



A COLLECTION OF

TRIED AND TRUE RECIPES

SHARED BY MANITOBA SCHOOLS
AND CHILD CARE FACILITIES

**Manitoba Healthy Food in Schools
Nutrition for Early Learning and Child Care**

Nutrition for Early Learning and Child Care and Manitoba Healthy Food in Schools are
Manitoba government initiatives in partnership with Dietitians of Canada

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Acknowledgements

We would like to thank all of the schools, child care and early learning centers that have taken the time to share their favourite recipes with us, making the creation of this collection possible. The intention in developing this resource was to share the many tried and true, delicious recipes currently being served to children and students across our province. The recipes featured have been sourced from a wide variety of Manitoba programs and facilities including school cafeterias, breakfast and lunch programs, canteens, and child care and early learning centers. Created with low cost ingredients and simple steps, these recipes can provide nourishing, tasty options to children while saving valuable time.

Allergy Disclaimer

The snack and meal suggestions in this handbook do not leave out common food allergens. If a child has a known food allergy, consult the child's family.

Note: serving sizes may differ based upon the age group served.

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Carman Collegiate, Carman, MB
École Leila North Community School, Winnipeg, MB
École Arthur Meighen School, Portage la Prairie, MB
Glenlawn Collegiate, Winnipeg, MB
Glenwood School, Winnipeg, MB
Healthy Start for Mom & Me, Winnipeg, MB
Hedges Middle School, Winnipeg, MB
La Salle School, La Salle, MB
La Verendrye School, Portage la Prairie, MB
Little Voyageurs Learning Centre, Winnipeg, MB
Manitou Community Daycare, Manitou, MB
Nellie McClung Collegiate, Manitou, MB
Northlands Parkway Collegiate, Winkler, MB
O.V. Jewitt Community School, Winnipeg, MB
Pembina Valley Child Care Centres Inc., Morden, MB
Rainbow Day Nursery Inc., Winnipeg, MB
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Positive Eating Environments

The environment in which children eat is just as important as the food that is served and eaten. When serving children and students, we need to ensure that we are supporting all aspects of their health, including their relationship with food and development of life-long eating habits.

What Does a Positive Eating Environment Look Like?

- Ensure that children are given enough time to eat in a relaxed setting.
- Have set meal and snack times; avoid grazing.
- Have children serve themselves from the foods offered (when age-appropriate).
- Remove distractions such as screen time or toys during meals and snacks.
- Talk with children in casual conversation. Save nutrition education for the classroom instead of at mealtimes. Instead, try engaging children in non-food related conversation with questions like; What was the highlight of your day? What are you thankful for?
- Actively involve children in age-appropriate mealtime activities (ex. planning, preparing and serving food, gardening, shopping, setting the table, cleaning up).

Natural Hunger & Fullness Cues

- Allow children to decide which foods to eat from the foods provided, and how much to eat (including food coming from home). For example, children are not pressured to eat or try new foods; bribes or food rewards are not used to effect intake or behavior; children choose the order in which they eat the foods offered; and a certain number of bites are not specified.
- Trust and respect children and students when they say or signal they are full or still hungry.

Be a Good Role Model

- Speak positively about the foods you are serving, even if you do not like them yourself.
- Make nutritious food and drink choices, while also modelling the concept of balance and moderation. Avoid discussing dieting or criticizing your own body.
- Sit at the table and eat with the children whenever possible.



Yogurt Parfaits

Ingredients

| Makes 12 servings | Makes 24 servings | Makes 48 servings |
|--|---|---|
| Granola 2 cups rolled oats 1/2 cup wheat germ (or bran) 1 tsp cinnamon (optional) 1/4 cup maple syrup or melted honey For Parfaits 6 cups yogurt 3 cups thawed frozen fruit | Granola 4 cups rolled oats 1 cup wheat germ (or bran) 2 tsp cinnamon (optional) 1/2 cup maple syrup or melted honey For Parfaits 12 cups yogurt 6 cups thawed frozen fruit | Granola 8 cups rolled oats 2 cups wheat germ (or bran) 4 tsp cinnamon (optional) 1 cup maple syrup or melted honey For Parfaits 24 cups yogurt 12 cups thawed frozen fruit |

Directions

Granola

1. Preheat the oven to 350°F and line a baking sheet with parchment paper.
2. In a large bowl, combine oats, wheat germ, and cinnamon. Measure out sweetener (melted honey or maple syrup) and pour over the dry mixture. Mix until well combined.
3. Spread the mixture in a thin layer on the baking sheet. Bake for 10 minutes, stir, and bake for an additional 10 minutes or until oats are golden, dry and crisp.

Parfaits

1. Place approximately 1/2 cup of yogurt in a small cup or bowl. Top with approximately 1/4 cup thawed frozen fruit, and 1-2 tbsp of cooled granola. Serve!

Tips

- Try add-ins like seeds, shredded coconut, and raisins or dried cranberries.
- Mix up the frozen or fresh fruit served! Check out what is in season or on sale.
- Try a Greek yogurt to boost the protein content of the parfait.
- Get everyone involved and create a “DIY” yogurt bar where children can assemble their own parfait!

Note: raisins and dried cranberries can be a choking hazard for children under 4 years old.

Recipe adapted from and contributed by École Leila North Community School



Roasted Red Pepper Hummus

Ingredients

| Makes 16 servings | Makes 32 servings | Makes 64 servings |
|--|---|--|
| 1/2 cup water | 1 cup water | 2 cups water |
| 6 ounces roasted red pepper (1/2 cup packed) | 12 ounces roasted red pepper (1 cup packed) | 24 ounces roasted red pepper (2 cups packed) |
| 2 tbsp olive oil | 1/4 cup olive oil | 1/2 cup olive oil |
| 1/2 cup tahini paste (optional) | 1 cup tahini paste (optional) | 2 cups tahini paste (optional) |
| 2 1/2 tbsp lemon juice | 1/4 cup lemon juice | 3/4 cup lemon juice |
| 3 cups canned chickpeas, drained and rinsed | 6 cups canned chickpeas, drained and rinsed | 12 cups canned chickpeas, drained and rinsed |
| 1 tsp garlic powder | 2 tsp garlic powder | 4 tsp garlic powder |
| 1 tsp cumin powder | 2 tsp cumin powder | 4 tsp cumin powder |
| 1 tsp salt | 2 tsp salt | 4 tsp salt |
| 1/2 tsp pepper | 1 tsp pepper | 2 tsp pepper |

Directions

1. Place all ingredients into a blender or food processor in the order listed.
2. Slowly increase speed to high, blend for 1 minute, or until smooth. Add water if necessary to keep mixture flowing freely through blades.
3. Serve immediately, or refrigerate in a sealed glass or plastic container for up to one week.
4. Serve with sliced vegetables, whole grain crackers, pita bread, spread onto sandwiches, wraps, or use as a pizza base.

Tips

- Try serving with one or two different vegetables each time the hummus is made (ex. chopped bell peppers, sliced carrots, sliced raw beets, broccoli or cauliflower, cucumbers, or celery sticks). This is a great way to introduce new vegetables to children.
- Check out the [Bannock Veggie Pizza](#) recipe below to see how hummus can be used as a pizza sauce substitute or in the [Veggie Wrap](#) recipe.

Recipe adapted from and contributed by Rainbow Day Nursery Inc.



Fruit Salad

Ingredients

| Serves 6 | Serves 12 | Serves 24 |
|---|---|--|
| 2 cups of any of the following fruits, chopped into bite-sized pieces: <ul style="list-style-type: none">• Apples• Grapes (halved)• Kiwi• Strawberry• Orange• Pear• Peach• Watermelon• Banana• Pineapple• Cantaloupe• Honeydew 1 tbsp unsweetened orange or pineapple juice (optional) | 4 cups of any of the following fruits, chopped into bite-sized pieces: <ul style="list-style-type: none">• Apples• Grapes (halved)• Kiwi• Strawberry• Orange• Pear• Peach• Watermelon• Banana• Pineapple• Cantaloupe• Honeydew 2 tbsp unsweetened orange or pineapple juice (optional) | 8 cups of any of the following fruits, chopped into bite-sized pieces: <ul style="list-style-type: none">• Apples• Grapes (halved)• Kiwi• Strawberry• Orange• Pear• Peach• Watermelon• Banana• Pineapple• Cantaloupe• Honeydew 1/4 cup unsweetened orange or pineapple juice (optional) |

Directions

1. Choose any combination of the fruits listed above. Chop all fruit into bite-sized pieces and measure according to the batch size (thaw prior if using frozen fruit).
2. Carefully stir the fruit salad together. If using bananas, add towards the end.
3. If planning to serve later, pour an unsweetened juice over the fruit and mix to minimize browning (optional).

Omit or cut grapes into quarters for children under the age of 4.

Tips

- For a budget friendly option, try a frozen fruit mix, or replace half the fresh fruit with frozen.
- Keep it simple! This recipe can even work with only 2-3 fruits.
- Get the children involved in the prep with a “DIY” yogurt parfait bar! Allow children or students to top their yogurt with fresh fruit, shredded coconut, granola, or seeds.

Recipe adapted from and contributed by Hedges Middle School



Strawberry Banana Smoothie

Ingredients

| Serves 12 | Serves 24 | Serves 48 |
|-------------------------------------|-------------------------------------|--------------------------------------|
| 4 cups fresh or frozen strawberries | 8 cups fresh or frozen strawberries | 16 cups fresh or frozen strawberries |
| 6 bananas | 12 bananas | 24 bananas |
| 1 1/2 cups milk | 3 cups milk | 6 cups milk |
| 1 1/2 cups yogurt | 3 cups yogurt | 3 cups yogurt |
| 3 tbsp hemp hearts (optional) | 6 tbsp hemp hearts (optional) | 3/4 cup hemp hearts (optional) |

Directions

1. Add the fruit to a blender.
2. Measure the milk and yogurt and pour over the fruit in the blender.
3. Make sure the lid is on tight and blend until combined. Pour into glasses and enjoy!

Optional: Blend in hemp hearts, or sprinkle on top of the finished smoothie. This recipe makes approximately 3/4 cup servings.

Tips

- Use a frozen strawberry/banana fruit mix for a simple and cost effective option.
- Try raspberries, blueberries or frozen berry mix instead of strawberries for a twist.
- Use Greek yogurt for an added boost of protein.
- For a dairy free alternative, try the recipe with soy milk and coconut yogurt.

Recipe adapted from and contributed by Hedges Middle School



Frozen Yogurt Pops

Ingredients

| Makes 8 | Makes 16 | Makes 32 |
|--------------------------------|----------------------------|----------------------------|
| 1 cup frozen fruit | 2 cups frozen fruit | 4 cups frozen fruit |
| 1 1/2 cups yogurt, any flavour | 3 cups yogurt, any flavour | 6 cups yogurt, any flavour |

Directions

1. Measure the frozen fruit and place in a microwave safe bowl. Heat until thawed through. Mash the fruit with a fork, or blend using a food processor until a smooth texture appears.
2. Lightly swirl the yogurt and blended fruit together and pour into popsicle molds. Place popsicle sticks into molds and freeze for 4-5 hours or overnight before serving.
3. Run trays under hot running water to remove each popsicle.

Tips

- Involve the children or students by creating a “DIY” popsicle bar! Allow children to choose their own yogurt flavour and fruits, and mix their own popsicles before freezing.
- Experiment with a variety of flavors and textures of fruits.
- If no popsicle molds are available, try ice cube trays or small paper cups and popsicle sticks.

Recipe collaboration with Manitou Community Daycare



Lentil Granola Bars

Ingredients

| Serves 12 | Serves 24 | Serves 48 |
|---------------------------------------|---------------------------------------|---------------------------------------|
| 1/2 cup red split lentils, dry | 1 cup red split lentils, dry | 2 cup red split lentils, dry |
| 1 1/2 cups rolled oats | 3 cups rolled oats | 6 cups rolled oats |
| 6 tbsp flour | 3/4 cup flour | 1 1/2 cup flour |
| (all purpose, oat, or spelt) | (all purpose, oat, or spelt) | (all purpose, oat, or spelt) |
| 1/8 cup ground flaxseed | 1/4 cup ground flaxseed | 1/2 cup ground flaxseed |
| 1/8 cup unsweetened coconut, shredded | 1/4 cup unsweetened coconut, shredded | 1/2 cup unsweetened coconut, shredded |
| 6 tbsp almonds, chopped | 3/4 cup almonds, chopped | 1 1/2 cup almonds, chopped |
| 1/2 tsp cinnamon | 1 tsp cinnamon | 2 tsp cinnamon |
| 1/2 tsp salt | 3/4 tsp salt | 1 1/2 tsp salt |
| 1/4 cup honey | 1/2 cup honey | 1 cup honey |
| 1/4 cup maple syrup | 1/2 cup maple syrup | 1 cup maple syrup |
| (or use extra honey) | (or use extra honey) | (or use extra honey) |
| 1/2 cup peanut or 'Wow Butter' | 1 cup peanut or 'Wow Butter' | 2 cups peanut or 'Wow Butter' |
| 1 tsp vanilla | 2 tsp vanilla | 4 tsp vanilla |
| 1/4 cup chocolate chips | 1/2 cup chocolate chips | 1 cup chocolate chips |
| 1/4 cup raisins or dried fruit | 1/2 cup raisins or dried fruit | 1 cup raisins or dried fruit |

Directions

1. Preheat the oven to 325°F.
2. Cook red split lentils in water (1 part lentils and 2 parts water). Bring to a boil and cook for approximately 5-10 minutes or until tender. Drain off water, rinse, and cool.
3. Combine oats, flour, ground flaxseed, coconut, chopped almonds or seeds, cinnamon, and salt in a large mixing bowl. Add the cooled lentils, honey, maple syrup, peanut or 'Wow Butter', vanilla and stir again. Add chocolate chips and raisins or dried fruit and combine.
4. Press the mixture into a baking sheet using a spatula.
5. Bake for 25-30 minutes, or until lightly golden.
6. Cut into granola bars while warm.
7. Chill and then remove the bars from the pan using a lifter. Wrap the granola bars individually or place into a sealable container.

Tips

- To create a nut-free version, replace chopped almonds with seeds (ex. sunflower or pumpkin seeds) and the nut butter with a no-nut alternative (ex. 'WOW Butter' or 'Sun Butter').

Recipe adapted from and contributed by Northlands Parkway Collegiate



Zucchini Carrot Mini Muffins

Ingredients

| Makes 12 | Makes 24 | Makes 48 |
|------------------------------|------------------------------|------------------------------|
| 1/2 cup whole wheat flour | 1 cup whole wheat flour | 2 cups whole wheat flour |
| 1/4 cup rolled oats | 1/2 cup rolled oats | 1 cup rolled oats |
| 1/2 tsp baking soda | 1 tsp baking soda | 2 tsp baking soda |
| 1/4 tsp salt | 1/2 tsp salt | 1 tsp salt |
| 1 egg | 2 eggs | 4 eggs |
| 1/8 cup canola oil | 1/4 cup canola oil | 1/2 cup canola oil |
| 1/2 large carrot, grated | 1 large carrot, grated | 2 large carrots, grated |
| 1/2 cup zucchini, grated | 1 cup zucchini, grated | 2 cups zucchini, grated |
| 2 ripe bananas, mashed | 4 ripe bananas, mashed | 8 ripe bananas, mashed |
| 1/8 cup honey or maple syrup | 1/4 cup honey or maple syrup | 1/2 cup honey or maple syrup |

Directions

1. Preheat the oven to 350°F and grease or line a mini muffin tin.
2. Add the whole wheat flour, rolled oats, baking soda, and salt to a large bowl and whisk to combine.
3. In a separate bowl, add the eggs and whisk them with a fork to break up the yolks. Add the canola oil, grated carrot, grated zucchini, mashed bananas and sweetener. Mix until all wet ingredients are combined.
4. Pour the wet ingredients into the dry ingredient bowl and fold everything together using a rubber spatula just until combined and no streaks of flour remain.
5. Drop about a tablespoon or two of the muffin batter into each of the prepared mini muffin cups and bake for 20-25 minutes or until the muffins are golden brown.
6. Remove the muffins from the oven and allow them to cool. After about 10 minutes, remove the mini muffins from the tin and let them cool completely on a cooling rack before serving.

Muffin yield may depend upon the size of muffin tray used.

Tips

- Experiment with different flavors by using chopped nuts (ex. walnuts, pecans, almonds), seeds, raisins, or warm spices like cinnamon, nutmeg, and ginger.
- Substitute whole wheat flour with a certified gluten free oat flour if needed (note: oat flour muffins may not rise the same; use mini parchment paper liners to prevent sticking).
- Use leftover or thawed frozen bananas as a great way to reduce cost and prevent waste.
- Use the same recipe to create full-size muffins in regular muffin tins if preferred.

Recipe adapted from and contributed by Hedges Middle School



Pumpkin Carrot Muffins

Ingredients

| Makes 12 | Makes 24 | Makes 48 |
|------------------------------------|------------------------------------|----------------------------------|
| 1/4 cup canola oil | 1/2 cup canola oil | 1 cup canola oil |
| 1/4 cup white sugar | 1/2 cup white sugar | 1 cup white sugar |
| 1/4 cup brown sugar | 1/2 cup brown sugar | 1 cup brown sugar |
| 1 large eggs at room temperature | 2 large eggs at room temperature | 4 large eggs at room temperature |
| 1/2 cup pumpkin puree | 1 cup pumpkin puree | 2 cups pumpkin puree |
| 1/4 cup plain yogurt or sour cream | 1/2 cup plain yogurt or sour cream | 1 cup plain yogurt or sour cream |
| 1/2 tsp vanilla extract | 1 tsp vanilla extract | 2 tsp vanilla extract |
| 1/2 cup whole wheat flour | 1 cup whole wheat flour | 2 cups whole wheat flour |
| 1/2 cup all-purpose flour | 1 cup all-purpose flour | 2 cups all-purpose flour |
| 1/2 tsp baking soda | 1 tsp baking soda | 2 tsp baking soda |
| 1/2 tsp baking powder | 1 tsp baking powder | 2 tsp baking powder |
| 1/8 tsp salt (optional) | 1/4 tsp salt (optional) | 1/2 tsp salt (optional) |
| 1/4 tsp ground ginger | 1/2 tsp ground ginger | 1 tsp ground ginger |
| 1/4 tsp ground cinnamon | 1/2 tsp ground cinnamon | 1 tsp ground cinnamon |
| 1/2 cup finely grated carrot | 1 cup finely grated carrot | 2 cups finely grated carrot |

Directions

1. Preheat oven to 350°F and grease or line muffin tins.
2. Mix oil and sugar until evenly combined. Add eggs one at a time, beating well after each addition. Stir in pumpkin, yogurt or sour cream, and vanilla.
3. In a separate bowl, mix flour, baking soda, baking powder, salt and spices. Once mixed, slowly combine into the pumpkin mixture. Add the grated carrots and mix until just combined.
4. Spoon batter into prepared tins and bake for 25 minutes, or until a tester inserted in the center of the muffin comes out clean. Cool for 15 minutes in the tins before removing and placing on a cooling tray to cool completely.

If the batter seems too thick, add 1/4-1/2 cup of milk to the wet ingredients.

Tips

- Try adding raisins, pumpkin seeds, or substitute carrots with zucchini to mix up the flavour/texture.

Recipe adapted from and contributed by Rossburn Collegiate



Allergy Friendly Banana Muffins

Free from eggs, dairy, and gluten

Ingredients

| Makes 12 | Makes 24 | Makes 48 |
|--|--|--|
| 2 cups gluten free oat flour 1 tsp baking soda 4 medium bananas 1/2 cup honey or maple syrup 1/2 cup soy or coconut milk 2 tsp vanilla 2/3 cup dairy free chocolate chips (optional) | 4 cups gluten free oat flour 2 tsp baking soda 8 medium bananas 1 cup honey or maple syrup 1 cup soy or coconut milk 4 tsp vanilla 1 1/3 cup dairy free chocolate chips (optional) | 8 cups gluten free oat flour 4 tsp baking soda 16 medium bananas 2 cups honey or maple syrup 2 cups soy or coconut milk 1 1/2 tbsp vanilla 2 2/3 cup dairy free chocolate chips (optional) |

Directions

1. Preheat the oven to 350°F.
2. Measure oat flour and baking soda and place in a mixing bowl. Mix until combined.
3. In a separate bowl, mash bananas until smooth (2 cups mashed banana is approximately 4-6 bananas). Add the honey or maple syrup, soy or coconut milk, and vanilla to the same bowl and mix.
4. Pour the wet ingredients into the bowl containing the flour and baking soda.
5. Whisk together slowly until just combined. Add in the dairy free chocolate chips and mix once more.
6. Line a muffin tray with parchment paper muffin liners. Pour batter into liners.
7. Place muffin trays into the oven and bake for 30-35 minutes, or until tops turn golden.
8. Cool in trays, remove from muffin tins and serve. If not serving immediately, place muffins in a sealed container, and store in the fridge for approximately 1 week.

Tips

- To make your own oat flour, simply add oats to a blender or food processor and pulse until a flour consistency appears (use certified gluten-free oats to ensure allergy-safe).
- Try an allergy friendly alternative to chocolate chips like pumpkin seeds, sunflower seeds, raisins, or dried fruit (check food labels to be sure they are safe).
- Add spices like cinnamon, nutmeg, or ginger to mix up the flavour.

Recipe adapted from and contributed by Northlands Parkway Collegiate



Applesauce Bars

Ingredients

| Makes 12 | Makes 24 | Makes 48 |
|------------------------------|-------------------------------|-------------------------------|
| 3/4 cup whole-wheat flour | 1 1/2 cups whole-wheat flour | 3 cups whole-wheat flour |
| 1/4 cup wheat bran | 1/2 cup wheat bran | 1 cup wheat bran |
| 2 tbsp ground flax | 1/4 cup ground flax | 1/2 cup ground flax |
| 1/2 tsp baking powder | 1 tbsp baking powder | 2 tbsp baking powder |
| 1 tsp cinnamon | 2 tsp cinnamon | 4 tsp cinnamon |
| 1/4 tsp ground nutmeg | 1/2 tsp ground nutmeg | 1 tsp ground nutmeg |
| Pinch of salt | Pinch of salt | Pinch of salt |
| 1 cup unsweetened applesauce | 2 cups unsweetened applesauce | 4 cups unsweetened applesauce |
| 1/4 cup brown sugar | 1/3 cup brown sugar | 2/3 cup brown sugar |
| 1 egg | 2 eggs | 4 eggs |
| 1/4 cup canola oil | 1/3 cup canola oil | 2/3 cup canola oil |
| 1/2 small apple (optional) | 1 small apple (optional) | 2 small apples (optional) |

Directions

1. Preheat the oven to 350°F.
2. In a large bowl, whisk together the whole wheat flour, wheat bran, ground flax, baking powder, cinnamon, nutmeg, and salt.
3. In a medium bowl, whisk together the unsweetened applesauce, brown sugar, eggs, and oil. Once combined, pour over flour mixture and stir carefully - just until combined.
4. If preferred, chop or grate a fresh apple and fold into batter.
5. Scrape batter into a greased or parchment lined 9x9-inch (for 12 servings) or 13x9-inch (for 24 servings) baking pan and spread evenly.
6. Bake for 35 minutes or until cake tester in center comes out clean.
7. Let cool completely and cut into bars.

Tips

- Try this recipe with other add-ins like berries, raisins or seeds.

Recipe adapted from and contributed by Pembina Valley Child Care Centres Inc.



Traditional Bannock

Ingredients

| Makes 12 servings | Makes 24 servings | Makes 48 servings |
|--|---|---|
| 1 1/2 cups whole wheat flour | 3 cups whole wheat flour | 6 cups whole wheat flour |
| 1 1/2 cups all-purpose flour | 3 cups all-purpose flour | 6 cups all-purpose flour |
| 1 tsp salt | 2 tsp salt | 4 tsp salt |
| 2 tbsp baking powder | 4 tbsp baking powder | 1/2 cup baking powder |
| 1 1/2 cups water | 3 cups water | 6 cups water |
| 1/4 cup (60 mL) vegetable oil or melted butter | 1/2 cup (125 mL) vegetable oil or melted butter | 1 cup (250 mL) vegetable oil or melted butter |

Directions

1. Preheat oven to 400°F.
2. In a large bowl, mix together all ingredients. Stir until the dough comes together in a ball. Do not over mix. Shape into a rough oval, approximately 1 inch thick.
3. Place on a parchment lined baking sheet. Bake for 30 minutes, or until golden brown.

Tips

- If using bannock for pizza crust, use only 1 tbsp of baking powder. See [*Mini Bannock Pizza*](#) recipe.

Recipe adapted from and contributed by Little Voyageurs Learning Centre

Super Easy Chia Seed Jam

Ingredients

| Makes 12 servings | Makes 24 servings | Makes 48 servings |
|------------------------------|-------------------------------|------------------------------|
| 1 cup frozen berries, thawed | 2 cups frozen berries, thawed | 4 cup frozen berries, thawed |
| 1 tbsp chia seeds | 2 tbsp chia seeds | 4 tbsp chia seeds |
| 1 tbsp maple syrup or honey | 2 tbsp maple syrup or honey | 4 tbsp maple syrup or honey |

Directions

1. Place frozen berries in a glass bowl, and microwave on high for about 2 minutes, or until berries are slightly warm.
2. Mash the berries until texture is smooth.
3. Measure and mix in the chia seeds and maple syrup or honey until well combined.
4. Pour mixture into a container with an air-tight lid and place in the fridge. The jam will need to set for at least 1 hour, or for best results, let set overnight.

Recipe contributed by Healthy Start for Mom & Me



Mini Bannock Pizzas

Ingredients

| Makes 12 | Makes 24 | Makes 48 |
|--|--|--|
| Batch of <i>Traditional Bannock</i> dough (see recipe above) 3/4 cup hummus, bean dip or pizza sauce 2 cups diced fresh vegetables of your choice (ex. bell peppers, broccoli, cauliflower, shredded carrot, tomatoes, green onion) 1 cup shredded cheese | Batch of <i>Traditional Bannock</i> dough (see recipe above) 1 1/2 cups hummus, bean dip or pizza sauce 4 cups diced fresh vegetables of your choice (ex. bell peppers, broccoli, cauliflower, shredded carrot, tomatoes, green onion) 2 cups shredded cheese | Batch of <i>Traditional Bannock</i> dough (see recipe above) 3 cups hummus, bean dip or pizza sauce 8 cups diced fresh vegetables of your choice (ex. bell peppers, broccoli, cauliflower, shredded carrot, tomatoes, green onion) 3 cups shredded cheese |

Directions

1. Preheat the oven to 400°F.
2. Prepare the bannock dough recipe. Cut the dough into 12 small pieces for individual, mini pizzas. Roll each piece of pizza dough until approximately 1/4-inch-thick using a rolling pin or tall drinking glass (alternatively, you could use the bannock dough to make one large pizza). Place on parchment lined pan.
3. Spread 1 tbsp of hummus, bean dip (any flavour), or pizza sauce on each piece of dough. Top with diced fresh veggies, and shredded cheese (approximately 2 tbsp per pizza).
4. Bake for 12-15 minutes, until cheese has melted and bannock is slightly golden. Once removed from the oven, let cool and serve.

Tips

- Try one different or new vegetable each time the pizzas are served to increase variety/exposure.
- Include additional protein sources (ex. chicken, ground beef or turkey, lentils, or beans)
- Get children involved with a mini pizza bar. Have the children or students shape their own bannock dough, and choose their own pizza toppings.

Recipe adapted from and contributed by Little Voyageurs Learning Centre and Nutrition for Early Learning and Child Care



Lentil Pizza Buns

Ingredients

| Makes 12 servings | Makes 24 servings | Makes 48 servings |
|--|---|---|
| 1/2 cup canned lentils (drained and rinsed) 3/4 cup canned tomato sauce 1/2 tsp dried basil 1/2 tsp oregano 1/2 tsp garlic powder 6 whole wheat English muffins (see below for alternatives) 1 1/2 cups shredded mozzarella cheese | 1 cup canned lentils (drained and rinsed) 1 1/2 cup canned tomato sauce 1 tsp dried basil 1 tsp oregano 1 tsp garlic powder 12 whole wheat English muffins (see below for alternatives) 3 cups shredded mozzarella cheese | 2 cups canned lentils (drained and rinsed) 3 cups canned tomato sauce 2 tsp dried basil 2 tsp oregano 2 tsp garlic powder 24 whole wheat English muffins (see below for alternatives) 6 cups shredded mozzarella cheese |

Directions

1. Preheat oven to 350°F.
2. In a medium bowl, mix together lentils, tomato sauce and spices (or use ready-made pizza sauce). Lentils can be mashed or left whole.
3. Lay English muffin halves onto a baking sheet; add 1-2 tbsp of lentil tomato sauce onto each half.
4. Sprinkle mozzarella cheese on top, approximately 2 tbsp for each half.
5. Bake in the oven for 5 minutes and finish by broiling for 2 minutes or until cheese is melted and bubbling.

Tips

- Switch it up! Instead of English muffins try bagels, mini pitas (see photo on next page), naan bread, or baguettes.
- If you are making tomato sauce for a pasta recipe, try adding canned lentils to the sauce for a boost of nutrition.

Recipe adapted from and contributed by Glenwood School and Child Nutrition Council of Manitoba



Eye Opener Breakfast Cups

Ingredients

| Makes 12 | Makes 24 | Makes 48 |
|---|--|---|
| 12 slices of whole grain bread 6 tbsp margarine or butter 10 large eggs Salt and pepper to taste 1 cup chopped vegetables (ex. bell peppers, mushrooms, tomatoes, onion) 3/4 cup grated cheese | 24 slices of whole grain bread 3/4 cup margarine or butter 20 large eggs Salt and pepper to taste 2 cups chopped vegetables (ex. bell peppers, mushrooms, tomatoes, onion) 1 1/2 cups grated cheese | 48 slices of whole grain bread 1 1/2 cups margarine or butter 40 large eggs Salt and pepper to taste 4 cups chopped vegetables (ex. bell peppers, mushrooms, tomatoes, onion) 3 cups grated cheese |

Directions

1. Preheat the oven to 325°F.
2. Roll each slice of bread flat with a rolling pin, being careful not to tear the bread.
3. Spread the margarine or butter onto one side of each slice of bread.
4. Place bread slices into a muffin tin (1 slice per muffin cup), pressing the margarine/buttered side down firmly to form a “shell” or “crust”.
5. Crack the eggs into a bowl, add the salt and pepper, and whisk together. Pour this mixture into the muffin cups, evenly distributing among the slices of bread.
6. Add the chopped vegetables to the egg cups, and sprinkle with grated cheese.
7. Place the muffin tray into the oven and bake for 23-25 minutes, until the eggs are cooked through.
8. Once removed from the oven and cooled, use a fork to lift each eye opener out of the pan and serve.

Tips

- Get creative with a variety of filling options! Try adding spinach, shredded carrots, ground meat, or beans to the egg cups.
- Incorporate leftover sliced vegetables from a previous snack or meal to prevent waste.

Recipe adapted from and contributed by Hedges Middle School



Freezer Breakfast Wraps

Ingredients

| Makes 10 | Makes 20 | Makes 40 |
|--|--|--|
| 1 large potato (white or sweet), chopped 2 tsp vegetable oil 1/2 lb protein (breakfast sausage – skin removed, ground chicken or turkey, bacon, or beans) 1/2 bell pepper, chopped 1/2 small onion, chopped 6 large eggs 1/4 cup milk Salt and pepper to taste 1/2 cup shredded cheese 10 whole grain tortillas | 2 large potatoes (white or sweet), chopped 4 tsp vegetable oil 1 lbs protein (breakfast sausage – skin removed, ground chicken or turkey, bacon, or beans) 1 bell pepper, chopped 1 small onion, chopped 12 large eggs 1/2 cup milk Salt and pepper to taste 1 cup shredded cheese 20 whole grain tortillas | 4 large potatoes (white or sweet), chopped 2 1/2 tbsp vegetable oil 2 lbs protein (breakfast sausage – skin removed, ground chicken or turkey, bacon, or beans) 2 bell peppers, chopped 2 small onions, chopped 24 large eggs 1 cup milk Salt and pepper to taste 2 cups shredded cheese 40 whole grain tortillas |

Directions

1. Bring a small saucepan of salted water to a boil. Add the chopped potatoes and cook until tender, about 7 minutes. Drain and let cool.
2. Heat half the oil in a pan over medium heat. Add the chosen protein, chopped peppers and onion, break the meat up into small pieces until cooked through.
3. Add the potato to the protein and vegetables and cook over medium-low heat until combined. Remove from heat.
4. In a medium bowl, whisk the eggs together with the milk, salt and pepper. Heat the remaining oil in a large nonstick pan over medium heat. Add the egg mixture and cook, stirring to scramble, until just cooked through. Remove from heat immediately. Do not overcook.
5. Top each tortilla with the protein mixture, eggs then sprinkle with cheese. Roll up into a burrito and place on a parchment-lined baking sheet. Repeat with all the tortillas. Serve immediately or freeze the burritos on a sheet pan for approximately 1-2 hours. Once frozen, wrap each burrito in parchment paper and store in a large freezer bag for up to 3 months. To re-heat, leave in parchment paper and place on a microwave safe plate. Microwave on high for 2 minutes, or until warmed through.

Recipe adapted from and contributed by Glenlawn Collegiate



Veggie Wraps

Ingredients

| Makes 8-10 | Makes 16-20 | Makes 32-40 |
|---|--|--|
| 1 cucumber, thinly sliced 1 large red pepper, thinly sliced 1/2 red onion, thinly sliced (optional) 1 medium carrot, shredded 8-10 whole wheat wraps 1/2 cup herb and garlic cream cheese 1 cup shredded cheese | 2 cucumbers, thinly sliced 2 large red peppers, thinly sliced 1 red onion, thinly sliced (optional) 2 medium carrots, shredded 16-20 whole wheat wraps 1 cup herb and garlic cream cheese 2 cups shredded cheese | 4 cucumbers, thinly sliced 4 large red peppers, thinly sliced 2 red onions, thinly sliced (optional) 4 medium carrots, shredded 32-40 whole wheat wraps 2 cups herb and garlic cream cheese 4 cups shredded cheese |

Directions

1. Thinly slice the cucumber, red pepper, and red onion. Shred the carrot.
2. Lay out all whole wheat tortilla wraps on a clean surface.
3. Spread the herb and garlic cream cheese across the center of each wrap (approximately 1 tbsp).
4. Layer the cucumber, red peppers, shredded carrot and red onion (if desired) over the herb and garlic cream cheese.
5. Sprinkle the shredded cheese (approximately 2 tbsp) over veggies in each wrap.
6. Fold the sides of the wrap halfway towards the center. Keeping your hands on each side, use your thumbs to fold the bottom towards the center. Continue to roll the wrap, tucking in the filling until closed and secure.
7. Serve cold or heat the wrap on a pan until slightly golden and the cheese has melted.
8. Cut the wrap in half, or several pieces for bite-sized servings.

Tips

- Try a variety of veggies (ex. green, yellow, or orange bell peppers, tomatoes, or spinach).
- Get creative with a different wrap spread for example, hummus (see [*Roasted Red Pepper Hummus*](#) recipe above), black bean dip, or yogurt ranch sauce.

Recipe adapted from and contributed by O.V. Jewitt Community School



Sweet Potato & Chickpea Burgers

Ingredients

| Serves 16 | Serves 32 | Serves 64 |
|------------------------------------|------------------------------------|------------------------------------|
| 2 cups canned or cooked chickpeas | 4 cups canned or cooked chickpeas | 8 cups canned or cooked chickpeas |
| 2 cups cooked, mashed sweet potato | 4 cups cooked, mashed sweet potato | 8 cups cooked, mashed sweet potato |
| 1 cup brown rice, cooked | 2 cups brown rice, cooked | 4 cups brown rice, cooked |
| 1/2 medium onion, finely chopped | 1 medium onion, finely chopped | 2 medium onions, finely chopped |
| 3/4 cup quick oats | 1 1/2 cup quick oats | 3 cup quick oats |
| 1 tsp of garlic powder | 2 tsp of garlic powder | 4 tsp of garlic powder |
| 1 1/2 tsp cumin | 3 tsp cumin | 6 tsp cumin |
| 1 1/2 tsp curry powder | 3 tsp curry powder | 6 tsp curry powder |
| 1 1/2 tsp chili powder | 3 tsp chili powder | 6 tsp chili powder |
| Salt and pepper to taste | Salt and pepper to taste | Salt and pepper to taste |

Directions

1. Preheat oven to 350°F.
2. Drain and rinse chickpeas. Coarsely mash chickpeas with a potato masher, or pulse in a food processor.
3. Stir in the mashed sweet potato, cooked brown rice, chopped onion, quick oats, and spices. The mixture should be moist, but hold its shape when formed. If the mixture is too wet, add a little more oats.
4. Lightly oil a baking sheet, or line with parchment paper. Each burger patty should measure approximately 1/4 to 1/3 cup (yields 16 with 1/3 cup or 22 using 1/4 cup). Scoop out mixture, form into patties and lightly press onto a baking sheet.
5. Bake for 45-60 minutes, or until the burger patties are firm, flipping them halfway through.
6. Serve on a whole wheat bun or crumble in a wrap, or on top of a salad.

Tips

- These are great for batch cooking. Store in the fridge for a few days or keep extra burger patties in the freezer.
- Make your own quick oats by simply blending rolled oats in a food processor. Pulse until desired texture is achieved.
- If using a food processor, include the sweet potato skins to boost fiber and minimize waste.
- Use a 1/4 cup scoop to form the patties when serving young children, and a 1/3 or 1/2 cup scoop when serving older children.

Recipe adapted from and contributed by the La Salle School newsletter, and Dietitians of Canada



Chickpea of the Sea “Tuna” Salad

Ingredients

| Makes 4-6 servings | Makes 8-10 servings | Makes 16-20 servings |
|---|---|---|
| 1 can (540 mL) chickpeas 1/2 tbsp lemon juice 1/3 cup mayo 1/2 cup celery, chopped 1/4 cup red onion, chopped (optional) Salt and pepper to taste 1 tbsp hemp hearts (optional) | 2 cans (1080 mL) chickpeas 1 tbsp lemon juice 2/3 cup mayo 1 cup celery, chopped 1/2 cup red onion, chopped (optional) Salt and pepper to taste 2 tbsp hemp hearts (optional) | 4 cans (2160 mL) chickpeas 2 tbsp lemon juice 1 1/3 cup mayo 2 cups celery, chopped 1 cups red onion, chopped (optional) Salt and pepper to taste 4 tbsp hemp hearts (optional) |

Directions

1. Drain and rinse chickpeas. Place in a medium sized bowl and roughly mash with a fork or potato masher until desired consistency is achieved.
2. Add in the rest of the ingredients and mix well. Alternately, you could use a food processor. Starting with the chickpeas, pulse a few times; add remaining ingredients and pulse again.
3. Serve chilled on whole grain bread, in a pita or wrap, or as a dip with crackers and fresh veggies.
4. Store leftovers in an air tight container in fridge for up to 6 days.

Tips

- Experiment by adding different veggies to the chickpea mixture. Grated carrots are a great substitute for the chopped red onion.
- To reduce food waste, celery leaves can be included in the recipe.
- Try introducing this recipe as a snack paired with familiar foods (ex. crackers or raw veggies) to receive feedback from children before including as part of a meal on your menu.

Recipe adapted from and contributed by École Arthur Meighen School and La Verendrye School



Unstuffed Pepper Soup

Ingredients

| Makes 12 servings | Makes 24 servings | Makes 48 servings |
|---|--|--|
| 1 lb of ground meat (turkey, chicken, or beef) | 2 lbs of ground meat (turkey, chicken, or beef) | 4 lbs of ground meat (turkey, chicken, or beef) |
| 1 large onion | 2 large onions | 4 large onions |
| 3 large bell peppers | 6 large bell peppers | 12 large bell peppers |
| 1 tsp cumin | 2 tsp cumin | 4 tsp cumin |
| 1-2 tsp chili powder | 2-4 tsp chili powder | 4-6 tsp chili powder |
| 1 tsp garlic powder | 2 tsp garlic powder | 4 tsp garlic powder |
| Salt and pepper to taste | Salt and pepper to taste | Salt and pepper to taste |
| 1 can (540 mL) of beans (ex. black beans, kidney beans, navy beans) | 2 cans (540 mL) of beans (ex. black beans, kidney beans, navy beans) | 4 cans (540 mL) of beans (ex. black beans, kidney beans, navy beans) |
| 1 can mushrooms (10 oz.) | 2 cans mushrooms (10 oz.) | 4 cans mushrooms (10 oz.) |
| 1 L low sodium broth (chicken, beef, or vegetable) | 2 L low sodium broth (chicken, beef, or vegetable) | 4 L low sodium broth (chicken, beef, or vegetable) |
| 1 can diced tomatoes (28 oz.) | 2 cans diced tomatoes (28 oz.) | 4 cans diced tomatoes (28 oz.) |
| 1 can crushed tomatoes (28 oz.) | 2 cans crushed tomatoes (28 oz.) | 4 cans crushed tomatoes (28 oz.) |
| 3/4 cup brown rice, dry | 1 1/2 cups brown rice, dry | 3 cups brown rice, dry |
| 2 cups water | 4 cups water | 8 cups water |

Directions

1. In a large soup pot, cook the ground meat until juices run clear. Drain fat, if needed.
2. Next, add the onions, bell peppers, and spices. Cook until vegetables are soft.
3. Drain and rinse beans and mushrooms. Add to the soup pot together with the broth, diced and crushed tomatoes and mix together.
4. Add the measured dry brown rice and water to the soup pot. Mix and bring to a boil.
5. Reduce heat, cover, and simmer for approximately 1 hour or until rice is cooked, stirring occasionally.

Leftover soup may become thicker in texture, as rice may absorb additional liquid over time. If a thinner consistency is desired, add an additional 500 mL of broth or water.

Tips

- Experiment with different spices (ex. oregano, basil, onion powder).

Recipe adapted from and contributed by Carman Collegiate



Cheesy Chicken and Broccoli Rice Casserole

Ingredients

| Makes 6 servings | Makes 12 servings | Makes 24 servings |
|---|--|--|
| 1 can (284 ml) low sodium cream of chicken soup 1/2 cup milk 2 cups cooked chicken breast, chopped (approximately 2 breasts) 1-2 cups broccoli florets, cut into bite size pieces 2 cups brown rice, cooked 1 1/2 cups shredded cheese 1/2 cup bread crumbs | 2 cans (284 ml) low sodium cream of chicken soup 1 cup milk 4 cups cooked chicken breast, chopped (approximately 4 breasts) 2-4 cups broccoli florets, cut into bite size pieces 4 cups brown rice, cooked 3 cups shredded cheese 1 cup bread crumbs | 4 cans (284 ml) low sodium cream of chicken soup 2 cups milk 8 cups cooked chicken breast, chopped (approximately 8 breasts) 4-8 cups broccoli florets, cut into bite size pieces 8 cups brown rice, cooked 6 cups shredded cheese 2 cups bread crumbs |

Directions

1. Preheat the oven to 350°F.
2. Whisk the cream of chicken soup and milk in a large mixing bowl.
3. Add the chopped chicken pieces, chopped broccoli, and cooked brown rice to the bowl and mix well.
4. Measure the shredded cheese and fold into the mixture until well combined.
5. Pour the casserole mixture into a baking dish, and sprinkle the top with bread crumbs.
6. Place into the oven and bake for 30-35 minutes or until top is golden brown.

Tips

- Experiment with a variety of vegetables (ex. carrots, zucchini, chopped bell peppers, frozen spinach or vegetable medley).
- To create your own bread crumbs, simply add bread slices to a food processor and pulse until crumbs are formed.

Recipe adapted from and contributed by Nellie McClung Collegiate

