



by  
**VALERIA  
RAY**

The Tastiest  
**High Protein**  
Recipes **for Kids**

Delight Your Picky Eaters with Nutritious Meals



# The Tastiest High Protein Recipes For Kids

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# Introduction



Do you struggle with your picky eaters?

Do you waste much time looking for kid-friendly recipes packed with protein?

Do you want to have complete control over your meals to avoid preservatives and artificial ingredients?

If you can relate to these, this recipe book is the best solution for you. We introduce a collection of 30 high-protein recipes for kids that they will adore. You won't have to struggle thinking whether they will like the new recipes you prepared. We feature a carefully chosen collection of kid-approved recipes that they will love. Pack some homemade banana pancakes in their lunchbox so that they will enjoy a nutritious meal at school. Or, prepare them with quick mozzarella sticks when you get home after a long day. The possibilities are endless, and the kids will love your new meals for sure.

If you are ready to get started, let's go through these fantastic recipes together!



# Tuna nuggets



If you want to prepare a quick and satisfying meal rich in protein, the tuna nuggets are the best pick. They are crispy and rich in flavor, so your kids will love them.

**Time:** 15 minutes

**Servings:** 4

**Ingredients:**

- 3 (5-oz) cans tuna, drained
- ½ cup breadcrumbs
- 1 tablespoon chopped dill
- 1 tablespoon mayonnaise
- ½ teaspoon garlic powder
- 1 tablespoon lemon juice
- 2 tablespoons olive oil
- salt and pepper, to taste

**Instructions:**

1. Drain the canned tuna well.
2. Transfer to bowl and mix with mayonnaise, dill, breadcrumbs, garlic powder, and lime juice. Make sure that no large chunks remain.
3. Season with salt and pepper.
4. Scoop out two tablespoons of the nugget mixture and shape the tuna nuggets.
5. Heat Olive oil over medium heat and cook them for three minutes per side or until brown.



## Banana pancakes



If you prefer to introduce healthier choices to the table, this banana pancake recipe will exceed your expectations. They are simple and healthy, and you can serve them with different toppings.

**Time:** 30 minutes

**Servings:** 1

**Ingredients:**

- 1 medium ripe banana
- 2 eggs
- 1 tablespoon milk
- 2 tablespoons coconut flour

**Instructions:**

1. Add the mashed banana and egg tea bowl and whisk with a fork.
2. Add milk and coconut flour. If it is too thick, add milk gradually.
3. Grease a pan and heat it over medium heat.
4. Add one tablespoon pancake mix and cook for three minutes. Flip and cook the other side. Reduce heat if they get brown.
5. Serve with topping of choice.



## Cheeseburger bites



The healthy cheeseburger bites are the perfect choice for picky eaters. They are cheesy and tasty, done within 40 minutes.

**Time:** 40 minutes

**Servings:** 24

**Ingredients:**

- 1 lb. lean ground beef
- 4 egg whites
- 1/2 cup shredded cheddar
- 1/2 cup breadcrumbs
- 1/2 cup shredded parmesan
- 3 tablespoons mustard
- 1/4 cup reduced sugar ketchup
- 5 small dill pickles, finely diced

**Instructions:**



1. Preheat the oven to 400. Coat a 24-muffin tin with spray.
2. Cook the beef over medium-high until brown.
3. Combine the other ingredients in a mixing bowl.
4. Let the meat cool and add to the mixture.
5. Divide the mixture among the muffin tin compartments. Bake for 25 minutes.



## Bacon egg cups



These bacon egg cups are a perfect choice for breakfast or lunch. The delicious recipe combines high protein ingredients creating an excellent flavor for your kids.

**Time:** 40 minutes

**Servings:** 12

**Ingredients:**

- 12 eggs
- 1 cup of shredded cheddar cheese
- 1 package of bacon
- salt and pepper

**Instructions:**

1. Cook the bacon in a pan. Set it aside to cool.
2. Crack the 12 eggs in a mixing bowl and season with salt and pepper. Whisk to combine.
3. Add the cheese and mix.
4. Chop your bacon. Grease the muffin tin and add bacon bits.
5. Pour in the prepared mixture and bake for 25 minutes at 350 degrees.



## Broccoli cheddar cups



The broccoli and cheddar cups are an easy recipe convenient for school lunch. Prepare them within 35 minutes and have them ready for the lunch box.

**Time:** 35 minutes

**Servings:** 6

**Ingredients:**

- ½ cup shredded cheddar cheese
- ¼ cup milk
- 1 cup chopped broccoli florets
- 5 large eggs
- ⅛ teaspoon garlic powder
- ¼ teaspoon mustard powder
- Salt and pepper to taste

**Instructions:**

1. Heat oven to 350. Place cupcake liners in the muffin tin and grease them with cooking spray.
2. Divide the cheese and broccoli florets among the compartments.
3. Combine the milk, spices, and eggs. Whisk until combined and divide the mixture into the muffin tin.
4. Bake for 25 to 30 minutes or until ready.



## Sausage and cheese egg muffins



This recipe is simple and easy, and your kids will absolutely love it. It is an excellent choice for a satisfying meal that will keep them full during the day.

**Time:** 30 minutes

**Servings:** 6

**Ingredients:**

- 3 lean breakfast turkey sausage
- 5 egg whites
- 2 whole eggs
- 1/4 cup skim milk
- Salt and pepper to taste
- 1/4 cup spinach, chopped
- 1/4 cup shredded sharp Cheddar cheese

**Instructions:**

1. Preheat the oven to 350 degrees. Cook the sausage until brown over medium-high in a skillet. Chop to half-inch chunks and set aside.
2. Whisk eggs and egg whites. Season With salt and pepper and combine the milk. Add spinach.
3. Coat the muffin tin with cooking spray. Divide the mixture evenly into the cups.
4. Add sausage and cheese.
5. Bake for 20 minutes in the oven.



# Easy pizza



We know that kids love pizza, and sometimes you don't have enough time to prepare it. This recipe will show you how to cook a fast and simple pizza suitable for picky eaters.

**Time:** 20 minutes

**Servings:** 8

**Ingredients:**

- 13.8 ounces refrigerated pizza dough
- 3 eggs
- 1 cup ham cooked and diced
- ¼ cup milk
- 1 cup shredded mozzarella cheese
- 1 cup sausage cooked and crumbled
- ½ cup green bell pepper diced
- ½ cup red bell pepper diced
- ½ cup cheddar cheese shredded
- ½ cup onion diced
- garlic salt to taste
- salt and pepper to taste

**Instructions:**

1. Preheat the oven to 400 degrees.
2. Roll the refrigerated pizza dough on a cookie sheet. Make small dents in the pizza dough with your fingers.
3. Combine the milk and eggs. Brush this mixture over the pizza dough.
4. Add veggies, cheese, ham, and sausage. Add salt and pepper to taste and garlic salt.
5. Bake for 15 minutes or until the dough and eggs are fully cooked.



# Banana bread muffins



These protein-rich muffins are the perfect choice for a healthy breakfast. Prepare a double batch, as you will love them as well.

**Time:** 20 minutes

**Servings:**12

**Ingredients:**

- 2 large bananas, mashed
- 1 egg
- 3 tablespoons coconut oil melted and cooled
- 4 tablespoons honey
- 1 teaspoon baking powder
- 3/4 cup oat flour
- 1/2 cup vanilla protein powder
- 1/2 teaspoon ginger
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/4 cup dark chocolate chips optional

**Instructions:**

1. Set the oven to 350 and grease the muffin tin.
2. Combine mashed bananas, honey, egg, and coconut oil.
3. Add the dry ingredients and mix to make the protein muffin batter.
4. Divide it into the muffin cups and bake for 15 minutes, or until the edges are set, and a toothpick inserted in the muffin comes out clean.



# Roll ups



Sometimes you don't have enough time to cook a meal. Since life gets too busy, you need an easy recipe like this one. The perfect combo of ingredients creates a nutritious lunch or snack for your kids.

**Time:** 10 minutes

**Servings:** 2

**Ingredients:**

- 4 oz ham lunch meat
- 2 oz cream cheese softened
- ½ avocado thinly sliced
- ½ cup cucumbers julienned
- ⅓ cup shredded cheese cheddar
- ½ cup bell pepper julienned

**Instructions:**

- 1 Create a layer by laying the lunch meat on a flat surface. Create a 12x8 rectangle.
- 2 Add a layer of cream cheese.
- 3 Add cheese, avocado, bell pepper, and cucumber in a row in the middle.
- 4 Roll the meat from the sides tightly. Slice the roll into half-inch thick pieces.



## Chicken salad bites



We know that kids love bite-sized foods. This simple snack recipe shows you how to make chicken salad bites with a few simple ingredients. Done within 10 minutes, these are a healthy delicacy that any kid will love.

**Time:** 10 minutes

**Servings:** 6

**Ingredients:**

- 2 cups cooked chicken breast, diced
- 2 green onions, sliced
- 1 cucumber, cut into thick slices
- 4 tablespoons cream cheese, softened
- 3 tablespoons blue cheese, crumbled
- salt, black pepper to taste
- 1/3 cup diced celery
- 2 tablespoons sour cream

**Instructions:**

1. Combine the cream cheese and sour cream into a mixing bowl.
2. Add celery, blue cheese, chicken, onions, salt, and pepper. Mix well and add the mixture over the cucumber slices.

# Broccoli cheese balls



The cheesy balls are an excellent way to add veggies to your kid's diet. The cheesy flavor hides the broccoli well, so you don't have to struggle explaining this.

**Time:** 1 hour 15 minutes

**Servings:** 4

**Ingredients:**

- 1 1/2 cups broccoli florets
- 4 ounces Velveeta, cut into small chunks
- 1 cup shredded cheddar cheese
- 1 cup shredded Colby cheese
- 2 cups breadcrumbs, plus 1/4 cup
- 1/2 teaspoon crushed red pepper flakes
- 1/2 cup all-purpose flour
- 2 eggs, lightly beaten plus 1 egg, lightly beaten (separate)
- cooking oil

**Instructions:**

1. Steam the broccoli florets lightly and set them aside to cool.
2. Combine cheese, red pepper flakes, 1/4 cup breadcrumbs, and one egg. Chop the broccoli to pieces and add it to the bowl.
3. Mix with your hands and shape small balls.
4. Set the balls in the fridge for half an hour.
5. Add the flour to a bowl.
6. In a second bowl, add one tablespoon of water and two lightly beaten eggs.
7. Add the breadcrumbs to the third bowl.
8. Add two inches of oil to a frying pan and heat.
9. Coat the broccoli balls in the flour, then egg mixture and breadcrumbs.



10. Fry the broccoli balls in batches until golden brown.

## Energy bites



These simple energy bites are a protein-decadent treat or snack. Enhanced with chocolate chips, they will become your kid's favorite treat for school.

**Time:** 20 minutes

**Servings:** 20

**Ingredients:**

- 1 cup old-fashioned oats
- 1/3 cup honey
- 1/2 cup ground flaxseed
- 1/2 cup creamy peanut butter
- 1/2 cup semisweet chocolate chips
- 2/3 cup toasted shredded coconut
- 1 teaspoon vanilla extract

**Instructions:**

1. Combine the energy bite ingredients in a large bowl. Place the mixture in the fridge and leave it to chill for one to two hours.
2. Then, roll the prepared mixture into small 1-inch balls.



## Blueberry yogurt bites



This recipe offers a nutritious snack but is also so fun to prepare. However, be sure that your kids will love these blueberry yogurt bites.

**Time:** 2 hours 10 minutes

**Servings:** 24

**Ingredients:**

- 1-2 tablespoons honey
- 1 cup plain yogurt
- 1-pint blueberries, washed

**Instructions:**

1. Combine the yogurt and honey in a mixing bowl. Add honey according to your sweetness preference.
2. Insert a toothpick into a blueberry and cover it with the yogurt honey mixture.
3. Arrange them on a baking sheet lined with parchment paper. Freeze the blueberries for two hours.

## Cheesy zucchini bites



Enriched with cheesy flavor, these zucchini bites are an ideal choice for your picky eaters. Disguise the zucchini with cheese and let your kids enjoy the taste.

**Time:** 30 minutes

**Servings:** 12

**Ingredients:**

- 1 ½ cups shredded zucchini
- 1 large egg, lightly beaten
- ¼ cup panko or regular bread crumbs
- ½ cup shredded sharp cheddar cheese
- ¼ teaspoon garlic powder
- ¼ teaspoon dried basil
- Salt and pepper to taste

**Instructions:**

1. Set your oven to 425 degrees. Prepare your baking sheet by spraying with cooking spray.
2. Place the shredded zucchini in a towel and squeeze the excess liquid out.
3. Add the drained zucchini and the other ingredients for the zucchini bites in a mixing bowl.
4. Mix to combine and scoop out tablespoons on the baking sheet. Press them gently to flatten the surface and bake for 20 minutes.



## Turkey pinwheels



Despite being colorful, these pinwheels bring an abundance of nutrients. Pack them in the lunchbox or have them as a prepared meal for the moments when you don't feel like cooking.

**Time:** 20 minutes

**Servings:** 28

**Ingredients:**

- 8 leaves green leaf lettuce
- 1 tomato thinly sliced
- 8 oz sliced turkey breast
- 1 pack Flatout flatbread
- 6 slices of American cheese
- 4 tbsp mayonnaise

**Instructions:**

1. Lay the flatbread and spread with mayonnaise.
2. Layer the cheese over the mayonnaise. Next, layer the turkey breasts.
3. Pat dries the lettuce and layer it on top of the turkey.
4. Add the tomato slices and tightly roll a flatbread. Cut to one-inch pieces and serve.



## Baked chicken tenders



We know that kids love chicken tenders, so here is a simple and easy recipe on how to prepare them. To make the recipe healthier, opt to bake them instead of frying.

**Time:** 30 minutes

**Servings:** 10

**Ingredients:**

- 3 lb. Chicken Tenders
- 2 tablespoons onion powder
- 2 tablespoons garlic powder
- 2 tablespoons paprika
- Salt and pepper
- 2 tablespoons olive oil

**Instructions:**

1. Preheat the oven to 375.
2. Season the chicken tenders with spices. If using frozen, thaw them before use and pat them dry.
3. Align the chicken tenders on a baking sheet and bake for 20 to 25 minutes. Let the chicken tenders rest for five minutes before removing them from the pan.



## Breakfast roll ups



These roll-ups have so many flavors, so you will love them as well. Mozzarella is an excellent source of protein, combined with the sausage.

**Time:** 15 minutes

**Servings:** 10

**Ingredients:**

- 10 eggs
- 10 slices mozzarella cheese
- 1/2 lb. ground sausage
- salt and pepper taste

**Instructions:**

1. Preheat the oven to 400 degrees. Line a baking sheet with parchment paper and add the mozzarella slices.
2. Bake the mozzarella for five minutes or until the edges get brown.
3. Fry the sausage until it is thoroughly cooked.
4. Add the eggs and stir. When fully cooked, set aside.
5. Let the mozzarella cool, and add the sausage and egg mixture. Roll and serve.



## Avocado toast with a fried egg



The avocado and egg are a protein-rich breakfast that kids will love. Add lemon juice to the avocado mash so that it keeps the beautiful color and looks attractive.

**Time:** 15 minutes

**Servings:** 2

**Ingredients:**

- 1 avocado
- pinch salt
- 1 tablespoon lemon juice
- 4 slices toast
- 4 eggs
- salt and pepper to taste

**Instructions:**

1. Mash The avocado. Combine With salt and lemon juice.
2. Cook the eggs over medium heat.
3. Lay the toast on your surface and spread with the avocado mixture. Add the fried egg on top of each. Add salt and pepper to taste.



# Chicken fritters



These chicken fritters are a fantastic recipe for kids. The combination of gooey mozzarella and almond flour adds flavor, as well as a dose of protein.

**Time:** 30 minutes

**Servings:** 4

**Ingredients:**

- 1.5 lb. skinless, boneless chicken breast, chopped into tiny chunks
- 2 medium eggs
- 1 cup shredded mozzarella cheese
- 1/3 cup almond flour
- 2 tablespoons parsley chopped
- 2 tablespoons chives chopped
- 1/2 teaspoon garlic powder
- 2 tablespoons fresh basil finely chopped
- Salt and pepper to taste
- 1 tablespoon olive oil

**Instructions:**

1. Combine the chicken, eggs, almond flour, basil, mozzarella, chives, garlic powder, parsley, salt, and pepper. Combine the mixture.
2. Heat the 1 tablespoon olive oil in a pan over medium-low. Scoop the mixture into the pan and flatten it slightly. Fry in batches until golden brown. It will take around 8 minutes.



## Ham and cheese cups



Despite looking interesting, these ham cups are an excellent source of protein. Serve them for breakfast, lunch, or even dinner for picky eaters.

**Time:** 10 minutes

**Servings:** 12

**Ingredients:**

- Cooking spray
- 1 cup shredded cheddar
- 12 slices ham
- 12 large eggs
- Salt and pepper to taste

**Instructions:**

1. Preheat the oven to 400 and grease the muffin tin.
2. Line the muffin cups with the sliced ham. Add cheddar.
3. Crack one egg into each muffin cup and add salt and pepper to taste.
4. Bake for 16 minutes.



# Crispy chicken fritters



These crispy chicken fritters come with an excellent flavor, so your kids will adore them. Serve with a sauce for a couple of enjoyment.

**Time:** 15 minutes

**Servings:** 6

**Ingredients:**

- 25 oz canned white chunk chicken breasts
- 1 egg
- 1 teaspoon mustard
- Salt and pepper to taste
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ cup breadcrumbs plus 1 cup
- Vegetable oil as needed for cooking

**Instructions:**

1. Drain the canned chicken well. Chop it nicely and add to the mixing bowl.
2. Add in egg, breadcrumbs, spices, and mustard. Mix well until the mixture is combined.
3. Add one cup of breadcrumbs to a plate.
4. Shape the mixture into six fritters. Add to the plate and coat with breadcrumbs.
5. Heat a pan with ¼ inch oil over medium heat. Cook the chicken fritters on both sides until golden.



## Mozzarella sticks



The cheesy mozzarella sticks are a tasty snack for kids. You can serve them along with the broccoli cheddar cups from this recipe book for a complete meal packed with protein.

**Time:** 20 minutes

**Servings:** 6

**Ingredients:**

- 1 large egg beaten
- 2 tablespoons Coconut Flour
- 1/2 cup crushed pork rinds
- 1/2 cup Wholesome Yum Blanched Almond Flour
- 2 teaspoons Italian seasoning
- 12 pieces Mozzarella string cheese, cut in half

**Instructions:**

1. Line a baking sheet with parchment paper.
2. Add the coconut flour to a plate.
3. Add the beaten egg to a second bowl.
4. Add almond flour, Italian seasoning, and pork rinds on a plate.
5. Coat the mozzarella in coconut flour.
6. Then cover with the beaten egg.
7. Transfer to the third plate and dredge in the almond flour mix. Place the mozzarella on the baking sheet.
8. Place the mozzarella in the fridge for an hour. Bake in a preheated oven at 400 degrees for five minutes. Flip and bake for three minutes.



## Corn dog muffins



If your kids love corn dogs, they will fall for this recipe. The corn dog muffins are a convenient recipe for school lunch or make-ahead dinner for the days when you are too busy.

**Time:** 30 minutes

**Servings:** 8

**Ingredients:**

- Nonstick cooking spray
- 1 teaspoon baking soda
- 1 1/4 cups all-purpose flour
- 1/4 cup granulated sugar
- 3/4 cup finely ground cornmeal
- 1 teaspoon salt
- 2/3 cup whole milk
- 3/4 cup sour cream
- 8 tablespoons unsalted butter melted
- 2 large eggs slightly beaten
- 6 beef hot dogs cut into four equal pieces

**Instructions:**

1. Preheat the oven to 400 and cover the muffin tin with cooking spray.
2. Combine the cornmeal flour, baking soda, sugar, and salt. Create a hole in the center.
3. In a small bowl, combine the milk, eggs, and sour cream. Add this mixture into the hole of the dry ingredients. Mix until incorporated but don't overmix.
4. Stir in the butter.
5. Divide between the muffin cups and add a hot dog. Bake in the oven for 12 minutes.



# Cheese baked broccoli



If your kids don't like vegetables, here is a fabulous recipe. The cheesy flavor will disguise the broccoli, offering a full enjoyment with lots of nutrients.

**Time:** 40 minutes

**Servings:** 6

**Ingredients:**

- 2 large heads of broccoli, chopped to bite-size chunks
- 1 cup grated sharp cheddar cheese
- 1 cup bread crumbs
- 1/4 cup fresh grated parmesan cheese
- 3 eggs
- 1 teaspoon garlic powder
- 1 tablespoon milk

**Instructions:**

1. Set the oven to 400 and line the baking sheet with baking paper.
2. Whisk the milk and eggs.
3. Combine the breadcrumbs, parmesan, cheddar, and garlic in a separate bowl.
4. Cover the broccoli florets in the egg mix.
5. Coat them in the cheese mixture.
6. Add the broccoli to the baking sheet. Bake for 20 to 25 minutes.



## Chicken zucchini poppers



The combination of grated zucchini and ground chicken creates an excellent flavor. These healthy ingredients make a nutritious meal that your kids will love.

**Time:** 35 minutes

**Servings:** 5

**Ingredients:**

- 1 lb. ground chicken breast
- 2–3 green onions, sliced
- 2 cups grated zucchini
- 1 clove garlic, minced
- 3 tablespoons cilantro, minced
- Salt and pepper to taste

**Instructions:**

1. Combine the chicken, green onion, zucchini, garlic, cilantro, salt, pepper in a bowl. Don't worry that the mixture is wet.
2. Shape the poppers with a tablespoon full for each one.
3. Preheat the oven to 400 degrees. Arrange a baking sheet with foil and drizzle a little bit of oil. Add the papers and bake them for 15 to 20 minutes.

## Ricotta bake



The combination of creamy ricotta and parmesan cheese is a match made in heaven. It is a recipe that you will enjoy together with your kids.

**Time:** 30 minutes

**Servings:** 6

**Ingredients:**

- 2 eggs
- 1/4 cup parmesan cheese, grated
- 8 oz ricotta cheese
- 1 teaspoon Italian Seasonings
- 1/2 cup of marinara sauce
- Salt and pepper to taste

**Instructions:**

1. Set the oven to 375 and line the muffin tin with cupcake liners.
2. Combine the eggs, ricotta cheese, parmesan, and seasonings in a bowl. Divide the mixture between the muffin tins. Bake for 20 minutes.
3. Heat the sauce in a saucepan. When you remove the muffins, top them with the heated sauce.



# Cottage cheese pancakes



These decadent protein pancakes are easy and simple to make. Cottage cheese is a source of protein, so this recipe will become your staple breakfast choice.

**Time:** 30 minutes

**Servings:** 6

**Ingredients:**

- 1 cup cottage cheese
- 2 tablespoons maple syrup
- 2 eggs
- 1 cup white whole wheat flour
- ½ teaspoon vanilla
- ¼ teaspoon salt
- 1 teaspoon baking powder
- ¼ cup milk optional

**Instructions:**

1. Combine the cottage cheese, maple syrup, eggs, and vanilla.
2. In the second bowl, combine the baking powder, flour, and salt. Add into the wet mixture and mix well.
3. If it is too thick, add milk gradually until you reach the right thickness.
4. Spray a frying pan with oil and heat it over medium heat. Add batter and cook for two minutes per side.



# Apple bites



If you want to prepare a quick treat for your kids that has lots of protein; this is a good pick. The creamy peanut butter and crunchy granola will amaze them.

**Time:** 10 minutes

**Servings:** 20

**Ingredients:**

- 2 apples sliced into wedges
- 1/4 cup granola
- 1/4 cup peanut butter
- 2 tablespoons chocolate chips
- 1/4 teaspoon ground cinnamon

**Instructions:**

1. Spread the apple wedges with peanut butter.
2. Add granola over the peanut butter and sprinkle cinnamon.
3. Melt the chocolate chips in the microwave. Go for 30 seconds, remove, and mix. Repeat until melted.
4. Add chocolate over the wedges and serve.



## Sweet potato pizza bites



If you want to have fun and enjoy food, try this simple recipe. The sweet potato mini pizzas are a delightful meal, so don't forget to create a smiley face with the mini pepperonis.

**Time:** 25 minutes

**Servings:** 12

**Ingredients:**

- 2 tablespoons olive oil
- 4 medium sweet potatoes, sliced into thin pieces
- salt and pepper, to taste
- 1/2 cup organic marinara sauce
- 1 cup mozzarella, shredded
- 1/2 cup cherry tomatoes, sliced
- 1/2 cup mini pepperonis
- 1 tablespoon dried oregano
- 1/2 cup green peppers

**Instructions:**

1. Set the oven to 375. Grease a baking sheet with cooking spray.
2. Align the slices of sweet potato on the baking sheet.
3. Add salt and pepper and oil. Bake for 15 minutes.
4. Remove and add the toppings. Start with sauce and add the other ingredient. Bake for five more minutes or until the cheese melts.



# Broccoli fritters



The simple broccoli fritters are a good choice for kids. The combination of eggs, parmesan, and broccoli is a satisfying and protein-rich meal with an abundance of flavors.

**Time:** 30 minutes

**Servings:** 4

**Ingredients:**

- 1 lb. steamed broccoli florets
- ½ cup shredded Parmesan cheese
- 2 eggs
- 1 garlic clove, minced
- 4 tablespoons flour
- salt and pepper, to taste
- vegetable oil, for frying

**Instructions:**

1. Let the broccoli cool after steaming and chop it into small chunks.
2. Combine the broccoli, parmesan, eggs, garlic, and flour. Add salt and pepper.
3. Heat a pan over medium heat. Add oil.
4. To shape fritters, scoop out two to three tablespoons of the mixture. Flatten gently and cook for three minutes per side or until golden brown.



# Conclusion

We know that this collection of kid-friendly recipes helps you save some precious time. Your picky eaters now have a wide range of recipes to choose from. You can go through the cookbook together and decide about the next meal. This recipe book makes things easier for you since you already have a wide selection of kid-friendly recipes. They are simple and easy to make, so you don't need to put much effort into offering healthy meals on the table. Your kids can simply pick a recipe from this book that they will truly enjoy.

If you enjoyed the high-protein recipes for kids, don't miss out on the other pieces in our collection. We invite you to check the cookbook collection and find other recipes that will match your specific needs!

# About the Author

A native of Indianapolis, Indiana, Valeria Ray found her passion for cooking while she was studying English Literature at Oakland City University. She decided to try a cooking course with her friends and the experience changed her forever. She enrolled at the Art Institute of Indiana which offered extensive courses in the culinary Arts. Once Ray dipped her toe in the cooking world, she never looked back.

When Valeria graduated, she worked in French restaurants in the Indianapolis area until she became the head chef at one of the 5-star establishments in the area. Valeria's attention to taste and visual detail caught the eye of a local business person who expressed an interest in publishing her recipes. Valeria began her secondary career authoring cookbooks and e-books which she tackled with as much talent and gusto as her first career. Her passion for food leaps off the page of her books which have colourful anecdotes and stunning pictures of dishes she has prepared herself.

Valeria Ray lives in Indianapolis with her husband of 15 years, Tom, her daughter, Isobel and their loveable Golden Retriever, Goldy. Valeria enjoys cooking special dishes in her large, comfortable kitchen where the family gets involved in preparing meals. This successful, dynamic chef is an inspiration to culinary students and novice cooks everywhere.





## Author's Afterthoughts



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