

Oil-Free Plant-Based Recipes for Kids

Mini Tofu Nuggets (Ages 3-5)

Ingredients:

- * 14 oz firm tofu, pressed and cut into bite-sized pieces
- * 1/2 cup whole grain breadcrumbs
- * 2 Tbsp nutritional yeast
- * 1 tsp garlic powder
- * 1 tsp mild paprika
- * Salt and pepper to taste

Instructions:

- Preheat air fryer to 375F (190C).
- Mix breadcrumbs, nutritional yeast, garlic powder, paprika, salt, and pepper.
- Coat tofu pieces in the dry mixture.
- Place in air fryer basket lined with parchment or silicone liner.
- Air fry for 15 minutes, shaking halfway through.

Banana Oat Pancakes (Ages 3-5)

Ingredients:

- * 1 ripe banana
- * 1 cup rolled oats
- * 1 cup unsweetened plant-based milk
- * 1 tsp baking powder
- * 1/2 tsp cinnamon

Instructions:

- Blend all ingredients into a smooth batter.
- Spoon onto a nonstick skillet or griddle over medium heat.
- Cook 2-3 minutes per side until golden brown.

Rainbow Veggie Quesadillas (Ages 4-6)

Ingredients:

- * 4 small whole grain tortillas
- * 1 cup grated carrots

- * 1/2 cup chopped spinach
- * 1/2 cup mashed sweet potato (acts like cheese)
- * 1/2 red bell pepper, diced

Instructions:

- Spread mashed sweet potato over half of each tortilla.
- Add veggies and fold in half.
- Cook in dry nonstick pan or air fry at 370F for 5-6 minutes until crisp.

Veggie Flatbread (Ages 5-7)

Ingredients:

- * 1 cup cooked, mashed sweet potato
- * 1.5 cups whole wheat flour
- * 1/2 tsp salt
- * Toppings: refried black beans (oil-free), diced tomatoes, avocado

Instructions:

- Mix mashed sweet potato with flour and salt until a dough forms.
- Roll out small circles on floured surface.
- Bake on parchment at 375F for 10-12 minutes or until edges are slightly crisp.
- Top with beans, tomato, avocado.

Two-Bean Chili (Ages 6-8)

Ingredients:

- * 1 small onion, diced
- * 2 cloves garlic, minced
- * 1 carrot, diced
- * 1 bell pepper, diced
- * 1 tsp cumin
- * 1 tsp smoked paprika
- * 1 can kidney beans, drained
- * 1 can black beans, drained
- * 1 can diced tomatoes
- * 1/2 cup vegetable broth

Instructions:

- In a pot, dry saut onion and garlic with a splash of broth until soft.
- Add carrots, pepper, spices and cook 5 minutes.
- Add beans, tomatoes, broth and simmer for 20 minutes.

Rainbow Pasta Salad (Ages 5-7)

Ingredients:

- * 8 oz whole grain pasta (elbows or shells)
- * 1 cup cherry tomatoes, halved
- * 1/2 cup diced cucumber
- * 1/2 cup shredded carrot
- * 1/2 cup peas
- * Juice of 1 lemon
- * 1 tsp Dijon mustard
- * 1 Tbsp tahini
- * 1 Tbsp water

Instructions:

- Cook pasta, rinse with cold water.
- Whisk lemon juice, mustard, tahini, and water until creamy.
- Toss pasta, veggies, and dressing together. Chill before serving.

Cauliflower Bites (Ages 8-10)

Ingredients:

- * 1 head cauliflower, broken into florets
- * 1 cup oat flour or whole wheat flour
- * 1 tsp garlic powder
- * 1 tsp smoked paprika
- * 3/4 cup water
- * 1/4 cup tomato paste
- * 1 tsp apple cider vinegar
- * 1/2 tsp maple syrup
- * 1/2 tsp chili powder (optional)

Instructions:

- Preheat oven or air fryer to 400F.

- Mix flour, garlic, paprika, and water into a batter.
- Dip cauliflower florets into batter and place on parchment-lined tray.
- Bake or air fry 20 minutes. Mix tomato paste, vinegar, syrup, and chili for sauce.
- Brush sauce on cauliflower, cook 10 more minutes.

Chickpea Avocado Wraps (Ages 8-10)

Ingredients:

- * 1 can chickpeas, drained and mashed
- * 1 ripe avocado
- * 1 tsp lemon juice
- * 1/2 tsp garlic powder
- * Salt and pepper to taste
- * Lettuce leaves
- * 4 whole wheat tortillas

Instructions:

- Mash chickpeas and avocado together with lemon juice and seasonings.
- Spread into tortilla with lettuce and roll into wraps.

Black Bean Enchiladas (Ages 10-12)

Ingredients:

- * 1 onion, chopped
- * 2 garlic cloves, minced
- * 1 bell pepper, diced
- * 2 cans black beans
- * 1 tsp cumin
- * 1 tsp chili powder
- * 1 can crushed tomatoes
- * 6-8 corn tortillas

Instructions:

- Saut onion and garlic in splash of water. Add pepper, beans, and spices.
- Fill tortillas with mix, roll, place in baking dish.
- Top with crushed tomatoes. Bake at 375F for 20 minutes.

Lentil Shepherd's Pie (Ages 12+)

Ingredients:

- * 2 cups cooked brown lentils
- * 1 onion, chopped
- * 2 carrots, diced
- * 2 celery stalks, diced
- * 2 cloves garlic, minced
- * 2 Tbsp tomato paste
- * 1 cup vegetable broth
- * 1 tsp thyme
- * 3 cups mashed potatoes (made with unsweetened plant milk)

Instructions:

- Cook onion, carrot, celery, and garlic in splash of broth.
- Add tomato paste, lentils, broth, thyme. Simmer until thick.
- Place in baking dish, spread mashed potatoes on top.
- Bake at 375F for 25 minutes until golden.

Resources

* Plantiful Kiki's Kids - Kid-friendly plant-based meals and family wellness:

<https://plantifulkiki.com>

* Plant-Powered Families - 100+ whole-food vegan recipes for kids:

<https://dreenaburton.com/plant-powered-families/>

* Plant-Based Baby and Toddler - Expert pediatric nutrition advice for ages 0-3:

<https://plantbasedjunior.com/pbbt/>

* Ozark Pediatrics - Plant-based pediatric care in Arkansas:

<https://ozarkpediatrics.org>