



### **Custom Food Creations for Kids or a Crowd**

One of my favorite foods to make for kids is the make your own stir fry / no fry concept I call the One Pot No Fry. Kids (and also picky eaters or if you are cooking for a crowd) like this concept as everyone can make exactly what they like. They can also experiment with different combinations for different bowls of food and find their favorites, which is a lot of fun!

Cook a big pot of rice, pasta, barley, or other grain or starch like potatoes, yams, sweet potatoes that everyone likes. Once the grain / base is cooked, serve each person / child from that into a bowl. Then let each person / child choose the veggies, nuts, beans (if you have cooked some or have some already cooked), fruits, dried fruits, spices, etc. that they want to add to their bowls, stir it up, and the heat of the rice will warm and slightly cook the veggies right in the bowl. That way, everyone has their own custom made stir fry in a bowl!

A few favorite combinations that kids may like:

- Pasta, tomatoes, spinach, flaxseeds or cooked chickpeas, olive oil, sea salt
- Potatoes, cabbage, carrots, sunflower seeds, olive oil, sea salt
- Rice, broccoli or spinach, almonds or sunflower seeds, sesame or coconut oil, sea salt
- Brown rice, apples, cinnamon, raisins, coconut / sesame oil, sea salt

If you want to make this concept into lettuce wraps instead, use the filling and small chopped add ins like fruits, veggies, nuts and seeds, cooked beans, tofu, etc. and let the kids make their own custom lettuce wraps. Use whole organic romaine lettuce leaves or cabbage leaves - pull whole off the head from the bottom of the head. Or make a batch of quick flatbreads (like pancakes but thicker dough batter and less fluffy) on the stove top using your favorite flour, water, a little coconut/olive oil and sea salt and let kids make their own custom tacos / wraps :) Try organic bananas, sunflower seeds, sea salt and cinnamon - so yummy!

You can do the same customized concept for breakfast / dessert to make a custom Breakfast Granola. Let each child choose their favorite fruits, nuts/seeds, dried fruits, soy / coconut / almond / oat milks or yogurts, and mix into the cooked rice, oatmeal (or eat cold quick oats with favorite vegan milk option like cereal), couscous, barley, quinoa, etc. for a delicious high protein breakfast / dessert!



Happy cooking!

**Christina Borland**, Owner  
Go Veggie Girl, LLC