

Cauliflower Breadsticks



Servings 16 (32 pieces)

Recipe must be cut into 32 equal pieces

CACFP creditable food serving size:

2 pieces at Snack or 4 pieces at Lunch meets the
Vegetable and Meat/meat alternate component
for children 3-5 years old.

8 Cups Rice Cauliflower (2 medium heads)

6 eggs (beaten)

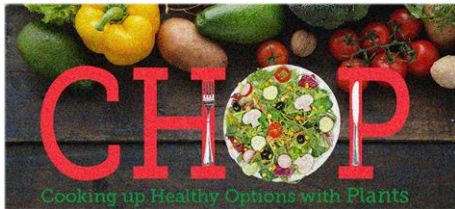
7 cups Mozzarella Cheese (shredded)

2 tsp Salt

3 tsp Dried Oregano

3 tsp Dried Rosemary

- 1) Pre-heat oven to 425°F, prepare 1 large baking sheet with parchment paper.
 - 2) Shave Cauliflower heads using a circular cutting motion. Alternatively can cut into florets and use food processor or blender to achieve rice consistency.
 - 3) Place 6 Cups of water into a pan and bring to a boil, place cauliflower rice in pan, boil/steam for 5 minutes.
 - 4) Remove from heat and drain thoroughly, use a spatula and press out as much water as possible.
 - 5) Combine Cauliflower, 4 Cups of Cheese, Eggs, Salt, and dried herbs, mix to combine.
 - 6) Press mixture into pan until 1/4 inch thick and even.
 - 7) Bake for 30 minutes, remove from oven, top with remaining 3 Cups of cheese and bake for additional 7 minutes.
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Cooking up Healthy Options with Plants

Yield: 8 Cups, 64oz

Servings: 10 at 6oz each

CACFP creditable food serving size: 6oz, 3/4 Cup

3/4 Cup of Smoothie for Snack meets the
Fruit/Vegetable component for children 3-5 years old.

Beet & Berry Smoothie



3 Cups Frozen Strawberries

2 Cups Cooked Beets

4 Bananas

2 Cups Milk (Milk alternate, or yogurt)

2 tsp Vanilla, 1 tsp Cinnamon

1 1/2 Cups Ice

- 1) Place Beets, Strawberries, Bananas, 1 C. Milk, Vanilla, and Cinnamon in a tall container such as a small stock pot.
- 2) Starting on the low setting of the immersion blender, break up all frozen strawberries by pressing firmly on each one.
- 3) Using the high setting continue to blend the smoothie.
- 4) Add in remaining milk and ice, and continue to blend until all pieces are combined.

(This recipe contains 5 Cups of Fruit and 2 Cups of Vegetables)
