

PERFECT PAIRINGS FOR KIDS & YOU



Suggested Age: 1 YEAR



💡 dip banana in yogurt, roll in whole grain cereal, freeze



💡 make an omelette



💡 make a puree



💡 make a "PBJ" parfait



💡 make overnight oats, sprinkle with cinnamon

Suggested Age: 2-5 YEARS



💡 blend as a smoothie



💡 add cinnamon and nutmeg to make horchata



💡 make as a grilled cheese



💡 mix together as a salad



💡 serve on a piece of whole wheat toast

Suggested Age: 5+ YEARS



💡 add basil and make a sandwich



💡 add favorite herbs and make a dip



💡 make a wrap, serve with homemade salsa



💡 make a kabob, serve with milk



💡 mix and top with favorite sauce

💡 = idea