



*Making Mealtimes Enjoyable*



## **How to Make Meal Times Less Chaotic–**

1. Cook Meals Ahead of Time
2. Take 10 Minutes of Downtime
3. Use a Grocery Delivery Service For Time Crunches
4. Get Kids Interested and Vested-
  - a. Let Them Observe and Help in The Kitchen
  - b. Let Them Decorate Something For The Meal
  - c. Provide a Small Healthy Snack
  - d. Help Set and Clear The Table
  - e. Turn Off Screens
  - f. Play Games, Tell Stories, Color, Make a Weekly or Nightly Theme

## **How to Meal Plan With Ease–**

1. Meal Plan 2 Weeks at a Time
2. Make Meals Last At Least 2 Days
3. Hang on to Your Meal Plans
4. Make a Shopping List and Stick to It
5. Take 1 Hour on Sunday to Prep For The Week
6. Store Food in Glass Containers
7. Spend 10 Minutes Each Night to Prep For The Next Day
8. Make Extra's- Freeze or Use Later in The Week
9. Eliminate Extra Steps From Recipes
10. Buy Frozen Veggies





# Rotini with Red Cream Sauce

16 oz box of pasta noodles-Rotini or Penne

8 oz jar of sun dried tomatoes in olive oil  
(drained)

1 1/2 tbsp cornstarch

2 1/2 C unsweetened almond milk

1 tbsp nutritional yeast

1/2 tsp oregano

1/2 tsp chili flakes

1/2 tsp red pepper flakes

1 tsp garlic

1/2 tsp salt & pepper

Cook pasta according to box; al dente. Set aside. Add tomatoes, cornstarch, nutritional yeast, seasoning in a blender. Add milk starting with a cup at a time. Add more or less according to the consistency you want- thinner or thicker. Warm sauce in a saucepan on the stove. Pour over pasta noodles. Top with red pepper flakes and vegan parmesan cheese if you wish.





# Spinach Orzo Soup

2-32 oz boxes of vegetable broth (preferably low sodium)  
8 oz orzo pasta  
1 small white or yellow onion-diced  
2 C diced carrots  
2 C diced celery  
1 (14 oz) can of fire-roasted diced tomatoes  
4.5 C of spinach (not packed)  
1 tsp oregano 1 tsp rosemary  
.5 tsp thyme  
1.5 tsp garlic powder  
Salt and Pepper to taste

In large pot, mix all ingredients. Bring to boil and cook until pasta and vegetables are al dente, about 10 minutes. Taste and add more seasoning if needed.





# Mediterranean Couscous Salad

2-3 Boxes of garlic and olive oil couscous  
Small to Medium Red Onion-chopped  
1 Can of Black Olives- sliced Parsley- chopped  
Olive Oil  
Balsamic Vinegar  
Salt and Black Pepper

Prepare couscous according to boxes. Mix  
couscous, onion, black olives and parsley  
together Drizzle olive oil and vinegar Stir it  
around Add black pepper and sea salt to  
taste Mix up and chill in refrigerator.





# Bat Cups

- 2 cups old fashioned oats-regular or GF
- 1 cup oat flour (can make yourself with oats and a food processor)
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon sea salt
- 2 large ripe bananas, smashed (roughly 1 cup)
- 2 Flax Eggs
- 1 cup dairy free milk
- 1/3 cup pure maple syrup
- 1/4 cup coconut oil, melted
- 2 teaspoons vanilla extract

Preheat oven to 350 degrees. Line muffin tin with silicone cups or coat with Earth Balance. In a large bowl, whisk together the oats, oat flour, baking powder, cinnamon and salt. In a medium bowl, whisk together the mashed bananas, flax eggs, dairy free milk, maple syrup, coconut oil and vanilla extract. Pour the wet ingredients into the dry ingredients and mix together. Gently stir in any add-ins (see suggestions). Spoon oat batter into the muffins tins all the way to the top. Bake for 30 minutes or until just golden brown on top. If using silicone liners, it will take about another 10-12 minutes. Let cool slightly and serve.





# Oat Cups

We made ours for the first time with chia seeds and some frozen blueberries and cherries added in. It was a great combo for the oat cups. Some other ideas could include- peanut butter and jam, pumpkin, carrot and raisin, blueberry almond, sweet potato. Really the varieties are endless which makes this recipe great! You won't get sick of them when you can always change up the flavor!

