



CCA Webinar Recipes

August 22, 2017

Find out what the nutrition basics are to help your kids do their best this year as you prepare to send your children back to school. Avoid analysis paralysis in the grocery store with these helpful tips and tricks! And take away some kid-friendly, easy-to-make recipes.

Make Ahead Muesli

- 1 cup of steel cut/rolled oats
 - 1/4 cup raisins
 - 1/2 tsp cinnamon
 - 1/2 tsp vanilla extract or powder
 - Grate one whole apple into jar
1. Add your favourite liquid (soy milk, milk, kefir etc) - enough to cover the mixture then sit in the fridge overnight.

Chia seed Pudding

- 1 can of coconut milk
 - 1/3 cup chia seeds
 - 1 tbsp of maple syrup
 - 1 tsp vanilla
1. Let it sit in the fridge for about an hour and it will turn into a pudding! Add some fruit for a great dessert.



Roasted Chickpeas

Serves 6

- 1 540mL can of chick peas - give a good rinse
 - 1 tbsp extra-virgin olive oil or avocado oil
 - 1 tbsp fresh rosemary, chopped
 - 1 clove garlic, finely chopped
 - Dash dried chili flakes (optionally)
 - Salt and pepper to taste
1. Preheat oven to 375F
 2. Toss chick peas with oil, rosemary, garlic and seasonings
 3. Line sheet with parchment paper and bake chick peas for 30-40 min stirring often

Trail Mix

Makes 3.5 cups - 1 serving is 1/4 cup

- 1 cup of dried cranberries
 - 1 cup of raw pumpkin seeds
 - 1/2 cup of almonds
 - 1/2 cup of raw hazelnuts
 - 1/4 cup of raw cacao nibs
 - 1/4 dried apricots
1. Customize but keep ration at 1 1/4 cup of dried fruit to 2 1/4 cup nuts, seeds or non-sweet additions.