

# **Feeding Kids the NT Way – A Primer**

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This handout is a collection of NT-Style recipes that accompany this session on feeding children. For more recipes, see *Nourishing a Growing Baby* and *Foods to Tantalize Toddlers & Preschoolers* in the Children's Nutrition section at [www.westonaprice.org](http://www.westonaprice.org).

## **INFANT TO TODDLER**

### **Chicken Mush (8 months +)**

Whole chicken in crock pot with can of coconut milk, chopped celery and sea salt. Cook until chicken is done. Take chicken out, remove bones and skin. Replace chicken and mix all together until chicken is shredded and it becomes a mush consistency, perfect for baby.

### **Salmon and Rice Mousse (1 year +)**

Heat 2 cups chicken broth to a slow boil and add ¼ cup soaked brown rice. Lower the heat, cover tightly, and let cook for 30 minutes or until it is almost done. Wash 3 ounces salmon thoroughly and remove all bones carefully. Add the salmon to the rice, cover, and let it poach for 10 minutes or until done all the way through. Allow the salmon and rice to cool enough that it can be puréed safely in the blender or food processor. If it is too thick, add just enough water to obtain the consistency you want. Season with a little sea salt. Serve with a pureed vegetable. From *The Crazy Makers* by Carol Simontacchi.

### **Carrot Soup**

- 4 cups bone broth
- 6 medium carrots, washed & shredded
- 3 medium potatoes, peeled & shredded
- 1 medium onion finely chopped
- ½ tsp salt
- 1 tsp pepper
- ¼ tsp nutmeg
- 1 ½ cups almond milk (could use any milk choice) –can add more if the soup feels too thick.
- ½ stick of butter/coconut oil
- ¼ cup chicken pan drippings (when roasting a chicken, save the pan dripping and freeze them and use for seasoning)

Combine: water, broth, vegetables, salt and pepper. Bring to boil, reduce heat and simmer until vegetables are tender. Remove from heat and pour into a food processor 1-2 cups at a time, blend until smooth. Return blended mixture and add nutmeg and butter. Stir in milk until heated through. Serves 6-8 people. Cindy Key, Nutritionist.

### **Brown Rice Pilaf**

Soak 1 cup rice in water (7 hours or overnight), drain, and rinse. Sauté 1/8-1/4 cup onion (chopped) in 1-2 Tbsp. butter, olive oil, or coconut oil add a little garlic, diced celery, chopped carrot, mushroom, etc. stir for 1-2 minutes add 2 cups liquid (chicken, beef, veggie broth, or water) bring to a boil, add a little sea salt and any other seasonings (sage, celery seeds, etc.) add the rice. Reduce heat to low or simmer, cover and cook for approx. 40 minutes (check at 30 or 35 minutes). Add crispy pine nuts or walnuts (optional). Karen Falbo, CN.

### **Orange Sweet Vegetable Porridge**

Make millet per the Millet Casserole recipe in *nourishing Traditions*. Scoop out the amount you would like to use, add water, blend, and cook on medium low while stirring until desired consistency. Add a freshly cooked

or frozen sweet potatoes, butternut squash, pumpkin, or carrots. Save the leftovers for dinner or breakfast the next day. To the porridge, add extra fat like coconut oil, milk, or cream. Season with cinnamon, nutmeg, and/or vanilla. Try adding extra nutrition by including an egg or egg yolk. Recipe created by Delicia Beaty, Certified Body Ecologist.

### **Sweet Potato Casserole**

- 1-2 pounds sweet potato
- ¼ pound (1 stick) butter
- 17 ounce package raw coconut cream  
(available at most Oriental or Latin American markets)
- ¼ cup soured, raw cream
- 3 egg yolks
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg
- ¼ teaspoon sea salt
- Stevia extract (optional)

Bake (do not microwave) sweet potato until tender and peel while hot. Place in a casserole dish and mash until smooth. Melt coconut cream and butter together over low heat on the stove. Mix butter/coconut mixture, cream, egg yolks and spices with mashed sweet potato in the casserole dish. Whip until mixed well. Sprinkle with additional cinnamon on top if desired. Place in a preheated 350 degree oven for 30 minutes or until bubbly on top. Serves 4. Recipe found in *A Simple Change in Mindset* by Sarah Couture Pope in the Winter 2003 issue of Wise Traditions.

### **Egg Yolk Pancake (6 months +)**

Put on to two free-range egg yolks into a bowl and mix in desired ingredients:

- Cooked veggies: carrots, potato, broccoli
- *Raw veggies added in while cooking*: spinach, broccoli sprouts, zucchini
- Cooked meat: beef, fish, chicken, lamb, meat loaf, liver
- Sea salt and/or seaweed

Stir and pour into pan with hot coconut oil. Cook until flappable and turn. Take out of pan, cool on paper towel and tear into bit sized pieces. Recipe by Jen Allbritton.

### **Veggie Fritters (8 months +)**

Grate one zucchini, 1 to 2 carrots (depending on size) and a small potato into small shreds. Sprinkle zucchini with salt and allow it to sit for 10 minutes to release the water. Squeeze as much water out from the veggies as possible (a dish towel works well). Add 2 tablespoons arrowroot powder, two free-range egg yolks (can use whole eggs after a year old), and some salt and pepper to taste. Stir until well blended. Heat a skillet with lard, goose fat or coconut oil and place small dollops of fritter batter in the skillet. Flatten and fry on both sides until golden brown. Cool and tear into bite sized pieces for your little one.

### **Meat Sticks or Balls (1 year +)**

- 2 cups cooked meat (fish, shredded chicken, or minced steak)
- Variety of spices (usually Italian seasoning or a simple mixture)
- Sautéed onion or scallions, optional
- 1 egg, beaten
- 4 slices bread, toasted or untoasted (low gluten rye or sprouted works well)
- ½ tsp. turmeric
- ¼ tsp. sea salt
- 3 + Tbsp. coconut oil

Make bread crumbs by putting toasted bread in a quart mason jar and blending them up with the hand blender or in a food processor. Add the turmeric and sea salt to the bread crumbs. Note: play with different tastes here, dried mustard powder and parmesan cheese is a yummy combo. Take 1 cup of the cooked meat, blended with half a beaten egg with blender or food processor. Use more of the egg if necessary. Add blended meat and egg to the other cup of meat and mix well so there are no big chunks. To make sticks: Put 2 tablespoons of coconut oil in a glass baking dish and preheat in oven at 300 degrees. Place the sticks or nuggets in the oil. Cook for approximately 5 minutes on each side. Package up when cool. Recipe created by Delicia Beaty, Certified Body Ecologist.

### **Egg and Almond Pancake (1 year +)**

Whip an egg and heaping Tbsp. of ground crispy almonds (recipe in *Nourishing Traditions*) and cook on hot skillet with coconut oil. Flip and cook the other side. Add butter and a little maple syrup or stevia.

### **Fruit Jello (7 months+)**

- 3 or 4 fruity tea bags of your choice-strawberry, raspberry, blueberry, or peach
- ¼ cup Rapadura or maple syrup
- 1 generous squirt of stevia
- 2 Tbsp gelatin
- 1 quart + ½ cup filtered water
- 1 bag of frozen fruit or berries-strawberries, raspberries, blueberries, peaches
- whatever matches your tea bags best

Place the tea bags in a quart jar and pour boiling water to fill. In a separate bowl, add the gelatin and ½ cup cold water. Stir until well mixed. Pour in the hot quart of herbal infusion and stir until well combined. Add the Rapadura and stir until well dissolved. Add the fruit and allow it to thaw slightly. If desired, cut into smaller pieces at this time. Pour this all into a 9X11 glass baking dish and allow to set in the fridge. Recipe by Jen Allbritton.

### **Butter Nut Balls (1 year +)**

- 10 Tbsp raw butter
- 3 Tbsp cocoa or carob powder
- 1/8 tsp white stevia powder extract
- Finely chopped organic crispy almonds (see *nourishing Traditions*)
- 1-2 tsp raw honey

Combine all ingredients, roll into balls, and enjoy.

### **Raw Cream Cheese Spread (1 year +)**

Make the cream cheese recipe as directed in *Nourishing Traditions*. Then blend cream cheese with a few strawberries and maple syrup for a delicious spread for sprouted bagels.

### **Nut Bread / Muffins (1 year +)**

- 2 ½ cups ground crispy nuts (coffee grinder works best)
- ¼ cup melted butter
- ½ cup honey (more or less if desired, can also add stevia)
- ½ tsp baking soda
- 1/8 tsp salt
- 3 eggs
- 3-8 Tbsp arrowroot powder (optional – if feel like you want a little thicker product)

Preheat oven to 375 degrees. In food processor, add (or keep) the ground nuts. Add other ingredients, with the butter last. Use the amount of butter needed to create a muffin or bread like consistency. For muffins, line cupcake tins with liners. Spoon batter into cupcake tins about half full. Bake 375 for about 15 to 20 minutes or until muffins spring back when pressed. The muffins will fall after baking, which is normal for a flourless muffin. For bread, add an extra egg (4 all together) to batter and bake in well- buttered or oiled 1-quart baking dish. Recipe from *Breaking the Vicious Cycle* by Elaine Gotschall.

## **SCHOOL AGE KIDS**

### **Raspberry Cocoa Candies**

- 1 ½ cups cocoa powder (can use carob or add ¼ cup ground raw cocoa nibs)
- ½ cup Rapadura
- 2 cups coconut oil
- 2 Tbsp vanilla
- 1 to 2 cups ground freeze dried raspberries
- 10 to 20 drops stevia extract (optional)

Place all ingredients except raspberries in a double boiler. Cook until all is thorough melted-approximately 10 minutes. Spread the raspberries over the bottom of a 9X13 baking dish. Pour melted mixture over the raspberries, making sure to keep the raspberries as evenly distributed as possible. Put in the refrigerator for about an hour or more and then chop into small bit sized pieces with a knife and store in the fridge. Variation of recipe found in *Nourishing Traditions* by Sally Fallon.

### **Chewy Coconut Macaroons**

Combine 2 cups unsweetened coconut flakes with 1 cup coconut milk (or orange juice) Let this soak for a few hours, (not necessary but it softens the coconut a bit). Combine 2 eggs, soaked coconut flakes, 2 cups coconut flour (available from Wilderness Family Naturals, or grind coconut flakes in a clean coffee grinder), 1/8 cup butter, 1/8 cup coconut oil ½ tsp vanilla, and a pinch of salt. Roll into tablespoon sized balls, and place on greased cookie sheet. Bake at 350 degrees for ½ hour. Recipe by Ellie Dickson.

### **Fruit Leather**

Simmer 8 cups chopped organic fruit – fresh or frozen. Puree fruit, and while still hot, dissolve 1 Tbsp gelatin into fruit. Grease dehydrating trays (or a cookie sheet) well with coconut oil and pour fruit onto trays about ¼” thickness. Dry on low heat (120 degrees) for 12-24 hours. You can also do this in your oven if the temperature control is low enough. When completely dry, peel off trays and cut into strips. Mango is really delicious, but you can do any combination of fruit. Recipe by Ellie Dickson.

### **Pockets**

Cut a small sprouted tortilla in half, place in grill with your choice of filling inside. (chicken, cheese, pork, lettuce, peppers, garlic, etc)

### **Rol-ups** (great for lunch, and MUCH better than Lunchables)

- 1 cup of raw cream cheese
- ½ cup wild salmon
- ½ cup arugula or other lettuce
- Sliced green onion

Combine the above ingredients, and spread on a sprouted whole grain tortilla. Roll up and cut like sushi rolls. Other combos work great too; for a sweet roll-up, you can mix cream cheese, chopped apple, nuts, vanilla, cinnamon, honey and roll up and slice.

### **Coconut Salad**

2 medium apples, diced  
2 stalks celery, chopped  
½ cup coarsely chopped nuts, walnuts or pecans  
Stir ingredients and add enough dressing for good consistency.

#### *Dressing:*

1 can coconut milk  
1 Tbsp arrowroot  
½ Tbsp honey  
Dash salt

Cook milk and arrow until blended. Add above flavors. Cook on low to medium heat until mix thickens and taste (about 5 minutes) Remove from heat/chill. Dressing can be made ahead of time and stored in fridge. Dressing recipe from *Coconut Lover's Cookbook* by Bruce Fife. Full recipe by Ms. Elmont, participant in Nourishing Connections chapter.

### **Corn Muffins** (nice lunch treat)

Use corn bread recipe from NT Pg. 486, but add 1 cup corn and 1 cup shredded cheese. Pour into greased muffin pans and bake in a 325 degree oven for 35 minutes or until a toothpick comes out clean.

### **Frozen Treats**

Mix 1 cup chopped fruit of choice (mango, peach, bananas, etc.) with 1 cup coconut milk or ½ cup cream and ½ cup raw milk and ¼ cup raw honey. Pour into popsicle molds, freeze, eat!

### **Coconut Chewies**

Mix 4 cup large flake coconut with ½ cup maple syrup and ¼ tsp sea salt. Spread on parchment paper or silicon sheet. Bake in oven at 150 degrees overnight. Tastes like toffee chews.

### **Popcorn Balls**

10 cups organic popped popcorn (popped in coconut oil and lightly salted)  
¾ cup organic raisins or other dried fruit  
½ cup Rapadura  
½ cup coconut sugar (palm sugar)  
½ cup filtered water  
¼ cup organic blackstrap molasses  
1 tsp. vinegar (any kind works – cider or coconut vinegar is nice)  
¼ tsp sea salt  
3 Tbsp organic butter

Put sugars, water, molasses, vinegar and salt into a pot. Heat and stir until it starts to boil. Boil gently, without stirring, until it reaches the hard ball stage. Remove from heat. Add butter. Pour over popcorn, mix in large bowl. Mix until popcorn is coated with mixture. Form into balls.

### **Ellie's Wonderballz**

3 cups pitted dates, chopped  
½ cup chopped dried apples  
1 cup malt-sweetened cocoa chips  
1 cup chopped crispy nuts

Combine the above ingredients and roll into little balls. Combine the ingredients below in a glass jar and place the jar in warm water on the stove and simmer until all is melted.

2 cups cocoa powder

½ cup Rapadura  
1 cup coconut oil  
½ tsp sea salt

Dip date balls in chocolate mixture and let dry on wax paper or silicon sheet. Freeze. Makes 15 balls. Recipe by Ellie Dickson.

### **NT Chocolate Topped Oatmeal Cookies**

½ cup butter  
½ cup coconut sugar  
½ cup Rapadura  
1 egg  
½ tsp sea salt  
1 cup rolled oats  
1 cup freshly ground whole wheat flour  
6 oz. malt sweetened chocolate chips  
½ cup yogurt / kefir

Soak flour and oats in yogurt / kefir overnight. Cream butter and sugars. Combine oat/wheat mixture w/remaining ingredients except chips. Spread in 9X13" pan and bake at 350 degrees for 20 minutes. Pour chips on top and spread when melted. Cut when cool. Recipe by Ellie Dickson.

### **Sesame Noodles**

1 Tbsp peanut butter  
2 Tbsp soy sauce  
Pinch cayenne pepper  
1 Tbsp oil (olive, grapeseed, palm, etc.)  
1 tsp toasted sesame oil  
5 cup cooked rice noodles  
1 Tbsp sesame seeds  
1 scallion, chopped

Whisk peanut butter, soy, cayenne, oil, and sesame oil. Add noodles and toss to coat. Sprinkle noodles with sesame and scallion to garnish.

### **Coconut Peanut Fudgies**

8 oz. coconut oil  
8 oz. peanut butter  
¼ tsp. sea salt  
7 drops stevia extract  
½ cup cocoa powder  
¼ cup chopped raisins  
¼ cup chopped nuts

Place coconut oil in warm water until it liquefies. Blend together with remaining ingredients and pour into ice cube trays, freeze, then pop out of trays and store in freezer.

### **Ellie's Granola bars**

1 cup Rapadura  
½ cup butter  
4 tbsp honey  
½ tsp. vanilla  
1 egg

1 cup whole wheat flour (soaked in ½ yogurt or kefir overnight)  
1 tsp. cinnamon  
½ tsp. baking powder  
¼ tsp. salt  
3 cups soaked coconut granola (from Sonja Kepford, of pg. 209 of *“Eat Fat Lose Fat”* with unsweetened coconut flakes)  
½ cup peanut butter  
1 cup malt-sweetened chocolate chips  
1 cup unsweetened coconut

Heat oven to 350 degrees. Grease a 9X13 pan. In a large bowl, beat Rapadura and butter until light and fluffy. Add honey, vanilla, egg; mix well. Gradually blend in soaked flour, cinnamon, baking powder and salt. By hand, literally, stir in remaining ingredients. Press firmly in bottom of prepared pan. Bake at 350 degrees for 20 to 25 minutes or until edges are light golden brown and center appears set. Cool, cut into bars.

### **“Skippified” Peanut Butter**

8 oz. peanut butter  
6 drops stevia extract  
¼ tsp sea salt

Blend ingredients together, you can drain peanut oil and replace with coconut oil.

### **Empanadas**

Meat filling: (must be made long enough before hand to allow to fully cool. It’s best if it’s made a day before and refrigerated overnight.)

5 lbs of ground beef  
2 yellow onions, chopped  
1 clove of garlic, peeled and mashed  
1 tsp of cumin

Mix all ingredients and cook the meat mixture in a stew pot until cooked medium to medium-rare (it will finish cooking inside the empanada.)

Dough: Yogurt dough from NT

Roll out dough and make circles about 5” in diameter. Fill with 2 tsp meat filling. Close circle and crimp edges with your thumb. Repeat. Fry empanadas in 1/2” coconut oil for about 3 minutes on each side until brown. Transfer to a prepared baking pan and bake at 35 degrees for 20 minutes until done. Also see empanada recipe in NT on pg. 435

Spinach Mushroom Cheese roulade  
4 eggs, separated  
1 lb spinach, cooked and drained  
Salt, pepper, cayenne pepper  
Mushrooms, finely chopped and sautéed  
Onions, finely chopped and sautéed  
Salt and pepper to taste  
Cooked crumbled meat  
Shredded cheese

Whisk egg whites with a pinch of salt until they form stiff peaks. Mix egg yolk into cooled spinach and season well with salt, pepper and paprika. Carefully fold the spinach mixture into the egg whites.

Spread mixture into pan lined with parchment paper or Silpat. Bake 350 degrees for 20 minutes until firm to the touch and golden brown. When cool, turn out onto a towel to cool.

When cooled, spread with filling of your choice, I used mushrooms, onions, cooked crumbled pork and some shredded cheese. Roll up and chill. Slice thinly, makes a nice lunch treat. Adapted from Valerieking.com recipe

### **Seaweed Salad**

- 1 oz. or more seaweed (wakame)
- 3 Tbsp rice vinegar
- 3 Tbsp soy sauce
- 2 Tbsp sesame oil
- 1 tsp Rapadura sugar
- 1 tsp finely grated peeled fresh ginger
- ½ tsp minced garlic
- 1 small tart apple, sliced
- 2 scallions, thinly sliced
- 1 Tbsp sesame seeds

Soak seaweed in warm water to cover, 5 minutes. Drain, then squeeze out excess water. If wakame is uncut, cut into ½” wide strips. Stir together in vinegar, soy sauce, sesame oil, Rapadura sugar, ginger, and garlic in a bowl until sugar is dissolved. Add apple to dressing with seaweed, scallions, and combine well. Sprinkle salad with sesame seeds.

### **Nori roll-ups**

These are fun, nutrient-dense sushi-like creations. Pick your favorite spreadable dressing – such as a peanut sauce, hummus, or sour cream and onion dip. Spread a few tablespoons onto a sheet of toasted nori (seaweed that is used to make sushi). Add shredded carrots, cucumbers cut into strips, sliced avocado – anything you have available. Roll up the nori sheet with all of its contents, and add a little more spread to the end of the sheet to help it stick together.

### **Homemade Jerky**

Thinly slice a grass-fed beef or buffalo roast and sprinkle with sea salt or soak in naturally brewed soy sauce. Put it into a dehydrator or a 150 degree oven for up to 24 hours and enjoy. Try the salmon jerky in NT.

## **SODA ALTERNATIVES AND OTHER BEVERAGES**

**Fresh Fruit Spritzers:** Blend a Tbsp of fruit extract /concentrate like blueberry, cherry, and pomegranate with sparkling water and a few drops of stevia.

**Homestyle Gingerale:** 1 cup sparkling water, a lot of freshly grated ginger and 1 tbsp pure maple syrup. Mix all together in a glass and let it sit for about a ½ hour. Play around with the amounts and add cinnamon, nutmeg and any other spices you like.

**Lemonade:** Juice of 3 to 4 lemons (5 to 6 oz.) 1 quart of water, and ½ tsp. Clear liquid stevia extract. Mix all ingredients together and enjoy!

**Cherry Lime Cooler:** 2 ½ cups water, 1/8 tsp. clear liquid stevia extract, 3 Tbs. fresh lime juice, 2 cups sugar free cherry juice blend. Blend all ingredients and place in the fridge.

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