

siggi's®

kids in the kitchen

Cooking with kids is a great way to teach the basics of good nutrition and encourage healthy eating habits that last a lifetime. In fact, studies show that children are more likely to try new foods when they are involved in prepping them. Cooking can also give kids an early foundation in science, math, language, and even reading.

Involving kids with age-appropriate tasks in the kitchen is both an important learning experience and a nice fun activity. Here are a few simple recipes made with simple ingredients and not a lot of sugar that kids can have a hand in prepping.

For more great recipes and ideas, visit www.siggis.com/recipes.

For Breakfast | Weekend Waffles | makes about 4 servings

Ingredients

- 1 ½ cup siggi's 4% plain skyr
- ½ cup milk
- 3 large eggs
- 1 Tbsp honey
- 1 tsp vanilla extract
- 1 ½ cups all-purpose flour
- 1 Tbsp baking powder
- ½ tsp salt
- a bit of butter for cooking

Preparation

Combine siggi's, milk, eggs, honey and vanilla in a medium mixing bowl and mix until well combined.

Add in dry ingredients and whisk together until smooth.

Lightly butter a preheated waffle maker and add the batter, about ½ cup at a time, and cook until golden brown.

Enjoy warm with your favorite toppings. We like ours with a bit of extra siggi's and fresh berries.



Tip! Freeze extra waffles for weekday waffles!

For Lunch | Egg Salad Sandwich | makes 1 sandwich

Ingredients

- 2 hardboiled eggs
- 2 slices whole-grain bread, toasted
- 1 ½ Tbsp siggi's 4% plain skyr
- ½ Tbsp mayonnaise
- salt and pepper to taste
- ½ Tbsp fresh dill
- small handful of spinach leaves

Preparation

In a medium bowl, chop up the eggs.

Add the skyr and mayonnaise. Mix well with the eggs. Add fresh dill and salt and pepper to taste.

Layer the spinach leaves and egg salad between two slices of toasted bread.



As a Snack | DIY Apple Pizzas | makes about 2 servings

Ingredients

- 1 apple, sliced in about ¼" slices
- siggi's squeezables tubes or pouches
- ½ cup your favorite granola

Preparation

Prepare your apple slices, yogurt, & granola and let the fun begin!

Squeeze some yogurt onto the apple slices and top with granola.



With Dinner | Creamy Mashed Potatoes | makes about 8 servings

Ingredients

- 4 large russet potatoes, peeled and cut into ½" coins
- 1 cup siggi's 4% plain skyr
- ½ cup milk
- ¼ cup heavy cream
- salt and pepper to taste

Preparation

Place potatoes in a large pot and cover with 1 inch of cold salted water. Bring to a boil and then reduce to a simmer. Cook until potatoes are fork tender, about 10 minutes; drain.

Mash potatoes with siggi's skyr, milk, and cream.

Season with salt and pepper to taste.



For Dessert | Berry Pops | makes 12 servings

Ingredients

- frozen treat mold
- 1 container (5.3oz) siggi's 0% raspberry skyr
- 1 container (5.3oz) siggi's 0% blueberry skyr
- ½ cup whole milk
- ¼ cup raspberries
- ¼ cup blueberries
- 1 Tbsp honey

Preparation

In a medium bowl, mash the raspberries and blueberries together with a fork.

Add the skyr and milk. Mix well.

Fold the honey into the mixture and pour into molds. Freeze for 4 hours or overnight.



For Furry Friends | Frozen Dog Treats | makes about 12 treats

Ingredients

- ice cube tray or mold
- 1 container (5.3oz) siggi's 0% vanilla skyr
- ¼ cup peanut butter

Preparation

Mix together the skyr and peanut butter.

Using an ice cube tray or fun mold, fill the wells with the skyr and peanut butter mixture.

Freeze for about 2 hours or overnight.

