

Book of Little Bites

Toddler Friendly Recipes



LALO

Recipes for every messy, magical moment—from first bites to family favorites.



We curated a collection of real recipes from real families, made to make mealtime easier. These simple, nutritious meals are designed with little ones in mind—and some even double as activities! Because at Lalo, we believe mealtime doesn't have to be perfect to be enjoyed. Let's eat!

Menu

Snacks

Fruit & More Fruit

More Substantial

Sweet Treats

Smoothies & Drinks

Disclaimer: a note on food safety.

Every baby is different! Always follow your pediatrician's guidance when introducing solids and potential allergens. Be mindful of age-appropriate textures and ingredients, and supervise your little one during meals.

For expert-backed tips on starting solids, allergen introduction, and safe eating practices, check out our [Starting Solids 101 webinar.](#)



Snacks

Cauliflower Bites

Carrot Fries

Mini Caprese

Green Toad Toasts

PB&J Twinkling Stars



Cauliflower Bites

COOKING TIME

30 mins

SERVINGS

5 – 7 Toddler
OR 3 – 4 Adult

INGREDIENTS

- 1 small head of cauliflower
- 2 tbsp extra virgin olive oil
- ½ cup parmesan cheese, finely grated
- 1 tsp paprika
- ¼ tsp black pepper (optional for spice)

Perfect game day recipe!

1. Roughly chop or break apart cauliflower into small bite-sized pieces.
2. Coat with olive oil and top in the parmesan, paprika and black pepper (optional).
3. Place in the air fryer or on a cookie sheet in oven at 390°F for 15-20 minutes or until dark golden brown and crispy. Be sure to toss half way through to prevent burning. If the cauliflower needs more time, continue at 10 minute intervals and check often.

Leftovers can be stored in the fridge for up to 2 days.



Carrot Fries

COOKING TIME

20 mins

SERVINGS

4 – 5 Toddler
OR 1 – 2 Adult

INGREDIENTS

- 2 carrots
- 2 tbsp extra virgin olive oil
- Pinch of salt
- ½ – 1 tsp paprika
- ½ – 1 tsp garlic powder

1. Cut carrots into thin, 1-inch-long pieces (so that they resemble french fries).
2. Drizzle with olive oil and coat with your seasoning: salt, paprika, and garlic powder to taste.
3. Place in the air fryer or on a cookie sheet in oven at 400°F for 8-12 minutes, or until crisp.
4. Optional: garnish with dill.
5. Let cool and enjoy!



Mini Caprese

COOKING TIME

10 mins

SERVINGS

1

INGREDIENTS

- Fresh mozzarella log, or sliced mozzarella
- Cherry tomatoes
- Handful fresh basil leaves
- Optional: Small, heart-shaped cookie cutter

1. Slice your mozzarella log into about 1/4" slices.
2. Using small cookie cutters, stamp your mozzarella slices and basil leaves into heart-shaped pieces. (If you don't have a cookie cutter you can use a knife to cut into similar sized pieces. Try triangles or squares!).
3. Slice the cherry tomatoes in half or quarters depending on your child's age.
4. Plate up and enjoy!

Optional: Drizzle balsamic vinegar and oil over the top.



Recipe by Chef Heather
@heather.happykidskitchen

Green Toad Toasts

COOKING TIME

15 mins

SERVINGS

2

INGREDIENTS

- 2 slices whole wheat or other preferred bread
- ½ avocado
- ½ lime or lemon
- Toppings: 1 small cucumber, baby carrots, sliced black olives, strawberries, and blueberries

1. Toast bread, then cut into a large circle using a cookie cutter or the rim of a large glass.
2. Get the kids involved! Have them mash avocado either in a bowl with a fork/masher, or place avocado in a small zip-top bag and let them mash it by squishing the bag. Pro tip: Squeeze a little lime or lemon juice into the avocado and mix it in to prevent browning.
3. If you used a bag to mash the avocado, cut off one corner and have the kids squeeze the avocado into a bowl.
4. Place mashed avocado and toppings in the center of the table. Give each child a toast round, and let them spread mashed avocado on top and then place fruits and veggies as desired. Enjoy!



PB&J *Twinkling Stars*

COOKING TIME

5 mins

SERVINGS

1

INGREDIENTS

- 2 slices whole wheat or other preferred bread
- Jam/jelly of choice
- Nut butter of choice
- Sprinkles

1. Make your PB&J as you normally would.
2. Have your child help you cut it into a fun shape!
You can use a cookie cutter or knife.
3. Pour sprinkles into a spare plate or bowl.
4. Press the edges of your freshly cut sandwich into the sprinkles until each side is coated.
5. Serve and enjoy!

Fruit & More Fruit

[Starry Bites](#)

[Clementine Crabs](#)

[Fruit Bingo](#)

[Apple Pie Slices](#)

[Not Your Mama's Banana Split](#)

[Banana on a Stick](#)



Starry Bites

COOKING TIME

5 mins

SERVINGS

1–2

Tip: A blue plate creates the perfect sky-like backdrop!

INGREDIENTS & MATERIALS

- Apple
- Any other yellow fruit of choice: melon, pineapple, mango, and banana work great
- Plain or vanilla greek yogurt
- Small star or other fun cookie cutter

1. Cut apple or other chosen fruit into even slices that will be easy to stamp with a cookie cutter. Use cookie cutter to cut small stars out of your fruit slices.
2. Take the greek yogurt and create 3 large dollops for the clouds.
3. Using a spoon, slowly shape your clouds—think fluffy and formed.
4. Add your stars and enjoy!



Clementine Crabs

COOKING TIME

5 mins

SERVINGS

2 - 4

INGREDIENTS

- 4-8 small clementines or mandarins
- 1 small package of blueberries
- 1 scoop of yogurt of choice

A beach day favorite!

1. Peel your clementines or mandarins.
2. Place a full, peeled clementine or mandarin on the plate, adding 3 additional slices on either side for legs.
3. Add 2 small dollops of yogurt to hold the blueberries in place, then press 2 blueberries into the yogurt to make eyes.
4. Scoop yogurt onto the plate and form a wave using a spoon and serve.



Fruit Bingo

COOKING TIME

5 mins

SERVINGS

9 watermelon cubes

INGREDIENTS & MATERIALS

- Watermelon
- 1 piece of paper
- Non-toxic markers

1. Cube your watermelon into 1-2" squares and place into their bowl.
2. Grab a piece of paper and markers.
3. Head to a kid's table and chairs for your art activity and snack. (Our [Play Kit](#) is the perfect fit!)
4. On the piece of paper, draw a 3 x 3 grid. Inside the boxes draw your little one's favorite words, toys, and numbers.
5. Ask them to find what's in each box and cover it with a watermelon cube.
6. When they get Bingo, tell them to dig into their snack and start over!



Apple Pie Slices

COOKING TIME

15 mins

SERVINGS

2 (4-5 slices each)

INGREDIENTS

- 1 medium apple
- Small bag of:
 - Caramel melts
 - M&Ms or chocolate chips
 - Pretzels

1. Unwrap caramel melts and add them to a pot on your stovetop.
2. Heat on a low to medium setting, stirring them periodically with your spatula.
3. Slice apples and leave them on the cutting board or lay them on a dinner plate.
4. Pour melted caramel generously onto apples.
5. Top with M&Ms and crushed pretzels.
6. Once the caramel has hardened, transfer the apple slices onto your little one's plate and serve.



Not Your Mama's Banana Split

COOKING TIME

5 mins

SERVINGS

1–2

INGREDIENTS

- Banana
- Yogurt
- Berries
- Granola

The perfect summer treat!

1. Peel and slice a banana down the middle.
2. Add yogurt in dollops on top of the banana.
3. Add berries to the yogurt, and sprinkle with granola.



*Recipe by Chef Heather
@heather.happykidskitchen*

Banana On A Stick

COOKING TIME

5 mins

SERVINGS

4

INGREDIENTS

- **2 bananas**
- **2–3 tbsp of natural peanut butter, almond butter, or sunflower seed butter**
- **Topping options: sprinkles, hemp seeds, crushed freeze-dried fruit, graham cracker crumbs, or finely chopped nuts**

1. Cut each banana in half. Insert a popsicle stick into the bottom of each half then remove the peel.
2. Place about a tablespoon of nut/seed butter on each child's plate along with a small spoon for spreading. Set out your chosen toppings in small bowls or muffin cups for kids to share.
3. Encourage each child to drizzle or spread the nut butter on the banana. Then, the fun part: sprinkle on the toppings. Enjoy!



Menu

More Substantial

Overnight Oats

Healthy Pancakes

Jollof

Pumpkin Pancakes

Asparagus Frittata

Extra Veggie Mac & Cheese

Pink Pasta

Pork Dumplings

Tasty Zucchini Tarts



Recipe by Chef Sahara
@saharabohoskey

Overnight Oats

COOKING TIME

Prep time
30 mins

SERVINGS

3 – 4

INGREDIENTS & MATERIALS

Overnight Oats	Orange Blueberry Jam
• ½ cup ground oats	• 1 cup wild blueberries
• ½ cup soy milk or milk substitute of choice	• ½ cup organic or freshly squeezed orange juice
• 1 tbsp hemp seeds	• ½ tbsp ground flax seeds
• 1 tbsp maple syrup	• ⅛ tsp cinnamon

1. To make the blueberry orange jam, add all ingredients into a small saucepan. Heat mixture on high heat to bring it to a boil. Once boiling, turn heat down to a low simmer and cook for 5 minutes, stirring often. Turn off heat and let cool completely. Store in a sterilized jar or airtight container for up to one week.
2. For the overnight oats, mix together ground oats, milk, hemp seeds, and maple syrup in a small container with an airtight lid attachment. Store the oats in the fridge with lid on overnight or at least 6 hours. Once ready to serve, portion out the appropriate amount for your baby and mix in about 1 teaspoon of the jam.



Recipe by Chef Molly
@mollysbest

Healthy Pancakes

COOKING TIME

30 mins

SERVINGS

2 - 4

INGREDIENTS

- 2 bananas
- 4 eggs
- 1 tbsp vanilla extract
- Dash of cinnamon
- 1 tbsp chia seeds (optional)
- ½ cup quick oats
- 2 handfuls of spinach (optional)
- 1 handful of fresh or frozen blueberries
- 1 tbsp coconut oil for cooking
- Toppings of choice: berries, chocolate chips, toasted coconut, drizzle of almond butter, maple syrup, honey

1. Add the banana, eggs, cinnamon, chia seeds, oats and vanilla extract to a blender and blend until batter like consistency. Then add in the blueberries.
2. Heat a pan on medium low heat and add the coconut oil. When oil melts, pour the batter into small circles. Cook 1-2 pancakes at a time to avoid breaking. These are less dense than regular pancakes.
3. Move to a plate and add toppings of choice. If you have toddlers, this is where the little ones can have some fun and help with toppings, like sprinkling on different fruit!



Recipe by Chef Anicia
@aniciangozi

Jollof

COOKING TIME

2 hours

SERVINGS

4 – 6

INGREDIENTS

- **1/3 cup oil (not olive oil)**
- **6 medium-sized tomatoes**
- **6 fresh, red poblano peppers**
- **3 medium-sized red onions (1 sliced thinly, 2 roughly chopped), divided**
- **1/2 – 1 spicy pepper, or to taste**
- **3 tbsp tomato paste**
- **2 tsp Caribbean curry powder**
- **2 tsp dried thyme**
- **2 dried bay leaves**
- **5-6 cups stock**
- **2 tsp unsalted butter**
- **4 cups uncooked rice, rinsed**
- **Salt, to taste**
- **Black and white pepper, to taste**
- **Extra: sliced onions, tomatoes, yellow plantain**

1. In a blender, combine tomatoes and peppers with 2 cups of stock. Blend till smooth, 1-2 minutes. Pour into a large pot or pan and bring to a boil. Turn down and let simmer, cover for 10-12 minutes.
2. In another large pan, heat oil and add the sliced onions. Season with a pinch of salt, stir-fry for 2-3 minutes, then add the bay leaves, curry powder, dried thyme and a pinch of black pepper. Continue to cook for 3-4 minutes on medium heat. Add the tomato paste & stir for another 2 minutes.
3. Add the reduced tomato-pepper mixture (from step 1), stir, and set on medium heat for 10-2 minutes till reduced by half, with the lid on.
4. Add 4 cups of the stock to the cooked tomato sauce and bring it to a boil for 1-2 minutes.
5. Add the rinsed rice and butter and stir to combine. Cover with a double piece of foil, baking, or parchment paper and put a lid on the pan. Put in the oven at 300°F for about 45 minutes to an hour.
6. Remove & stir rice. Add sliced onions, tomatoes, and/or roasted plantain to finish.



Pumpkin Pancakes

COOKING TIME

10 mins

SERVINGS

1 (3 small
pancakes)

INGREDIENTS

- **2 cups boxed pancake mix**
- **½ cup canned pumpkin puree**
- **1 ½ cups water**
- **Splash of vanilla**
- **Dash of cinnamon & nutmeg**
- **Butter to grease pan**
- **Optional: Top with whipped cream & cinnamon**

1. Pour pancake mix and water into your mixing bowl and combine with a spoon. Stir until the batter is smooth.
2. Add all other ingredients and mix thoroughly.
3. Scoop the desired amount of pancake mix into the frying pan.
4. Flip pancake after 2-3 minutes of cooking.
5. Repeat steps 3-4 until you've finished all the batter.
6. Top with whipped cream and a sprinkle of cinnamon.



Recipe by Chef John
@john_karangis

Asparagus Frittata

COOKING TIME

15 mins

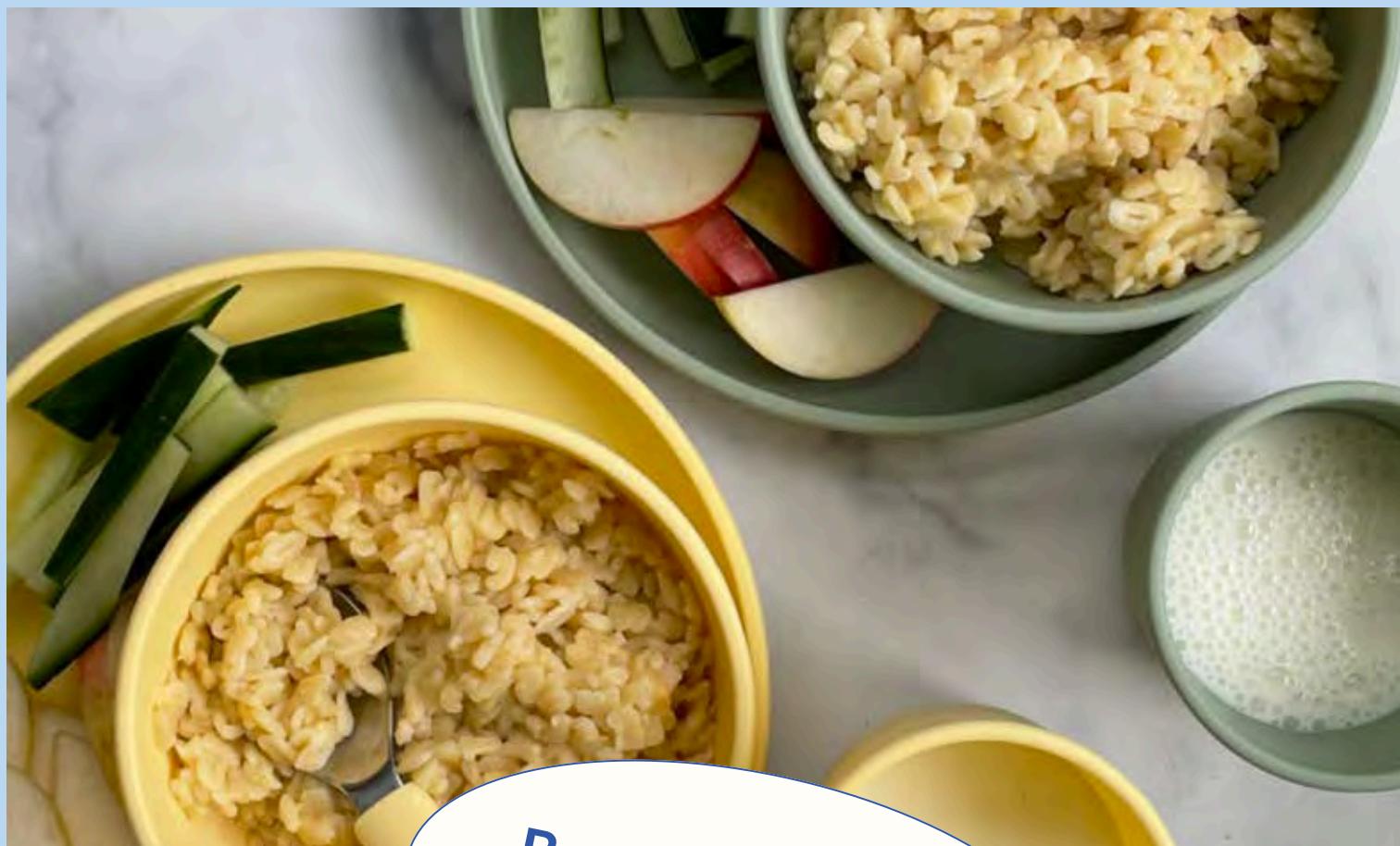
SERVINGS

2 (4-5 slices each)

INGREDIENTS

- 1 bunch asparagus, washed in warm water, and trimmed of woody bottoms
- 10 large eggs
- 2 ounces milk
- 1 cup chicken breast, diced
- 1 tsp fresh lemon zest
- 1 tbsp olive oil
- 1 tbsp butter, unsalted
- 1/4 cup grated parmesan cheese
- 1/4 cup grated gruyere cheese
- 2 tsp salt
- 1/8 tsp dried red pepper flakes

1. Preheat the oven to 350°F.
2. Lay your asparagus on a cookie sheet and drizzle a little olive oil and kosher salt. Roast for 6-8 minutes, remove from the oven, and allow to cool.
3. Whisk your eggs in a mixing bowl and add the milk, lemon, remaining olive oil, salt, pepper and parmesan cheese.
4. Heat a 12 or 14 inch nonstick sauté pan, add butter, and move around the entire pan to ensure all parts have been greased.
5. Add your eggs to the pan and using a rubber spatula gently move the eggs around to allow them to start cooking evenly. Pull from the ends of the pan towards the center for about twenty seconds.
6. Remove the pan from the heat and sprinkle in your chicken and grated gruyere cheese. Finally, lay the asparagus neatly on top. Eggs should still be only partially cooked.
7. Place the pan in the oven and cook for 10-12 minutes. Remove and rest the pan for about 5-8 minutes before serving.



*Recipe by Chef Amy
@yummytoddlerfood*

Extra Veggie Mac & Cheese

COOKING TIME

10 mins

SERVINGS

3 – 4

INGREDIENTS & MATERIALS

- **½ cup warm milk**
- **½ cup squash or sweet potato puree**
- **½ cup white beans**
- **1 tablespoon butter**
- **1 cup shredded cheddar cheese**
- **8 oz pasta of your choosing**
- **Salt & garlic powder to taste**

1. Boil pasta according to package instructions. Strain (don't rinse!) and transfer back into pot.
2. To a blender, add warm milk, squash or sweet potato puree, white beans, melted butter, and shredded cheddar cheese. Blend 'cheese' sauce until smooth. (You can omit the beans and just stir ingredients in a bowl if using a blender isn't an option).
3. Pour cheese sauce into pot with the cooked pasta, a little at a time until you reach desired consistency.
4. Add a little salt and garlic powder to taste.
5. Serve and enjoy!



Pink Pasta

COOKING TIME

1 hour

SERVINGS

3-4

INGREDIENTS

- 3 – 4 cups pasta of choice
- 1 large beet
- $\frac{3}{4}$ cup part-skim or low sodium ricotta cheese
- 2 tbsp extra-virgin olive oil
- 2 tbsp lemon juice
- Optional: Salt to taste, ricotta and chopped basil garnish as desired

1. Clean your beets and put them in a pot of water until covered. Bring pot to a boil and cook until beets are tender. About 45 minutes.
2. Cook the pasta in a large pot of lightly salted boiling water. While the pasta cooks, roughly cube the beets and put them in a blender.
3. Drain your pasta, setting aside 1 cup of pasta water for your sauce.
4. Into the blender add $\frac{1}{4}$ cup pasta water, the ricotta, olive oil, lemon juice, and 1 teaspoon salt (optional). Blend until smooth.
5. Transfer the pasta to your bowl. Pour the sauce over the top and toss until pretty and pink.
6. Scatter basil and ricotta over the top of the pasta (optional),



By Carol, Lalo Senior
Retention Manager

Pork Dumplings

COOKING TIME

1:30 hrs

SERVINGS

8 – 10

INGREDIENTS & MATERIALS

<p>Filling</p> <ul style="list-style-type: none"> • 500g ground pork • ¼ cup chopped scallions • 1 tbsp minced ginger • 2 tbsp light soy sauce • 1 tsp sea salt • ¼ tsp white pepper • 2 tbsp sesame oil 	<p>Wrapping</p> <ul style="list-style-type: none"> • 1 package frozen dumpling wrappers, thawed • Splash of water in bowl (for sealing) <p>Dipping Sauce</p> <ul style="list-style-type: none"> • 1:1 soy sauce to rice vinegar ratio • Splash of sesame oil
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1. Mix dumpling filling ingredients all together: ground pork, scallions, ginger, soy sauce, salt, pepper, sesame oil.
2. Wrap your dumplings (Carol's method): Take small amount of filling, about $\frac{1}{2}$ tbsp, and place in the center of the wrapper on a small plate or flat surface. Make 3 small pleats on one side of the wrapper and then bring the back to the front and squeeze shut. Watch [video](#). Use some water to close the wrapper, or squeeze a little of the liquid from the filling to help seal it shut.
3. Cook your dumplings. You can boil or steam, but my personal fave is to pan fry on medium heat with a tablespoon of oil. Once the bottoms are a nice golden brown, add in about 1/2 cup of water and cover until all water has evaporated. Dumplings should be cooked through and the bottoms should have maintained their crisp.
4. Combine dipping sauce ingredients in a small bowl and serve on the side. Dip dumplings in the sauce and enjoy!

Extras store great in the freezer.



Tasty Zucchini Tarts

COOKING TIME

20 mins

SERVINGS

4

INGREDIENTS

- Store-bought puff pastry
- Zucchini
- Olive oil
- 1 egg
- Everything but the bagel seasoning or seasoning of choice

1. Using a mandolin or a sharp knife, thinly slice one zucchini.
2. Cut defrosted puff pastry into four rectangles and place onto a non-stick baking sheet lined with parchment paper or tin foil.
3. Lightly score a smaller rectangle in the center of the pastry using a sharp knife or a pastry cutter. Be sure not to cut all the way through.
4. Layer the zucchini in two rows within the boundaries of the inner rectangle you scored. Tip: Bring in your little helper here!
5. Drizzle olive oil over the zucchini. (We love Graza)
6. Optional: Beat an egg and brush it over the outer edges of the pastry. This will give it a nice browned crust.
7. Sprinkle seasoning over the top of each pastry.
8. Bake at 375°F until golden brown (~15-20 mins). Let cool 10 mins.

Menu

Sweet Treats

Pink Lemonade Granita

Snack Necklaces

Apple Pie Bites

Cinnamon Graham Crackers

Tyler's Banana Bread

Hydration Pops

Oatmeal Peanut Butter Balls



Recipe by Chef Dini
@prepandraly

Pink Lemonade Granita

COOKING TIME

20 mins

SERVINGS

4 – 5

INGREDIENTS

- 10 strawberries, stems removed and mashed
- 4 scoops vanilla ice cream, softened
- 4 cups water
- ½ cup Country Time Pink Lemonade mix

1. Place strawberries on a 7" x 11" pan and mash with a fork or masher.
2. Combine water and pink lemonade mix in a medium bowl. Add in the mashed strawberries. Stir to combine.
3. Add ice cream to the mixture. Stir everything together until it's homogenous.
4. Spoon mixture back onto the 7" x 11" pan. Spread evenly, and place in the freezer to set until it's solid.
5. Once completely frozen, scrape the mixture with a fork, creating a slushy granita. Transfer to serving bowls and enjoy straight away!



*Recipe by Chef Amy
@yummymytoddlerfood*

Snack Necklaces

COOKING TIME

5 mins

SERVINGS

1

INGREDIENTS

- "O" shaped cereal, pretzels, diced snack bars, and/or crackers
- Dried fruit (such as pineapple or dried apples)
- Plastic cording

1. Using your neck or your child's neck to measure, cut a piece of cord long enough for a necklace and tie a thick knot in one end.
2. Prep your edible beads. If necessary, make a hole in the dried fruit or snack bar pieces using a lollipop stick or straw.
3. Put out bowls with your edible bead options so the kids can build their own necklaces.
4. Once the kids have filled their necklace, tie the ends together, place over their heads and let them nibble away!



Recipe by Chef Amy
@yummytoddlerfood

Apple Pie Bites

COOKING TIME

40 mins

SERVINGS

20 bites

INGREDIENTS

- 1 cup dried apples
- 1 cup pitted Medjool or Deglet Noor dates
- 1 cup unsalted almonds (or cashews)
- ½ tsp cinnamon

Naturally sweet
snack!

1. Place the ingredients into a medium bowl. Cover with boiling water and let sit for 30 minutes.
2. Drain the water from the bowl.
3. Add ingredients to a food processor and blend well.
4. Measure out rounds with a tablespoon measuring spoon. Then, roll into balls.
5. Store in an airtight container in the fridge for up to 1 month.



Recipe by Chef Dini
@prepandraly

Cinnamon Graham Crackers

COOKING TIME

30 mins

SERVINGS

5 – 6

INGREDIENTS

- 1 cup whole-wheat flour
- $\frac{1}{2}$ tsp baking powder
- 2 tbsp sugar
- $\frac{1}{2}$ tsp cinnamon
- pinch of salt
- $\frac{1}{4}$ cup unsalted butter softened at room temperature and diced
- 2 tbsp milk
- 2 tbsp honey
- $\frac{1}{2}$ tsp vanilla extract
- Optional topping: 1 tbsp milk, 1 tsp sugar, $\frac{1}{2}$ tsp cinnamon

1. Preheat the oven to 375° F and line a baking sheet with parchment paper.
2. Place all ingredients into a bowl and use your hands to mix together to form a dough.
Pro tip: If dough is still a little crumbly after thoroughly combined, add milk $\frac{1}{2}$ tbsp at a time until it comes together.
3. Prep a lightly floured piece of parchment paper on a clean work surface and dump out dough. Make a flattened disc.
4. Place another piece of lightly floured parchment paper on top and roll the dough $\frac{1}{4}$ inch thick between them. The flour will ensure that the dough doesn't stick to the rolling pin.
5. Stamp out crackers with a small, square cookie cutter (if you don't have one, something like a shot glass could work as well).
6. Transfer to the prepared baking sheet and use a fork to make two neat rows of holes.
7. Bake for 8-10 minutes, until lightly browned around the edges. (Optional: brush dough with milk. Sprinkle with cinnamon and sugar.).
8. Remove from the oven, let cool on the baking sheet for a minute, and transfer to a wire rack to cool completely.
9. Store in an airtight container for up to 3 days.



Tyler's Banana Bread

COOKING TIME

25 mins

SERVINGS

1

INGREDIENTS

- **½ ripe banana**
- **½ cup rolled oats**
- **½ tsp baking powder**
- **1 tsp maple syrup**
- **⅓ cup milk or plant-based milk**

1. Preheat oven to 350°F.
2. In a small bowl, mash the banana.
3. Add rest of ingredients and stir together until smooth.
4. Pour batter into a ramekin with about a 3 oz capacity. If you don't have a ramekin—any small, oven-safe dish, bowl, or cupcake tin could work too!
5. Bake for 15 -20 minutes or until a toothpick in the center comes out clean.
6. Let cool then serve topped with sliced bananas and maple syrup.



Hydration Pops

COOKING TIME

3 hours

SERVINGS

4 – 6

INGREDIENTS & MATERIALS

- Seedless watermelon or watermelon de-seeded
- Coconut water
- Popsicle molds

1. Cut your watermelon into very thin slices, removing the rind.
2. Add the watermelon slices into your popsicle molds until the molds are half-filled (this typically only takes a few slices).
3. Fill the popsicle molds the rest of the way up with coconut water.
4. Freeze until solid, at least 2 hours. Enjoy on a hot day!



Oatmeal Peanut Butter Balls

COOKING TIME

10 mins

SERVINGS

20 balls

INGREDIENTS

- **2 ¾ cups oats**
- **2 tbsp chia seeds**
- **¾ cup natural peanut butter**
- **½ cup maple syrup or honey**
- **Coating: ½ cup chocolate chips, melted**
- **Optional add-ins: shredded coconut, cinnamon, sea salt, mini chocolate chips, dried fruit.**

1. Mix the peanut butter and syrup or honey together in a medium mixing bowl until smooth.
2. Place all ingredients into a medium bowl and mix well with a spoon.
3. Form the mixture into about twenty 1" balls, shaping with your hands or using a cookie scoop.
4. Leave them as-is, or roll them into melted chocolate and allow to harden for an even more delicious treat!
5. Ready to eat right away, or can refrigerate first.
6. Store in a resealable bag either in the fridge or freezer.



Menu

Smoothies & Drinks

[Tropical Beet Smoothie](#)

[Carrot Cake Smoothie](#)

[Mint Chocolate Chip Smoothie](#)

[Herbal Tea Latte](#)

[DIY Hot Cocoa Bar](#)



Tropical Beet Smoothie

COOKING TIME

5 mins

SERVINGS

2

INGREDIENTS

- Handful of spinach
- 1 whole orange
- Frozen pineapple pieces (to liking)
- 4 strawberries
- $\frac{1}{2}$ beet
- 2 small slices of ginger
- Orange juice to preferred consistency

1. Combine ingredients in a blender.
2. Blend and serve.

The perfect naturally
sweet drink!



Carrot Cake Smoothie

COOKING TIME

5 mins

SERVINGS

2

INGREDIENTS

- 4 baby carrots
- 1 frozen banana
- 5 almonds
- Handful of sunflower seeds
- 1 mushroom
- ½ cup of granola
- 3 dates
- Dash of cinnamon
- Vanilla yogurt
- 1 cup almond milk

1. Combine ingredients in a blender.
2. Blend and serve.



Mint Chocolate Chip Smoothie

COOKING TIME

5 mins

SERVINGS

2

INGREDIENTS

- **½ avocado**
- **5 almonds**
- **1 tbsp of dark chocolate chips**
- **4 fresh mint leaves**
- **1 frozen banana**
- **1 cup milk or plant milk of choice**
- **Handful of spinach leaves**

1. Combine ingredients in a blender.
2. Blend and serve.



Herbal Tea Latte

COOKING TIME

10 mins

SERVINGS

1

INGREDIENTS

- **6 oz water**
- **Herbal tea of choice (caffeine free)**
- **1 oz milk or plant milk of choice**
- **Optional: honey for sweetness**

1. In a mug, steep tea of choice in hot water for specified time.
2. In a separate cup, heat and froth your dairy or plant-based milk with a splash of honey. Don't have a frother? No worries! Simply mix your milk and honey with a whisk, fork, or by shaking in a jar to incorporate a little air.
3. Combine in Little Cup or Mealtime Cup by filling up $\frac{3}{4}$ of the way with your brewed tea. Top with milk foam.
4. Let cool until safe before serving.



DIY Hot Cocoa Bar

COOKING TIME

5 mins

SERVINGS

1

A colorful
holiday treat!

INGREDIENTS

- Hot water
- Hot cocoa mix
- Optional toppings:
 - Marshmallows
 - Mini candy canes
 - Whipped cream
 - Sprinkles

1. Fill a Mealtime Cup with hot water or milk (our cup holds 6 fl oz).
2. Stir in hot cocoa mix.
3. Let your little one help you top with whipped cream & all of their favorite toppings. The more the merrier!

Thank you!



Thanks for letting Lalo be part of your mealtime journey. We hope these recipes bring joy to your table and a little more ease to your day. Try them out, make them your own—and if you snap a pic, tag us @meetlalo!

For more mealtime helpers, visit meetlalo.com.

Bon appétit!

meetlalo.com

LALO