



Burgers, Bites, & Bars

Nourishing Recipes for Kids

Hey there!

My name is Genna.

As a certified health coach, yoga instructor, and mom, I am stoked to let you inside my intimate world of yoga, healthfulness, and motherhood.

My mission is to help parents gain confidence in making healthy choices, eliminate the emotional struggle that surrounds meal time, and guide you through food shopping & reading labels. Food choices play an important role in our children's mood, behavior, and development! Feeding our little ones should not only be nutritious but hassle-free and enjoyable.

As a mom of a particular eater I have experienced first hand the anxiety, guilt, and obsessing that comes along with finding foods that are both nutritious and delicious which is why I created

MamasteCalm (mama-stay-calm).



Table of Contents

Bio	2
------------------	----------

Burgers	4
----------------------	----------

Grass-fed beef burger with spinach & quinoa.....	5
--	---

Turkey Burger with kale & farro	6
---------------------------------------	---

Chicken Burger with zucchini & quinoa.....	7
--	---

Build your own Burger	8
-----------------------------	---

Bars	9
-------------------	----------

Roll out of Bed Bar	10
---------------------------	----

The Big Bird Bar	11
------------------------	----

Chocolate Freezer Bar	12
-----------------------------	----

Bites	13
--------------------	-----------

Power	14
-------------	----

Calm	15
------------	----

Go	16
----------	----

Burgers



Grass-fed Beef Burger with Spinach & Quinoa

Ingredients:

16 ounce package of grassfed beef (raw)

½ cup spinach (chopped very fine)

½ cup organic quinoa (cooked)

Combine all ingredients with spoon or hands

To cook: Bake for 15 mins at 425 degrees or until internal temperature reaches 165 degrees or higher.

(Freeze, label, & store!)



BENEFITS OF QUINOA

Rich in fiber and contains all 9 essential amino acids.

Turkey Burger with Kale & Farro

Ingredients:

16 ounce package of organic turkey(raw)

¼ cup kale (chopped very fine)

¼ cup faro (cooked)

Combine all ingredients with spoon or hands

To cook: Bake for 15 mins at 425 degrees or until internal temperature reaches 165 degrees or higher.

(Freeze, label, & store!)



BENEFITS OF FARRO

Contains fiber, iron, protein, and zinc which strengthens the immune system.

Chicken Burger with Zucchini & Millet

Ingredients:

16 ounce package of organic chicken (raw)

¼ cup zucchini (chopped)

¼ cup millet (cooked)

Combine all ingredients with spoon or hands.

To cook: Bake for 15 mins at 425 degrees or until internal temperature reaches 165 or higher.

(Freeze, label, & store!)



BENEFITS OF MILLET

Niacin which is vital for organ function.

Bars



Roll-out of Bed Bar

Ingredients:

5 dates
3 ounces dried apple
½ cup Rolled (gluten free) oats
¾ cup walnuts
¼ tsp cinnamon
Pinch of turmeric
¼ cup raisins
½ tsp vanilla extract

**Combine all ingredients in food processor/blender.
Place in baking sheet lined with parchment paper and
press down.
Put in freezer and cut into bars after 30 mins!
Store in refrigerator for up to 2 weeks.**



The Big Bird Bar

Ingredients:

8 dried Apricots

5 Figs

3 Dates

½ large fresh basil leaf

¼ cup Pumpkin seed

¼ cup roasted Sunflower seeds

2 tablespoons Flaxseed

Combine all ingredients in food processor/blender.

Place in baking sheet lined with parchment paper and press down.

Put in freezer and cut into bars after 30 mins!

Store in refrigerator for up to 2 weeks.



Chocolate Freezer Bar

Ingredients:

7 dates

½ cup (gluten free) Oats

¼ cup chia seeds

¼ cup maple syrup

¼ cup dried blueberry

¼ tsp organic vanilla extract

¼ cup dark chocolate/semisweet chocolate chips (or carob)

2 tablespoons almond butter (or other nut butter of your choice)

1 tablespoon coconut oil

Combine all ingredients in food processor/blender.

Place in baking sheet lined with parchment paper and press down.

Put in freezer and cut into bars after 30 mins!

Store in refrigerator for up to 2 weeks.



Bites

A close-up photograph of several round, dark brown bites, likely made of dates and nuts, topped with sliced almonds and shredded coconut. The bites are arranged on a white plate lined with brown parchment paper. The background is a light-colored wooden surface with a blue and white striped cloth partially visible. A few loose almond slices are scattered around the plate.

Power Bite

Ingredients:

10 Dates pitted

$\frac{2}{3}$ cup Coconut

$\frac{1}{3}$ cup Goji berries

$\frac{1}{4}$ cup Dark chocolate chips

1 Pinch of Turmeric Powder

Combine all ingredients in food processor or blender. Roll into balls. Store in the refrigerator for up to 2 weeks.



Calm Bite

Ingredients:

½ cup Pumpkin Seeds

¼ cup Goji Berries

¼ cup dried Mango

2 tablespoon Almond butter

Combine all ingredients in food processor or blender. Roll into balls. Store in the refrigerator for up to 2 weeks.



Go Bite

Ingredients:

4 Prunes

3 Dates

1 cup walnuts

½ cup Black Currants

2 tablespoons Flaxseeds

Combine all ingredients in food processor or blender. Roll into balls. Store in the refrigerator for up to 2 weeks.

