

siggi's®

kids in the kitchen

Cooking with children 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 family 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.

For Breakfast | Avocado Toast

Ingredients

Makes 1 open face sandwich

- 1 slice whole-grain bread, toasted
- ½ avocado
- 3 Tbs siggi's Plain Icelandic-style yogurt (skyr)
- 2 oz cherry tomatoes, halved
- salt and pepper to taste
- 1 tsp red chili flakes, optional

Preparation

- In a small bowl, mash the avocado and yogurt together with a fork.
- Season with salt and pepper to taste and if desired, season with red chili flakes.
- Spread the mixture on toasted bread and top with tomatoes. Finish with a touch of salt.



For Lunch | Egg Salad Sandwich

Ingredients

Makes 1 sandwich

- 2 hardboiled eggs
- 2 slices whole-grain bread, toasted
- 1½ Tbs siggi's Plain Icelandic-style yogurt (skyr)
- ½ Tbs mayonnaise
- salt and pepper to taste
- ½ Tbs fresh dill
- small handful of spinach leaves

Preparation

- In a medium bowl, chop up the eggs.
- Add the yogurt 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 | Vanilla Fruit Dip

Ingredients

Makes about 6 servings

- 1 container (5.3oz) siggi's Vanilla Icelandic-style yogurt (skyr)
- fruit (watermelon, kiwis, etc.)
- 1 inch cookie cutters (we used hearts)
- 6 wooden treat sticks
- 1 Tbs honey, optional

Preparation

- In a medium bowl, combine the yogurt and honey if using. Mix well and set aside.
- Using fun cookie cutters, cut fruit into various shapes.
- Assemble the fruit kabobs on the wooden treat sticks.



With Dinner | Sweet Potato Mash

Ingredients

Makes about 6 servings

- 4-5 large sweet potatoes
- 2 Tbs butter
- 1 Tbs chives
- ¼ cup of milk
- 1 container (5.3oz) siggi's Coconut Icelandic-style yogurt (skyr)
- salt and pepper to taste

Preparation

- Scrub the sweet potatoes and rinse with cold water. Peel with a vegetable peeler and cut into 1-inch cubes.
- Boil in heavily salted water for about 10-12 minutes or until soft. Drain the cooked sweet potatoes and place in a large bowl.
- Add the butter, chives, milk, and coconut yogurt to the sweet potatoes. Mash until well combined. Add salt and pepper to taste.



For Dessert | Berry Pops

Ingredients

Makes 6 servings

- frozen treat mold
- 1 container (5.3oz) siggi's Raspberry Icelandic-style yogurt (skyr)
- 1 container (5.3oz) siggi's Blueberry Icelandic-style yogurt (skyr)
- ½ cup whole milk
- ¼ cup raspberries
- ¼ cup blueberries
- 1 Tbs honey

Preparation

- In a medium bowl, crush the raspberries and blueberries together with a fork.
- Add the yogurt and milk. Mix well.
- Fold the honey into the mixture and pour into molds. Freeze for 4 hours or overnight.



For Canine Family Members | Frozen Dog Treats

Ingredients

Makes about 12 treats

- ice cube tray or mold
- 1 container (5.3oz) siggi's Vanilla Icelandic-style yogurt (skyr)
- ¾ cup peanut butter

Preparation

- Mix together the yogurt and peanut butter.
- Using an ice cube tray or fun mold, fill the wells with the yogurt and peanut butter mixture.
- Freeze for about 2 hours or overnight.

