

Lolo Littles:

Food Your Kids Will Actually Eat

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INTRODUCTION



This is a story about waffles. Leah loved waffles for breakfast. Then one day, no waffles. How dare I even offer waffles. You know the deal. I decided I would try to spice them up a little bit because I wasn't going to make anything brand new. Nope. So, I grabbed the rainbow sprinkles. Sprinkled a few over the waffles. (exact same waffles) Walked to Leah again to show her and wouldn't you know, these were the coolest and most magical waffles Leah had ever seen in her tiny life.

I started trying different little things to see what Leah liked: sprinkles, tiny cups, shapes. Nothing difficult or earth shattering, but it became fun to create fun little plates. Full disclosure, Leah is 4 and there are definitely days when she flat out refuses to eat or just wants to eat dried cranberries and a plain tortilla. But I was able to make it fun not only for her but for me too. So off I went, taking notes on the meals Leah liked. But not just meals she liked, meals that we liked too!

This easy go-to list is sure to help you find some inspiration when it comes to meal times and I hope you and the littles in your life enjoy them as much as we do!

- Laura





Cereal and Oatmeal Bar

This is a big hit with Leah. I'm not sure if she likes creating a fun "potion" or enjoys the independence of making her own breakfast. Maybe a little of both, but either way, she loves making her own fun cereal and oatmeal.

**Favorite Cereal or Oatmeal
Variety of Toppings: strawberries,
blueberries, bananas, granola,
sprinkles, honey
Cupcake Liners or small bowls**

1. Pre fill the bowl with your kids favorite cereal or oatmeal. Plus milk, unless you trust your kid to pour the milk into the cereal themselves.
2. Slice the fruit options and place in cupcake liners or small bowls.
3. In other cupcake liners, place other fun options like sprinkles, granola, honey, coconut, nuts. Anything you know your kid would be excited about.
4. Place everything out with the bowl of cereal or oatmeal. Watch your kiddo create their own breakfast meal.



Banana Split Smoothies

- 2 bananas, peeled and sliced*
- 1 can crushed pineapple (8 oz)*
- 1 cup vanilla greek yogurt*
- 1/2 cup orange juice*
- 1 cup ice cubes*

1. Place all ingredients into a blender and blend until smooth.
2. Pour into your favorite glass and add a colorful straw.
3. Leah loves these and will drink a few glasses.





Pancake Stackers

Mini Frozen Pancakes
Blueberries
Strawberries, sliced
Bananas, sliced

1. Cook the frozen pancakes as you normally would.
2. Create your own perfect stacks on toothpicks or my favorite animal kid toothpicks.
3. Add some powdered sugar if you are feeling fancy.



Mini Waffle Breakfast Sandwiches

**Frozen Mini Waffles or
Pancakes**
4 eggs
milk
salt
**Precooked sausage
patties**
Shredded cheese

1. In a medium bowl, mix 4 eggs with a splash of milk and a pinch of salt. Whisk together until combined.
2. In a medium pan on low heat, spray with nonstick spray and pour in eggs. Stir occasionally until eggs are cooked through. Set aside.
3. Cook sausage patties in the same pan or in the microwave. You get to choose based on your own kind of morning. Set aside.
4. Cook your mini waffles (could use pancakes too) as normal.
5. Time to assemble: Place a sausage patty on top of the bottom waffle, top with scrambled eggs, sprinkle some cheese and top with another waffle.
6. top with a super cute kid toothpick. I like to have a side of syrup to dip in as well. Enjoy!





Strawberries and Cream Waffle Dippers

**4 ounces cream cheese
or whipped cream
cheese, softened**
**1 small container
strawberry yogurt**
**1 teaspoon powdered
sugar**
**Fresh strawberries, cut
into pieces**
**Waffles, cooked and
cut into strips**

1. In a medium bowl, mix cream cheese, yogurt and powdered sugar until smooth. Add pieces of fresh strawberries and mix.
2. Cook waffles and cut into strips. Dip your waffles into the strawberries and cream goodness!
3. You can use any flavor yogurt you want!



French Toast Bites

8 slices bread

2 eggs

1/4 cup milk

1 Tablespoon sugar

1 teaspoon pure vanilla

3 Tablespoons butter for pan

Cinnamon Sugar Topping:

1/4 cup sugar

1 teaspoon cinnamon

1. Tear each slice of bread into 4 equal pieces. Cut the crust off if you prefer it that way like me)
2. Roll and smash each portion of bread into a tight ball.
3. Mix the eggs, milk, sugar and vanilla in a small bowl with a whisk.
4. Dip each ball of bread into the egg mixture to coat it.
5. Melt butter in a large pan. Cook the nuggets until golden brown.
6. While nuggets are cooking, mix together the sugar and cinnamon in a large zip-top bag.
7. Place all of the cooked pieces into the cinnamon and sugar mixture and shake until nuggets are coated.
8. Serve with your favorite fruit and drizzle or dip with syrup!
9. These are a great one to use the tiny animal toothpicks with as well.



Fruit Pizza Crackers

**12 Graham Cracker
Squares**
**4 ounces cream cheese,
softened**
**1 small container yogurt
(flavor of your choice)**

3 teaspoons powdered sugar
**Fruit: bananas, raspberries,
strawberries, kiwi,
blueberries (any fruit you
have on hand) cut into pieces**

1. In a medium bowl, mix the cream cheese, yogurt and powdered sugar until smooth.
2. Cut up your fruit into small pieces, set aside.
3. Set out your graham crackers and spread the cream cheese mixture over the top. Layer the fruit on top of the cream cheese mixture and serve!
4. Keep any remaining cream cheese/yogurt mixture in a air tight container for the next snack time.



Princess Party Snack Mix

Frosted Animal Crackers
Traditional Animal Crackers
Popcorn
Chocolate Covered Raisins
Mini Pastel Marshmallows
Peanuts

1. Pour all the snacks into one large bowl and mix all around,
2. Switch up snacks to whatever you have in your pantry to make it your own or anything your child loves.
3. Place in a large cookie jar to enjoy throughout the week and dish into small bowls.



Stick Snacks

**Your kiddos favorite tiny snacks: cheese, meats, pickles, olives, berries
Toothpicks or kid friendly**

Easy peasy snack idea! Swap a plate or bowl for a toothpick or my favorite kid friendly animal toothpicks. Place all your kids favorite snacks on a stick. Leah loves to take these off the stick and stack them or put them into categories. Then she finally pops them in her mouth for an easy snack.



Veggie Cut Out Puzzles

I never see Leah eat more veggies than she does when we get out the tiny veggie cutters. It's incredible! These are inexpensive off Amazon. Leah likes to find the pieces that fit together like a puzzle. She also likes to use the cutters herself. I cannot say enough great things about these little tools.

Veggies (any and all kinds of veggies)

Fruit (this works great on fruit too)

Veggie shape cutters

1. Cut veggies into slices and bite size pieces. Peel veggies as needed (or which ones you know your kiddo will need peeled)
2. You can either precut the shapes out and then place on a plate or platter. Or you can let your kiddo pick out their favorite shapes and cut out themselves.
3. Sneak a few bites yourself because fun shapes are fun for everyone.

*link to veggie cutters on tools page

S'mores Monkey Bread Muffins

15 frozen bread dough dinner rolls, thawed but still cold
1-1/3 cups graham cracker crumbs
1/2 cup sugar
6 tablespoons butter, melted
1 cup miniature semisweet chocolate chips, divided
3/4 cup mini marshmallows
Glaze
1 cup powdered sugar
1/2 Tablespoon butter, softened
1 to 2 tablespoons 2% milk

1. Preheat oven to 375 degrees. Line a muffin tin with cupcake liners.
2. In a medium bowl mix the graham cracker crumbs and sugar together. Mix until combined. Set aside. In a medium bowl, melt the butter.
3. Cut each dough ball into 4 parts. Dip 3 of the dough pieces into the melted butter. Then roll in the graham cracker/sugar mixture. Place the 3 dough pieces into a cupcake liner. Repeat with the rest of the dough balls.
4. Sprinkle 3/4 cup of the chocolate chips and marshmallows over the top of the muffins.
5. With the remaining dough pieces, dip into the butter and place two pieces on each muffin. Then sprinkle with more chocolate chips and marshmallows.
6. Bake for 12-15 minutes until golden brown. Set out to cool 5 minutes before glaze.
7. Glaze: Mix all the glaze ingredients together and drizzle over top the muffins. Enjoy!

No Bake Oatmeal Bites

1 1/4 cup oats

1/2 cup peanut butter

**1 single serving container of
1 small container vanilla
yogurt (5.3 ounces)**

1 teaspoon cinnamon

1. In a medium size bowl, mix all the ingredients together. If you prefer a smoother texture, then you can use a blender.
2. Once all mixed, take a section of the mix and roll into small, bite size balls.
3. Place the balls onto a baking sheet lined with parchment. Then place in the fridge until set. About 30-40 minutes.
4. Remove and enjoy! Store in an airtight container in the fridge.





Broccoli Cheese Cups

I remember coming home from school and grabbing the small boxes of frozen broccoli and cheese, popping them in the microwave then sitting on the floor in front of the tv to eat it. Apparently I've always been a big lover of broccoli and cheese so it makes perfect sense that Leah and I are both big fans of these easy Broccoli and Cheese Cups.

**3 Cups cooked broccoli,
chopped**
1 large egg
12 Ritz Crackers, crushed

**1 Cup Cheddar Cheese (plus
more for topping)**
1/2 teaspoon garlic powder
1/2 teaspoon salt

1. Preheat oven to 375 degrees.
2. In a medium bowl, mix all the ingredients together until all combined.
3. Spray a muffin tin with nonstick spray then spoon the mixture into the tins, evenly in every cup.
4. Press the mixture down into the cup so it's compacted in there.
5. Top with more shredded cheese then bake in the oven for 14-16 minutes until the top is melted and gets a little brown.
6. Remove from the oven and let cool for a few minutes. Then remove from the pan and serve!



Honey Carrots

**1 1/2 lbs whole carrots
peeled and cut into 1/2
inch slices
1/4 cup butter
1/4 cup honey
1/4 teaspoon salt**

1. In a pan (I love using my cast iron for these) add the butter, honey and salt on medium to high heat.
2. Once butter is melted, add your carrot slices to the mixture.
3. Stir around and coat the carrots with the sauce. Cook for about 4-6 minutes until the carrots are soft and the sauce has turned into a glaze.
4. Once the carrots are soft and cooked through, remove from the pan and serve. Drizzle that yummy glaze over top.

The BEST Cheese Sauce

I LOVE this cheese sauce! I literally could eat it with a spoon...and maybe have. It helps add some flavor and fun to veggies. Leah loves to dip it or sometimes I give her a small dish of it with a spoon to drizzle herself,.

1. In a medium saucepan, melt butter over medium heat.
2. Once melted, add the flour and whisk for 1-2 minutes until the mixture begins to thicken.
3. Add the garlic, paprika, salt and pepper and whisk in until combined.
4. Add the milk a little at a time and continue to whisk to combine. Keep stirring until it begins to bubble.
5. Remove from the heat and add the shredded cheese. Stir until cheese is melted and smooth.
6. Serve with your favorite veggies! Store the remaining in an air tight container in the fridge for up to a week.

3 Tablespoons Butter
3 Tablespoons Flour
1/2 teaspoon garlic powder
1/2 teaspoon paprika
1/4 teaspoon papper
1 cup milk
1 and 1/4 cups shredded cheddar (or any cheese you like)



Ranch Carrots

1 bag of Baby Carrots
Olive oil
1/2 package of powder
Ranch dressing mix

1. Preheat oven to 350 degrees.
2. In a large bowl, add the carrots, a large drizzle of olive oil and the ranch seasoning powder.
3. Use a wooden spoon (you can use other kinds of spoons, I just love a good wooden one).
4. Mix all together so the carrots are all coated.
5. Pour carrots onto a cookie sheet (spray with nonstick spray) then spread out.
6. Bake in the oven for about 30 minutes until soft.
7. Serve immediately with your yummy dinner!





Hot Dog Bites

Hot Dogs are a major staple in every kids life because they are EASY! We just took hot dogs and took them one step further to make them the perfect like bite size shape. Kids love that it's a new look and you love them because they are eating.

**1 tub Crescent Rolls (8 oz)
5 Hot Dogs, cut into small
bite size pieces**

**2 Tablespoons Butter, melted
1 teaspoon Everything Bagel
Seasoning**

1. Preheat oven to 400 degrees.
2. Roll out crescent roll dough and then cut into 8 strips. Then cut those into 8 more strips, etc.
3. Cut hot dogs into bite size pieces (make as big or small as you like depending on age of your kiddo).
4. Roll each hot dog bite in the strip of crescent roll. Continue until all the hot dog bites are used.
5. In a small bowl, mix the melted butter and Everything Bagel Seasoning. Brush over top each of the hot dog bites.
- 6 Place bites on a cookie sheet lined with parchment/silpat or sprayed with nonstick spray.
6. Bake for 8-10 minutes or until the dough starts to turn golden brown.
7. Remove and cool for about 5 minutes then serve with your favorite dipping sauces.



Sandwiches on a Stick

1 Bread cut into small squares
Variety of meats, cheeses, fruit,
veggies, mayo, mustard

1. I love a good sandwich shape, but have you ever had a sandwich on a stick? Easy to put together and a fun and different way for your kiddo to eat lunch.
2. *Ham and cheese*: Layers of bread, mayo, mustard, ham, cheese, lettuce, tomato.
3. *Turkey and cheese*: Layers of bread, mayo, mustard, ham, cheese, lettuce, tomato.
4. *Pizza*: Bread, pizza sauce, mozzarella, pepperoni.
5. *Veggie*: Bread, cheese, tomatoes, cucumber, peppers.
6. *Fruit*: Bread, peanut butter, strawberries, bananas.



Make Your Own Salad

Anytime Leah gets to choose something herself or put it together herself, she eats more. Since she loves the cereal bar so much, then I had to make a salad bar. All the toppings in little bowls and she gets to make her own. (And she eats her veggies)

1. Place the lettuce in the main bowl. Then place the tiny bowls/cupcake liners around it.
2. Fill each little bowl with your child's favorite salad toppings and dressing.
3. Watch them create their own salad concoction!

Lettuce of choice
Broccoli
Carrots
Peppers
Dried cranberries
Crunchy tortilla strips
Dressing of choice



PB Banana Honey Sushi

Leah loves sushi which has always pleasantly surprised me. It's hilarious to see a tiny person try to use chopsticks and actually be successful. Since we aren't having sushi everyday, this Banana Peanut Butter Honey Sushi is so much fun!

1. Set the tortilla on the counter or plate. Spread with a thin (or thick- you do you) layer of peanut butter.
2. Drizzle honey over top of peanut butter. I would not do a ton of honey just because of messy factor.
3. Place whole banana on top of tortilla but off to one side.
4. Start rolling, trying to get as tight as possible.
5. Using a sharp knife, cut into slices and serve!

1-2 large Tortillas
Peanut butter
Honey
Bananas





Easiest Fried Rice

1. In a large pan, heat the oil on medium heat and then add the garlic and onions. Cook until soft, about 2-3 minutes.
2. Add peas and carrots to the pan and heat until thawed and warm. About 1-2 minutes.
3. Turn up heat to medium high, add cooked rice and heat another few minutes.
4. Now, push rice to the outsides of the pan and make an opening in the middle of the pan.
5. Add eggs into the middle of the pan and stir and break up until cooked. Stir scrambled eggs into the rice mix.
6. Pour sesame oil and soy sauce over rice and mix all together to combine. Serve warm!

3 cups cooked rice
1 tablespoon vegetable oil
1/4 cup onion, chopped
1 Tablespoon garlic, minced
1 cup frozen peas and carrots
2 eggs
1/2 teaspoon sesame oil
3 tablespoons soy sauce

Waffle Fry Sliders



Frozen Waffle Fries (I used sweet potato)

***1/2 pound hamburger meat
salt and pepper***

1/2 teaspoon garlic powder

1/2 teaspoon onion powder

***Toppings: cheese, lettuce,
tomato, ketchup, mustard***

1. Prepare Frozen Waffle Fries according to package directions.
2. While waffle fries are cooking, prepare your sliders. In a medium bowl, add the hamburger meat, a large pinch of salt and pepper, garlic powder and onion powder. Mix together until all combined.
3. Prepare a pan on medium-high heat with non stick spray. Roll your hamburger meat into small balls, about 1 inch. Press down to make small patties.
4. Add patties to the pan and cook on each side 2-3 minutes until desired doneness. Remove from pan and set aside.
5. Once waffle fries are done and cooled slightly, build your burger with your favorite toppings.
6. Use a toothpick if needed to keep everything together. Enjoy!

Grilled
PB & J



PB & J
Tacos



Waffle
PB & J

Spider
PB & J



Chicken Pot Pie Cups

**1 cup cooked, shredded
chicken (I use rotisserie)**
**1 can Cream of Chicken Soup
(10 3/4 oz can)**
1/4 cup Sour Cream
**1 cup Frozen Mixed
Vegetables**
Crescent Roll Dough (8 oz.)
1/4 teaspoon thyme
1/4 teaspoon nutmeg
**Large pinch of salt and
pepper**

1. Preheat oven to 375 degrees. Spray a muffin tin with nonstick spray.
2. Mix all the ingredients (minus the dough) into a large bowl. Stir together until everything is combined and coated.
3. On a floured surface, roll out the crescent roll dough. Cut dough into 8 separate squares.
4. Place the dough into the muffin tin cups and press down and leave the corners to extend above the cup.
5. Spoon the chicken mixture into each dough cup to the top of the cup.
6. Bake 18-20 minutes until the dough starts to turn a golden brown. Remove from oven and allow to sit for 5-8 minutes.
7. Serve warm and enjoy!



Taco Roll Ups

1/2 lb ground beef

1 can refrigerated pizza crust

1 package Taco Seasoning

3 tablespoons water

1 cup shredded Mexican blend cheese

Toppings: lettuce, tomato, sour cream, guac

1. Preheat oven to 400 degrees and spray a baking sheet with nonstick spray.
2. In a medium pan on med-high heat, cook the ground beef until no longer pink. Add taco seasoning and water. Mix until all the beef is covered. Turn heat to low.
3. Unroll the pizza dough and press it out into a rectangle. Sprinkle the taco meat evenly over the pizza dough. Sprinkle the cheese over the top of the taco meat.
4. Start on the long side and tightly roll up the pizza dough/toppings.
5. Using a serrated knife, cut 1 inch slices and place on the baking sheet.
6. Cook for 10-12 minutes until tops are golden. Let cool slightly and then serve with your favorite toppings.

Turkey Meatballs



1. Preheat oven to 375 degrees.
2. In a large bowl, add all ingredients and mix together. Using your hands is a lot easier, gross but easier.
3. Prepare a cookie sheet with parchment, silpat or nonstick spray.
4. Using a cookie scoop or large spoon, scoop out mixture and roll to make a ball. I made these about 1 inch.
5. Place on the cookie sheet in rows then bake in the oven for about 20 minutes or until the tops start to brown.
6. If you want more of a toasted outside then place under a low broiler for a minute at the end. (watch them carefully, I speak from experience)
7. Eat plain and dip or put over spaghetti!

2 lbs ground turkey
3 1/2 teaspoon minced garlic
1/2 cup onion, chopped
1 teaspoon salt
1/2 teaspoon pepper
1 teaspoon dried oregano
1/2 cup breadcrumbs (plain or Italian)
2 large eggs





Ham and Cheese Roll Ups

**1 tube Crescent roll
dough (8 oz)**
16 deli ham slices
8 slices cheddar cheese

**3 Tablespoons butter,
melted**
**1/4 teaspoon garlic
powder**
**1 teaspoon dried
parsley**

1. Preheat oven to 375 degrees.
2. Roll out crescent roll dough and divide the triangles. Lay two pieces of ham on each triangle. Place a piece of cheese over the ham.
3. Starting at the wide end, and roll up. Place each roll on a cookie sheet lined with parchment/siplat or spray with nonstick spray.
4. In a small bowl, mix the melted butter, garlic powder and parsley. Brush the butter mix over top the rolls.
5. Bake for 8-10 minutes or until the dough starts to turn golden brown and cheese is melty.
6. Remove from oven and cool for about 5 minutes then serve!



Butter Parmesan Veggie Noodles

**16 oz box elbow
macaroni**

1 / 2 cup (1 stick) butter

**1 bag (12 oz) frozen peas
and carrots**

**1 cup grated parmesan
cheese**

1. Cook elbow macaroni according to directions and drain. Place noodles back into the pot and put on low heat.
2. Add the butter and frozen peas/carrots. Heat until butter is melted and veggies are warmed.
3. Add the parmesan to the pot and mix until combined and coated.
4. Enjoy! You can add other veggies or protein to the mix too.

Meatball Subs

**1 package Italian Style Meatballs
(1/2 inch size)**

1 tablespoon Olive Oil

1 Tablespoon garlic, minced

2 teaspoons dried oregano

**1 can crushed tomatoes (28 oz
can)**

1/2 teaspoon sugar

6 brat or hot dog buns

**3/4 cup shredded mozzarella
cheese**

1. In a medium sized pan over medium heat, drizzle the olive oil. Then add garlic and oregano and heat for about 2 minutes.
2. Add the crushed tomatoes and sugar, stir to combine everything.
3. Add the meatballs to the sauce and stir so all the meatballs are covered in sauce.
4. Cover the pan with a lid and heat for about 20 minutes.
5. While meatballs are cooking, prepare buns on a baking sheet by splitting open.
6. Turn oven to low broil.
7. Spoon meatballs and sauce into buns. Then sprinkle with the shredded mozzarella cheese.
8. Place in oven and cook under the broiler for a couple minutes. Watch carefully.
9. Once cheese is melted, remove from the oven and serve!



Creamy Chicken Taquitos



2 cups cooked shredded chicken (I use rotisserie)
6 ounces cream cheese, softened
1/4 cup salsa
1/4 cup sour cream
1 cup shredded cheddar cheese
1 cup spinach leaves, torn
1/4 teaspoon cumin
1/4 teaspoon garlic powder
1/4 teaspoon chili powder
Pinch of salt and pepper
15 small flour tortillas

1. Preheat the oven to 400 degrees. Spray a baking sheet with non stick spray, set aside.
2. In a large bowl, mix the cream cheese, sour cream and salsa together until combined and smooth.
3. Add chicken, cheese, spinach and spices to the mix and mix until combined.
4. Spoon the mixture onto the tortillas (about 1/4 cup) and then roll tortilla up. Place on baking sheet, seam side down.
5. Continue until all the mix is used. Spray the tortillas with nonstick spray.
6. Place in the oven and cook for about 15 minutes or until the tortillas start to get golden.
7. Remove from oven and let cool slightly. Top with shredded lettuce, sour cream, salsa, guac.

Mac and Cheese Bites

8 ounces pasta- shells of elbows work best
3 tablespoons butter
2 teaspoons garlic, minced
1/2 teaspoon salt
1/8 teaspoon pepper
2 tablespoons all-purpose flour
1 cup milk
2 cups shredded cheddar cheese
1/4 cup breadcrumbs

1. Preheat oven to 350 degrees. Spray a muffin tin with nonstick spray and set aside. Start a large pot of salted water on the stove to boil
2. Cook the pasta until just short of fully done. While pasta is cooking, start a pan on medium heat with the 3 Tablespoons of butter. Once melted, add the garlic and cook for another minute.
3. Whisk in the flour, salt and pepper until mixture is smooth.
4. Whisk in the milk a little at a time, stirring after each addition. Once mixed, bring to just starting to boil.
5. Remove from heat and add the shredded cheese.
6. Drain the pasta and then pour into the cheese mixture. Stir slowly until coated.
7. Spoon the mac and cheese mixture into each of the muffin cups to the top.
8. Sprinkle with the breadcrumbs and then bake for about 30 minutes until the tops start to get golden brown.
9. Remove and let set for another 5 minutes. Remove from the tin and serve!



Peanut Butter Noodles



Peanut Butter Noodles

2 packages of Ramen Noodles (6 oz) discard the seasoning packet
2 Tablespoons sesame oil
1 1/2 Tablespoons peanut butter
2 Tablespoons honey
2 Tablespoons soy sauce
1 1/2 Tablespoons rice vinegar
1 teaspoon garlic, minced

1. Cook the ramen noodles according to the package, drain. Do not add the seasoning packet.
2. In a medium bowl, add the sesame oil, peanut butter, honey, soy sauce, rice vinegar, and garlic. Whisk until combined and the peanut butter is well mixed into the sauce.
3. Pour sauce over the noodles and toss to coat. Serve!
4. You can add veggies and protein of your choice to change up this meal too.

Cheeseburger Mac and Cheese



1 pound elbow macaroni
1 teaspoon olive oil
1 pound ground beef
1 medium onion, chopped
1 Tablespoon minced garlic
15 ounces tomato sauce
1 cup milk
1 teaspoon kosher salt
1/2 teaspoon pepper
1 teaspoon sugar
2-3 cups shredded cheddar
cheese

1. Cook the elbow macaroni in a pot of salted water, cook until al dente. Drain and set aside.
2. In a large pan on medium high heat, drizzle olive oil and heat. Then add the ground beef, onion and garlic. Cook until beef is cooked through.
3. Add the tomato sauce, milk, salt, pepper, and sugar. Stir and mix together. Cook for another 2 minutes.
4. Add the cooked elbow noodles to the pan of ground beef mixture.
5. Add the cheese a little at a time and stir together until melted. Once all melted and mixed, serve!

TOOLS OF THE TRADE



Cookie Cutters: sandwiches, waffles, toast, etc.

Tiny bowls, silicone cupcake liners, paper cupcake liners

Veggie and fruit shape cutters

Fun Paper Straws

Animal Toothpicks

Decorative toothpicks (older kids)

Fun small cups: drinks, drizzles, sauces, dry snacks

Decorative paper plates and napkins

THANK YOU



- Laura