

Quick, Yummy and Tasty (and Healthy too!) Kids Meals

You've just spent the better part of two hours preparing a sumptuous meal for the family, you sit down in anticipation of enjoying this fabulous meal, and your little one says, "I'm not eating that". Sound familiar?

Here are some quick meals that can be made with just a few minutes of advance notice:

Curly Wurly Noodles

(this is great because the noodles are colourful, and have lots of fibre, and you can sneak in some vegetables!)

Boil a couple of handfuls of organic tricolour Kamut noodles in water with a couple of drops of olive oil. Two minutes before noodles are cooked, add a handful each of frozen organic peas and frozen organic corn. Drain when cooked and transfer to a pasta bowl, add a dollop of organic butter and some freshly grated organic Asiago cheese and, voila in less than ten minutes you've got a healthy and nutritious meal!

Scrambled Eggs in a Wholewheat Wrap

(cook the egg in a cast iron pan to add extra iron to the meal, serve with orange juice and the iron absorption will increase!)

In a mixing bowl whisk one organic egg with $\frac{1}{2}$ clove crushed organic garlic. Add organic clarified butter to a cast iron pan and cook egg in it. Warm up an organic wholewheat wrap, spread egg mixture down the middle and roll up. Serve with a small ramekin of organic ketchup. This takes a total of five minutes max!

Other recipes for your fussy child that take a little more time (make them even healthier by substituting organic for conventional ingredients):

Pizza Baguettes

http://www.bbc.co.uk/food/recipes/database/pizzabaguettes_77389.shtml

Easy Cheesy Tuna Rounds

<http://www.wildoats.com/u/recipeDetail11004/>

Potato Latkes

<http://www.cafedesenfants.co.uk/recipes/latkes.htm>

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