



Kid Friendly Recipes

Young children are often more willing to taste new foods when they have a part in preparing them. Let your child use a plastic knife to help cut up soft fruits and vegetables. With other recipes, your child can be the chief mixer. And then there's always cleanup!

Tortilla Rollups

This is a fun change from sandwiches. Rollups can be made ahead of time, refrigerated, and then cut up into tot-sized snacks.

You need:

- flour tortillas
- cream cheese, softened by stirring in a little milk
- chopped, hard-boiled eggs
- shredded cheese
- thinly sliced tomato
- shredded lettuce

1 Spread a thin layer of cream cheese.

2 Sprinkle desired fillings.

3 Roll up tortilla.

4 Cut into sections if desired

Options:

Thinly sliced ham or bacon bits can also be added.

