



# HEALTHY FIT — K I D S —

## *Summer Snacks Recipe Guide*



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## *Hi I'm Kella!*

I'm a mom of 4 active boys, married 20+ years to my retired Marine fighter pilot John, gym owner and fitness, nutrition and life coach.

I've love getting active and helping others get healthy is my passion! As a parent, I am always looking for healthy recipes that are fast and easy -- because I am *always* short on time! It's really important that recipes are kid-approved and I create and collect recipes that are vegetable-heavy to help kids get their nutrition.

I've collected some great recipes here for you to enjoy making with your family. Getting kids involved in the kitchen gives them an appreciation for the process and an important life skill--plus they are more likely to eat it if they helped make it!!

I created this "Kids Summer Snacks Recipe Guide" to help you connect with your kids in the kitchen and make some really delicious food that they will love!

I'd love to hear about your success in trying these recipes - tag me in your cooking selfies or your final product @kellaprice @healthyfitnesslifecoach @healthyfitkids .

I've coached hundreds of families to create healthy lifestyle habits, from more movement to better nutrition for strong bodies, including ones with the pickiest of eaters, so I have seen and tried it all.

I hope you try the recipes in this guide to feel better and enjoy meals with your family.

Bon Appetit!

*Kella*





# VEGGIE RAINBOW WRAPS



HEALTHY FIT  
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## PROCEDURE

- 1) Slice your large wrap into two smaller rectangle pieces.
- 2) Spread 1 1/2 Tbsp of cream cheese on each wrap.
- 3) Sprinkle a bit of salt and/or pepper on the cheese (optional). Set aside.
- 4) Chop all your veggies into small flat cubes or pieces, about the size of a large raisin. Place in a large bowl or arrange by color on a plate.
- 5) Spritz veggies with lemon juice to preserve colors and prevent oxidation.
- 6) Set up the workspace and instruct the kids on what to do-build a rainbow out of the veggies.
- 7) Before rolling the wrap, you can spread the veggies around a bit if needed. Roll up! (Adults may need to do this part.)
- 8) Eating time! Slice the wrap into small spirals. Time to munch your rainbow rolls.
- 9) Garnish with leftover veggies

## INGREDIENTS

**Veggie Rainbows-** Choose from the following:

Red: roasted bell pepper, tomato, radish

Orange: bell pepper, carrot, sweet potato, pumpkin

Yellow: corn, squash, yellow tomato, yellow beets

Green: greens (assorted varieties), edamame, peas, avocado, broccoli, asparagus, bell pepper, zucchini, celery

Blue/Purple: Radicchio, olives, purple potatoes, onion, beets, eggplant, cabbage

- 1 wrap (I like heart-healthy or whole grain)
- 3 Tbsp neufatchel cream cheese (you can sub coconut milk yogurt for a dairy-free alternative)
- 2 cups chopped veggies, rainbow colors
- 1 Tbsp lemon juice
- 1/2 tsp salt (optional)
- dash or pepper (optional)



# FRUIT RAINBOW WRAPS



HEALTHY FIT  
*nutrition*

## PROCEDURE

- 1) Slice your large wrap into two smaller rectangle pieces.
- 2) Spread 1 1/2 Tbsp of cream cheese on each wrap.
- 3) Chop all your fruit into small flat cubes or pieces, about the size of a large raisin. Place in a large bowl or arrange by color on a plate.
- 4) Spritz fruit with lemon juice to preserve colors and prevent oxidation.
- 5) Set up the workspace and instruct the kids on what to do-build a rainbow out of the fruit. Drizzle with maple syrup or honey if desired.
- 6) Before rolling the wrap, you can spread the fruit around a bit if needed. Roll up! (Adults may need to do this part.)
- 7) Eating time! Slice the wrap into small spirals. Time to munch your rainbow rolls.
- 8) Garnish with leftover fruit.

## INGREDIENTS

**Veggie Rainbows-** Choose from the following:

Red: roasted bell pepper, tomato, radish

Orange: bell pepper, carrot, sweet potato, pumpkin

Yellow: corn, squash, yellow tomato, yellow beets

Green: greens (assorted varieties), edamame, peas, avocado, broccoli, asparagus, bell pepper, zucchini, celery

Blue/Purple: Radicchio, olives, purple potatoes, onion, beets, eggplant, cabbage

- 1 wrap (I like heart-healthy or whole grain)
- 3 Tbsp neufatchel cream cheese (you can sub coconut milk yogurt for a dairy-free alternative)
- 2 cups chopped fruit, rainbow colors
- 1 Tbsp lemon juice
- 1 Tbsp pure maple syrup or honey (optional)

# Chunky Monkey Banana Chocolate Ice Cream

## ingredients

### Equipment

- food processor

### Ingredients

- 2 medium bananas
- 1 scoop vanilla or chocolate protein powder (I use Chocolate Shakeology)
- Milk to thin consistency (I use coconut milk)
- 14 grams chocolate chunks (Go for chips that are a high percentage cacao, or chop a chocolate bar)
- 2 tablespoons walnuts (or your preferred nut, chopped)
- Cocoa Powder – unsweetened. It's full of rich chocolate flavor, and nutrients. It is definitely more bitter, and so if you want a less dark flavor, add in sweetener especially if your bananas aren't super ripe.
- Nut Butter – I like natural peanut butter, but almond butter is really good too!
- Optional: Honey or Dates. If you want a less dark chocolate ice cream, add 1-2 tablespoons of honey, or a few pitted dates.
- Toppings: Sliced Almonds, Mini Chocolate Chips, or even sprinkles! These add a yummy crunchy texture and visual appeal for kids. Plus, toppings are just fun.

## directions

- Start with frozen bananas! Keep ANY overripe bananas you might have and save them in the freezer. That way, this ice cream is only 5 minutes away! If they are chopped into smaller pieces before freezing, they will combine much easier
- Blend frozen bananas in a food processor with protein powder, cocoa powder, nut butter, and any add-ins. Generally, No liquid is needed, but you can add a small amount of milk to thin your ice cream. If you blend long enough, your ice cream will be CREAMY and delicious. Just like soft serve.
- Fold in the chocolate and nuts. Add toppings before serving.
- Eat IMMEDIATELY for soft and creamy ice cream. Store in freezer for traditional ice cream consistency.



Modified from: <https://www.superhealthykids.com/chocolate-banana-ice-cream/> and <https://healthbeet.org/best-chunky-monkey-protein-ice-cream/>

# Chocolate Chip Pumpkin Muffins



## Ingredients:

- 15 oz. can pumpkin
- 3 cups all-purpose flour or half whole wheat flour half white
- 1 cup sugar or stevia
- 1 cup unsweetened applesauce
- 4 eggs
- 2 tsp. almond extract
- 1 tsp. baking soda
- 1 tsp. salt
- 1 cup chocolate chips - I like ones with a high % cacao or dark chocolate)

## Directions:

- Preheat oven to 400 degrees and prepare muffin tins with non-stick cooking spray.
- In a large bowl, combine the dry ingredients including flour, baking soda, and salt.
- In a medium-sized bowl, combine the wet ingredients: sugar, applesauce, eggs, and almond extract.
- Stir in the canned pumpkin.
- Pour the wet ingredients into the dry ingredients, stirring just until the ingredients start to blend.
- Add the chocolate chips and stir until just blended, taking care to not over blend.
- Bake for 15-20 minutes or until a knife inserted into the center comes out clean.

Modified from: <https://www.createkidsclub.com/chocolate-chip-pumpkin-muffins/>