

Cooking with Kids

10 recipes for your family to make
with Little Palates Organic Spices



Ham & Cheese Mini Egg Quiches

Yield: 12 | Time needed: about 1 hour

These tasty mini quiches are the perfect on the go breakfast or an easy protein filled snack that anyone in the family will love!

2 cups frozen hash browns
2 tbsp melted butter
8 eggs
1/2 cup heavy cream
1 tsp Baby-Q
4 slices of ham, diced
1 1/2 cup cheddar cheese,
shredded

Little Helper Ideas:
- Help crack the eggs
- Whisk the eggs
- Sprinkle the spices

1. Preheat your oven to bake at 400 degrees.
2. Place an even layer of frozen hashbrowns in the bottom of each cup in the muffin mold.
3. Brush the hashbrowns with the melted butter, and place in the oven to bake for 20 minutes at 400 degrees.
4. Remove the hashbrowns from the oven, and turn the oven temperature down to 350.
5. In a medium size mixing bowl, whisk together the eggs, cream, and Baby-Q seasoning.
6. sprinkle a small amount of grated cheese over the hashbrowns, and then place some of the diced ham into each muffin cup, followed by more cheese.
7. Pour the whisked eggs evenly into each muffin cup.
8. Bake the mini quiches for 30 minutes.

Notes:
Use a silicone muffin pan for easy removal of the quiches.



Cinnamon Swirl Raisin Bread

Yield: 8 servings | Time needed: 60 minutes

We used Legit Bread Everything Dough Mix to make this healthy and delicious Cinnamon Swirl Raisin Bread. Your little one will enjoy pouring, mixing, sprinkling the cinnamon sugar mixture, and helping you roll up the dough to bake in the oven.

Dough:

- 1 package, Legit Bread “Everything Dough”
- 3/4 cup warm water
- 1 Tbsp honey
- 1 packet (2.25 tsp) active dry yeast
- 6 Tbsp avocado oil (or other oil)
- 3 eggs
- 1 tsp apple cider vinegar
- 2 tsp Apple Cinnamon blend
- 1 cup raisins

Swirl Filling:

- 1/3 cup Maple Sugar
- 2 tsp Apple Cinnamon blend
- 2 Tbsp ghee

Little Helper Ideas:

- Sprinkle the raisins
- Help roll out the bread
- Sprinkle the spices

1. Prepare the dough according to the instructions on the Legit Bread packaging, adding in 2 tsp of Apple Cinnamon blend, and 1 cup of raisins.
2. Preheat your oven to bake at 350 F.
3. Prepare a standard size loaf pan with parchment paper for easy removal of the loaf.
4. In a small bowl, combine the maple sugar and the Apple Cinnamon blend.
5. Lightly flour a work surface with arrowroot or tapioca starch.
6. Roll the dough out to approximately 1/2” thickness.
7. Spread the ghee over the dough in an even layer. Then sprinkle the cinnamon sugar blend evenly over the dough. Gently rub the cinnamon sugar mixture into the ghee.
8. Roll up the dough and place it into the loaf pan. Cover the loaf, then allow to rise again for 30 minutes.
9. You can brush the top of the loaf with an egg wash or some oil before baking.
10. Bake according to the instructions on the package.



Apple Cinnamon Breakfast Cookies

Yield: 24 cookies | Time needed: 35 minutes

Now you can have cookies for breakfast with this easy and delicious healthy oat flour cookie recipe. This nut-free recipe is a great snack for school lunches as well!

1 cup oat flour
1/2 cup tapioca starch
1/4 cup potato starch
1 tsp baking powder
1/4 tsp Himalayan pink salt
1/2 tsp Apple Cinnamon blend
1 scoop vanilla protein powder
1/4 cup applesauce
1 egg
1 tsp vanilla
1/4 cup maple syrup
1/4 cup ghee
1/2 cup dried cranberries
1/2 cup chocolate chips (optional)

1. Preheat your oven to 375 F.
2. Line a baking sheet with parchment paper.
3. In a medium mixing bowl, combine the oat flour, tapioca starch, potato starch, baking powder, Himalayan pink salt, Apple Cinnamon blend and vanilla protein powder.
4. In a separate mixing bowl, combine the applesauce, egg, vanilla, and maple syrup. Whisk until thoroughly combined.
5. Pour the wet ingredients into the dry ingredients, and stir to combine. Add the ghee to the batter, and stir until incorporated.
6. Mix in the dried cranberries and chocolate chips until evenly distributed.
7. Using a cookie scoop, scoop the dough, placing dough balls on the parchment lined baking sheet, leaving about 2" spacing. Press them down slightly with the palm of your hand.
8. Bake the cookies for 10-12 minutes.

Little Helper Ideas:

- Pouring the measured ingredients
- Mixing things



Chicken Nuggets

Yield: 16 cookies | Time needed: 40 minutes

Chicken nuggets are a favorite in our house, and this is our go-to recipe for gluten-free, high protein chicken nuggets. They are perfectly crispy on the outside, and nobody would ever know that they don't contain any starch or carbs for the "breeding".

4 boneless skinless chicken thighs, cut into chicken nugget size pieces.
1 egg, whisked
1.5 cups Pork Panko
2 tsp Herb Garden
Avocado Oil Spray

1. Preheat your air fryer to 390 F.
2. Prepare two wide, shallow bowls, one with the Pork Panko and Herb Garden seasoning mixed in, and the other with the whisked egg.
3. Dip the chicken thigh pieces in the whisked egg, then toss in the seasoned pork panko. Lightly shake off any excess pork panko.
4. Spray the air fryer basket with avocado oil spray.
5. Cook the chicken nuggets for 10-12 minutes, or until cooked through.

Little Helper Ideas:

- Mix up the pork panko "breeding"
- Whisk the eggs



Hidden Veggie Mac ‘n Cheese

Yield: 6 servings | Time needed: 60 minutes

This gluten-free mac and cheese is one the whole family will love. It’s full of delicious flavor, and even better, it has FOUR veggies completely hidden in the cheese sauce. This is a favorite meal in our home, and we think it will be in yours as well.

- 1 cup cauliflower, chopped
- 2 large carrots, chopped
- 1/2 cup butternut squash puree
- 1/2 cup japanese sweet potato, peeled and chopped
- 2 cups chicken stock or water
- 1/4 cup butter
- 1 cup cream or half and half
- 1 cup cheddar
- 1 cup greyere
- 3/4 cup parmesean
- 1 tsp Herb Garden Seasoning

1 box Jovial gluten-free elbows, cooked according to instructions on packaging

Little Helper Ideas:

- Help make the cheese sauce and pour into the pot (for older kids)
- Turn on the blender to puree veggies

1. In a sauce pot, heat the chicken stock over medium heat.
2. Add the cauliflower, carrots, and sweet potato to the pot. Bring to a boil, turn down to medium-low, and cook until all veggies are soft, about 20 minutes.
3. In a large sauce pot, melt the butter over medium heat. Add the cream, stir to combine, and turn down to medium- low heat.
4. Grate the cheeses, and add to the pot with the cream, and stir to combine until the cheese has completely melted. Turn the cheese sauce down to simmer so that it does not burn.
5. Drain the veggies from the broth, and transfer to a high speed blender, adding in the butternut squash puree. Blend until completely smooth.
6. Pour the veggie puree into the cheese sauce, and stir until evenly combined. Season with Herb Garden, and stir again to combine.
7. Cook your pasta according to the instructions on the packaging, then drain the pasta, and stir the noodles into the cheese sauce.
8. Serve and enjoy.



Baby-Q Wings

Serves 2 | Time needed: 30 minutes

Our “Baby-Q” blend makes the perfect easy baked barbecue chicken wings. This smoky spice blend doesn’t contain any sugar, or intense heat. The perfect way to introduce bold flavors to your kiddos!

- 1.5 lb chicken wings
- 2 tsp Baby-Q
- 1/2 tsp Himalayan pink salt

- 1. Preheat the oven to 400 F.
- 2. Arrange the chicken thighs on a baking sheet, and sprinkle with pink salt and Baby-Q blend.
- 3. Bake for 40-45 minutes, until crispy.
- 4. Serve wtih ranch and fresh veggies

Little Helper Ideas:
- Sprinkle with spices



Little
Palates
Organic Spices

Baby-Q

Not too hot or too spicy
Safe for kids - Gluten-free



Spaghetti & Meatballs

Serves 4 | Time needed: 30 minutes

This twist on a classic recipe will help you sneak some extra veggies into your kid's meals by using spiralized vegetable noodles. You can easily swap out the veggie noodles for your favorite pasta noodles, and still enjoy this flavorful homemade meatball recipe.

- 1 pound grass fed ground beef
- 1 egg, whisked
- 1/2 cup Pork Panko
- 1 teaspoon Herb Garden
- 1 tbsp olive oil
- 2 sweet potatoes, spiralized
- 1 24 oz jar Rao's Tomato Basil sauce

- Little Helper Ideas:
- Turning the crank on the spiralizer
 - Whisk the eggs for the meatballs
 - Pouring pork panko
 - Sprinkle the spices

1. Combine the ground beef, whisked egg, Pork Panko, and Herb Garden in a mixing bowl. Stir to evenly combine.
2. Heat the olive oil in a skillet over medium heat. While the olive oil is warming, form your first batch of meatballs.
3. Sear the meatballs, rotating periodically, browning them on all sides. They don't need to be cooked the whole way through, because they will cook further in the sauce.
4. In a large sauce pot, warm the sauce over medium heat.
5. Add the meatballs to the sauce once they have been browned.
6. Once the sauce comes to a low bubble, turn the heat down to low, cover with a lid, and simmer until serving (about 30 minutes).
7. Spiralize the sweet potatoes, then place them in a glass or metal bowl. Boil enough water to cover the noodles, then pour the boiling water over the noodles. Let the noodles soak for 30 minutes, until tender, but not mushy.
8. Serve the meatballs and sauce over the cooked noodles!



Mini Tortilla Pizza

Serves 1 | Time needed: 12 minutes

Tortilla pizzas are a super easy lunch for the little ones, and a great recipe for them to help with too. With a sauce to spread, cheese to sprinkle, and a fun seasoning to shake, this recipe comes together quickly and makes a great lunch!

Ingredients are per pizza

- 1 8” cassava tortilla (Siete)
- 1.5 Tbsp tomato puree
- 3 Tbsp shredded mozzarella
- 1/2 tsp Herb Garden Seasoning

- 1. Preheat your oven to 350F.
- 2. Place the cassava tortilla on a baking sheet
- 3. Spread the tomato puree around, leaving about a half inch to the edge (this is the “crust”).
- 4. Sprinkle with Herb Garden seasoning.
- 5. Top with mozzarella cheese.
- 6. Bake for 8-10 minutes.
- 7. Slice and serve!

Little Helper Ideas:
- Make their own pizzas



Apple Cinnamon Waffles

Serves 4 | Time needed: 30 minutes

Waffles are a staple for leisurely weekend brunch. This fall favorite version calls for sauteed apples on top, elevating the warm and cozy vibes.

- 1 cup almond flour
- 1 cup tapioca flour
- 1 tsp baking soda
- 1/2 tsp Apple Cinnamon
- 1 egg
- 1/3 cup avocado oil
- 1 tsp vanilla extract
- 1/3 cup maple syrup
- 2/3 cup almond milk

Topping:

- 1 gala apple, peeled and diced
- 1 tsp ghee
- 1 tsp maple syrup
- 1 tsp Apple Cinnamon

Little Helper Ideas:

- Sprinkle spices

1. Make the topping first: Heat a skillet over medium-low heat. Add the ghee and swirl to coat. Add the apples, maple syrup, and Apple Cinnamon blend. Cook over medium-low heat until soft, stirring often.
2. Blend together all of the waffle ingredients in a high speed blender (or whisk by hand / use a hand mixer).
3. Heat a waffle iron and spray with a little avocado oil spray. Add the batter, and cook according to the wafflemaker instructions.
4. Top with the sauteed apples, along with butter, maple syrup, and a final dash of the Apple Cinnamon blend.



Baby-Q French Fries

Serves 4 | Time needed: 20 minutes

French Fries are a must-have food with little ones running around. They’re quick and easy, and delicious when made with our Baby-Q seasoning. Pair them with ketchup, ranch, BBQ sauce, or just eat them plain!

- 4 yellow potatoes
- 1 tbsp avocado oil
- 2 tsp Baby-Q
- 1/2 tsp Himalayan Pink Salt

1. Preheat your air fryer to 390 F.
2. Peel the potatoes, then cut into fries (approx 1/2” thick.)
3. Toss the fries with avocado oil, then season with the Baby-Q blend and Himalayan Pink Salt.
4. Air Fry the fries for 8-10 minutes, depending on how thick they were cut.
5. Serve with your favorite dipping sauce!

