

# Picky Eaters

#1 MOM



## Food List

### Fun veggie ideas

- Zucchini fries with dip
- Cheesy cauliflower bites
- Sweet potato bites
- Broccoli tots
- Roast bell pepper strips

### hidden veggie winners

- Spinach Pasta with cheese
- Muffins with hidden carrots
- Banana and oat muffins
- Vegetable nuggies(hidden puree inside)

### Creative Protein Bites

- Chicken Nuggets with Veggie
- Salmon Patties
- Cheese Cubes with Fun Shapes
- Mini Meat Balls
- Turkey Roll Ups



### Snack Time Fun

- Fruit Popsicles
- Fun-Shaped Sandwiches
- Fruit Cabos
- Nut Butter on Apple
- Peanut Butter Banana Bites

### Smooth and Sippable

- Carrot and Apple Smoothie
- Spinach and Banana Smoothie
- Chocolate Avocado Pudding
- Yogurt with Fun Toppings
- Mango Yogurt Smoothie

