



Making Mornings Easier



BACK TO SCHOOL GUIDE

from Raddish



Mornings just got easier with the Raddish Back-to-School Guide! Find recipes for breakfast, snack, and lunch that can be prepared, packed, or frozen for later.

Find more ideas at RaddishKids.com.

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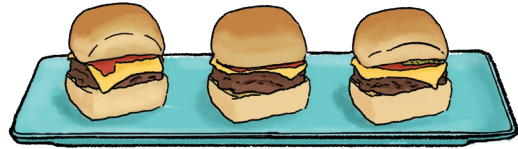
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Party Sliders

Prepare mini burgers topped with pickles, ketchup, and cheese!



Yield: 12 sliders

Shopping List:

- ½ small onion
- ¼ cup seasoned breadcrumbs
- 1 Tbsp Worcestershire sauce
- 1 ½ tsp salt
- ½ tsp black pepper
- 1 ½ lbs lean ground beef
- 6 slices cheddar cheese
- 1 package sweet or dinner rolls
- 12 dill pickle slices
- ¼ cup ketchup

You can find dietary modifications for Party Sliders at RaddishKids.com/slidersubs

Ingredients:



Tools:



Steps on next page

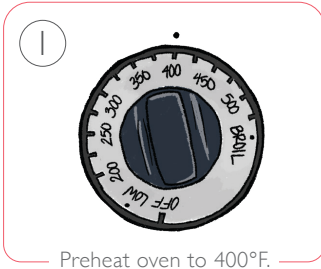
Tip:

After baking meat and draining fat, cut meat into slider-sized patties. Wrap each patty in plastic wrap and freeze! For an easy school lunch, pull out a patty, top with cheese and warm in a pre-heated oven until cheese melts, then add to a roll.

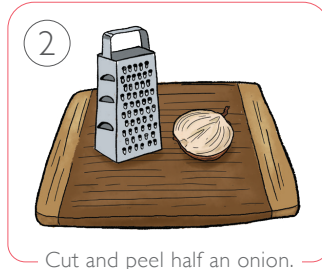
Party Sliders

Prepare mini burgers topped with pickles, ketchup, and cheese!

Steps:



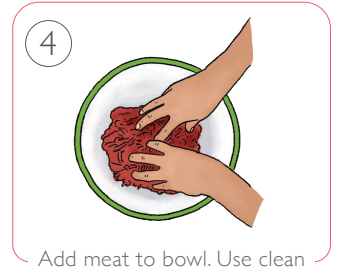
Preheat oven to 400°F.



Cut and peel half an onion. Grate onion half on medium holes of box grater. Add to bowl.



Add breadcrumbs, Worcestershire sauce, salt, and pepper to mixture. Stir well.



Add meat to bowl. Use clean hands to combine meat with onion mixture.



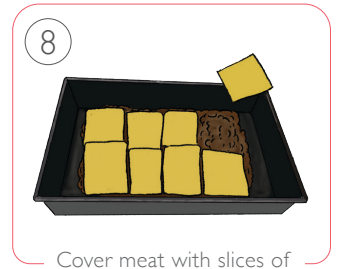
Place meat in a 13x9 baking dish. Pat meat to the sides of the pan. Wash your hands!



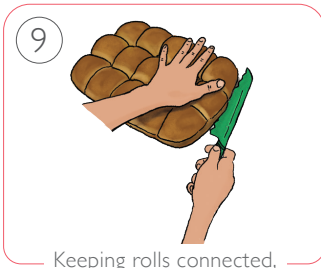
Bake for 25 minutes.



With the help of an adult, drain hot fat from meat by tipping the pan above a bowl.



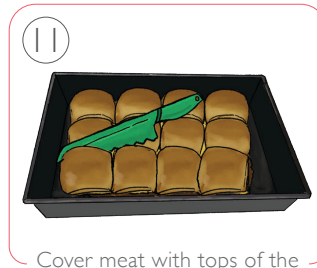
Cover meat with slices of cheese. Bake 2 minutes, until melted.



Keeping rolls connected, use a serrated knife to cut rolls in half, long ways.



Remove from oven. Make 12 evenly spaced dabs of ketchup on the meat. Top with 12 slices of pickles.



Cover meat with tops of the rolls. Slice meat along the lines that connect the rolls.



Use spatula to lift each slider from the pan. Match it to a bottom bun. Set sliders on plate.

Zucchini Muffins

Bake fluffy muffins filled with nutritious zucchini.



Yield: 12 muffins

Shopping List:

- 2 cups flour
- 1 ½ tsp baking powder
- 2 tsp ground cinnamon
- ½ tsp kosher salt
- 2 eggs
- ½ cup vegetable oil
- 1 cup sugar
- 1 ½ tsp vanilla
- 2 large zucchini

Ingredients:



Tools:



Steps:

Before you begin: Preheat oven to 375°F. Line a 12-cup muffin tin with paper liners or grease with cooking spray.

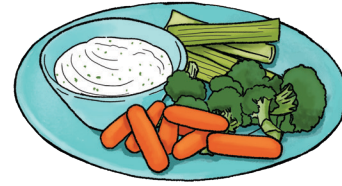
- 1** Whisk flour, baking powder, cinnamon, and salt in medium bowl. Set aside.
- 2** Crack eggs in large bowl. Add oil, sugar, and vanilla. Whisk until smooth.
- 3** Carefully grate zucchini on large holes of box grater. Measure 2 cups grated zucchini. Add to egg mixture.
- 4** Add dry ingredients to wet ingredients. Stir until just combined.
- 5** Scoop batter into muffin tin. Fully fill muffin cups, dividing batter evenly between them.
- 6** Bake muffins 20-24 minutes, until a toothpick inserted comes out clean. TASTE & SHARE!



Freeze muffins in a gallon bag. On busy school mornings, pop one into your Rad Kid's lunch bag. It will defrost by snack or lunchtime!

Homemade Ranch Dip

Create homemade ranch to dip a rainbow of fresh veggies!



Yield: 4-6

Shopping List:

- small bunch, chives
- small bunch, dill
- ½ cup Greek yogurt
- ¼ cup mayo
- ¼ tsp garlic powder
- ¼ tsp salt
- ¼ tsp black pepper
- 1 cup baby carrots
- 1 cup broccoli, chopped
- 1 cup celery, chopped

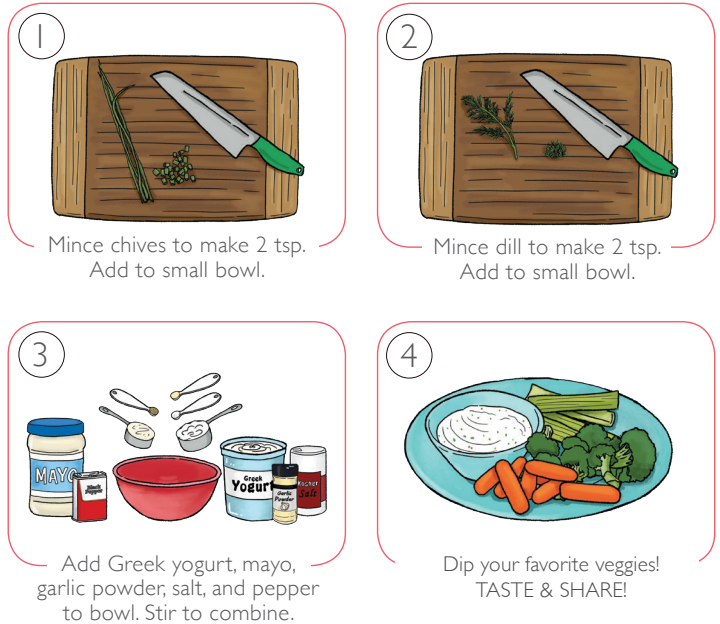
Ingredients:



Tools:



Steps:



Tip:

Wash, cut, prep and pack veggies for a whole week of lunches on Sunday. Grab a pre-packed container each morning!

Honey Lime Fruit Salad

Toss colorful fruit with a honey lime dressing.



Yield: 6 servings

Shopping List:

- 1 lime
- 2 Tbsp honey

- 4 ripe kiwis
- 1 lb strawberries

- 6 oz blueberries
- 6 oz raspberries

Ingredients:



1 lime



2 Tbsp honey



4 ripe kiwis



1 lb strawberries



6 oz blueberries

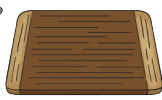


6 oz raspberries

Tools:



zester or box grater



cutting board



juicer



small bowl



knife



measuring spoons



whisk



vegetable peeler

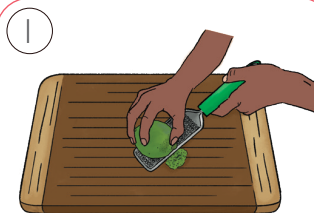


medium bowl

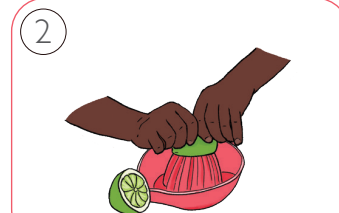


mixing spoon

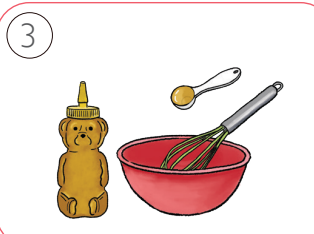
Steps:



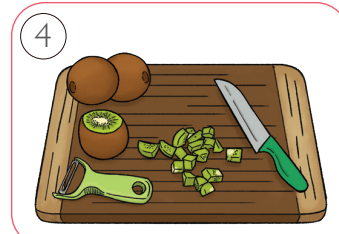
1 Prepare dressing. Zest lime using handheld zester or small holes of box grater. Add to small bowl.



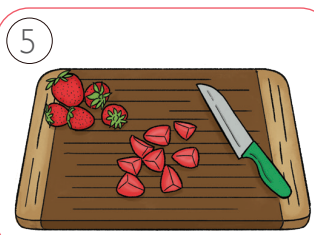
2 Cut lime in half and juice. Measure 2 tsp and add to zest.



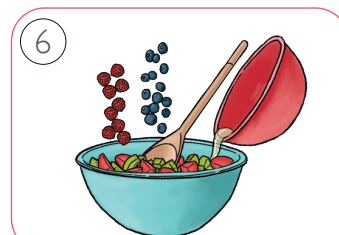
3 Add honey to zest and juice. Whisk to combine. Set aside.



4 Cut top and bottom away from kiwis. Peel and cut into small pieces. Add to medium bowl.



5 Cut tops away from strawberries. Cut into quarters. Add to kiwis.



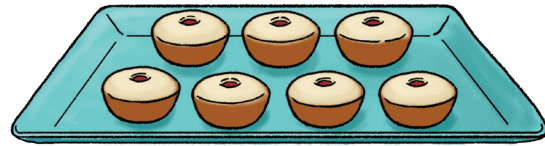
6 Stir in blueberries, raspberries, and honey lime dressing. TASTE & SHARE!

Tip:

Prepare fruit salad for the week! This dish will last 5 days in the refrigerator.

French Almond Cakes

Bake French *financiers*, small almond cakes with a raspberry center.



Yield: 12 cakes

Shopping List:

- 3 eggs
- 1/2 tsp vanilla extract
- 1/4 tsp salt
- 1 cup powdered sugar
- 1/2 cup almond meal or flour
- 1/4 tsp baking powder
- 4 Tbsp butter, melted
- 1/3 cup flour
- 12 raspberries

Ingredients:




*or 1/2 cup slivered almonds, ground in a blender or food processor until fine


Tools:




Steps:

Before you begin: Preheat oven to 400°F. Grease a 12-cup muffin tin with cooking spray.

- 1 

Carefully separate eggs. Crack eggs in half and gently tip the yolk back and forth, allowing the whites to drip into a large bowl. Set yolks aside for another use.
- 2 

Add sugar to egg whites and whisk until frothy. Add melted butter, vanilla extract, almond flour, flour, salt, and baking powder. Whisk until combined.
- 3 

Fill muffin cups with 2 Tbsp batter. Top each with a raspberry.
- 4 

Bake 9-12 minutes, until edges are browned. TASTE & SHARE!



Freeze individual cakes. Remove from freezer in the morning to defrost -- and enjoy as a sweet after-school snack!

Overnight Oats

Prepare oatmeal in the evening for a tasty, ready-to-go breakfast!



Yield: 4 servings

Shopping List:

- 1 banana
- 1 ½ cups milk
- ½ cup plain yogurt
- 1 Tbsp honey
- 2 cups rolled oats
- 1 Tbsp cocoa powder
- 1 Tbsp mini chocolate chips, for garnish

Ingredients:



1 banana



1 ½ cups milk



½ cup plain yogurt



1 Tbsp honey



2 cups rolled oats



1 Tbsp cocoa powder



1 Tbsp mini chocolate chips, for garnish

Tools:



measuring spoons



dry measuring cups



liquid measuring cup



fork



medium bowl

Steps:

1



Peel banana and add to a medium bowl. Mash with a fork.

2



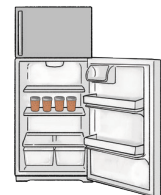
Add milk, yogurt, and honey to banana.

3



Add oats and cocoa powder to banana mixture. Stir to combine.

4



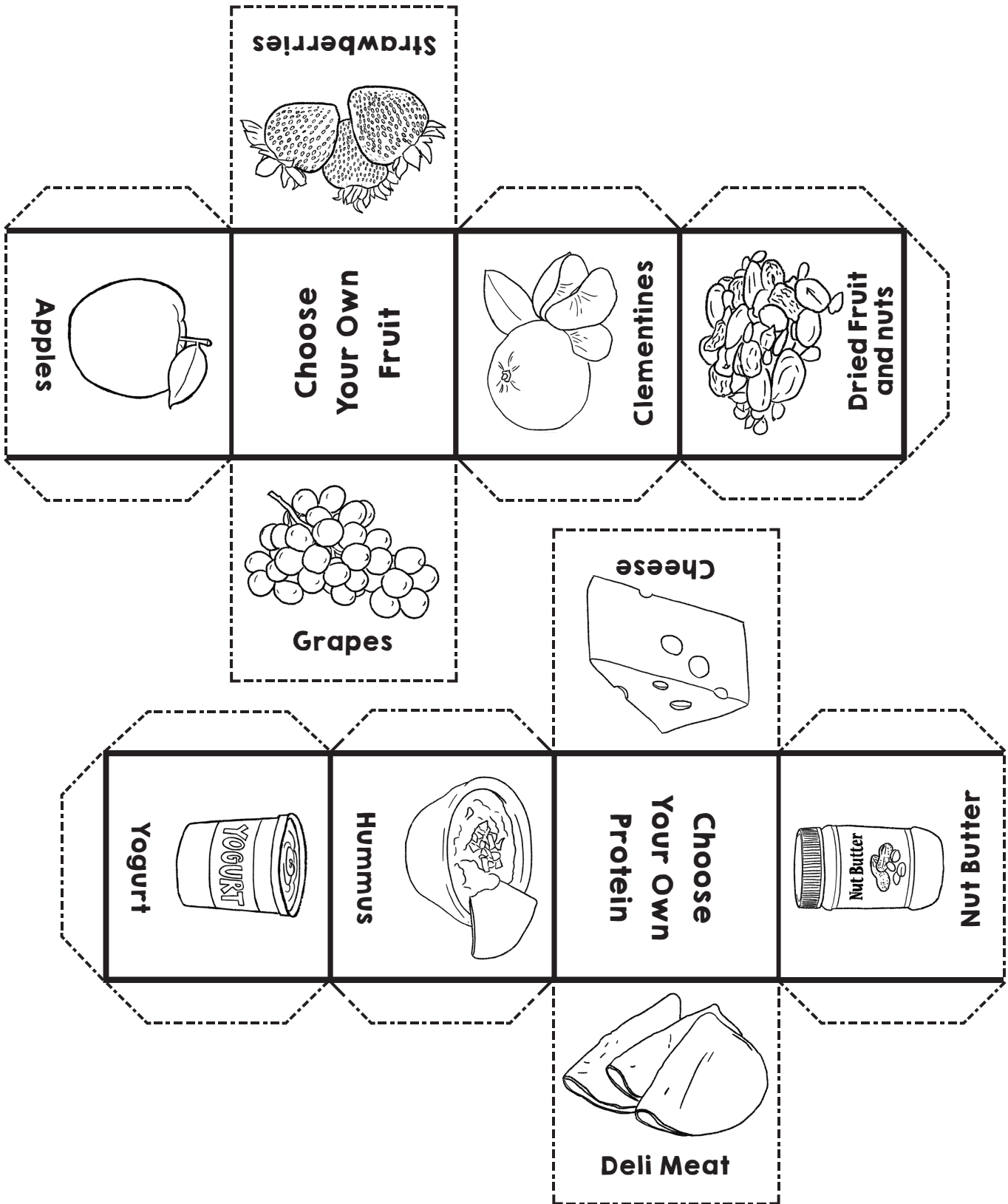
Add oatmeal mixture to 4 small jars. Refrigerate overnight. Serve topped with mini chocolate chips. TASTE & SHARE!

Tip:

Pack Overnight Oats in a thermos to keep cool for breakfast on-the-go or a mid-morning snack.

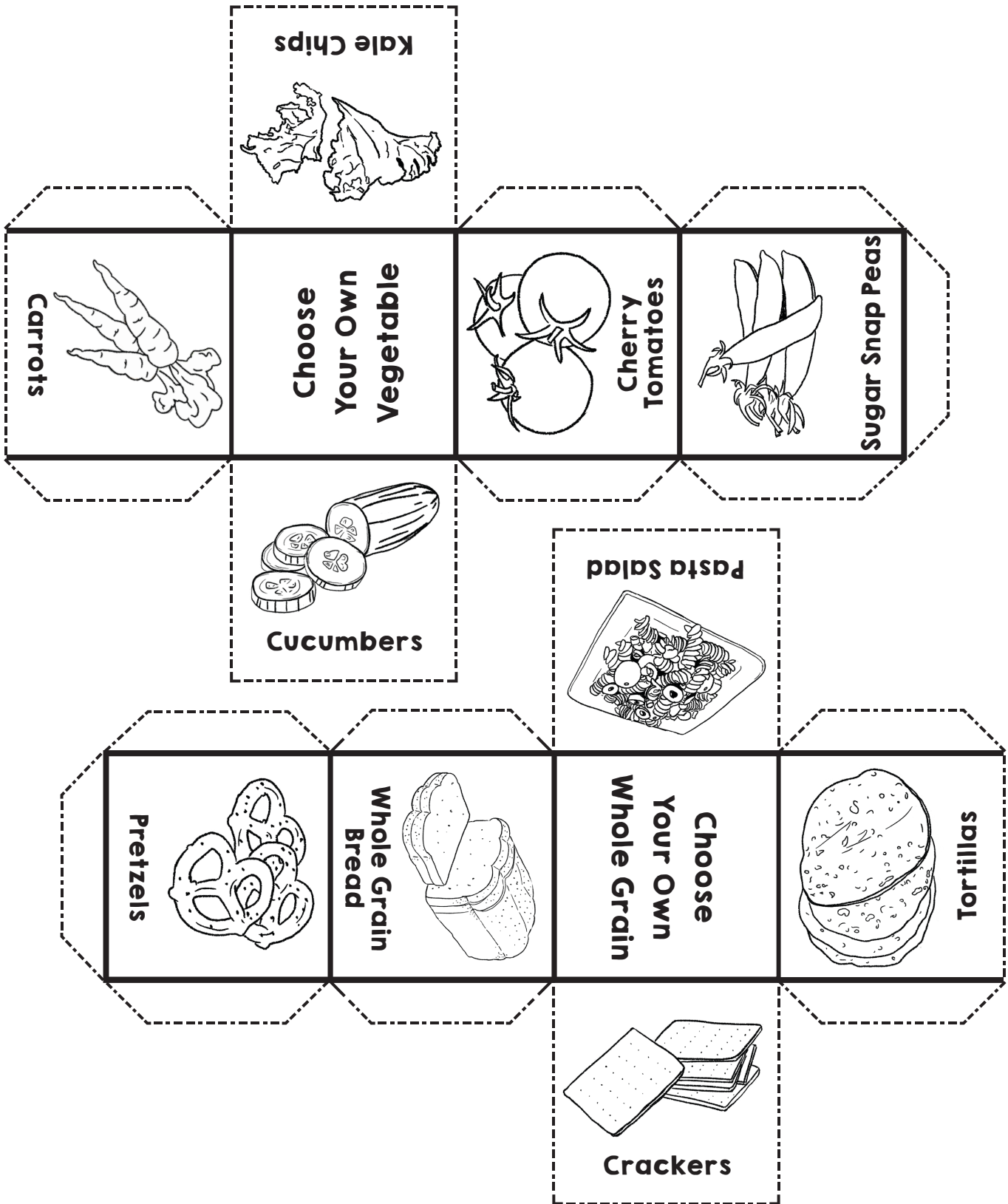
Lunchtime Food Dice

Color, cut, and tape these dice together. Roll all four to pick your lunchtime combo!



Lunchtime Food Dice

Color, cut, and tape these dice together. Roll all four to pick your lunchtime combo!





A Cooking Club for Kids

RaddishKids.com