



Healthy Snacks – Healthy Kids



Erasmus plus KA 229 project
HEART Healing Earth ART

December 2018

Healthy Alphabet

A avocado, apple, asparagus

B broccoli, blueberries, banana

C cherries, carrots, cauliflower

D dark chocolate, date fruit

E eggs, elderberries

F fish, fennel, figs

G grapefruit, grape, grains

H honey, hummus

I

J

K kale, kohlrabi, kiwi

L lemon, lettuce, lentils

M mango, melons, macadamia nuts

N

O oranges, olives, oats

P pomegranate, peaches, pears

Q quinoa

R raspberries, radishes, rice

S spinach, salmon, strawberries

T tomato, turnips, tangerine

U

V

W walnuts, witlof, watermelon

X

Y yoghurt

Z zucchini

Easy Tips to Help Children and Teens Eat Healthier:

Encourage healthy eating habits

Make mealtimes about more than just healthy food

Limit sugar and refined carbs in child's diet

Find healthier junk food alternatives

Be smart about fat

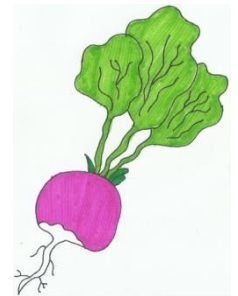
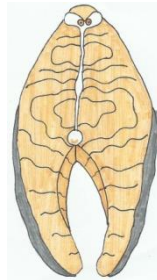
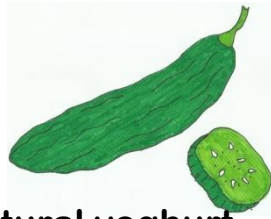
Encourage picky eaters to enjoy a wider variety of foods

Make fruit and vegetables more appealing

Cucumber rolls with curd and salmon

Components:

- One cucumber
- 200g curd
- One tablespoon of natural yoghurt
- 100g of smoked salmon
- Half of red, green and yellow peppers
- Salt and pepper
- Cherry tomatoes
- Chive
- Radishes



A method of preparing:

- Curd mix with yogurt, salt and pepper.
- Chop chive, radishes and peppers.
- Chopped vegetables mix with curd.
- Cut the cucumber into thin strips.
- Arrange two cucumber strips. On the cucumbers arrange a slice of salmon and one tablespoon of curd.
- Expand the whole by creating rolls.
- Knock out the toothpick and add tomato.



Bon appetit!

MEATBALLS IN TOMATO SAUCE

To prepare the meatballs with sauce start with the dough: cut the breadcrumbs into pieces and pour into a mixer equipped with blades and chop everything until the crumb is reduced to crumbs. Keep aside the breadcrumbs and remove the string from the sausages, delicately slice them lengthwise and then remove the gut. With the blade of a knife or fork, crush the meat, then pour it into a bowl with the minced parsley. Finally the grated Parmesan and the crumb that you have previously chopped with the egg and knead everything with your hands, adjusting salt and stirring until balls weighing 20 grams each, taking a piece of dough and mixing it with both hands. As soon as all the meatballs are ready, heat the oil in a non-stick pan and, when the oil is hot, place meatballs, leaving them to cook on both sides for a couple of minutes. Pour the tomato pulp, pour the water, add salt, and continue cooking by lowering the heat for 15-20 minutes



INGREDIENTS:

beef (minced meat) 220gr
stale bread crumbs 3 gr
parmigiano reggiano grated 25gr
eggs 1
chopped parsley 1 tablespoon
grated nutmeg 1 pinch
salt

extra virgin olive oil

FOR TOMATO SAUCE:

onion
tomato puree 350gr
water 50gr
salt 5gr
olive oil 1 spoon

Oatmeal and apple muffins

Ingredients

- 150g of Oatmeal flour
- 3 eggs
- 2 Apples
- 1 Orange
- 1 tablespoon honey
- ½ teaspoon cinnamon
- 1 teaspoon baking powder
- 1 tablespoon olive oil

Preparation

1. Preheat the oven to 200°C.
2. Separate the yolks from the egg whites.
3. Into a bowl crush the apple and add the orange zest and it's juice.
4. Add the yolks and honey, stir until it's smooth and finally add the olive oil.
5. Add the flour and baking powder to the previous mixture and stir a little bit more.
6. Whip the egg whites into *stiff peaks* and gently mixed them with previous mixture.
7. Distribute by silicone forms and bake at 180 ° C for about 25 minutes.



TIRAMISÙ

250gr mascarpone

2 eggs

3 tablespoons of sugar

400gr of ladyfingers

1 cup of espresso coffee

3 tablespoons of cocoa powder

2 tablespoons of marsala (or brandy)

PREPARATION:

Put the sugar and the egg yolk in a large bowl. Beat well until the mixture is light and creamy. Add mascarpone and half of marsala, and beat well. Beat the egg whites until stiff and add them in the mascarpone cream. Mix gently. Pour the espresso in a shallow dish along with the remaining marsala. Stir well. Quick dip each ladyfinger in the espresso mixture turning for a few secs until they are nicely soaked. Line these in the bottom of a glass dish until you have used half of the biscuits. Spread over half of the cream. Cover with the remaining biscuits and spread over the remaining cream. Dust with the cocoa. Chill in the fridge for 4-5 hours or better overnight.



ORECCHIETTE AND “CIME DI RAPE” (BROCCOLI)

INGREDIENTS:

200gr of handwade

250gr of cime di rape (already clean weighed)

Chili pepper

1 clove of garlic

Extra virgin olive oil

PREPARATION:

Clean the cime di rape, removing the larger and more worn outer leaves and stalks, cut them a little, wash them and then cook them in a pot with plenty of salted water. After about 10 minutes add the orecchiette in the same pot! When the orecchiette are almost ready, heat 2-3 tablespoons of extra virgin olive oil in a saucepan, add the garlic, heat the season the oil a few minutes. Drain the pasta together with the cime di rape, put in the dishes and pour over the hot oil flavored with garlic (remove the garlic before seasoning). Mix well.



PUMPERNICKEL WITH SALMON

Ingredients:

- Pieces of smoked salmon
- Pumpernickel bread
- A little dill
- One cream cheese Almette

Preparation:

- Cut the pumpernickel into small pieces
- Put cream cheese on pumpernickel
- Next put the salmon on it and sprinkle a dill

And that's it. Enjoy your meal. ;)





Oat coco balls



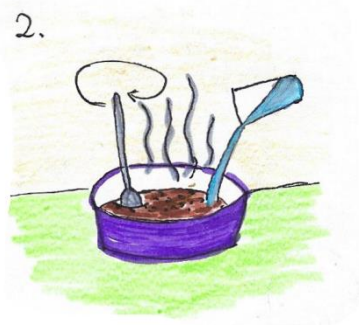
Ingredients:

- 2 glasses of oatmeal.
- 3 tablespoon of honey.
- 1/2 glass of boiling water.
- 2 teaspoons of cocoa.
- 2 teaspoons of coconut chips.
- 1/4 scolded raisons.



Method of preparing:

1. Into a large bowl, pour oatmeal, add cocoa, honey, coconut flakes and raisins.
2. Mix all ingredients and then add the boiling water to the bowl. Mix thoroughly and wait about 10 min.
3. From the mixture form balls and put on the plate. Ready!



Oatmeal Pancakes with Banana and Blueberries

Ingredients

- 3 tablespoons oatmeal bran
- 3 tablespoons whole-wheat flour
- 1 tablespoon cinnamon
- 1 egg
- 100 ml of skim milk ou vegetable drink
- 1 small diced banana
- ½ cup blueberries
- Honey or maple syrup



Preparation

1. Put all the ingredients in a bowl and stir them very well, until a homogeneous mixture is formed
2. Place a non-stick frying pan over the heat and let it heat well.
3. When hot, place a serving of dough (1/2 scoop of soup) and cook for a few minutes.
4. When it stars to form little bubbles turn it carefully with the aid of a spatula and let it finish cooking.
5. Then just remove and serve with sliced banana, blueberries and a wire honey or maple syrup.



Energetic raw cocoa balls

Ingredients (for 10-12 small balls)

- ½ cup of dates (+/- 10)
- ½ cup of rolled almonds
- 1 tablespoon cocoa powder
- 1 tablespoon peanut butter
- ½ tablespoon of water

Preparation

1. Start by ginning the dates and place them in a processor or chopper;
2. Add the remaining ingredients and chop until a paste forms;
3. With your hands form small balls and set aside in the refrigerator for a few minutes to harden.

Note: You can also use cashews or a mixture of cashews and almonds or other nuts at your taste and even enwrapped the energetic balls with grated coconut.



Assorted pickles

Ingredients:

- cucumbers, green tomatoes, cauliflowers, melons, cabbage, etc.
- horseradish root
- dry dill sticks
- dry thyme
- root celery and leaves
- garlic
- carrots
- pepper
- bay leaves
- pepper grains



In a 10 liter volumetric flask, after arranging the vegetables so as to enter as many as possible, there will be approximately 5 liters of water. Each liter of water will count 1 tablespoon of salt.

Preparation:

1. Vegetables are washed very well and drained from water. Garlic is cleansed and split. The horseradish root is cleansed from the shell and cut lengthwise into sticks. Celery is cleansed from the shell and cut into slices 1 cm thick.

2. Place 2-3 rows of celery with leaves, then 2-3 layers of thyme, 2 dill sticks, 2-3 garlic cloves, 2 slices of celery, 3 whole chili peppers and 3-4 sticks of horseradish.

3. You can measure how much water you need in the bowl, filling the bowl with water and then draining it well by collecting water in a pot. So, how many liters of water, so many spoons of spicy salt, all in a pot that goes on fire. Add peppercorn (about 1 tablespoon to 10 liters of volume) and bay leaves to taste. Put the boiling water in, then stop the fire and mix carefully so that all of the salt is dissolved. Let the brine cool down until it's barely warm. Torn the brine over the vegetables and overlay dill sticks so arranged that they do not allow the vegetables to rise to the surface. Store the dish in a cool place. During the first week, the vessel will be shaken daily or at least every 2 days.



Chocolate and biscuits mini cake

Ingredients:

- 300 gr. biscuits
- 100 gr. milk chocolate
- 6 eggs
- salt



1. The chocolate is melted in small heat, broken into pieces. Mix it from time to time.
2. Draw from the fire and let it cool down. The whites scrape the foam with a salt of salt.
3. Over the yolks pour the cooled chocolate, mix and then add one third of the white foam. Mix and then put the rest of the foam.
4. Layer of biscuits and foam is placed in the large stove tray. Keep it in the fridge for 2 hours.



Fruit yoghurt

Ingredients:

- natural yoghurt
- Fruits: cherries, peaches, blueberries, strawberries, bananas, or any other fruits that u like
- Honey

First cut the fruit slices into cubes or pieces (as desired) or you can blend them with honey, using a hand mixer.

Mix slowly the yoghurt with all the fruits. It can be served from small bowls or from glasses.



SIROVA NABODALA Z GROZDJEM

SESTAVINE

- sir
- belo grozdje
- črno grozdje
- zobotrepci

CHEESE STICKS WITH GRAPES

INGREDIENTS

- cheese
- white grapes
- black grapes
- toothpicks



POSTOPEK

Grozdne jagode damo iz pecljev in sir narežemo na kocke. Izmenično nabadamo grozdje različnih barv in sir na nabodala.

PROCESS

Prepare grape berries and cut cheese into cubes. Put the grapes of various colors and cheese on toothpicks.

POLENTNI SRČKI S SIROM

SESTAVINE

- 2 skodelici vode (oz. po navodilu na vrečki)
- 1 skodelica koruznega zdroba (polente)
- ščepec soli
- 10 - 20 dag sira
- olje za pekač ali peki papir
- po želji še začimbe, majhni koščki paprike, češnjevih paradižnikov
- piškotni modelčki v obliki srčkov

CORN HEARTS WITH CHEESE

INGREDIENTS

- 2 cups of water (or according to the instructions on the bag)
- 1 cup of corn meal (polenta)
- pinch of salt
- 10 - 20 dag cheese
- oil for baking or baking paper
- optional spices, small pieces of peppers, cherry tomatoes
- heart-shaped cookie patterns



POSTOPEK

Zavremo vodo in v vreli stopimo sol ter med mešanjem vsujemo vanjo koruzni zдроб. Kuhamo približno 2 minuti, da se polenta dobro zgosti. Vroč vlijemo na pekač in jo poravnamo na debelino približno 1 cm. Medtem ko se polenta hladi, naribamo sir. Namažemo pekač in narežemo polento na kose poljubne velikosti in oblike (srčki). Čeznje posujemo nariban sir in po želji začini (dodamo zelenjavo) ter damo v pečico, ogreto na 200 stopinj za cca. 10 minut, da se polenta po robovih lepo zapeče in sir stopi in dobi lepo rjavo kožico.

PROCESS

Boil the salty water and while mixing, put in the corn meal. Cook for about 2 minutes to thicken the polenta well. Pour hot on the baking pan and align it to a thickness of about 1 cm. While the polenta is getting cold, grind cheese. Then cut the polenta into pieces of any size and shape (hearts). Put grated cheese and spice it on your option (add vegetables) and place in an oven, heated to 200 degrees for approx. 10 minutes, until the polenta is well baked on the edges and the cheese melts and gets a nice brown skin.



korenčkovi piškoti

SESTAVINE

- 50 dag moke
- 25 dag naribanega korenja
- 25 dag masla
- 1 pecilni prašek

- marelična marmelada za nadev

CARROTS COOKIES

INGREDIENTS

- 50 dag flour
- 25 dag grated fresh carrots
- 25 dag butter
- 1 baking powder

- apricot marmalade for filling



POSTOPEK

Iz navedenih sestavin vmešamo piškotno testo, ga razvaljamo na 0,5 cm debelo, s kozarcem izrežemo kroge. Na vsak krog damo žličko marelične marmelade, ga prepognemo in rob zadelamo s pomočjo vilic. Pečemo približno 20 minut na temperaturi 170 stopinj.

PROCESS

From these ingredients, mix the cookie dough, roll it to 0.5 cm thick, cut the circles with a glass. Put a spoon of apricot marmalade on each circle, fold it up and close the edge with the fork. Bake for about 20 minutes at a temperature of 170 degrees.

DRY FRUIT BALLS

Ingredients: dried apricots, walnut, coconut, dried fin

Firstly with the help of the mixer, mix the dried apricots, dried fins, walnuts and make a dough. Make tiny balls add spread coconut. Enjoy our meal.



CUCUMBER SMOOTHIE

INGREDIENTS: 2 cucumbers, 1 lemon, 1 orange, a pinch of parsley, 1 cup of water

- PROCESS :**
- 1. Peel the cucumbers and chop them into the blender.**
 - 2. Squeeze the lemon into the cucumber mixture.**
 - 3. Peel the orange and squeeze them into the mixture.**
 - 4. Add the pinch of parsley.**
 - 5. Finally add the water and mix them all.**



BREAD WITH EGG

INGREDIENTS: milk, oil, black pepper, thyme, egg, bread, salt

PROCESS : 1. Mix the egg, milk, salt and pepper.

2. Put this mixture on the sliced bread.

3. Fry the bread in the pan.





Index:

Assorted pickles

BREAD WITH EGG

CARROTS COOKIES

CHEESE STICKS WITH GRAPES

Chocolate and biscuits mini cake

CORN HEARTS WITH CHEESE

Cucumber rolls with curd and salmon

CUCUMBER SMOOTHIE

DRY FRUIT BALLS

Energetic raw cocoa balls

Fruit yoghurt

MEATBALLS IN TOMATO SAUCE

Oat coco balls

Oatmeal and apple muffins

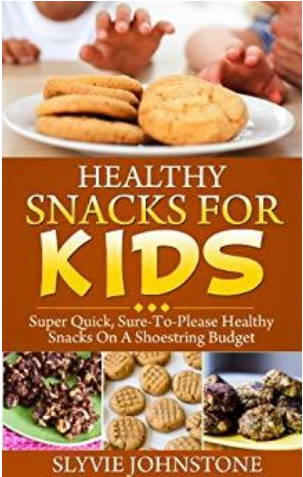
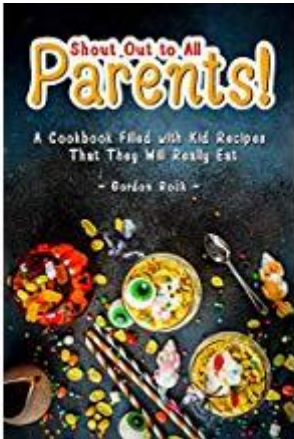
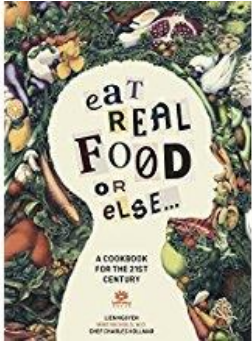
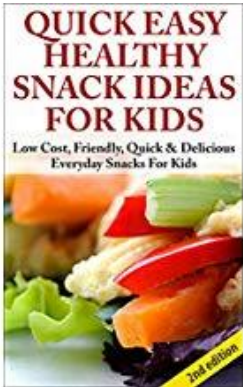
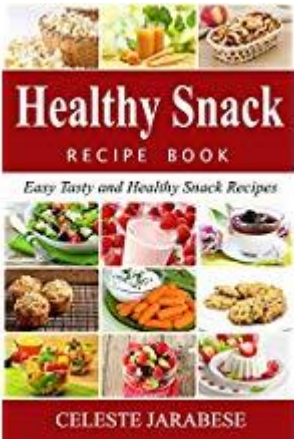
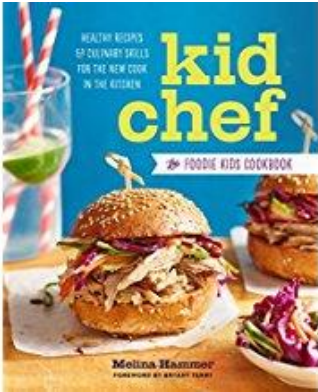
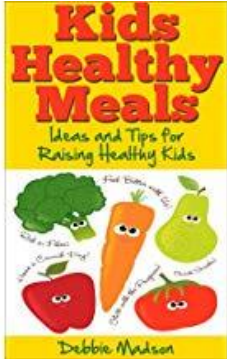
Oatmeal Pancakes with Banana and Blueberries

ORECCHIETTE AND “CIME DI RAPE” (BROCCOLI)

PUMPERNICKEL WITH SALMON

TIRAMISÙ

Some Cookbooks:



Recipes were made by all project partners, the book was edited by the Slovenian project team.

This project has been funded with support from the European Commission. This communication reflects the views only of the author. The Commission cannot be held responsible for any use which may be made of the information contained therein.