



HSMP RECIPE BOOK

**Thank you to all community
members who submitted their
healthy recipes!**

Write down your favorite healthy recipe and have your child draw it! You can enter it by scanning the QR code →

Participants will be entered to win a prize!



CHILD'S FIRST NAME

Jakai

CHILD'S AGE

4

RECIPE TITLE

Gramom's Easy Pickles

Ingredients

Recipe

6 cups cucumbers, sliced

2 sm onions

1³/₄ cup sugar

1 cup cider vinegar

2 tbs salt

1 tsp celery seed

Layer cucumbers & onions in 2¹/₂ to

3 qt. glass container. Mix

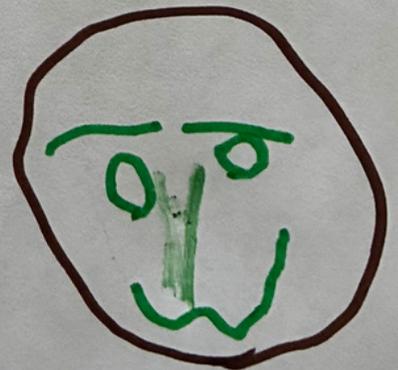
remaining ingredients thoroughly

until sugar is dissolved. Pour

over cucumbers & onions.

Cover & refrigerate.

Pickles are ready after 24 hours.



Drawing of the recipe



Questions? Email

stmaryspartnership@gmail.com

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CHILD'S FIRST NAME Liam	CHILD'S AGE 9
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RECIPE TITLE Salsa

Ingredients

Recipe

Tomatoes

Onion

Garlic

Jalapeno Peppers

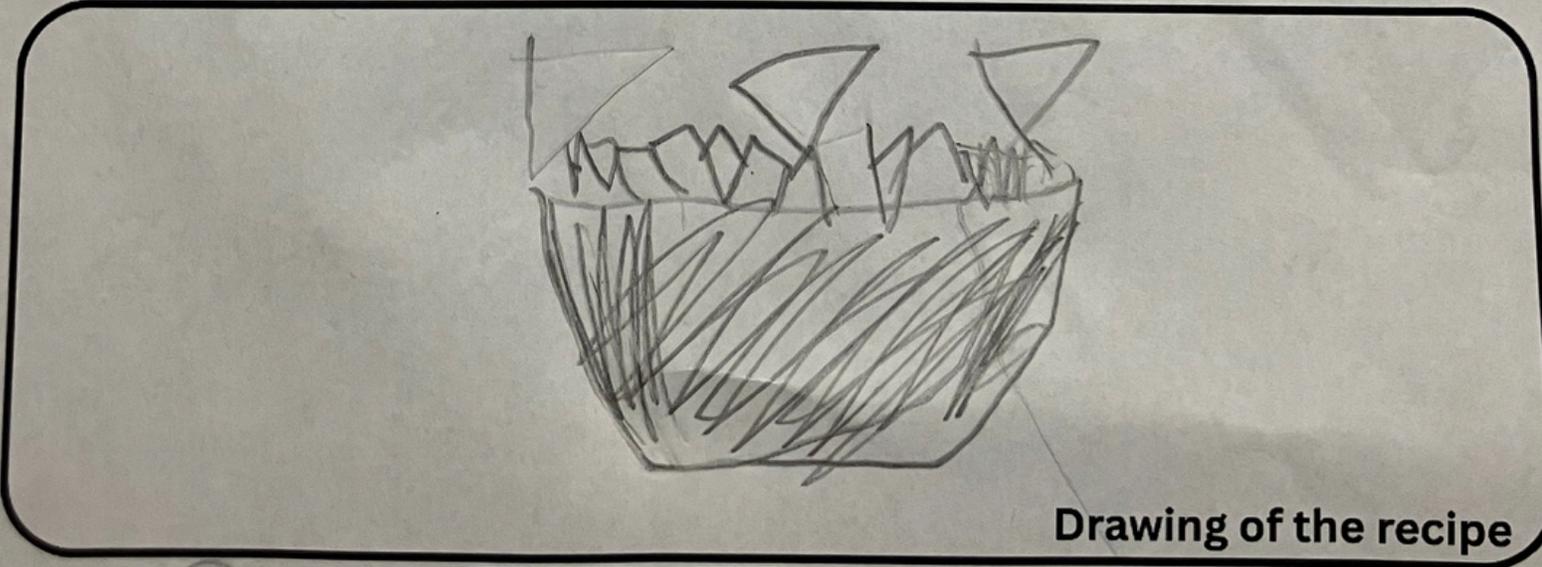
Cilantro

Lime

Chop everything small

Add all ingredients into a bowl

eat enjoy



Drawing of the recipe



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CHILD'S FIRST NAME Ruairi	CHILD'S AGE 3
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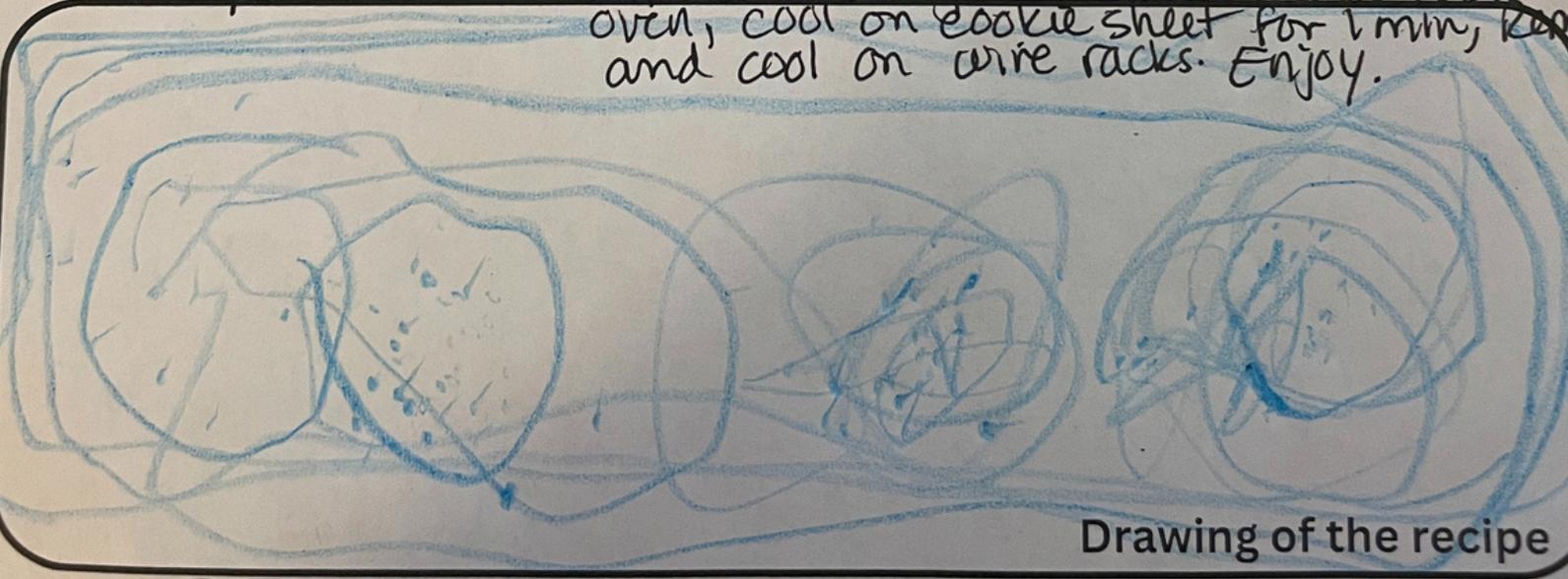
RECIPE TITLE Easy Chocolate Chip Cookies

Ingredients

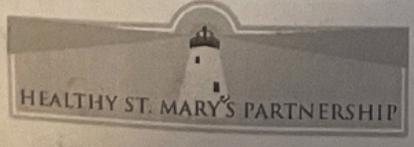
1. 3/4 cup salted butter, softened
2. 1/2 cup brown sugar
3. 1/2 cup granulated sugar
4. 1 egg
5. 1 Tbsp. vanilla extract
6. 2 cups all-purpose flour
7. 1 tsp. baking soda
8. 1/2 tsp. salt
9. 1 cup favourite chocolate chips

Recipe

1. Preheat oven to 350°F
2. In a bowl mix with mixer, mix first 5 ingredients until light in colour + fluffy, we used a hand mixer
3. In another bowl mix ingredients 6-8. Just until combined
4. Add. Dry ingredients to wet ingredients a little at a time until combined. Fold in your chocolate chips
5. On a parchment covered cookie sheet, make dough into 1" balls (you can use a scoop.) and set about 2 inches apart. Bake for 8-10 until cookies are golden brown. Remove from oven, cool on cookie sheet for 1 min, then and cool on wire racks. Enjoy.



Drawing of the recipe



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CHILD'S FIRST NAME

Amara

CHILD'S AGE

2

RECIPE TITLE

Chicken & Roasted Vegetables

Ingredients

2 chicken Breast

1 Bag baby carrots

1 Zucchini, sliced

1 onion, sliced

2 oz mushrooms, sliced

3 cups cooked rice

1 tsp dried basil

1 tsp dried thyme

2 tbsp olive oil

Recipe

Preheat oven to 400°F

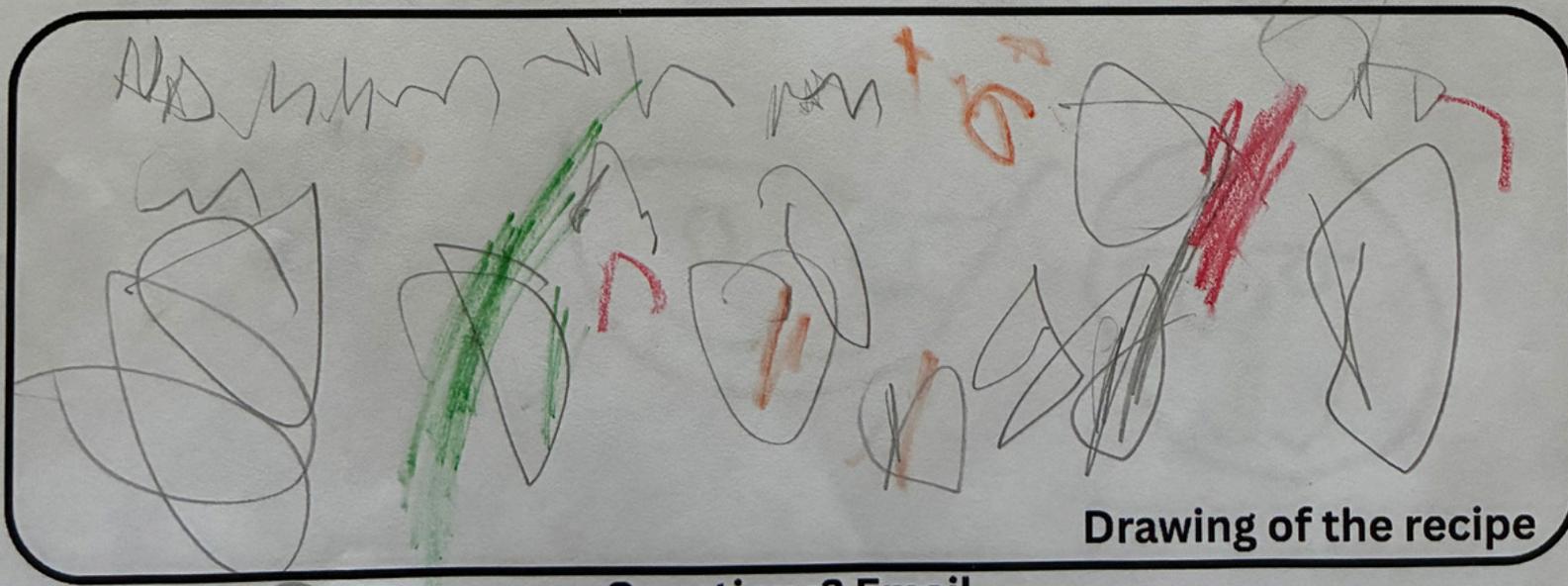
Place chicken on sheet pan and season lightly with favorite chicken seasoning.

Place all vegetables on ~~the~~ sheet pan.

Mix oil and herbs. Using basting brush, brush veggies with oil & herb mixture.

Bake at 400°F for 40 minutes.

Serve with rice. Top



Drawing of the recipe



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CHILD'S FIRST NAME	CHILD'S AGE
Levi	6

RECIPE TITLE
energy balls

Ingredients

Recipe

Old fashion oats

Stir everything together in a

Shredded coconut

large bowl. Chill in fridge for

Peanut butter

1-2 hours. Roll into balls about

flax seed

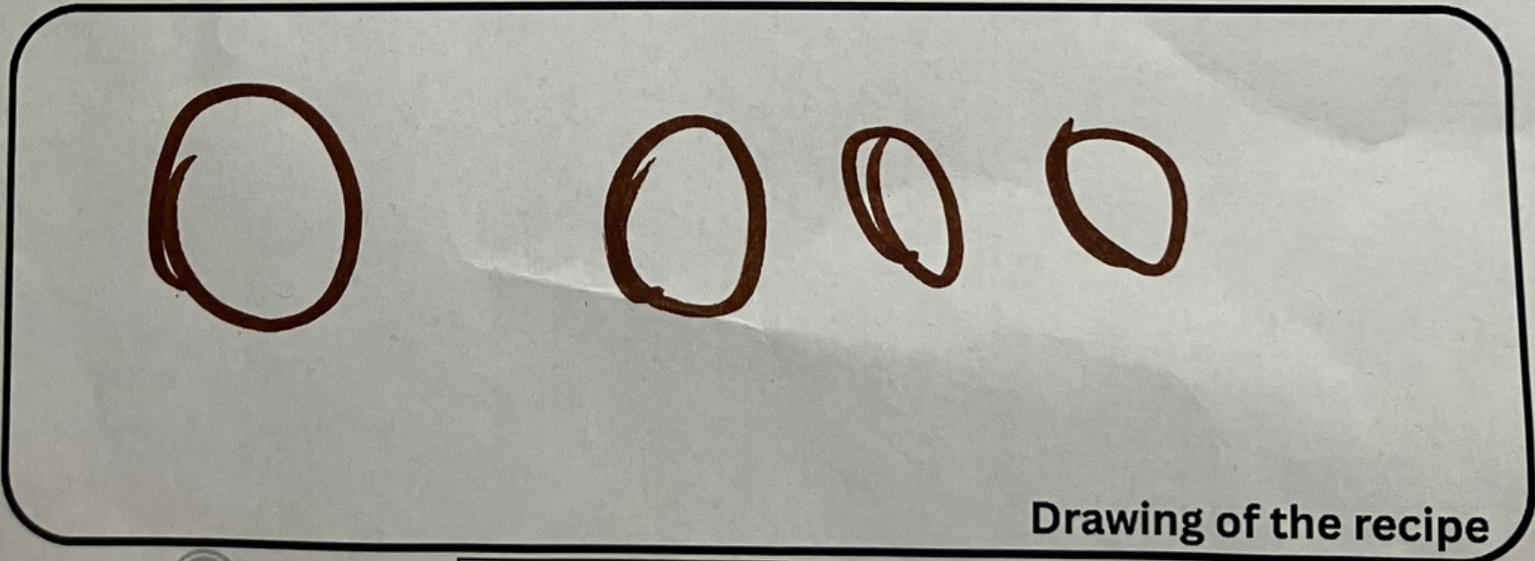
1 inch. Then serve and eat.

Chocolate chips

Honey

Vanilla extract

Chia seeds



Drawing of the recipe



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CHILD'S FIRST NAME	CHILD'S AGE
MaryAlice	7

RECIPE TITLE
Happy Fruit Salad

Ingredients

Recipe

- Blueberries
- Strawberries
- cherries
- bananas
- grapes
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-
-

- Cut the strawberries, bananas,
- cherries, and grapes
- Rinse any fruit that needs it
- Add to a bowl
- Mix it in bowl
- Serve it and Enjoy!
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Drawing of the recipe



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CHILD'S FIRST NAME	CHILD'S AGE
Abigail	3

RECIPE TITLE
Avocado Brownies

Ingredients

Recipe

2 Avocado

Preheat oven to 325°

3/4 cup sugar

in large bowl mash avocado until no

1/2 cup cocoa powder

chunks. mix all other ingredients

2 eggs

except chocolate chips. Once they are

1 1/2 tsp vanilla extract

all combined then add chocolate

1 tsp baking powder

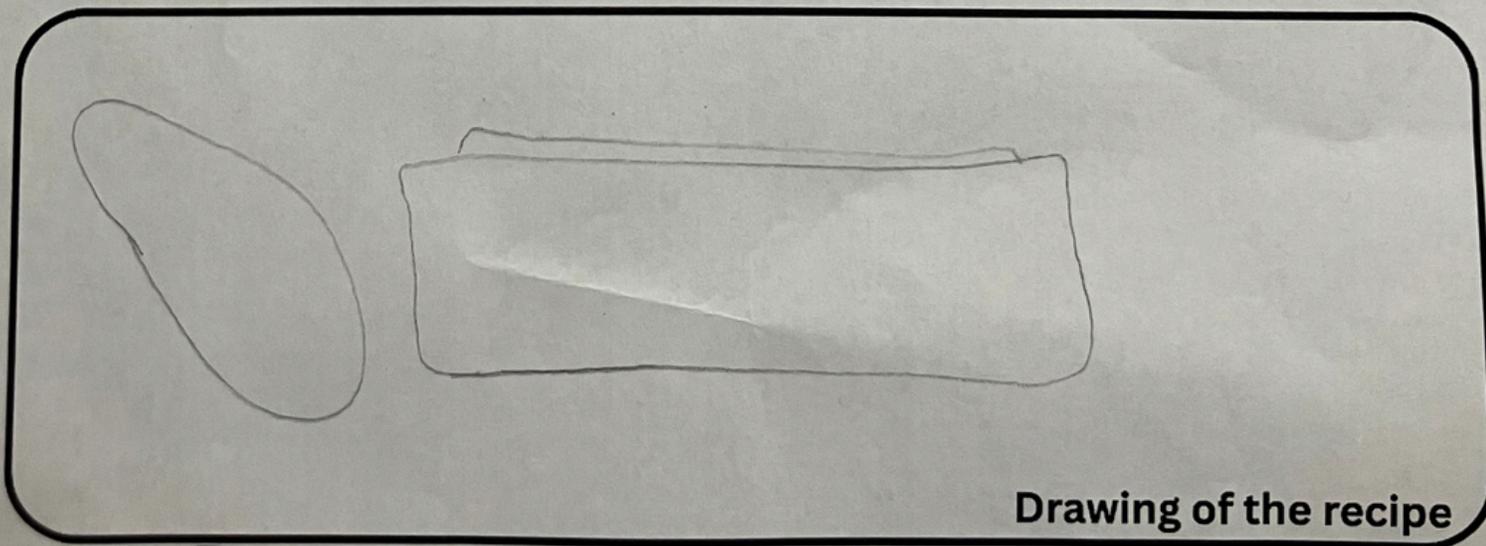
chips. Put batter into pan and

1/4 tsp salt

cook for 35 mins or until brownies

1/2 cup chocolate chips

have set, let them cool then eat.



Drawing of the recipe



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CHILD'S FIRST NAME (Grayson) CHILD'S AGE
Grayson 5

RECIPE TITLE
And Rice

Ingredients

Recipe

Plain Greek yogurt, cloves
tomato paste, butter
ginger, garlic, onion
Almonds, graham masala
tumeric, cumin
cumin, chicken
cayenne, chilli powder
Basamati rice, oil
cilantro, heavy cream

Combine yogurt, tomato paste, ginger,
(fresh) (ground)
garlic, almonds and seasonings into a bowl.
cube your chicken and put it in the bowl.
chop onions and sautee with butter and oil
once onions are translucent add the yogurt
mixture. Once chicken is cooked through
finely chop the cilantro and add that and
the cream to the dish, mix in and cook a few
more minutes. Prepare the rice and serve
together. Top with more cilantro and enjoy.



Drawing of the recipe



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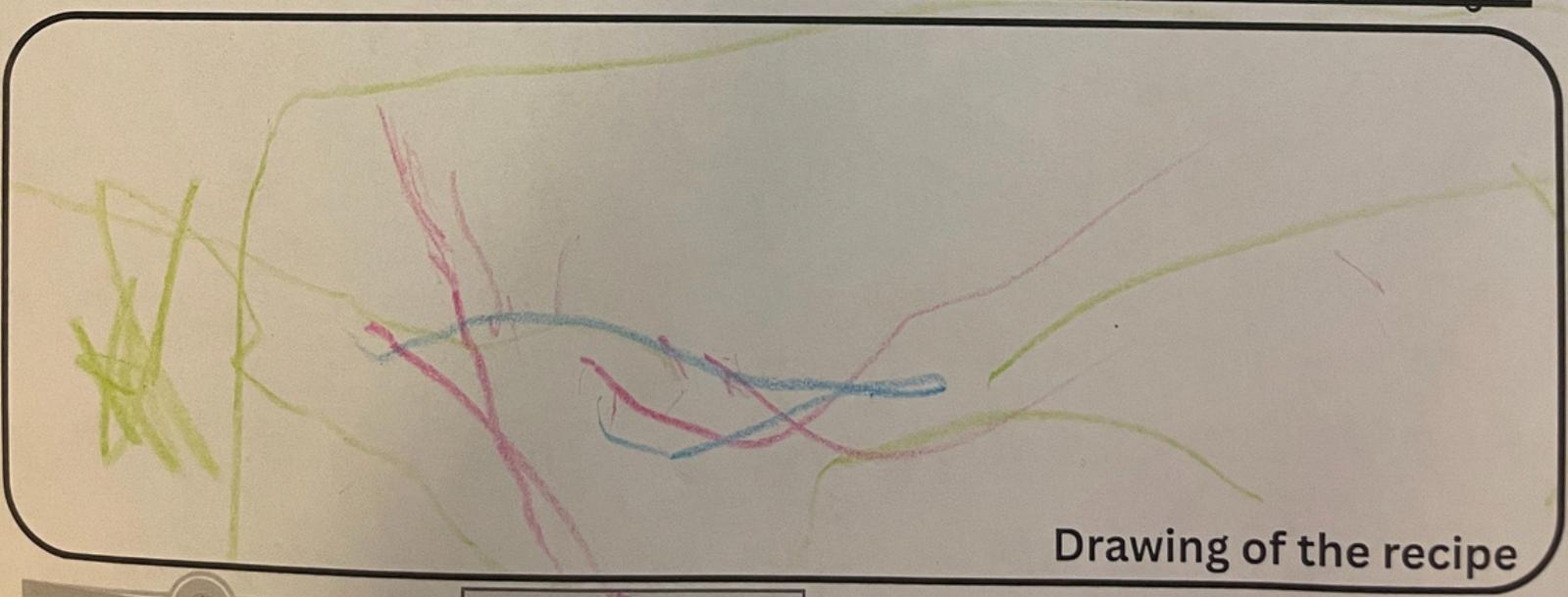
RECIPE TITLE Tomato Cucumber Salad

Ingredients

- 1 package of mini cucumbers (25-6)
- 1 medium onion
- 1 package of either cherry/cherub or grape tomatoes
- 1/3 c granulated sugar
- 1 cup Italian dressing

Recipe

1. Slice cucumbers into circles
2. Cut onion into bite size pieces
3. Cut your tomatoes in half
4. In a Large Bowl, Put all your cucumber, onions and tomatoes and combine
5. Add sugar and Italian dressing + mix.
6. Place in sealed container + Refrigerate



Drawing of the recipe



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