



21 RECIPES

for picky eaters

3 – 5 Years

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MAKE MEALS FUN

When a child is refusing to eat certain foods, a practical way to encourage them is to make mealtimes more fun using aspects like counting, colours, games and visual associations.

Moving the focus away from their fussiness can help to distract them from the fact that they don't like the food on their plate.

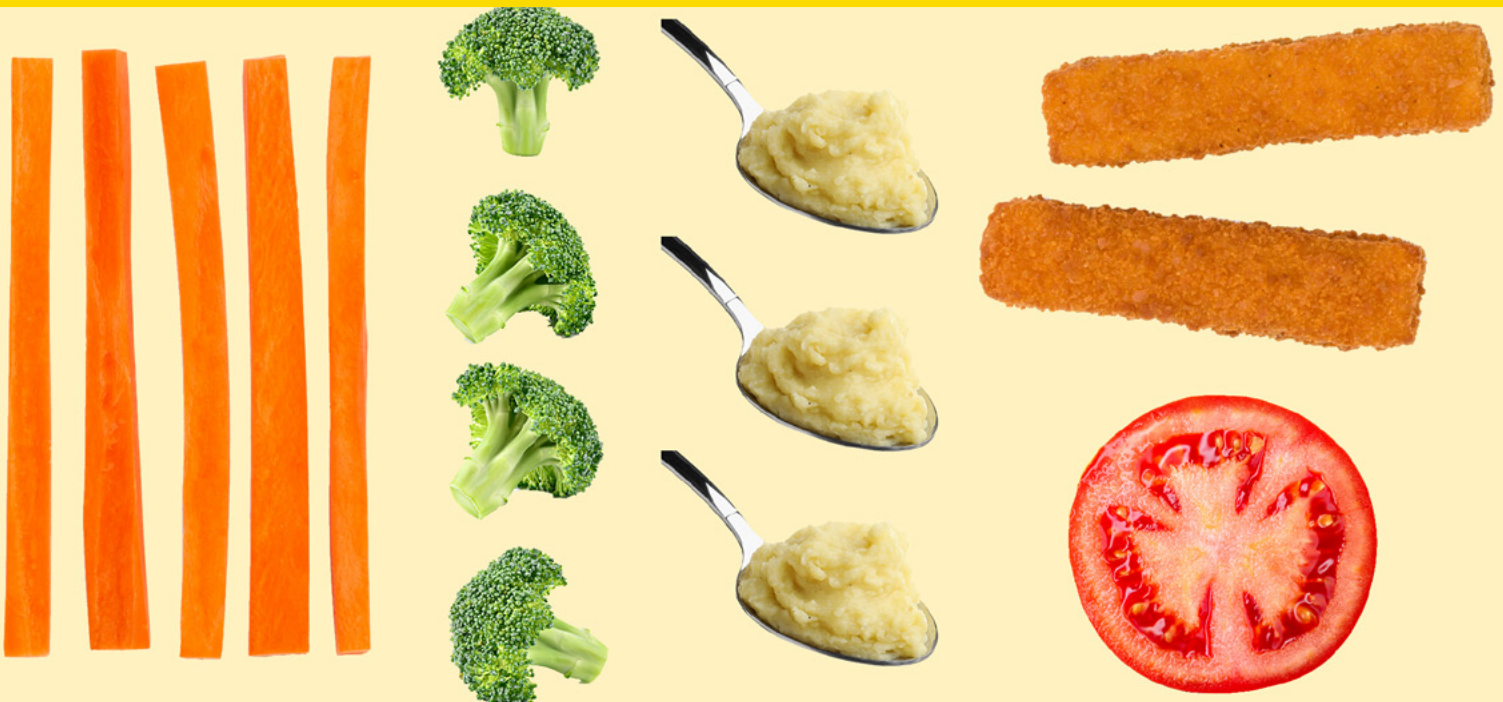
- Count food items on the plate with the child.
- Count the bites of food as they go in: "Let's get to 10 bites."
- Make faces with food items on the plate and tell jokes about how funny they look: "This face has a beard just like daddy."
- Say the colours of the food on the plate out loud as a game while eating.

Even if the plate is not empty at the end of a meal, one or two bites of a challenging food is a step forward.

Don't lose courage.








Count Your Food



This easy meal idea for **picky eaters** will help to make eating **fun** by incorporating **counting**.

Ingredients

-  5 Julienne Carrot Pieces
(Cut one medium carrot into 5 bite-size juliennes)
-  4 Small Broccoli Florets (steamed)
-  3 Scoops of Mashed Potato
-  2 Fish Fingers
-  1 Slice of Tomato



Difficulty:
Easy



Total time:
52 min

Steps



1 Prepare the mash

- Peel the potato. Boil or steam the potato for 40 mins until soft.
- Mash the potato with a fork or a potato masher in a bowl.



2 Steam the vegetables

- Steam the carrots and broccoli in an electric steamer, in the microwave or in a pot on the stove for 10 mins.



3 Slice the tomato

- Slice the tomato into wedges.

Rainbow Plate



Difficulty:
Easy



Total time:
37 min

A fun meal idea containing colourful vegetables and meat to help picky eaters **explore food through colour**

Ingredients



1 'baby' **ORANGE** Carrot



1 Tbsp of **YELLOW** Sweetcorn



1 Tbsp of **GREEN** Peas



1 **BROWN** Beef Sausage



1 Slice of **PURPLE** Beetroot



1 Floret of **WHITE** Cauliflower (steamed)



1 Teaspoon Canola Oil

Steps



1 Cut and separate the vegetables into bite-sized pieces

- Separate the cauliflower in florets.
- Cut the beetroot into slices.



2 Steam the vegetables

- In a steamer, in the microwave, or in a pot on the stove, steam or boil the carrots, sweetcorn, peas, beetroot and cauliflower until cooked but still firm.
- Cook the beetroot in a separate bowl or pot to ensure the colours don't mix.



3 Fry the beef sausage

- In a pan, on the stove top, fry the beef sausage (boerewors) in a tablespoon of canola or sunflower oil, until brown.



4 Prepare the plate

- Arrange the food on a plate in the shape of a rainbow in the order: Red, Orange, Yellow, Green, Brown, Purple, White.

Food Faces



Difficulty:
Easy



Total time:
55 min

A fun meal idea to help
picky eaters **explore food**
through making faces

Ingredients



1 Small Tomato



½ Small Carrot (steamed)



1 Strip of Streaky Bacon (fried)



3 Romaine Lettuce Leaves



¼ Teaspoon Salt



2 Slices of Cucumber



1 Medium Potato



⅓ Tbsp Butter



⅓ Cup Milk (30 ml)

Steps



1 Prepare the mashed potato

- Peel the potato. Boil or steam the potato for 40 minutes until fully cooked.
- Once the potato is cooked, mash it with a fork or potato masher in a bowl.
- Add the milk and butter and make sure everything is smoothly mashed together.
- Add a pinch of salt for taste.



2 Prepare the salad ingredients

- Remove 3 leaves of lettuce from the Romaine lettuce head and wash in salty water.
- Cut a round slice of Cucumber in half to get two half moons.
- Cut the small tomato into round slices.
- Cut the carrot into a short chunk.



3 Fry the bacon

- Fry one strip of bacon in a pan.



4 Prepare the plate

- On a plate, put down two slices of tomato for the eyes of the face.
- Put down the carrot for the nose.
- Arrange the halfmoon cucumber slices on the sides for the ears.
- Add the lettuce leaves at the top for hair.
- Use the bacon strip to form a smile.
- Add the mashed potato below the bacon as a beard.

EXPLORING TASTES

Picky eaters often get stuck on “easy” tastes that are bland and don’t pose a challenge to their palate. Foods like bread, plain pasta, dough and French fries are often favourites.

Exploring different tastes during mealtimes is important to show picky eaters that food comes in a variety of different flavours and aromas.

- Show them that sweet food is not always dessert. Think of pumpkin fritters, sweet potato or fresh fruit.
- Meat with gravy and sauces is a practical way to help them experience savoury tastes that aren’t junk food.
- The baked fish oven dish recipe on page 10 is a clever way to introduce the taste of fish, without the plate looking too “fishy.”
- Fresh orange juiced or homemade lemonade can teach picky eaters that bitter tastes can also be fun.

Remember that new foods must sometimes be introduced up to 8 times before a picky eater will start to change their mind about them.



Sweet Pumpkin Fritters



Steps



1 Cook the pumpkin

- Cut a medium butternut into cubes.
- Steam or cook the cubes for 30 minutes until soft.



2 Prepare the batter

- In a large mixing bowl, mash the pumpkin with a fork or potato masher.
- Add all-purpose flour and 1 teaspoon of baking powder. Mix with a wooden spoon.
- In a different bowl, beat the eggs.
- Add the egg mixture to the pumpkin mixture and mix until you have a soft batter.



3 Fry the pumpkin fritters

- Add 30 ml of canola oil to a pan or saucepan.
- When the oil is hot dish large spoonfuls of batter into the pan.
- Fry the fritters until they are golden brown on both sides.



4 Dust the fritters with sugar and cinnamon

- In a small bowl, mix 1 tablespoon of white sugar and 1 tsp of cinnamon.
- While the fritters are still hot, dust them with the sugar mixture so that the sugar dissolves. This will give them a lovely sweet taste.



5 Dish up the food

- Dish a plate of food for each member of the family. Each plate should have a piece of chicken, rice and some pumpkin fritters.
- Help your picky eater toddler to taste the salty chicken, the neutral rice, and the sweet pumpkin fritters and name each taste.



Difficulty:
Intermediate



Total time:
74 min

Sweet pumpkin fritters to help picky eaters **explore tastes**

Ingredients



½ Medium Butternut (cut into cubes)



½ Cup Wheat Flour (Cake Flour)



1 Teaspoon Ground Cinnamon



1 Teaspoon Baking Powder



1 Large Egg



1 Tbsp White Sugar



2 Tbsp Canola Oil

Savoury Chicken



Steps



1 Season the chicken

- Season the chicken drumsticks with a pinch of salt and some paprika.



2 Braise the chicken

- Add 1 tsp of Canola oil to a pan and bring to medium heat.
- Braise the chicken drumsticks on both sides until slightly brown.



3 Oven bake the chicken

- Bake the chicken in an oven safe dish for
- 40 minutes at 180 °C



Difficulty:
Easy



Total time:
45 min

A delicious savoury chicken recipe to help picky eaters **explore salty food**

Ingredients



2 Chicken Drumsticks



½ Teaspoon Canola Oil



1 Large Egg



1 pinch of Salt



½ teaspoon Paprika

Oven Baked Fish Dish



Difficulty:
Intermediate



Total time:
60 min

A baked oven dish to help picky eaters get used to **the taste of fish**

Ingredients



300 g (1 pack) Haddock Fillets



½ Cup Milk



1 Cup Smooth Cottage Cheese



1 Medium Onion (chopped)



1 Tbsp Sugar



1 Tbsp Lemon Juice



2 Eggs



½ Cup Cheddar



½ Teaspoon Salt

Steps



1 Prepare the fish

- Cook the haddock fillets in the milk in the microwave oven for 6 - 8 minutes.
- Flake the fish into small pieces using a fork and knife in a mixing bowl.



2 Add the ingredients to a mixing bowl

- Chop the onion finely and add it to the fish in the mixing bowl. Mix together.
- Then add the cottage cheese, lemon juice, sugar and salt to the bowl and mix gently.
- Whisk the eggs together in a separate bowl and then add them to the large bowl with the other ingredients.
- Mix everything together well and pour into an oven proof dish.



3 Bake the dish

- Sprinkle the grated cheddar over the dish.
- Bake for 45 minutes at 180 °C.

FOOD HAS TEXTURE

Picky eaters will often prefer smooth foods like yoghurt, mash, ice cream and purees, while food with grainy or lumpy textures are avoided. Throughout the “learning-to-eat journey,” it’s important to include a variety of different textures from the start.

Take time to point out the texture of different foods on their plate to the child. Show them how a fresh lettuce leaf crunches when you bite it, or how you can slurp butternut soup because it is a liquid.

You can “hide” vegetables inside smooth mashed foods like mash or sweet potato. This will help the child get used to the fact that their go-to foods do not always have to be smooth.

Dishes like pasta alfredo and lasagna are practical ways of introducing the idea that foods aren’t always single items but can be many foods combined.



Crunchy Salad



Difficulty:
Easy



Total time:
15 min

A delicious salad to help picky eaters **explore crunchy textures**

Ingredients



½ Head of Lettuce



2 Medium Carrots (cut into julienne strips)



½ Cucumber (cut into slices)



½ Cup Cherry Tomatoes (halved)



½ Cup Red + Yellow Bell Pepper (sliced)



½ Cup Bread Croutons

Steps



1 Prepare the lettuce

- Break the lettuce leave from the head of lettuce and wash them in cold salty water
- Dry the leaves in a salad spinner or with some paper towels.
- Cut the lettuce leaves into large chunks.



2 Cut up the veggies

- Cut the cucumber into round slices and then cut the slices into quarters.
- Peel the carrots and cut into thin julienne pieces.
- Cut the cherry tomatoes in half.
- Slice the red and yellow peppers in half and remove the seeds.
- Then cut the peppers into strips.



3 Make the salad

- Add the lettuce leaves, cucumbers, carrots, peppers and tomatoes to a large salad bowl and toss to mix.

Smooth Butternut Soup



Difficulty:
Intermediate



Total time:
51 min

A butternut soup recipe to help picky eaters **explore smooth textures**

Ingredients



2 Medium Butternuts (cut into cubes)



1 Medium Onion (diced)



2 Cloves of Garlic (crushed)



1 Tbsp Olive Oil



½ teaspoon Cinnamon



1 Litre Hot Water



½ Cup Fat Free Yoghurt

Steps



1 Preparation

- Peel and chop the onion finely. Peel and crush the garlic.
- Melt 1 tbsp of butter in a large pot on medium heat.
- Sauté the onions and the crushed garlic.
- Add 1 tsp cinnamon as you work.



2 Add the butternut

- Add the butternut, cut into cubes, to the pot.
- Add 1 stock cube or gel stock pot.
- Add 1 litre of hot water.
- Bring the pot to a boil and simmer for 40 minutes.



3 Mash

- Mash the cooked butternut in the pot with a potato masher.
- Add the yogurt and stir it in.
- Add salt to taste.



4 Blend

- Scoop the butternut mixture into a blender and blend in batches until it is smooth.
- You can also use a hand blender directly in the pot.
- Serve with a swirl of cream and some bread

NESTLÉ® NIDO® 3+, Strawberry and pear smoothie



Steps



1 Preparation

- Prepare the NESTLÉ® NIDO® 3+ according to the instruction on the tin



2 Dice

- Cut the strawberries in half
- Cut up the pear into small pieces



3 Blend

- Add the NESTLÉ® NIDO® 3+ and the fruit pieces to a blender and blend until smooth.



Difficulty:
Easy



Total time:
10 min

An easy smoothie recipe to show picky eaters that some foods are liquid

Ingredients



1 Cup of prepared NESTLÉ® NIDO® 3+



½ Cup of Strawberries (halved)



½ Cup of Pear (cut into pieces)

Chunky Mash and Green Beans



Steps



1 Cook the potato

- Peel the potato.
- Steam or boil the potato for 40 mins until soft.



2 Cook the green beans

- Cut the green beans up into small pieces.
- Steam or boil the green beans for 15 mins.



3 Make the mash

- Add the cooked potato, butter and milk to a bowl.
- Mash with a fork or potato masher.
- Then add the cooked green beans and mix together well.



Difficulty:
Easy



Total time:
45 min

Smooth mash with chunky green beans to help picky eaters **explore food textures**

Ingredients



2 Medium Potatoes



½ Cup Chopped Green Beans



½ Teaspoon Butter



¼ Cup Full Cream Milk

Pasta Alfredo



Difficulty:
Intermediate



Total time:
35 min

A fun meal idea to help
picky eaters **explore**
combined food dishes

Ingredients



250 g Spaghetti or Fettuccine Pasta



50 g Bacon



1 Cup (100 g) white mushrooms (chopped)



½ Tbsp Unsalted Butter



¼ Cup Flour



1 Cup of Full Cream Milk



1 Cup Chicken Stock

Steps



1 Cook the pasta

- Boil a large pot of water and add a pinch of salt.
- Add the dry pasta to the boiling water and cook until al dente (About 10 minutes).
- Drain the pasta, then return the pasta to the pot.



2 Prepare the bacon and mushrooms

- Chop the mushrooms into quarters. Cut the bacon into bits.
- Fry the bacon and mushrooms in a pan on medium heat until cooked.



3 Make the sauce

- Add the butter to the bacon pan and melt. Whisk the flour into the butter.
- Slowly whisk the milk and chicken broth into the pan. Keep stirring for a few minutes until the sauce has thickened.
- Add the Parmesan to the thickened sauce and stir until melted.



4 Combine the ingredients

- Pour the sauce and the bacon into the pot with the pasta and stir to coat.
- Serve your Pasta Alfredo!

GETTING THE GREENS

Healthcare professionals and parents alike know that vegetables are often a big pain point for young children. To make sure they are getting their required intake of micronutrients, it's important to introduce vegetables into their diet early and often.

When trying to get a picky eater to eat their vegetables, the camouflage method can be practical and effective.

- Pour a cheesy sauce over steamed broccoli.
- Disguise the taste of spinach by making creamed spinach.
- Hide green beans in plain sight by covering them in a batter and frying them.
- Offering a picky eater some quiche may seem counter-intuitive, but the bacon and feta taste may just be the key to getting them to eat some spinach.

Stay encouraged with giving the picky eater vegetables – the journey may not be easy, but the long-term benefits will be worth it.



Broccoli with Cheese Sauce



Difficulty:
Easy



Total time:
22 min

A recipe to help **introduce green vegetables** to picky eaters

Ingredients



2 Cups Broccoli



1 Tbsp Butter



1 Tbsp Flour



1 Cup Full Cream Milk



½ Cup Cheddar (grated)



½ Teaspoon Salt



¼ Teaspoon Black Pepper

Steps



1 Steam the broccoli

- Steam or boil the broccoli florets for 8 - 10 minutes until bright green.
- Transfer the broccoli to a bowl and sprinkle lightly with salt and pepper.



2 Make the cheese sauce

- Melt the butter in a saucepan over medium heat until foamy. Spoon the flour over the butter and stir, cooking until the flour becomes pasty.
- Whisk in the milk. Season with salt and pepper.
- Bring to a boil, reduce the heat to a medium simmer and cook for 5 - 8 minutes.
- Slowly add the cheese by handfuls and stir with a wooden spoon until melted and smooth.



3 Combine and serve

- Pour the cheese sauce over the broccoli and mix until all the broccoli is coated.

Creamed Spinach



Difficulty:
Intermediate



Total time:
25 min

A recipe to help **introduce green vegetables** to picky eaters

Ingredients



1 Bunch of Spinach



½ Onion (diced)



2 Tbsp Flour



1 Tbsp Butter



1 Cup Full Cream Milk

Steps



1 Prepare the spinach

- Pour boiling water from the kettle over the spinach until the leaves have wilted. Do this twice if necessary.
- Use a clean dishcloth to squeeze out any excess liquid from the spinach.
- Chop the wilted leaves into chunks.



2 Prepare the white sauce

- Melt 1 tbsp of butter in a pan. Add the finely chopped onion and cook for 5 mins until softened.
- Stir in 2 tablespoons plain flour and cook for 2 mins.
- Slowly whisk in 1 cup of full cream milk. Once all milk has been incorporated, gently cook for 5 mins until the sauce has thickened.



3 Combine the spinach and the sauce

- Add the spinach into the sauce and gently heat for about 5 minutes.
- Season with salt and pepper as you work
- Serve your creamed spinach!

Spinach and Feta Quiche



Difficulty:
Intermediate



Total time:
55 min

A delicious baked dish to help **introduce green vegetables** to picky eaters.

Ingredients



1 Pack Frozen Puff Pastry



½ Cup Milk



2 Eggs



½ Cup Feta Cheese



1 Cup Spinach

Steps



1 Prepare the pie dish

- Preheat the oven to 180 degrees celcius.
- Line a 20-25cm round oven proof dish with puff pastry. Leave some pastry hanging over the edge.



2 Prepare the spinach

- Boil the spinach in 1 cup of water for 5 mins until wilted.



3 Prepare the filling

- Whisk the eggs together in a large bowl.
- Add the milk to the eggs and stir.
- Now add the steamed spinach
- Add the crumbled feta cheese
- Add salt and pepper and mix everything together.
- Pour the mixture into the pastry-lined oven dish



4 Bake

- Bake the quiche in the oven for 40 minutes at 180 degrees Celsius

Crumbed Green Beans



Difficulty:
Easy



Total time:
25 min

A recipe to help **introduce green vegetables** to picky eaters

Ingredients



200 g Long Green Beans



½ Cup All-Purpose Flour



2 Eggs



1 Cup Breadcrumbs



1 Cup Canola Oil

Steps



1 Prepare the green beans

- Boil a pot of water & cook the green beans in boiling water for about 2 minutes until bright green.
- Immediately place green beans into a bowl of ice water.
- Drain & dry the beans with paper towels.



2 Prepare the coating

- Pour flour into one bowl, whisk egg in a second bowl, and pour breadcrumbs into a third bowl.
- Coat green beans with flour, then transfer to beaten egg and coat evenly. Then, press coated green beans into breadcrumbs.



3 Fry the green beans

- Heat the canola oil in a deep pot.
- Fry the coated green beans in the hot oil for 3-5 minutes until golden brown. Transfer fried beans to a paper towel-lined plate to drain.

MEAT FOR MUSCLE

The South African Food Based Dietary Guidelines advise that children under the age of 5 should take in 3 servings of meat, fish, poultry or legumes a day. These foods are valuable sources of protein. Picky eating habits can make it a challenge to get a young child to take in enough protein in a day.

- Try to have a family meal containing meat at least once a day.
- Family dishes like beef lasagna or chicken à la king are tasty ways to include meat in a meal.
- Spaghetti bolognese with cheddar sprinkled on top can encourage a picky eater to eat a portion of mince.
- A braai is an easy way to get a picky eater to eat some meat. Think, boerewors rolls, sosaties or hamburger patties.
- Don't forget about fish. Crumbed fish fillets are a picky-eater-friendly way to get them to eat some fish.
- If allergies are not a concern, rather give nuts as a snack than chips.

Remember, the little one should be eating the same food as the rest of the family.



Spaghetti Bolognese



Difficulty:
Intermediate



Total time:
33 min

A meaty, tomato flavoured pasta dish to help picky eaters **eat meat**

Ingredients



250 g Lean Beef Mince



1 Onion



2 Cloves of Garlic



1 Can of Whole Tomatoes (peeled)



1 Tbsp Olive Oil



1 Tbsp Meat Spice



½ Teaspoon Salt

Steps



1 Cook the mince

- Fry the onions and garlic in a large pan on medium heat.
- Add the mince to the pan and cook it until it turns brown.
- Add the meat seasoning while you work.
- This should take 10 - 15 mins.



2 Add the tomatoes

- Add the can of tomatoes to the pan and stir while the mixture cooks.
- Cook for 15 minutes while the flavours infuse.



3 Cook the pasta

- Heat a large pot of water and add a pinch of salt.
- Add the spaghetti and cook for 10 mins until al dente.
- Drain the water.
- Dish some pasta on a plate and coat with a large helping of the mince and tomato mixture to serve.

Beef Lasagne



Difficulty:
Intermediate



Total time:
65 min

Delicious layers of saucy beef mince, pasta and white sauce to help picky eaters **explore combined food dishes**

Steps



1 Prepare the mince

- Heat the olive oil in a saucepan. Add the diced onion and minced garlic and cook until soft.
- Add the beef mince, breaking the clumps up with a spoon. Sprinkle the spice for mince over as you work. Cook until browned.
- Add the tomato paste, canned tomatoes, beef stock and herbs, and stir.
- Bring to mixture to a boil and then cover and allow to simmer for 15-20 minutes. Stir occasionally.



2 Prepare the white sauce

- Melt 1 Tbsp of butter in a saucepan
- Add 1 Tbsp of flour and stir to form a paste
- Add 1 Cup of milk little by little and keep stirring until the sauce thickens



3 Pack the layers

- Preheat the oven to 180 °C.
- Lightly grease a large baking dish.
- Spoon ½ cup of the Bolognese mince into the bottom of the prepared dish.
- Add a layer of pasta sheet and then add a layer of white sauce.
- Repeat the layers with mince, pasta sheets and white sauce until you have 4 layers.
- Sprinkle grated mozzarella on top.

Ingredients



250 g Lean Beef Mince



½ Medium Onion



1 Clove of Garlic (crushed)



1 Tbsp Olive Oil



5 Tbsp Tomato Paste



1 Can (400 g)
Whole Tomatoes (peeled)



1 Cube Beef Stock



1 Teaspoon Salt



1 Teaspoon Spice for Mince



1 Cup Mozzarella (grated)



300 g (1 pack) Pasta Sheets



1 Cup Full Cream Milk



1 Tbsp Butter



1 Tbsp All-purpose Flour



4 Bake

- Bake in the oven for 30 - 40 minutes until the cheese becomes golden.
- Leave to stand for 5 minutes before serving.

Braai: Beef Sosaties



Steps



1 Prepare the marinade

- In a mixing bowl, mix together the vinegar, chutney, crushed garlic and salt



2 Prepare the meat

- Cut the beef into cubes and season with salt and meat spices.
- Add the meat to the bowl with the marinade and leave to marinate for 2 hours.



3 Prepare the onions and pepper

- Cut the onions and pepper into solid, square slices.



4 Make the sosaties

- Add the meat cubes onto sosatie skewers.
- Add a piece of onion and pepper between each piece of meat and the next.



5 Braai

- Braai for 15 minutes on the coals.



Difficulty:
Intermediate



Total time:
45 min

An easy way to make picky eaters used to **eating meat**

Ingredients



300 g Beef (cut into cubes)



½ Onion



1 Red Pepper



3 Cloves of Garlic



1 Tbsp Meat Seasoning



1 Teaspoon Salt



3 Tbsp Vinegar



3 Tbps Maggi Worcester Sauce



3 Tbsp Fruit Chutney

UNDERCOVER HEALTHY

Sometimes food that is traditionally seen as “unhealthy” can be prepared in a controlled way to serve as a vehicle for avoided foods.

- Let's say the picky eater avoids mushrooms at all costs. Then a saucy chicken pie with flaky, crisp pastry may help to get them to eat some mushrooms without even knowing it.
- Who doesn't like pizza? Homemade pizza can be a “get-out-of-jail-free card” for sneaking in avoided foods like green pepper, tomatoes or onion into a picky eater's meal.
- Experiment with different fillings in wraps until you find one that does the trick.
- Yoghurt and honey are a practical way of making fresh fruit more appealing.

Remember not to stigmatise any food as “unhealthy.” Snacks and desserts have a place in a healthy balanced diet.



Healthy Home-made Pizza



Difficulty:
Intermediate



Total time:
195 min

Steps



1 Prepare the pizza dough

- In a small bowl, whisk together warm water and yeast, and set aside.
- Add ¼ teaspoon of sugar to activate the yeast.
- In a large mixing bowl, combine flour and salt. Stir well, then add the water/yeast mixture and the olive oil.
- Stir until a ball forms.
- Use your hands to knead the dough for several minutes. Add extra flour if needed.
- Form the dough into a loose ball, drizzle a little olive oil on top, and cover the bowl with a clean dish towel.



2 Let the dough rise

- Leave the dough for 2 hours at room temperature to rise
- When the first rise is finished, punch down the dough and cut the ball in half. Roll each piece of dough into a new ball, place them in separate bowls, and let them rise for another 30 minutes.
- Meanwhile, preheat the oven to 200 °C.



3 Prepare the sauce and toppings

- In a bowl, mix the canned tomatoes, salt and origanum.
- Chop the mushrooms finely.
- Chop the green pepper finely.
- Cut the ham into fine pieces.



4 Pack the pizza

- Sprinkle a few tablespoons of whole wheat flour on a clean counter top, then flatten one of the dough balls onto it. Use a rolling pin to gently roll the dough into a circle or an oval. Use your fingers to shape the edges into a slight crust.
- Place the dough on a baking sheet.
- Brush 2 teaspoons of olive oil onto the surface of the dough.
- Sprinkle the mozzarella cheese over the dough.
- Sprinkle the mushrooms, green pepper and ham over the dough.
- Sprinkle over the grated Parmesan cheese over the dough.

An “undercover” way to make picky eaters used to eating meat and vegetable pizza toppings

Ingredients

For the dough:



3 Cups of Whole Wheat Flour



2 Teaspoons Instant Yeast



1 Cup of Warm Water



1 Tbsp Olive Oil

For the pizza sauce:



1 Can of Crushed Tomatoes



1 Teaspoon Garlic Powder



½ Teaspoon Dried Origanum

For the toppings:



½ Cup Mozzarella Cheese (grated)



¼ Cup Parmesan Cheese (grated)



½ Cup Mushrooms (finely chopped)



⅓ Cup Green Pepper (finely chopped)



½ Cup Smoked Ham



5 Bake the pizza

- Bake the pizza for 10 - 12 minutes in the oven at 200 °C.
- You will know it is ready when the crust is brown and the cheese is bubbling.
- Slice and serve hot!

Chicken Wraps



Steps



1 Prepare the chicken

- Cut the chicken breasts into strips.
- Season the chicken strips with salt and chicken spice.
- Heat 1 tsp of olive oil in a non-stick pan over medium-high heat. Add chicken, cook, and stir for 3 - 5 minutes. Make sure the chicken is not pink in the centre.



2 Prepare the vegetables

- Cut the cabbage finely.
- Grate the carrots with the medium side of the grater.
- Add the cabbage and carrots into the pan with the chicken and stir-fry for 1 - 5 minutes.



3 Toast the tortillas

- In a clean pan, add 1 tsp of olive oil and bring to a medium heat. Toast each of the tortillas for 2 minutes on each side until they are warm.



4 Prepare the wraps

- Spread a tsp of mayonnaise and a tsp of sweet chilli sauce in the middle of each tortilla.
- Add three to four spoons of the chicken and cabbage stir-fry to the middle of each tortilla.
- Fold the bottom third of the tortilla up to the middle. Then fold in the left and right side inwards. Then roll the tortilla to form a wrap.



Difficulty:
Intermediate



Total time:
50 min

Fun chicken and cabbage wraps to help introduce picky eaters to meat and vegetables

Ingredients



3 Medium Chicken Breasts
(300 g in total)



3 Cups Cabbage (shredded)



2 Cups Carrot (grated)



4 Whole Wheat Tortilla Wraps



2 Tbsp Mayonaise



2 Tbsp Nestlé Maggi Sweet Chilli Sauce

Chicken and Mushroom Pie



A delicious way to disguise **healthy meat and vegetables** in puff pastry for picky eaters.



Difficulty:
Intermediate



Total time:
85 min

Steps



1 Prepare the chicken

- Take the small rotisserie chicken and remove all the meat from the bones with a knife and fork. Fray the the meat into smaller pieces with the fork.



2 Prepare the vegetables

- Chop the onion finely.
- Chop the leeks finely.
- Chop the mushrooms finely.
- Crush the garlic.
- Add 1 Tbsp olive oil to a large pan or pot and bring to a medium heat.
- Add the chopped onions, leeks, mushrooms and crushed garlic to the pot and simmer for 10 minutes.



3 Finish the pie filling

- Add the shredded chicken to the pot with the vegetables.
- Add the two cups of chicken stock and stir until it starts to simmer.
- Add ½ cup of cream and keep stirring.
- Keep the pot on the stove for 20 minutes at a low heat until the fillings becomes thick and creamy.



4 Make the pie

- Roll out the puff pastry on a counter top until it is wide enough to cover your pie pan or oven dish twice.
- Cut the pastry in half and line the bottom of the pan - it should hang over slightly at the edges.
- Now pour the chicken and mushroom pie filling into the pie pan or oven dish.
- Cover the filling with the 2nd piece of pastry and make sure it is sealed on the sides.
- Bake in the oven for 45 minutes at 180 °C

Ingredients



1 Small Rotisserie Chicken



1 Pack of Frozen Puff Pastry



3 Leeks (chopped)



1 Medium Onion (chopped)



200 g (1 pack) Mushrooms
- White or Brown (chopped)



2 Cloves of Garlic (crushed)



2 Cups Chicken Stock



1 Tbsp Olive Oil



½ Cup Cream

Fruit Salad and Yoghurt



Ingredients



1 Cup Pineapple (sliced)



1 Cup Strawberries (sliced)



1 Cup Mango (sliced)



1 Cup Banana (sliced)



2 Cups Greek Yoghurt

A healthy dish that looks like dessert to help picky eaters **eat their fruit.**

Steps



1 Prepare the fruit

- Cut the pineapple into rings - this will make it easy to cut the skin off.
- Now cut the pineapple into cubes.
- Slice the strawberries into pieces.
- Slice the mango into pieces.
- Slice the banana into pieces.
- Add all the fruit into a mixing bowl and mix together gently.



2 Serve with yoghurt

- Dish ½ cup of greek yoghurt into a dessert bowl.
- Top with 4 tbsp of fruit salad.

NESTLÉ® NIDO® 3+

Encouraging a healthy, balanced diet containing foods from all 5 food groups is important. All children, including picky eaters, should have 2-3 servings of milk/dairy products per day (approximately 500 ml) to supplement their meals and meet their daily vitamin and mineral requirements to support their growth and development. ²



NESTLÉ® NIDO® 3+

provides the following %NRV*
per 500 ml (2 servings a day):

- 49 % of the daily recommended vitamin A intake
- 62 % of the daily recommended vitamin C intake
- 54 % of the daily recommended vitamin D intake
- 51 % of the daily recommended calcium intake
- 34 % of the daily recommended iron intake
- 42 % of the daily recommended zinc intake

*NRV = Nutrient reference values for 4 years and older

3 – 5 years





IMPORTANT NOTICE: NESTLÉ® NIDO® 3+ is not a breast milk substitute but a drink specially suited for children older than 3 years.

References: 1. Dror D, Allen LH. Dairy product intake in children and adolescents in developed countries: trends, nutritional contribution, and a review of association with health outcomes. *Nutr Rev* 2013;**72**(2):68-81. 2. Labadarios D, Steyn NP, *et al.* The National Food Consumption Survey (NFCS): South Africa, 1999. *Public Health Nutr* 2005;**8**(5):533-543.

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