

# 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 fun activity. Here are a few simple recipes kids can have a hand in prepping. For more great recipes and ideas, check out our [website](#).

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## breakfast | toast with yogurt and fresh fruit | serves 1

### ingredients

2 slices whole-grain bread  
½ cup siggi's Vanilla yogurt  
strawberry and peaches (or any fresh fruit that is in season)  
honey, optional

### preparation

Toast your bread and let cool for a minute.  
  
Top with yogurt and seasonal fruit. Drizzle with a touch of honey if using. Can also use granola to top for extra texture.



### nutrition facts (per serving)

Calories 310 , Protein 20g, Total Fat 3.5g, Saturated Fat 0g, Cholesterol 0mg, Sodium 310mg, Total Carbohydrates 51g, Sugars 21g, Fiber 11g

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## lunch | go-to chicken salad | serves 6

### ingredients

6 cups cooked chicken, diced or shredded.  
¼ cup siggi's 4% plain skyr  
3 stalks celery, finely diced  
juice of 1 large lemon  
2 Tbsp chives, chopped  
2 tsp Dijon mustard  
salt & pepper, to taste

### preparation

Combine chicken with skyr and remaining ingredients. Mix together until well combined. Enjoy this classic chicken salad as is, in a sandwich, or to top a bowl of greens.



### nutrition facts (per serving)

Calories 290, Protein 49g, Total Fat 7g, Saturated Fat 2.5g, Cholesterol 130mg, Sodium 280mg, Total Carbohydrates 3g, Sugars 1.5g

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## snack | diy apple pizzas | serves 2

### ingredients

1 apple, sliced in about ¼ inch slices  
1 siggi's 0% cup in your choice of flavor  
½ cup your favorite granola  
½ cup fresh fruit of choice

### preparation

Prepare your apple slices, yogurt, & granola and let the fun begin! Spread some yogurt onto the apple slices and top with fruit and granola.



### nutrition facts (per serving)

Calories 250, Protein 12g, Total Fat 7g, Saturated Fat 1g, Cholesterol 0mg, Sodium 30mg, Total Carbohydrates 35g, Sugars 21g, Fiber 5g

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## dinner | creamy mashed potatoes | *serves 8*

### ingredients

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

### nutrition facts (per serving)

Calories 140, Protein 5g, Total Fat 5g,  
Saturated Fat 3g, Cholesterol 20mg,  
Sodium 180mg, Total Carbohydrates 21g,  
Sugars 3g

### 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.



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## dessert | berry pops | *serves 12*

### ingredients

frozen treat mold, 12  
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

### nutrition facts (per serving)

Calories 30, Protein 3g, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 15mg,  
Total Carbohydrates 5g, Sugars 4g

### 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.



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## for furry friends | frozen dog treats | *serves 12*

### ingredients

ice cube tray or mold  
1 container (5.3oz) siggi's 0%  
vanilla skyr  
¾ cup peanut butter

### nutrition facts (per serving)

Calories 110, Protein 5g, Total Fat 8g, Saturated Fat 1.5g, Cholesterol 0mg, Sodium 80mg,  
Total Carbohydrates 5g, Sugars 3g

### 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.

