



# FAMILY MEAL TOOLKIT

## Breakfast Edition

May 2020

Quick, easy options for  
breakfasts the whole family will love.

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# Welcome!

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Breakfast can be a challenging meal. Everyone is hungry, and we tend to get in a rut and make the same things over and over again. We hope this Family Meal Toolkit will inspire you to try something different and give you new ideas to help you use some of the foods you have on hand. Head here to check out our [Dinner Toolkit](#)!

This Toolkit includes a bunch of easy options for that first meal of the day, including simple ways to mix up your standard breakfasts, smoothie ideas, muffins and baked goods, and allergy-friendly options. Don't forget that breakfast doesn't have to be "breakfast foods" (as defined by your culture) – leftovers or a sandwich count, too!

In this Toolkit, you'll find general modifications for babies, toddlers, and older kids based on what we teach in our [online courses](#). You know your kiddo best – modify foods based on what feels right to you. Additionally, **check labels carefully if modifying for food allergies.**

For each breakfast, aim to serve something with a little protein/fat + at least one fruit or veggie + a whole grain. Protein/fat can be found in nut/seed butters, eggs, milk, yogurt, etc. This Toolkit will also help you navigate breakfast if your child has a food allergy.

Sending you love now and always,

Megan, Judy, and the Feeding Littles Team  
May 2020



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Instead of creating a separate “I Can’t Even” meal section like we did in the Dinner Toolkit, we added easy “I Can’t Even” meal ideas at the bottom of each section.

**Allergies or intolerances?** Look for the modifications within each table! If we don’t offer a modification for an allergy, it’s only because it wasn’t listed in the recipe or we’re not sure how modifications could affect the final product.

*Finally, this Toolkit contains links to various blogs and websites. While we love the recipes, we do not necessarily align with the opinions on all of these sites, especially when it comes to nutrition and how they define “healthy eating.”*

<b>Breakfast #1: Toast (or other bread base) + toppings</b>			
<b>Why we love it:</b> Whole grain bread products with toppings are an easy option for busy mornings or kids that need to eat NOW. You can try so many different combinations and can cut it into different shapes (halves, wedges, small pieces) to offer even more variety and make it more appealing to your kiddo.			
<b>Whole grain bread ideas:</b> toast, English muffin, tortilla, bagel, from frozen waffle or pancake, rice cake, and French toast.			
<b>Topping ideas:</b> nut or seed butter (almond butter, sunflower seed butter, peanut butter), cream cheese, butter, smashed avocado, scrambled or hard boiled egg, fruit (smashed berries, sliced banana, applesauce), shredded coconut, jelly, and hummus.			
<b>Examples:</b>			
<ul style="list-style-type: none"> <li>● Toasted whole wheat English muffin + almond butter + smashed raspberries</li> <li>● Rice cake + peanut butter + chopped banana</li> <li>● Tortilla rolled up with smashed avocado + scrambled egg</li> <li>● Whole wheat bagel + cream cheese + sliced strawberries</li> </ul>			
<b>Top 8 Allergens</b>	<b>Pantry Ingredients</b>	<b>Perishable Ingredients</b>	<b>Side dish/pairing options</b>
Wheat (sub for gluten-free bread base) Soy may be in bread base Toppings – modify for allergies	Bread English muffins Tortilla Bagel Rice cake Nut/seed butter Applesauce Shredded coconut Jelly	Frozen waffles Frozen pancakes Nut/seed butter Cream cheese, cheese Butter Avocado Eggs Fresh fruit Hummus	Add a side of fruit if not serving fruit on top of the toast.
<b>Serving suggestions for babies (6-12 months):</b>		<b>Serving suggestions for toddlers and older kids (12+ months):</b>	
<ul style="list-style-type: none"> <li>● Cut into strips and serve with toppings.</li> </ul>		<ul style="list-style-type: none"> <li>● Serve as strips, halves, or cut into smaller pieces with toppings. If your child is overwhelmed by the toppings, serve them on the side and have your kiddo construct their own toast.</li> </ul>	
<b>“I Can’t Even” Ideas:</b>			
<ul style="list-style-type: none"> <li>● Toast + peanut butter + banana</li> <li>● Bagel + cream cheese + jarred drained peaches</li> </ul>			

<b>Breakfast #2: Oatmeal</b>			
<b>Why we love it:</b> Oatmeal is an inexpensive and quick morning option. Add some protein and fat to oatmeal to give it more staying power. Oatmeal on its own or even with fruit, may not feel satisfying for more than an hour or two.			
<b>Protein/fat options:</b> nut/seed butter, crushed nuts, chia seeds, hemp hearts, milk (cow's milk, alternative milk, breast milk, formula), shredded coconut, and coconut oil. You could also add a few egg whites at the end of cooking/microwaving – it will cook in the oatmeal.			
<b>What kind of oatmeal?</b> Try old fashioned, quick cooking, and steel cut oats. They're all great! Also consider other types of hot cereal like cream of wheat, buckwheat, quinoa, and millet hot cereal.			
<b>What other mix-ins could we add? Fruit:</b> berries (fresh or frozen), shredded apple, shredded pear, soft raisins or cranberries, banana, peaches, pear, and leftover puree. <b>Sweeteners:</b> honey if >1, maple syrup, and brown sugar. <b>Spices:</b> cinnamon and pumpkin pie spice.			
<b>Top 8 Allergens</b>	<b>Pantry Ingredients</b>	<b>Perishable Ingredients</b>	<b>Side dish/pairing options</b>
Depends on toppings	Oats or other hot cereal Nut/seed butter or crushed nuts Chia/hemp seeds Sweetener Cinnamon Dried fruit Pumpkin pie spice Fruit puree	Milk or milk alternative Eggs Fruit	This is a complete meal, but you can always serve it with a smoothie, eggs, or additional fruit.
<b>Serving suggestions for babies (6-12 months):</b> <ul style="list-style-type: none"> <li>• Serve on loaded spoons or in a bowl on your baby's high chair tray.</li> </ul>		<b>Serving suggestions for toddlers and older kids (12+ months):</b> <ul style="list-style-type: none"> <li>• Toddler not interested in oatmeal? Offer it to them in a unique container like a measuring cup, mug, or mini bowl. See if they'll scoop the oatmeal from one container to another.</li> </ul>	
<b>"I Can't Even" Ideas:</b> <ul style="list-style-type: none"> <li>• Make a big batch of oatmeal, store in fridge and reheat it to make mornings easier. Just add mix-ins and fruit.</li> <li>• Try <a href="#">overnight crockpot oats</a>, instant oatmeal that you just add hot water to or <a href="#">baked oatmeal</a> that can be made in advance.</li> <li>• Tasty, easy combos: <ul style="list-style-type: none"> <li>o Cook with milk, then add shredded apple toward the end of cooking. Stir in cinnamon and sweetener (optional).</li> <li>o Cook oatmeal with milk or water. Stir in almond butter and chopped banana. If desired, add mini chocolate chips.</li> <li>o Cook oatmeal in milk or water. Stir in blueberries, chia seeds, and sweetener (if preferred).</li> </ul> </li> </ul>			

### Breakfast #3: Eggs

**Why we love it:** Eggs are one of the most versatile foods we eat! They offer protein, nutrients, and brain-building fat, plus there are so many ways to enjoy them.

**Cooking options:**

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>● <a href="#">Scrambled</a></li> <li>● <a href="#">Fried</a></li> <li>● <a href="#">Hard boiled</a></li> <li>● <a href="#">Omelet</a></li> <li>● <a href="#">Egg muffins</a></li> </ul> | <ul style="list-style-type: none"> <li>● <a href="#">Egg in a hole</a> – flip to cook egg more thoroughly</li> <li>● <a href="#">French toast</a></li> <li>● <a href="#">Over medium/hard</a></li> <li>● <a href="#">Deviled egg</a></li> <li>● <a href="#">Hash</a></li> </ul> |
|--|---|

**Add-ins:** Eggs are a great way to add veggies to your family’s diet. Sauté fresh or frozen veggies until warmed through, then add eggs for a veggie scramble or use veggies in an omelet. Cheese, ham, or bacon can also be fun additions – if using these meats, look for no nitrates/nitrites added. Serve with salsa, avocado, pico de gallo, or ketchup.

**How can I add more calories to eggs for kiddos who need them?**

- Add heavy cream to scrambled eggs before you cook them.
- Cook eggs in extra butter or oil.
- Add cheese at the end of cooking.

Top 8 Allergens	Pantry Ingredients	Perishable Ingredients	Side dish/pairing options
Eggs	Olive oil Avocado oil Bread Salt/pepper	Milk or milk alternative (for scrambled eggs, can also use water) Butter Mayo/mustard (deviled eggs)	Add fruit and toast if desired.

**Serving suggestions for babies (6-12 months):**

- Serve eggs or egg products as strips.

**Serving suggestions for toddlers and older kids (12+ months):**

- Kiddo not into eggs? Try egg in a hole or French toast first. These can help kiddos learn to love eggs!

**“I Can’t Even” Ideas:**

- Premade hard boiled egg + toast with butter + applesauce
- Premade (reheated) egg muffin + raspberries

<b>Breakfast #4: Yogurt</b>			
<b>Why we love it:</b> Yogurt is a fun food for babies and kids to eat. It can be messy and offer some good sensory play – it may not be the food you serve on a busy morning, but it’s a great option to add to your rotation. Dairy-free? Check out <a href="#">this post</a> for non-dairy options.			
<b>What kind of yogurt?</b> We recommend unsweetened/plain full-fat yogurt for babies. (Try to avoid low-fat or nonfat yogurt – kids need fat for brain growth and development). Many babies love unsweetened yogurt and don’t know that it can be sweetened! Eventually you might sweeten their yogurt once they learn about other flavors. For more on our favorite yogurt brands, check out <a href="#">this post</a> .			
<b>What about Greek yogurt?</b> Greek yogurt is strained differently than “traditional” yogurt so it is thicker and tangier – more protein, too!			
<b>Do I need to buy baby yogurt?</b> Baby yogurt is generally sweetened full-fat yogurt in smaller containers, and it’s usually more expensive. There’s nothing special or “infant specific” to it except the fact that it’s full-fat. You can buy it if you like – just realize you don’t need to!			
<b>Yogurt topping ideas:</b>			
<ul style="list-style-type: none"> <li>● Peaches, pears</li> <li>● Berries</li> <li>● Bananas</li> <li>● Coconut flakes</li> <li>● O’s cereal or other cereal</li> <li>● Chocolate chips</li> <li>● Finely crushed nuts</li> <li>● Stir in peanut butter (great for PB exposure for babies)</li> <li>● Orange segments or mandarins</li> <li>● Drizzle of honey (12+ months) or other sweetener</li> </ul>			
<b>Top 8 Allergens</b>	<b>Pantry Ingredients</b>	<b>Perishable Ingredients</b>	<b>Side dish/pairing options</b>
Dairy (use alternative yogurt if needed)	Coconut flakes O’s cereal Chocolate chips Crushed nuts Peanut butter Honey, sweetener	Peaches, pears Berries Bananas Orange segments, mandarins	Serve with dry cereal if desired. Full-fat yogurt + fruit can be considered a complete meal since it has protein + fat and carbohydrate from the fruit/yogurt.
<b>Serving suggestions for babies (6-12 months):</b>		<b>Serving suggestions for toddlers and older kids (12+ months):</b>	
<ul style="list-style-type: none"> <li>● Serve on loaded spoons or in a bowl to babies.</li> </ul>		<ul style="list-style-type: none"> <li>● Serve with spoons, spatulas, or other fun serving items.</li> <li>● Let your toddler get messy and self-feed when possible.</li> </ul>	
<b>“I Can’t Even” Ideas:</b>			
<ul style="list-style-type: none"> <li>● Yogurt + dry cereal + berries</li> <li>● Use yogurt as a fruit dip and pair with half an English muffin.</li> </ul>			

## Breakfast #5: Muffins

Muffins and other baked goods are an easy breakfast option that many kids love. They're the ultimate "I Can't Even" breakfast if you double the batch and make them ahead to freeze for future meals – just thaw in the fridge, top with butter or nut butter, and pair with some fruit! There are so many types of muffins and breakfast breads – we included a wide variety here to satisfy different tastes and dietary needs.

Note: while we think [sugar can play a role in your kid's diet](#), we do know that some parents choose to serve lower sugar options at breakfast. That's why we've notated which recipes may have more or less added sugar. **This is not to make you crazy about sugar – it's just to fulfill the needs of the wide variety of clients we serve.**

*Can babies have muffins? Yes!* Many of the options in the chart have no added sugar if you're not quite ready to serve sugar to your child. You can add butter or coconut oil as a topping for some extra fat and calories for growth.

Muffins				
Recipe	Notes	Top 8 Allergens	Pantry Ingredients	Perishable Ingredients
Banana Muffins by <a href="#">She Likes Food</a>	This muffin is egg-free. If you want to use an egg, add it in place of the flax. No added sugar. It's an awesome way to use up overripe bananas, too!	Wheat (sub with gluten-free all purpose flour) Tree nut (use another milk besides almond milk)	Flour Vanilla extract Coconut oil Almond extract Baking soda Cinnamon Ground flaxseed Salt	Banana Almond milk (or milk of choice)
Blueberry Muffins by <a href="#">Well Plated</a>	Can be made with frozen or fresh blueberries.	Wheat Dairy (sub with alternative milk) Eggs (sub with flax eggs)	White whole wheat flour Oats Brown sugar Baking powder Cinnamon Salt Vanilla extract	Milk Butter Eggs Blueberries

Recipe	Notes	Top 8 Allergens	Pantry Ingredients	Perishable Ingredients
Coconut Almond Paleo Breakfast Muffins by <a href="#">Endless Meal</a>	These coconut almond muffins have an “Almond Joy” taste to them and are great for anyone who is dairy-free. Also, feel free to omit the raisins!	Egg Tree nuts (almond, walnut)	Coconut oil Almond flour Vanilla extract Cinnamon Baking soda All spice, ginger, cloves Sea salt Walnuts Raisins Dairy-free chocolate chips Unsweetened coconut	Bananas Eggs
Oatmeal Muffins by <a href="#">Bren Did</a>	If your child doesn’t do well with banana, applesauce can be used in this recipe instead. Omit honey for babies. Can swap with maple syrup or leave out (it won’t be as sweet).	Egg (sub with flax eggs) Dairy (sub with alternative milk)	Old-fashioned oats Honey Vanilla Baking soda Baking powder Cinnamon Salt	Bananas Eggs Milk
Applesauce Oat Muffins by <a href="#">Mel’s Kitchen Cafe</a>	This recipe has a lot of great reviews and comments – check them out to learn how to make this recipe vegan or to make other adjustments for preferences.	Egg (sub with flax eggs) Dairy Wheat/gluten	Old-fashioned oats Whole wheat flour Unsweetened applesauce Sugar Coconut oil (or butter) Vanilla Baking soda Baking powder Cinnamon, salt Cranberries/raisins (optional)	Milk Eggs Butter (or coconut oil)

Recipe	Notes	Top 8 Allergens	Pantry Ingredients	Perishable Ingredients
Carrot Cake Blender Muffins by <a href="#">Inspiralized</a>	This recipe doesn't have any added sugar – it's from the banana and carrot – but if you want to make <a href="#">cream cheese frosting</a> it would be a delicious addition! Omit chopped pecans on the top for babies.	Egg (use flax egg or egg replacer) Tree nut (optional topping)	Rolled oats Flaxseed Cinnamon Ginger Salt Chopped pecans (optional topping)	Eggs Shredded carrot Banana
Blender Pumpkin Spice Muffins by <a href="#">Inspiralized</a>	You don't need to wait for fall to enjoy pumpkin!	Egg (use flax egg or egg replacer)	Rolled oats Flaxseed meal Pumpkin puree Pumpkin pie spice	Eggs Banana
Honey Olive Oil Zucchini Muffins by <a href="#">Pinch of Yum</a>	This recipe is great for using up extra zucchini and contains olive oil, which is a fun and unexpected muffin ingredient. This recipe contains a decent amount of added sweetener but has a lot of nourishing ingredients.	Wheat Egg	Vanilla Olive oil Maple syrup Honey Whole wheat flour All-purpose flour Baking soda Baking powder Salt Cinnamon	Zucchini Eggs

Recipe	Notes	Top 8 Allergens	Pantry Ingredients	Perishable Ingredients
Strawberry Muffins by <a href="#">Martha Stewart</a>	You guys, it's Martha Stewart. These muffins are a great way to use up strawberries that are on their last day.	Wheat Egg Dairy	Sugar All-purpose flour Whole wheat flour Baking powder Baking soda Salt Cinnamon Light oil or vegetable oil Vanilla extract	Fresh strawberries Buttermilk Egg
Paleo Vegan Blueberry Muffins by <a href="#">Paleo Running Mama</a>	These are gluten-free, dairy free, maintain a great muffin texture, and offer almost as much protein as an egg! Fresh blueberries are recommended as to not add extra moisture to the batter.	Tree nuts	Flaxseed meal Almond flour Tapioca flour (or arrowroot) Baking soda Cashew or almond butter Maple syrup Unsweetened applesauce Vanilla extract, sea salt	Lemon Fresh blueberries
Customizable Allergy-Friendly Muffins by <a href="#">Allergic Living</a>	This recipe creates a nice base for a classic muffin, just add in your family's favorite mix-ins, such as chocolate chips, fruit, or sunflower seeds.	None	Sorghum gum flour Millet flour Sugar Tapioca flour Xanthan gum (available in baking aisle or online) Cinnamon, salt Baking soda Apple cider vinegar (see Recipe Tips in link) Light olive oil Vanilla extract	Dairy-free milk of choice

Recipe	Notes	Top 8 Allergens	Pantry Ingredients	Perishable Ingredients
Allergy-Free, Gluten-free Vegan Donut Muffins by <a href="#">Cybele Pascal</a>	Who doesn't love donuts? These are great for a weekend or birthday breakfast and taste awesome. There is a fair amount of added sugar to the recipe, but they are delicious and fun! These muffins are energy packed and major-allergen free, which is a great option for our allergy families!	None	Gluten-free flour mix Xanthan gum (available in baking aisle or online) Baking soda Baking powder Salt Nutmeg Butter-flavor shortening Sugar Egg replacer ( <a href="#">EnerG brand</a> , <a href="#">Bob's Red Mill</a> , available online, via Amazon or at Walmart) Vanilla extract Cinnamon	Rice milk Lemon juice
Lemon Poppy Seed Muffins by <a href="#">Erin Lives Whole</a>	These muffins are oat-flour based so they can be gluten-free! They are delicious, filling, and not too sweet.	Egg Dairy	Oat flour (gluten-free if needed) Baking powder Baking soda Salt Maple syrup Coconut oil Vanilla Poppy seeds Powdered sugar	Eggs Lemon juice and zest Greek yogurt

## Breakfast #6: Pancakes

Pancakes are a staple in many homes. There are many ways to prepare, top, or serve pancakes, making them super versatile. They freeze well and are great to offer on busy mornings since you can grab them out of the fridge, heat, and serve – the perfect “I Can’t Even” meal! Want to make it easier? Use a pancake mix!

Topping ideas that go beyond syrup include, nuts or nut butters, yogurt, fruit, granola, chocolate chips, or chia seeds. The options are endless! We like pancakes that have a good balance of protein and fat to help fill and fuel all morning long.

Recipe	Notes	Top 8 Allergens	Pantry Ingredients	Perishable Ingredients
Protein Superfood Pancakes by <a href="#">Feeding Littles</a>	These pancakes are tried and true staples in our home. They are full of whole-grain goodness with no added sugar. Double or triple the batch for the whole week!	Egg – many clients have tried these with egg replacers	Oats or coconut flour Optional mix-ins: Pumpkin puree Maple syrup or honey Chia seeds Cinnamon	Eggs Bananas Optional mix-ins: Spinach Blueberries or other fruit
Gluten Free, Vegan Fluffy, Classic Pancakes by <a href="#">Allergy Awesomeness</a>	Sometimes we all need a big stack of pancakes, and these are major allergen-free! Many pancakes and waffles call for whipped egg-whites to create air and add to the fluffy texture. These pancakes use the liquid from chickpeas known as <a href="#">aquafaba</a> to create the same airy texture!	None	Apple cider vinegar Gluten-free flour blend Baking powder Salt Xanthan gum (available in baking aisle or online) Canned chickpeas (for liquid called <a href="#">aquafaba</a> ) Sugar Canola oil (can sub with avocado oil)	Vanilla rice milk (no added sugar) or other unsweetened milk of choice

Recipe	Notes	Top 8 Allergens	Pantry Ingredients	Perishable Ingredients
1-Bowl Peanut Butter Protein Pancakes by <a href="#">Minimalist Baker</a>	Want a protein-packed pancake without egg or banana? Here you go!	Peanuts Tree nuts	Flaxseed meal Apple cider vinegar Maple syrup Vanilla extract Salted peanut butter or almond butter Coconut oil Baking soda Baking powder Sea salt Gluten-free oat flour	Almond milk
Easy Eggless Crepes by <a href="#">Mommy's Home Cooking</a>	These eggless crepes are easy in a pinch and can be served in both sweet or savory ways. Fill with veggies, cheese, seeds, or meats to create a protein-packed breakfast. Add fruit, powdered sugar, or a drizzle of chocolate to the sweet version!	Dairy Wheat/gluten	All-purpose flour Salt Sugar Garlic powder Black pepper	Milk Butter

Recipe	Notes	Top 8 Allergens	Pantry Ingredients	Perishable Ingredients
Dutch Baby Pancake by <a href="#">Fifteen Spatulas</a>	<p>Dutch babies are a “fancy” breakfast without the fancy prep time. They are fun for the whole family to watch rise in the oven, and even more fun to eat.</p> <p>Though this recipe calls for dairy milk, butter, and wheat flour, non-dairy milk, vegan butter, and gluten free flours may be substituted.</p>	Dairy Wheat/gluten Egg	Vanilla extract Almond extract Sugar (granulated and confectioner’s) All-purpose flour Nutmeg (recipe calls for freshly, but let’s be honest you’ll prob use what you’ve got in your spice cabinet)	Eggs Milk Butter Fresh berries

## Breakfast #7: Smoothies

Who loves smoothies? We do! Smoothies are a delicious, easy, and filling breakfast that also happen to just be beautiful and fun to drink. Kids get excited by different color smoothies, and they're a great way to use up produce that's about to go bad.

Smoothies are sort of a personal journey – everyone has different preferences and needs around sweetness and creaminess, and that's what makes them great. They generally follow a basic formula: a liquid base, produce, protein and fat, add-ins, and toppings. Using frozen fruit creates a great texture and is also a fabulous way to use your overly ripe bananas that you've tossed in the freezer! Experiment to find your own favorite flavor, try mixing for a fun color, or try one of our favorites to get started!

*For all smoothie recipes, pour liquid first into a high-powered blender, add remaining ingredients, blend until smooth, and serve!*

**Caveat:** while smoothies are a great option for a different type of beverage, it's important for your kids to see these fruits and veggies in their whole form first. Let them help you make the smoothie so they know what's in it – sneaking veggies in may backfire in the long run. Also, we recommend offering a smoothie as part of a meal for kids, not the entire meal, because many kids don't gain the same satiety or satisfaction from drinking something as they do from eating it.

Additionally, we want to be mindful of dental health if kids are drinking smoothies throughout the day. Make sure to offer them as part of meals or snacks instead of a beverage to be sipped on for hours. Offer water afterwards!

*Can babies have smoothies?* Yes at 6+ months, although we do want them to focus on breast milk or formula as their main beverage. If serving smoothies to babies, offer a few sips at a time instead of large quantities. They can be a great way to introduce allergens like tree nuts (in the form of almond butter, almond milk, cashew butter) or peanuts (peanut butter).

## Smoothie Options

Liquid Base	Produce		Protein and Fats	Sweeteners (optional)	Add-Ins and Toppings (optional)
<p>Preferred: Milk (dairy or non-dairy) Water</p> <p>Also: Fruit Juices Coconut Water</p> <p><i>Note: we recommend using whole fruit instead of juice as much as possible in smoothies.</i></p>	<p><b>White:</b> Banana Plantain</p> <p><b>Red:</b> Strawberries Raspberries Cherries Beets Gogi berries Pitaya</p> <p><b>Orange:</b> Carrot Orange</p>	<p><b>Yellow:</b> Mango Lemon Peaches Pineapple</p> <p><b>Green:</b> Kale Spinach Apple Cucumber</p> <p><b>Purple:</b> Blackberries Prunes</p>	<p>Yogurt Nuts Nut butter Sunflower seeds Coconut oil Sun butter Silken tofu Chia seeds Hemp hearts Flax seeds Avocado</p> <p><i>Some families use a small amount collagen or other protein powder if they're struggling to find protein options for their kids – talk to your doc about this. They likely don't need protein powder but in some cases it might be indicated.</i></p>	<p>Pitted dates Maple syrup Honey (12+ months) Agave Simple syrup</p>	<p>Ice Vanilla extract Oats Coca-nibs Cocoa Chocolate chips Coconut flakes Turmeric Spices</p>

## Smoothie Ideas

### Bright Purple Berry Smoothie

Liquid Base	Produce	Protein and Fats	Sweeteners (optional)	Add-Ins and Toppings (optional)
¾ cup milk (almond, coconut, cow's hemp, or other milk of choice)	½ cup blueberries ½ cup blackberries 2 Tbsps dried goji berries (optional)	1 Tbsp coconut oil 1 Tbsp chia seeds 1 Tbsp hemp hearts	6 small pitted dates	1 Tbsp cocoa powder 6 ice cubes

### Orange Creamsicle Smoothie

Liquid Base	Produce	Protein and Fats	Sweeteners (optional)	Add-Ins and Toppings (optional)
½ cup milk (almond, coconut, cow's hemp, or other milk of choice)	2 oranges 1 banana	½ cup full fat unsweetened Greek yogurt		1 tsp vanilla extract 4-6 ice cubes

### Gorgeous Greens Smoothie

Liquid Base	Produce	Protein and Fats	Sweeteners (optional)	Add-Ins and Toppings (optional)
¾ cup milk (almond, coconut, cow's hemp, or other milk of choice)	1 ripe banana ½ pitted avocado ½ cup kale ½ cup spinach	1 Tbsp chia seeds 1 Tbsp hemp hearts	2 small pitted dates	6 ice cubes

### Additional Smoothie Ideas

[The Spruce Eats](#) – 8 simple recipes with a variety of color, texture, and flavor.

[Delish](#) – 10 smoothie recipes that kids love (ignore the language around “sneaking” in veggies ☺).

[Yummy Toddler Food](#) – our friend Amy shares some of her kid-friendly recipes.