

Smart Tips for Picky Eaters



Add pureed or shredded veggies into foods your child is already eating:

MUFFINS - Add shredded carrots or pureed, cooked winter squash to muffins

PANCAKES - Add shredded or pureed cauliflower, winter squash, or sweet potato

BROWNIES - Use pureed black beans as the flour base

QUICKBREADS - Add shredded zucchini to bread

EGG DISHES - Add cauliflower puree to scrambled eggs, omelettes, and frittatas

MEATBALLS - Add shredded spaghetti squash and/ or zucchini

TURKEY OR MEAT PATTIES - Add in shredded zucchini, chopped spinach, pureed peas and more

MEATLOAF - Add shredded spaghetti squash and/ or zucchini

PIZZA/PASTA SAUCES - Use kale, broccoli or spinach pesto (see PN recipes)

SOUPS, STEWS AND CHILI - Add sauteed onion, leafy greens, bell pepper, and more!

Transform their veggies into a familiar snack! Our favorites?

- Kale chips
- Beet chips
- Plantain chips
- Sweet potato chips
- Sweet potato fries
- Zucchini fries
- Parsnip fries
- Avocado fries

Get creative with protein. Kiddo won't eat meat? Try these ideas!

BONE BROTH - Add bone broth to soups, stews, and sauces for added protein and minerals

COLLAGEN POWDER - Add vanilla powder to pancake batter or unflavored collagen to pasta sauce

HEMP SEEDS - Sprinkle hemp seeds on top of yogurt, pastas and other meals for a boost of protein and healthy fats

Make food fun!

- Make homemade pizzas with better-for-you crust and veggie toppings.
- Go apple picking or pick fresh strawberries for a fun food adventure.
- Make yummy dips like Ranch, hummus, or nut butter to pair with apple slices, celery sticks, or baby carrots.
- Add natural food coloring to plain yogurt for a colorful treat.