



Maui Kids Cook with Heart Recipe Book



The **Maui Kids Cook with Heart Program** is designed to teach students the basic skills required to prepare their own healthy snacks and meals at home. Offered at no cost through the American Heart Association, the program services over 500 Maui elementary, middle, and high school students. This kid-friendly recipe guide is designed for parents and kids to make healthy snacks and meals together.



American Heart Association®

Kids Cook with Heart™

Kids Cook with Heart classes are taught by professional volunteer chefs at local schools. Each class is fun and educational. Parents can have fun by cooking the healthy recipes below with their kids at home. In Hawai`i, 1 out of 4 children entering kindergarten are already obese, so choosing healthy recipes for your family to enjoy is so important!

The mission of the **American Heart Association** is to be a relentless force for a world of longer, healthier lives. A major risk factor for heart disease is obesity. In order to curtail the onset of obesity among children, the American Heart Association developed the **Kids Cook with Heart** program. The goals of the program are to:

- **Increase fruit and vegetable consumption**
- **Decrease sugary drink, and increase water, consumption**
- **Decrease high sodium processed foods**
- **Increase cooking healthy foods and snacks at home**
- **Increase use of local produce**



Mahalo Volunteers

Thank you to our chef volunteers for teaching the kids and for creating recipes that highlight the amazing fruits & vegetables found in Hawai'i.



Program Coordinator
Rob Mason, RJ Gourmet



Betty McDonald
B3 A Beach Bunny Bakery



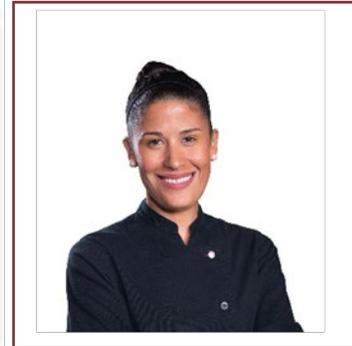
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Jessica Qsar
Maui Personal Chef

Smoothies

These are a great way to have dessert for breakfast! Smoothies are a delicious cold treat and loaded with healthy nutrients.

..... | ADULT: YES | TOTAL TIME: 15-20 MINUTES | MAKES: 4 servings |

KITCHEN GEAR

Blender

INGREDIENTS

GREEN SMOOTHIE

1/2 can of coconut water (or water)
1/3 bag of kale (washed & trimmed)
1/2 apple cut into chunks
1/2 bag frozen mango (8 oz)

BLUE SMOOTHIE

1/2 can of coconut water (or water)
1/3 bag of kale (washed & trimmed)
1/2 apple, cut into chunks
1/2 bag frozen blueberries or other berries (8 oz)

Nutrition Analysis (per serving)

Calories	179
Total Fat	2.8 g
Saturated Fat	2.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.4 g
Monounsaturated Fat	0.4 g
Cholesterol	2.5 mg
Sodium	76 mg
Carbohydrates	35.5 g
Fiber	6.8 g
Total Sugars	23.6 g
Added Sugars	0 g
Protein	6.7 g

Dietary Exchanges: 2 Fruit, 1 fat



INSTRUCTIONS

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on the counter.

With your adult's help, create your workstation and gather your ingredients and your blender.

Parents put the blender blade inside the blender. Have your child help by measuring out the frozen fruits and pouring them into the blender.

Then, pour in the coconut milk or water.

Kids will have fun pressing the button of the blender and watching it blend.

Parents pour the smoothie mixture into 4 glasses.

To make it extra special, take a fresh strawberry or star fruit and push it onto the side of your glass (as pictured).

Tomato Salsa

Fresh tomatoes are used in this recipe. Any variety will work, but a juicier tomato is better. If you don't have tomatoes, you can also make this recipe using fresh pineapple – delicious!

..... | ADULT: YES | TOTAL TIME: 30-45 MINUTES | MAKES: 1 LARGE BOWL OF SALSA |

KITCHEN GEAR

Gloves
Knife
Cutting Board
1 large bowl
Fork
Large spoon
Tasting Chips

INGREDIENTS

3-4 Roma style or heirloom, chopped into chunks
1/4 onion minced, small squares
3-4 garlic cloves grated
1/5 bunch of cilantro, pick leaves, chop
1/2 lime, squeeze, can grate zest
1/2 jalapeno (use gloves - parent supervision) remove seeds, minced, small squares
1/16 teaspoon salt
1/16 teaspoon pepper

Nutrition Analysis (per serving)

Calories	12
Total Fat	0.0 g
Saturated Fat	0.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.0 g
Cholesterol	0 mg
Sodium	26 mg
Carbohydrates	3 g
Fiber	1 g
Total Sugars	1 g
Added Sugars	0 g
Protein	1 g

Dietary Exchanges: 1 Vegetables



INSTRUCTIONS

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on the counter.

With your adult's help, create your workstation and gather your ingredients at your cutting station.

Parents, show your child how to cut the tomato lengthwise and then horizontally to make cubes. (see video [here.](#)).

Take each ingredient and cut it as described. As you cut each item put it into a large bowl.

Using your clean hand, or a spoon, mix the ingredients together. Kids will have fun using their hand to mix or squeeze the tomato for a thinner salsa. Mix well.

Serve fresh, or you can refrigerate for up to 7 days. Salsa is better after it "sits" for a day so the flavors can mix together.

Serve with sliced baked sweet potatoes, baked tortilla chips, or crispy toasted quesadilla wrappers (toast for 5-8 minutes at 375 degrees) for a baked crunchy effect.

Guacamole

Between the green color and soft texture, avocados are so much fun for kids to play with! Avocados are rich in healthy fats and make a great addition to any salad, sandwich, or as the star of the show... guacamole!

ADULT: YES | TOTAL TIME: 30-45 MINUTES | MAKES: 1 LARGE BOWL OF GUACAMOLE

KITCHEN GEAR

Gloves
Knife
Cutting board
1 large bowl
Fork to smash avocados
Large spoon
Tasting chips

INGREDIENTS

3 medium avocados, diced and mashed
1/4 medium onion, diced (about 1/2 cup)
1 tablespoon minced fresh cilantro
1 to 2 medium garlic cloves, minced
Juice of 1 lime
1/16 teaspoon salt
1/16 teaspoon pepper
Optional: 1/2 diced jalapeno (parents only)

Nutrition Analysis (per serving)

Calories	83
Total Fat	7.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	5.0 g
Cholesterol	0 mg
Sodium	15 mg
Carbohydrates	5 g
Fiber	3 g
Total Sugars	1 g
Added Sugars	0 g
Protein	1 g

Dietary Exchanges: 1 vegetable, 1/2 fat



INSTRUCTIONS

Wash your hands with soap and water, then gather your equipment and ingredients and put them on the counter.

With your adult's help, create your cutting station.

Parents show your kids how to tell if the avocado is ready. Then slice it in half for them and remove the seed. Kids will have fun scooping the avocado and slicing it into cubes or mashing it with a fork.

Kids can squeeze the juice and pick the leaves off the cilantro. Older kids can dice the onion & garlic. All kids will have fun mixing it with their hands!

Serve with sliced baked sweet potatoes, baked tortilla chips, or crispy toasted quesadilla wrappers (toast for 5-8 minutes at 375 degrees) for a baked crunchy effect.

Whole Wheat Pancakes

Pancakes get a healthy reboot in this kid approved recipe. Using whole wheat pastry flour creates a light and fluffy pancake.

..... ADULT: YES | TOTAL TIME: 30 MINUTES | MAKES: 8 small pancakes

KITCHEN GEAR

Pan
1 large bowl
1 small bowl
Measuring spoons
Measuring cup
Spatula

INGREDIENTS

1 cup whole wheat pastry flour
1/2 teaspoon baking soda
1 teaspoon baking powder
1/2 teaspoon salt
1 1/4 cup low-fat buttermilk (or milk)
1 egg
1 tablespoon oil (or spray)

Toppings: sliced banana, blueberries, mini chocolate chips, or other topping your child likes.

Nutrition Analysis (per serving)

Calories	248
Total Fat	5.3 g
Saturated Fat	1.6 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.3 g
Monounsaturated Fat	1.7 g
Cholesterol	142 mg
Sodium	388 mg
Carbohydrates	37 g
Fiber	6 g
Total Sugars	12 g
Added Sugars	15 g
Protein	12 g

Dietary Exchanges:

1 fruit, 1 1/2 starch, 1 1/2 lean meat



INSTRUCTIONS

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on the counter.

Parents, have your child measure the dry ingredients in the large bowl. Then, in the other bowl, they can measure and pour the milk and crack the egg.

Ask kids to stir with a spoon, or mix with their clean or gloved hand until the mixture just comes together. Don't overmix! The pancakes will come out softer and fluffier if you just mix it together and then stop.

Kids can scoop the batter with the measuring cup and then drop it into the hot pan. Parents should supervise kids while near the hot stove. Set the time for 3 minutes.

Parents show your kids how bubbles form all over the pancake when it's time to flip it. Kids can practice flipping the pancakes. Flipped over pancakes just need a quick minute on the other side to cook through. Toppings can be sprinkled into the pancake or put on top the finished pancake.

Apple Nachos

Kids love apple nachos! They have so much fun putting on their toppings and eating their “nachos.” Apple nachos deliver a crunchy and snacky effect without the high fat and salt content of chips.

..... I ADULT: YES I TOTAL TIME: 15-20 MINUTES I MAKES: 4 servings

KITCHEN GEAR

Knife
Cutting Board

INGREDIENTS

1/3 cup dried, unsweetened cranberries
1/4 cup sliced, unsalted almonds or crushed macadamia nuts
3 red or green apples, cored and thinly sliced into about 12 “nachos”
1-2 lemon wedges
2 tablespoons water
1/4 cup smooth, low-sodium peanut butter
Or 1/4 cup vanilla low-fat yogurt

Nutrition Analysis (per serving)

Calories	167
Total Fat	7.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.5 g
Monounsaturated Fat	3.5 g
Cholesterol	0 mg
Sodium	66 mg
Total Carbohydrate	22 g
Fiber	4 g
Sugars	15 g
Protein	4 g

Dietary Exchanges:

1 fat, 1/2 lean meat, 1 1/2 fruit



INSTRUCTIONS

Wash your hands with soap and water, then gather your equipment and ingredients and put them on the counter.

With your adult’s help, create your cutting and toppings station.

Parents cut the apple in half and put it flat side down for your child. Show them how to cut safely by keeping their fingers tucked under and let them cut each apple half as you supervise. Parents: cut the lemon wedges in half and put flat side down and have your child practice cutting the lemon into sections.

Kids can layer the apples on a large plate and squeeze the lemon wedge over the apples to keep them from browning.

Kids can mix the water, peanut butter and honey, stirring until the mixture is smooth. Or low-fat vanilla yogurt can be used for your topping instead of the peanut butter mix.

Kids will enjoy drizzling the sauce over their “nachos” and sprinkling the other toppings on top.

You can be creative with your toppings depending on preferences and what is on hand. Other topping ideas include cut up fresh fruit, dried fruit, and chopped nuts. Delicious!

Turkey Chili

Chili and rice is a local favorite! Try this healthier version that uses ground turkey instead of beef to reduce the saturated fat content and make this a healthy meal.

..... I ADULT: YES I TOTAL TIME: 20-40 MINUTES I MAKES: 4 servings

KITCHEN GEAR

Gloves
Knife
Cutting Board
Pan
Spatula
Colander
Can opener

INGREDIENTS

1 tablespoon extra virgin olive oil
1/2 medium onion, diced
2-3 cloves of garlic, minced
1 pound ground turkey
1 can of diced tomatoes - no salt added (28 oz can)
1 can of beans - no salt added (15-16 oz can) any variety - Black, Kidney, Pinto, etc.
1 tablespoon chili powder
1 lime, juiced
1/8 teaspoon salt
1/8 teaspoon pepper
Cooked brown rice or baked chips

Nutrition Analysis (per serving)

Calories	347
Total Fat	5.0 g
Saturated Fat	.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	2.5 g
Cholesterol	64 mg
Sodium	129 mg
Total Carbohydrate	42 g
Fiber	10 g
Sugars	14 g
Protein	34 g

Dietary Exchanges:

1 fat, 1/2 lean meat, 1 1/2 fruit



INSTRUCTIONS

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on the counter.

With your parent's help, create your cutting station.

Parents, warm the oil in a large skillet over medium-high heat. Supervise your children cutting the onion and garlic. Kids can sauté with a skillet safe spoon for 1-2 minutes until onions have turned translucent. Then add ground turkey and sauté for 2 to 3 minutes and break up meat while cooking into smaller chunks.

Kids will have fun using the can opener to open the beans and dumping the beans in the colander and rinsing them. Kids can open the tomatoes and put the beans and tomatoes in the skillet and sauté for an additional 3 to 4 minutes.

Next, add the spices and lime juice and continue to cook, stirring occasionally, about 5 to 6 minutes more, until turkey is cooked through. If desired, serve with brown rice or baked chips.

Banana Bread

Apple bananas might sound bananas to you, but that's the type of banana we are using for this perfectly moist, naturally sweet banana bread. If you don't have apple bananas, just use 2 regular bananas. You can make a loaf or make muffins... muffins need to bake for a shorter time—25 minutes or so—and you'll end up with around 12 muffins.

! ADULT: YES ! HANDS-ON TIME: 30 MINUTES ! TOTAL TIME: 1 HOUR 30 MINUTES ! MAKES: 1 LOAF

KITCHEN GEAR

Loaf pan or muffin tin
Measuring cups
Measuring spoons
2 large bowls
Fork
Large spoon
Pot holders

INGREDIENTS

4 super-ripe apple bananas
2 large eggs
2 tablespoons pure maple syrup
1 Maui vanilla bean or 1 tablespoon vanilla extract
2 cups almond flour
1 heaping tablespoon baking powder
1 teaspoon ground cinnamon (optional)
½ teaspoon ground nutmeg (optional)
¼ teaspoon sea salt

Nutrition Analysis (per serving)

Calories	180
Total Fat	11.0 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	3.0 g
Monounsaturated Fat	6.5 g
Cholesterol	31 mg
Sodium	208 mg
Carbohydrates	15 g
Fiber	3 g
Total Sugars	8 g
Added Sugars	2 g
Protein	6 g

Dietary Exchanges

1 other carbohydrate, 1 lean meat, 2 fat



INSTRUCTIONS

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on the counter.

Preheat the oven to 350°F. Lightly spray a 9 x 5 x 3-inch loaf pan with cooking spray. Set aside. In a large bowl, using a fork, ask kids to mash the apple bananas and add the eggs, maple syrup, and vanilla. Mix well.

In a small bowl, stir together the remaining ingredients until combined. Stir the almond meal mixture into the apple banana mixture until well blended—as smooth as you can get it. There should be no big chunks of banana. Put it in a greased pan in the preheated oven and bake until firm in the center, about 1 hour.

Set aside to cool a bit, then remove from the pan. Cool before slicing. Wrap leftovers in plastic wrap.



Tropical Fruit Parfait

Kids LOVE making (and eating) fruit parfaits. We used local papayas and bananas, but you can make it with any soft fruit like mango or berries.

..... | ADULT: YES | TOTAL TIME: 10-15 MINUTES | MAKES: 4 servings |

KITCHEN GEAR

Gloves
Knife
Cutting Board
Clear glass or
Plastic cups
Measuring spoon & cup

INGREDIENTS

6 ounces fat-free yogurt per person
1 cup papaya in cubes
1 large banana (about 1 cup sliced)
1/4 cup low-fat granola (4 Tbsp)
1 tablespoon honey

Nutrition Analysis (per serving)

Calories	157
Total Fat	0.9 g
Saturated Fat	0.2 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.2 g
Monounsaturated Fat	0.3 g
Cholesterol	1 mg
Sodium	75 mg
Total Carbohydrate	34 g
Fiber	2 g
Sugars	25 g
Protein	6 g

Dietary Exchanges

1 low-fat milk, 1 other carbohydrate



INSTRUCTIONS

Wash your hands with soap and water, then gather your equipment and ingredients and put them on the counter.

With your parent's help, create your cutting station.

Parents supervise your children as they cut up the papaya and banana (or prep other soft fruit).

Kids will have fun assembling the parfaits. In a small clear glass or plastic cup layer about 1/3 cup yogurt, 1/4 cup sliced fruit, 1/4 cup sliced bananas and sprinkle with 1 tablespoon granola and drip of honey.

To make it extra fancy, use the banana slice or strawberry as a garnish for your glass.

Kids love this healthy treat!



What do Maui kids say about the Kids Cook with Heart program?

"We stopped buying soda, syrup, sports drinks, and started to buy whole wheat, fruit, and veggies."

- Lahaina 5th grader

"We bought a bit more vegetables and fruits. My mom and dad bought a Filipino leaf vegetable and it tasted so good."

- Lahaina 5th grader

"I started to eat more vegetables because of the classes."

- Lahaina 5th grader

"Now we buy more fruits and veggies and we are trying to grow our own."

- Lahaina 5th grader

"The cooking changed me and makes me want to cook more food."

- Lahaina 5th grader

Mahalo to our donors for improving the health of families on Maui!

Funding for this free program is generously provided by:

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Kids Cook with Heart™

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Help us expand the Kids Cook with Heart Program's to reach more Maui students!

Please consider making your tax-deductible contribution today online at heart.org/MauiKids or via mail using the tear-away form below. To get involved, or if you have questions, contact Eva Bondar, Development manager at 808-212-4861 or Eva.Bondar@heart.org

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Please make check payable to: **American Heart Association**

Please note **MauiKidsCookwithHeart** in memo of the check and mail to:

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