



# finger food recipes for toddlers

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ake healthy, easy-to-grasp foods for kids learning to use their hands.

By Nancy Mann Jackson

## power balls

This recipe is fun for kids to make and eat. Never feed honey to a child younger than 12 months of age because of the risk of infant botulism caused by honey and products containing honey.

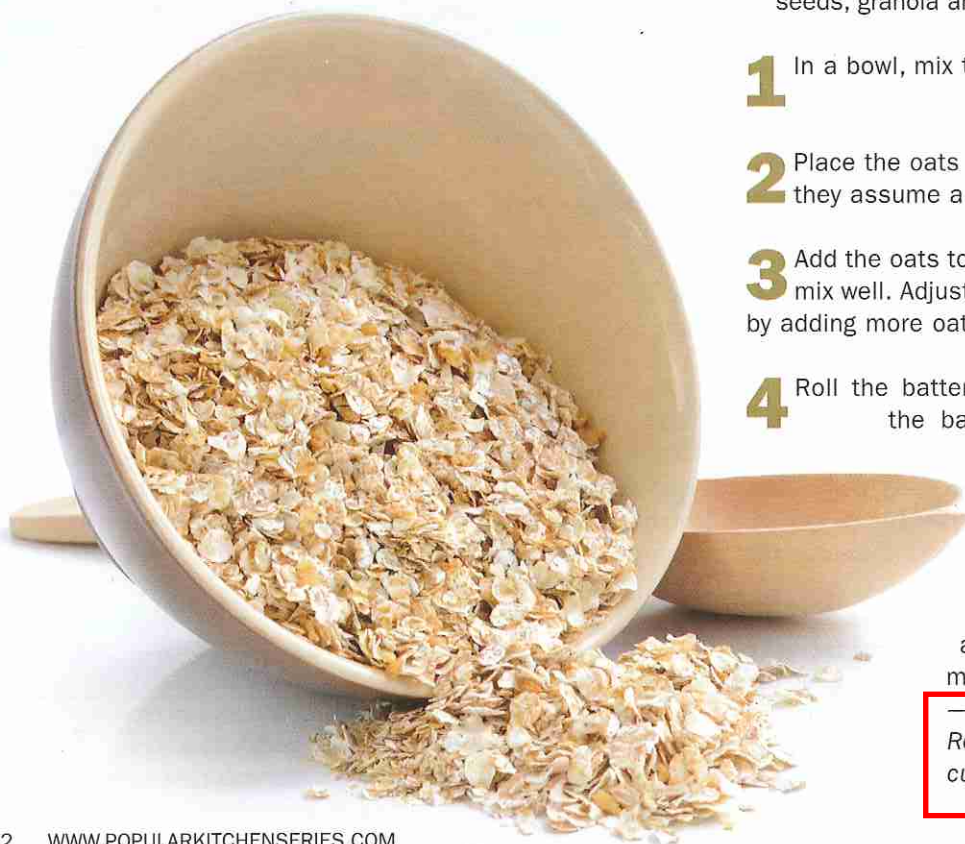
Makes approximately 40 to 50 balls

- 16 oz. peanut butter, almond butter or cashew butter
- ¼ cup raw honey
- 1½ cups old-fashioned, slow-cook oats
- garnishes, such as crispy rice, sesame seeds, granola and cocoa powder

- 1** In a bowl, mix the nut butter and honey.
- 2** Place the oats in a blender, and grind until they assume a powderlike texture.
- 3** Add the oats to the nut butter mixture, and mix well. Adjust the consistency as desired by adding more oats.
- 4** Roll the batter into small balls, and roll the balls in your choice of garnishes, if desired.

- 5** Refrigerate for at least 30 minutes to allow the balls to harden. These will last in the refrigerator for a week or freezer for a few months. Thaw before serving.

— Recipe courtesy of Allison Reyna with Cheer Up Buttercups in Austin, Texas





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## oatmeal and peanut butter breakfast cookies

These cookies make a great, healthy breakfast or snack for your toddler.

Makes approximately 10 cookies

- 1½ cups oat flour
- 1 cup quick-cooking oats
- ¼ cup coconut sugar or raw honey
- 1 tsp. baking powder
- ¼ tsp. salt
- 2 very ripe bananas
- 2 Tbsp. coconut oil
- 2 Tbsp. peanut butter or other nut butter
- 1 tsp. vanilla extract
- ½ cup dark chocolate chips

**1** Preheat the oven to 350 degrees Fahrenheit. In a medium-sized bowl, combine the oat flour, quick oats, sugar or honey, baking powder and salt.

**2** In a blender, combine the bananas, coconut oil, nut butter and vanilla, and blend until smooth.

**3** Place the banana mixture into the oat mixture, and stir until combined. Add the chocolate chips, and stir lightly.

**4** Drop the batter, 1 tablespoon at a time, onto a baking sheet lined with parchment paper so the cookies don't stick, and bake for 8 to 10 minutes or until the bottoms of the cookies appear slightly browned. — *Recipe courtesy of Allison Reyna with Cheer Up Buttercups in Austin, Texas*

## easy cheesy enchilada

This treat is the perfect size for a toddler to hold and feed himself or herself.

Makes one enchilada

- 1 cheese stick (string cheese)
- 1 corn tortilla

**1** Wrap the cheese stick in the corn tortilla. Heat it briefly in the microwave, and allow it to cool until it's safe to eat. — *Recipe courtesy of Lauren Schmitt, owner of Healthy Eating & Training in Studio City, Calif.*