, means if veggies aren't eaten from the dinner plate, you're still all good!



# Boosting Nutrients at Every Meal

## Nori flakes/dulse flakes or seaweed sheets

- A rich source of the essential nutrient Iodine.
- Sprinkle onto miso, broth soups, under vegemite on crackers, or into stir-fries.
- Cut up larger sheets and pack in school lunch boxes.

## Nutritional yeast flakes

- A rich source of B Vitamins and an excellent vegetarian/vegan source of B12.
- Sprinkle onto anything cheesy or creamy as a healthy replacement to parmesan cheese. I like it on the lentil bolognese in this e-book, or for kids it's great on tuna bake, stirred through mash potato or sprinkled on lasagna.

## Hemp/chia/sesame/flax/sunflower seeds and pepitas

- Storing seed mixes or individual seeds in jars in the fridge (this helps to keep the fats fresh) ready to sprinkle onto any meal or add into a smoothie is a fantastic way to boost nutrients.
- I like stirring hemp or chia seeds through yoghurt or morning oats, adding either to smoothies or on top of spreads on crackers or toast.
- Sesame seeds are delicious sprinkled on top of cheesy toast, onto any sandwich or wrap or onto homemade pizza. Tahini (ground sesame paste) is also a fantastic option for drizzling over avocado toast or using as a spread on wraps.
- Flax seeds can be ground up and popped in smoothies, yoghurt or oats too. You could also try LSA (linseed, sunflower, almond mix).
- Sunflower seeds and pepitas can be eaten as a crunchy snack for older children, or added to smoothies.



## Swap Nutella for Nut/Cacao Butter

- Making some simple swaps like changing from Nutella to a cacao and hazelnut spread helps to reduce sugars and trans fats while significantly boosting nutrients.
- I like the Mayvers brand cacao spread

## Superfood powders for smoothies

- Greens powders (I like Morlife Kidz Greens for taste)
- Maca Powder (tastes a little like malt)
- Acai Berry powder (a berry powder, high in antioxidants)
- Cacao Powder (raw cacao bean, mineral dense replacement for chocolate powders)

## Blend vegetables in to desserts

- Cooked and cooled pumpkin, carrot or sweet potato are the perfect addition to any brownie, cake or muffin recipe. Black beans and chickpeas are also fantastic!

Think outside the box a little and start adding some of these nutrient boosters to your family meals. You can also try new foods like white beans, edamame beans or the roasted chickpeas recipe in this book to have as as finger food at any time of day. Kids love to nibble, so beans are usually always a hit.



# Behind The Scenes

Together, let us raise healthful and happy little ones.

It is my personal mission to bring wholesome inspiration and holistic wellness into the homes of as many families as I can.

In an age of growing chronic health epidemics, it is now more important than ever to teach our children not only how to nourish their bodies, but to help them understand how the food they eat makes them feel. Let us be the example.

It is my wish that this guide helps to encourage family conversations around food and the tasting of new flavours in your household.



## Looking for a little more?



Connect with me over on Instagram, Facebook or via email.

 @katieholohannaturopathy  
 Katie Holohan Naturopathy and Nutrition  
 [info@katieholohan.com](mailto:info@katieholohan.com)

Join me in our exclusive online 'Raising Healthful Kids w/ Katie' Facebook group by upgrading your e-book purchase to the entire 'Raising Healthful Kids' online masterclass; available for purchase via [www.katieholohan.com](http://www.katieholohan.com)

KATIE HOLOHAN  
NATUROPATH - CLINICAL NUTRITIONIST

