

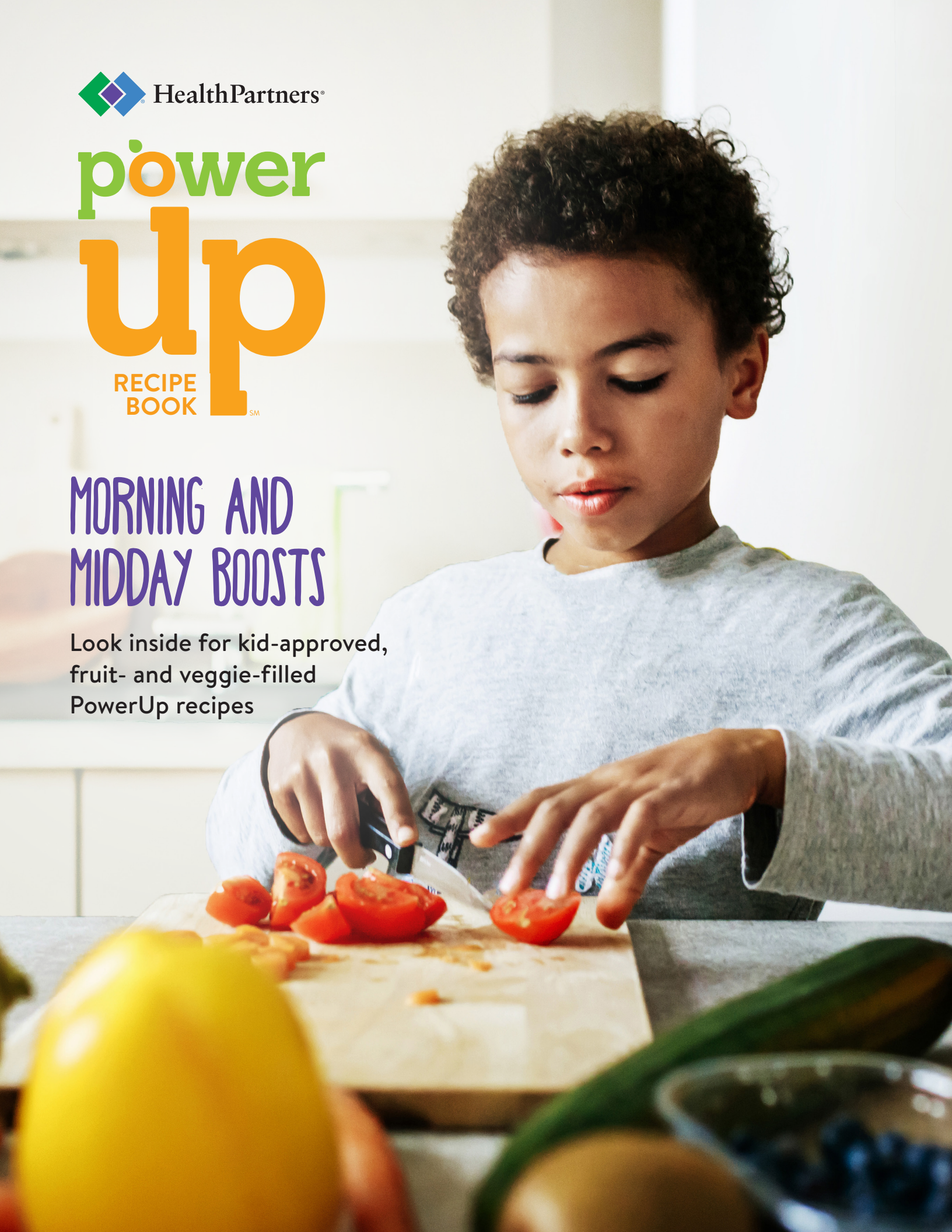


power up

RECIPE
BOOK

MORNING AND MIDDAY BOOSTS

Look inside for kid-approved,
fruit- and veggie-filled
PowerUp recipes



HOLD ON TO YOUR CHEF'S HAT. IT'S TIME TO GET COOKIN'!

Welcome all kids and families too,
This awesome PowerUp Recipe book is just for you!

It's full of fun ways to try for five,
Fruits and veggies all the time.

From farm to plate, no matter where they're found,
Pick produce on trees, plants or even underground.

So tune up your taste buds and sharpen your skills,
To become a Power Chef can be quite a thrill.

Look inside for yummy recipes and then get to the kitchen,
Start stirring, chopping, tasting and mixin'.

Have fun whipping up new fruit and veggie creations,
Then share them with others to help spark inspiration!



IT'S TIME TO TRY FOR 5 WITH COLORFUL FRUITS & VEGGIES!

Colors of the rainbow make produce inviting,
bright colors make eating extra exciting!

From red to purple, and yes, even white,
these colors power you up with each bite.

Each color can give you super powers,
that keep you powered up for hours and hours!

Bright colors we eat help us grow and thrive,
just one more reason to try for 5!



Hey kids and families ... before you get cooking in the kitchen, there are three important skills
a power chef does every time they prep or cook food. They're as easy as 1-2-3.



SCRUB

Wash hands before touching food (scrub front, back and in between fingers). Sing the ABCs and you'll be done when you get to the letter Z.



WASH

Wash fruits and veggies before you cut, cook or eat them.



TRY

Taste what you create to make sure it's great!



**SAFETY
FIRST!**

Before using knives please watch the Knife Safety 101 Video at powerup4kids.org/videos

Muffin Tin Omelet Bites

Makes: 24 individual mini omelet bites

INGREDIENTS

FOR ROASTING:

- 1 bunch asparagus, woody ends snapped off
- 2 cups broccoli florets, stems trimmed off, tops broken or cut into pieces
- 1 1/2 tablespoons olive oil
- 1/2 teaspoon salt

PLUS:

- 12 eggs
- 1 cup cheddar cheese, shredded
- 1 teaspoon salt
- 1 teaspoon dried basil
- 1/4 teaspoon black pepper

FOR SAUTÉING:

- 3/4 cup onion, diced (1 small onion)
- 1-2 cloves garlic, diced
- 1 cup red bell pepper, diced (1 small pepper)
- 1 tablespoon olive oil

INSTRUCTIONS

1. Heat oven to 425°F. Toss asparagus and broccoli in a medium bowl with the olive oil and salt. Spread evenly onto a baking sheet. Roast in oven for 15 minutes.
2. While the veggies are roasting, heat a skillet on medium-low and add olive oil. Add onion and garlic and sauté until translucent, 5-7 minutes. Then add red pepper and sauté until soft, 5-7 minutes.
3. Remove veggies from oven. Reduce oven temperature to 350°F.
4. Once roasted veggies are cool enough to touch, roughly chop into small pieces.
5. In a large bowl, crack the eggs and whisk until mixed. Add cooked veggies, cheese and seasonings. Stir.
6. Grease a muffin tin with olive oil or non-stick spray. Scoop egg mixture into each well, about 3/4 full.
7. Bake for 20-25 minutes. Enjoy some right away and freeze the rest for a quick breakfast another day. This recipe will make two muffin tins worth of mini omelet bites.

FROM THE POWERUP KITCHEN



No-Bake Energy Bites

INGREDIENTS

- 1 cup old fashioned oats
- 1/2 cup peanut butter, almond butter or sunflower seed butter
- 1/2 cup ground flaxseed or wheat germ
- 1/2 cup dried fruit
- 1/3 cup honey
- 2/3 cup toasted coconut flakes (optional)
- 1 teaspoon vanilla extract

INSTRUCTIONS

1. Stir all ingredients together in a medium bowl until thoroughly mixed.
2. Let chill in the refrigerator for half an hour.
3. Once chilled, roll into balls about 1" in diameter. Store in an airtight container and keep refrigerated for up to 1 week. Makes 20-25 bites.

FROM THE POWERUP KITCHEN



ALLERGY ALERT

If your child is allergic to peanuts or tree nuts, try sunflower butter.



CHEF SKILL

We challenge you to master these skills

Kids love to measure, pour, mix and roll. They can have fun doing all four with this recipe.



MEASURE LIQUIDS



ROLL



MEASURE DRY INGREDIENTS



Banana Apple Mini Pancake Kabobs

Serves: 2

PANCAKE INGREDIENTS

- 1/2 cup oats
- 2 eggs
- 1 banana
- 1/4 cup applesauce
- 1 teaspoon vanilla
- 1/2 teaspoon cinnamon

INSTRUCTIONS

1. Blend oats in a blender until ground.
2. Add all other pancake ingredients into blender and blend smooth.
3. Cook pancakes on a griddle or pan with a small amount of oil.

TO SERVE

Let kids make their own kabobs by alternating the mini pancakes with pieces of their favorite fruit; or top with your favorite nut butter and slices of banana.

FROM THE POWERUP KITCHEN



Quinoa Berry Yogurt Bowl

Serves: 1

INGREDIENTS

- 1/3 cup cooked quinoa (or buy it already prepared)
- 1/3 cup plain or vanilla yogurt (regular or Greek)
- Raspberries (or your favorite berries)
- 1 tablespoon sunflower seeds
- 1 tablespoon sliced almonds
- Mint, chopped (optional)
- Drizzle of honey or maple syrup (optional)

INSTRUCTIONS

1. Cook quinoa according to instructions on package or use the following steps.
How to cook quinoa (1 cup uncooked quinoa makes 3 cups cooked):
 - Combine 1 cup (rinsed) quinoa with 2 cups water in a medium saucepan. Bring to a boil.
 - Cover, reduce heat to low, and simmer until quinoa is tender, about 15 minutes. Drain any leftover liquid, and fluff with a fork.
2. Mix quinoa, yogurt and berries in a bowl.
3. Sprinkle with sunflower seeds, almonds and mint. Drizzle with honey or maple syrup on top.

FROM THE POWERUP KITCHEN



Green Pineapple Smoothie

Serves: 2

INGREDIENTS

- 1 cup pineapple, diced (frozen, fresh or canned in 100% juice)
- 1/2 cup pineapple juice
- 1 banana
- 1 cup kale or spinach
- 1 cup unsweetened almond milk or plain milk
- 1/2 cup ice cubes (skip if using frozen fruit)

INSTRUCTIONS

1. Put all the ingredients in the blender. Put the top on tightly.
2. Turn the blender to medium and blend until smooth and liquid enough to move freely in the blender jar, about 40 seconds. (You might have to stop the blender, remove the top, and stir the contents if they get stuck. If you have to do this, make sure that the blender blade has stopped turning first.)
3. Serve right away or pour into ice pop molds for a cool treat later.

FROM THE POWERUP KITCHEN



Sunrise Skillet Scrambler

Serves 3-4

INGREDIENTS

- 1 tablespoon canola or grapeseed oil
- 1 clove garlic, diced
- 1/2 medium onion, diced
- 1 large or 2 small yellow, red, or orange bell peppers, diced
- 1 medium sweet potato, peeled and shredded
- 1/2 teaspoon salt
- 3 eggs, beaten
- 1/2 cup cheese of choice: feta, shredded sharp cheddar, shredded mozzarella

INSTRUCTIONS

1. Heat oil on a large skillet on med-low.
2. Add onion and garlic and cook until translucent, about 5-7 minutes.
3. Add diced bell pepper and cook for 5 minutes.
4. Add shredded sweet potato and salt and cook for about 15 minutes, stirring occasionally.
5. Once the sweet potato has darkened in color and softened, push all contents to the outer edge of the skillet, leaving an open circle in the middle. Pour in the beaten eggs and cook until done, about 5 minutes. Use a spatula to scramble eggs as they cook, eventually stirring everything in the pan together.
6. Top with choice of cheese and serve.

FROM THE POWERUP KITCHEN

Rainbow Roll Ups

Winning PowerUp recipe
by **Lila S.** of Amery, WI

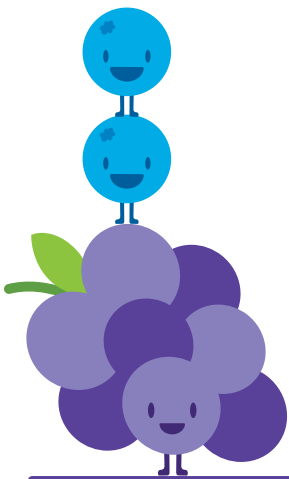
Serves: 4-6

INGREDIENTS

- 9-ounce package fresh spinach
- 3/4 cup raspberry vinaigrette salad dressing (more or less, to taste)
- 1 cup strawberries, chopped
- 1 cup cantaloupe or oranges, chopped
- 1 cup pineapple or bananas, chopped
- 1 cup green grapes
- 1 cup blueberries
- 1 cup purple grapes

INSTRUCTIONS

1. Wash and chop the red, orange and yellow fruit into bite sized pieces. Wash the green, blue and purple fruit.
2. Arrange the fruit onto a plate or platter in the shape of a rainbow.
3. Rinse, then place the spinach in the center of the rainbow.
4. Drizzle the raspberry vinaigrette dressing over the top of the fruit.
5. This colorful snack is served by taking a large spinach leaf into your hand, and using a toothpick to select the fruit of your choice to place inside the spinach leaf. Then roll it up and enjoy!



Blueberries or grapes getting wrinkly? Pop them in the freezer for a cool summer treat.

Overachievers Rainbow Salad

Winning PowerUp recipe by **Paul & Rita K.** of Vadnais Heights, MN

Serves: 4

INGREDIENTS

- 1/2 cup purple, orange and yellow carrots, chopped
- 3/4 cup cauliflower (or broccoli), chopped
- 1 cup red cabbage (or other greens), chopped
- 3/4 cup cucumber (or zucchini or summer squash), chopped
- 1/2 cup celery, chopped
- 1 apple (or pear), chopped
- 20 cherry tomatoes, cut in half
- 1/3 cup cilantro (or basil or mint), chopped

DRESSING

Drizzle with olive oil, balsamic vinegar, and salt and pepper, to taste

INSTRUCTIONS

1. Choose 10 fruits or veggies – use what you already have or buy your favorites.
2. Wash all the fruits and veggies. Chop or rip the fruits and veggies into bite-sized pieces.
3. Fill a bowl with your selection of 10 veggie and fruit ingredients.
4. Add dressing to taste, and mix the ingredients with a spoon.
5. Combine with a whole grain, like wild rice, quinoa or farro.



CHEF SKILL

We challenge you to master these skills

SLICE + CHOP

Knives are an important tool for power chefs to slice, dice and chop – but they come with safety rules.

The “Claw” and “Pinch” Grip

1. Hold knife with a “pinch grip” up where the handle meets the blade.
2. With the other hand, curl fingers under to make a “claw” shape. This protects the fingers, while holding the food in place.
3. Slowly and carefully slice, never taking your eyes off the knife when using it.

PINCH GRIP

CLAW



SAFETY FIRST

Before slicing and chopping please watch the Kitchen Knife Safety 101 video at powerup4kids.org/videos.

Cheesy Zucchini Dipper Sticks

Makes: 4 (about 5 sticks)

INGREDIENTS

- 4 cups zucchini, grated (3 small-medium zucchinis)
- 2/3 cup white whole wheat flour
- 2 eggs, lightly beaten
- 1/2 + 3/4 cup mozzarella cheese, shredded
- 1/2 cup Parmesan cheese
- 1 teaspoon oregano
- 1 teaspoon basil
- 1 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder

MARINARA DIPPING SAUCE

- 2 cups (or 1 14- or 16-ounce can) crushed tomatoes
- 1/2 tablespoon red wine vinegar
- 1 teaspoon oregano
- 1 teaspoon basil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

INSTRUCTIONS

1. Preheat oven to 425°F. Line a baking sheet with parchment paper.
2. Place grated zucchini in a colander, and press out as much moisture as possible.
3. Stir together zucchini, flour, beaten eggs, 1/2 cup mozzarella cheese, 1/2 cup Parmesan cheese and seasonings. Then transfer to the parchment-lined baking sheet and pat down to spread evenly.
4. Bake until golden brown, about 25 minutes. During this time, prep marinara sauce.
5. Sprinkle with 3/4 cup mozzarella cheese and bake until cheese is melted, about 3-5 minutes.
6. Allow to cool slightly and then use a pizza cutter to slice into strips. Serve with marinara dipping sauce.

FROM THE POWERUP KITCHEN



CHEF SKILL

We challenge you to master these skills

SHRED + GRATE

SHRED means to chop or tear food finely.

1. Hold handle on box grater and press down onto a clean, flat surface.
2. Slide food down the grater.
3. Protect your fingers! Stop when you have 1-2 inches of the food left.



ChickPea Chop Chop

Winning PowerUp recipe by **Lucy F.** of Ellsworth, WI

Serves 10-12

INGREDIENTS

- 1 can black beans, drained and rinsed
- 1 can chickpeas, drained and rinsed
- 1 can corn, drained
- 1 pint tomatoes, chopped
- 1 avocado, peeled and chopped
- 1/4 red onion, peeled and chopped
- 1 cucumber, chopped
- 1/2 yellow pepper, chopped
- 1 small lime
- 2 tablespoons olive oil
- 1/4 cup feta cheese
- 3 sprigs cilantro, chopped
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder
- 1/2 teaspoon fresh ground pepper
- 1/4 teaspoon sea salt

INSTRUCTIONS

1. In a small bowl, whisk together the olive oil, cumin, chili powder, sea salt and chopped cilantro. Set aside.
2. Mix together black beans, chickpeas, corn, tomatoes, avocado, red onion, cucumber and yellow pepper. Mix gently and top with olive oil mixture. Stir gently but thoroughly.
3. Top the mixture with feta cheese. Cut the lime in half and squeeze juice over the top of the salad. Sprinkle pepper on top and serve immediately, or refrigerate for up to 3 days.



Tempeh of Love

Winning PowerUp recipe by **Freya K.** of St. Paul, MN

Serves: 4-6

INGREDIENTS

- 1 1/2 cups corn kernels, fresh off the cob or frozen
- 3/4 cup diced red bell pepper
- 6 ounces of black bean tempeh or 1 1/2 - 2 cups black beans, rinsed
- 1/2 cup green onion
- 1/2 cup brown rice, uncooked (or 1 cup cooked)
- Salsa, to taste
- Mixed greens, to taste

INSTRUCTIONS

1. Bake tempeh (if using): cut tempeh block into 1 inch squares, bake on sheet sprayed with cooking spray at 350°F for 20 minutes, let cool.
2. Cook brown rice, according to package instructions. Cool before combining with other ingredients.
3. Combine corn, red bell pepper, green onion and brown rice in a medium sized bowl.
4. Add cooled tempeh (or black beans) to bowl. Mix in salsa to taste.
5. Serve on bed of mixed greens.





Ooodles of Zoodles

Serves 6

INGREDIENTS

- 10 zucchinis
- 8 medium tomatoes
- 2 tablespoons olive oil
- 8-10 cloves of garlic
- Salt, to taste
- Pepper, to taste
- 20 leaves of fresh basil
- 1 teaspoon apple cider vinegar

INSTRUCTIONS FOR SAUCE

1. Preheat oven to 400°F.
2. Prep tomatoes by washing, patting dry, and cutting in half.
3. Place on baking sheet face up and drizzle with 2 tablespoons of olive oil. Season with salt and pepper.
4. Roast in oven for about 30 minutes.
5. Add garlic cloves to pan and place back in oven for 20-30 more minutes (until tomatoes begin to brown).
6. Let tomatoes sit for 5 minutes and peel skins off.
7. Place roasted tomatoes, garlic, fresh basil, and apple cider vinegar into a high-speed food processor (or blender) and process until smooth.
8. Once smooth, add salt and pepper to taste.

INSTRUCTION FOR ZOODLES

1. Bring 2 cups of water to a boil.
2. Use a spiralizer to make zucchini noodles (or if using a veggie peeler, cut into thin strips the long way down the zucchini).
3. Place zucchini noodles into boiling water for 2-3 minutes, until thoroughly heated.
4. Put zucchini noodles into a strainer and serve immediately for best results.

RECIPE FROM COOKS OF CROCUS HILL

Reprinted with permission from Cooks of Crocus Hill©



ZOODLES

Have you ever tried a veggie in the shape of a noodle? All you need is a veggie peeler to start peeling zucchini, carrots or sweet potatoes into silly zoodles.

Cooking zoodles: Cook them in boiling water or sauté in a little oil until tender. Then they're ready for your family's favorite pasta sauce.



Sweet Beet Mac and Cheese

Serves: 6

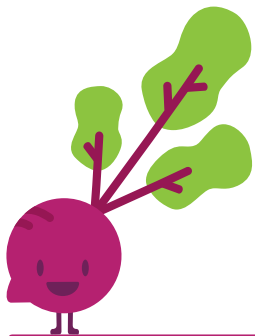
INGREDIENTS

- 2 medium sweet potatoes
- 3 cups whole wheat pasta
- 2 tablespoons olive oil
- 2 1/2 tablespoons white whole wheat flour
- 2 cloves garlic, minced
- 2 cups skim or 1% milk
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 3/4 + 1/4 cup mozzarella cheese, shredded
- 3/4 cup Parmesan cheese, shredded or grated
- Beet green tops from 1 bunch of beets (4-5 beets), chopped (about 2 cups)

INSTRUCTIONS

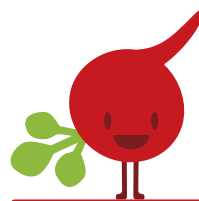
1. Steam sweet potatoes. Start by piercing them with a fork 8-10 times all over. Wrap each in a clean dish cloth, then put on a microwave-safe plate. Microwave on high for 2 1/2 minutes, then carefully remove using oven mitt and flip potato in cloth over to opposite side and microwave for another 2 1/2 minutes. Carefully remove from microwave using oven mitt and let cool on counter for at least 1 minute. Using a fork, remove the skin and mash smooth.
2. Bring a medium pot of water to a boil and cook pasta according to package instructions to **al dente**. Drain and set aside.
3. Preheat oven to 400°F.
4. Heat a medium saucepan on the stovetop over medium-low heat. Then add garlic and cook for 1 minute. Whisk in flour and cook for 1-2 minutes. Gradually whisk in milk, 1/4 to 1/2 cup at a time as the mixture thickens.
5. Once slightly thickened, remove from heat and stir in salt and pepper, mashed sweet potato, 3/4 cup of mozzarella cheese and 3/4 cup Parmesan cheese.
6. In a large casserole dish (2 quart), mix together the cheese sauce, pasta and the diced beet greens until they are slightly wilted. Sprinkle 1/4 cup mozzarella cheese on top then bake for 25 minutes until top is browning slightly.

FROM THE POWERUP KITCHEN



AL DENTE

An Italian phrase for cooked pasta and rice that is tender but firm.



GET 2 VEGGIES FOR 1

Buy beets, carrots, turnips and radishes with their leafy greens attached. Cook them quickly just like spinach with a drizzle of oil and garlic.



Presto! Celery Leaf Pesto

Serves 4

INGREDIENTS

- Leaves of 1 bunch celery (about 1 heaping cup)
- 1/8 cup pine nuts (or pepitas, shelled pumpkin seeds)
- 2 small garlic cloves (or 1 large)
- 1/8 teaspoon salt
- 1 tablespoon lemon juice
- 1/8 cup Parmesan cheese
- 1/4 cup olive oil

INSTRUCTIONS

1. Put celery leaves, nuts, garlic, salt, lemon juice, and Parmesan cheese into a food processor or blender and blend while slowly adding olive oil.
2. Mix well until blended.
3. Serve it mixed into pasta or to top an egg frittata, spread it on toasted bread with a slice of tomato or on a sandwich with avocado, cucumber slices and arugula.

FROM THE POWERUP KITCHEN



Sweet Potato Fries

Serves: 8

INGREDIENTS

- 4 large sweet potatoes
- 1-2 tablespoons olive or canola oil
- ½ teaspoon ground cinnamon (optional)
- ½ teaspoon cumin or chili powder (optional)
- 1 teaspoon powdered garlic (optional)
- Salt to taste

INSTRUCTIONS

1. Preheat oven to 450°F.
2. Wash and slice potato diagonally into thick even wedges. Put wedges in a bowl and toss with oil until lightly coated. Arrange wedges in a single layer on a baking sheet.
3. In a small bowl, combine spices and sprinkle over sweet potatoes.
4. Bake until tender and golden brown, about 20-25 minutes.

FROM THE POWERUP KITCHEN

Sloppiest Joes

Winning PowerUp recipe by **Brady J.**
of Amery, WI

Serves 4-6



INGREDIENTS

- 2 tablespoons olive oil
- 1 red bell pepper, diced
- 1 large yellow onion, diced
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1 pound lean ground beef
- 3/4 cup ketchup
- 1/4 cup soy sauce or coconut aminos
- 2 tablespoons tomato paste

INSTRUCTIONS

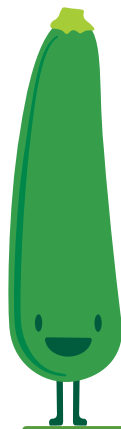
1. Heat a large skillet over medium heat. Add olive oil and heat for 2 minutes. Add red pepper and onion to the oil and sauté over medium heat. Cook approximately 5 minutes or until vegetables start to soften.
2. Add the beef and break it up with a spatula. Cook until browned. Add salt and garlic powder.
3. Add ketchup, soy sauce and tomato paste. Stir to combine.
4. Adjust heat to low and cook for at least 10 minutes (or up to 30 minutes to let the flavors meld together).

INSTEAD OF A BUN

Slice potatoes into thicker slices “planks” then drizzle with olive oil and a dash of salt. Lay them on a baking sheet and bake them at 400°F for about 20-30 minutes. Remove from oven, put a scoop of the sloppiest joe on a potato slice, fold the potato over like a bun, eat and enjoy!



Don't toss out the leaves on celery stalks, add them to your Presto! pesto, or to a salad or soup.



TIP

You can also eat the sloppiest joe over a baked potato, sweet potato, or zoodles (veggie noodles).

Mix-and-match lunches!

Kids, pick one or more foods from each group to create a power-packed lunch.
Enjoy with water or milk.

Veggie

Asparagus
Beets
Black beans*
Broccoli
Carrot sticks
Celery sticks
Cherry tomatoes
Corn
Cucumber slices
Edamame*
Garbanzo beans*
Green beans
Kohlrabi slices
Jicama
Kale
Lettuce
Peapods
Radishes
Salsa
Spinach
Squash
Sweet pepper slices
Sweet potatoes

Fruit

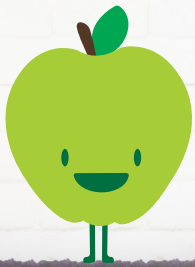
Apple slices
Applesauce (unsweetened)
Apricots
Avocado
Banana
Berries
Cantaloupe slices
Cherries
Dates
Grapes
Grapefruit
Honeydew
Jackfruit
Kiwi
Mango
Oranges
Peaches
Pears
Pineapple
Pomegranate seeds
Raisins
Raspberries
Strawberries
Watermelon cubes

Protein

Black beans*
Cheese
Chicken
Cottage cheese
Edamame*
Fish
Garbanzo beans*
Hard-boiled egg
Hummus
Legumes
Lentils
Nuts
Nut butter
Soy
Tofu
Tuna
Turkey
Yogurt

Whole grain

Bagel
Bread
Brown rice
Cereal
Crackers
Oatmeal
Pasta
Pita pocket
Popcorn
Quinoa
Tortilla
Wild rice



Remember to look for fresh, frozen, canned and dried options. They all count towards your five!

*Did you know? Beans/legumes, like black beans, Garbanzo beans, etc. count as both a veggie and a good source of protein. That's why you can find them under each group.



"How can I mix up my kids' lunch so they don't get bored, but still get what they need to power through their day?"



Get kids involved! Here are a few ideas:

Let them create their own lunch using this mix-and-match menu. Let kids cut fruits and veggies into different shapes and sizes using shaped cookie cutters and making a fun design on their plate.

RECIPE SUBSTITUTIONS

Food allergies and sensitivities

Food allergies and sensitivities don't need to get in the way of becoming a power chef. These recipe substitutions can be used to modify many recipes into a yummy and safe treat.

PEANUT AND TREE NUT SUBSTITUTIONS

Seeds – like pepitas (pumpkin seeds) or sunflower butter or seeds are great for granola, trail mix, in yogurt or on toast.

Legumes (beans) – roasted beans, like garbanzo beans, make a great crunchy, protein- and fiber-packed snack.

NOTE: *Some kids with peanut allergies are allergic to the whole legume family, including beans, peas and soy.*

SOY SAUCE SUBSTITUTION

Coconut aminos, can be a soy- and gluten-free alternative to soy sauce. Made from just two ingredients: coconut tree sap and salt.

EGG SUBSTITUTIONS

Children with egg allergies must avoid egg in all forms. In a typical recipe for baked goods, egg plays one of two roles: either as a binder (to hold the recipe together) or as a leavening agent (to help it rise).

Egg as a binder. One egg is often equal to any of the following:

- 1/2 medium banana, mashed
- 1/4 cup applesauce
- 1 tablespoon ground flax seed mixed with 3 tablespoons warm water, let stand for 1 minute before using

Egg as a leavening agent. One egg is equal to these ingredients combined:

1 1/2 tablespoons vegetable oil (like canola) +
1 1/2 tablespoons water + 1 teaspoon baking powder

NOTE: *Commercial egg substitutes are also available – general rule of thumb, if recipe calls for 3 or more eggs, the egg substitute doesn't work.*

MILK AND MILK PRODUCT (DAIRY) SUBSTITUTIONS

All of these milks can typically be replaced in recipes one-for-one:

- Almond milk
- Cashew milk
- Coconut milk
- Flax milk
- Hemp milk
- Oat milk
- Rice milk
- Soy milk

Substitutions for yogurt and cheese are also available:

- Coconut-based
- Nut-based
- Pea-based
- Soy-based

NOTE: *Read the ingredients carefully, even if it says “non-dairy,” because it may still have casein in it, which is a milk protein. Goat milk is not considered a safe alternative for those allergic to milk.*

WHEAT AND GLUTEN-FREE SUBSTITUTIONS

- Ground rolled oats (must be labeled Certified Gluten-Free)
- Garbanzo bean (chickpea) flour
- Almond flour
- Potato starch
- Rice flour
- Tapioca starch

NOTE: *Measurement when replacing wheat flour with other flours may not be one-to-one, so be sure to read instructions on the package for how to accurately replace one with the other.*



SAFETY FIRST!

Always read the food packaging to help ensure these allergens are not present or have not come in contact with an allergen, which is often labeled with “may contain” statements and/or “manufactured in a facility that also processes” the particular allergens. Small traces of allergens can cause allergic reactions.

WHICH RECIPES DID YOU TRY?

Check off the recipes you've tried and circle thumbs up or thumbs down!

- Muffin Tin Omelet Bites

- No-Bake Energy Bites

- Banana Apple Mini Pancake Kabobs

- Quinoa Berry Yogurt Bowl

- Green Pineapple Smoothie

- Sunrise Skillet Scrambler

- Rainbow Roll Ups

- Overachievers Rainbow Salad

- Cheesy Zucchini Dipper Sticks

- Chickpea Chop Chop

- Tempeh of Love

- Oodles of Zoodles

- Sweet Beet Mac and Cheese

- Presto! Celery Leaf Pesto

- Sweet Potato Fries

- Sloppiest Joes



apricot



apple



brussels sprout



cherry



cantaloupe



daikon radish



artichoke



beet



blackberry



cabbage



cauliflower



dragon fruit

date



edamame



endive



fava bean



fennel



grape



guava

honeydew



huckleberry



eggplant



fava bean



grapefruit



garlic

huckleberry

leek



iceberg lettuce



jackfruit



kujube

kumquat



kale



kohlrabi



leek



lime



lemon



mango



jackfruit



jicama



kale



kohlrabi



papaya



pumpkin



mandarin orange



nectarine



okra



onion



pineapple



pumpkin



mushroom



mangosteen



napa cabbage



orange



olive



pineapple



pea pod



tomatillo



quince



radish



raspberry



spinach



strawberry



turnip



tangerine



quince



rhubarb



radicchio



shallot

strawberry

white bean



white bean

wasabi root



ugli fruit



vegetable juice



vine-ripe tomato



watermelon



wasabi root

yellow bell pepper



yellow fig



yam



watercress



zucchini



xigua



yukon gold potato

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