



**10 EASY
RECIPES TO
UNLEASH YOUR
KIDS'
IMAGINATION.**

TABLE OF CONTENTS ■

Busy Busy Bumblebee Sandwich	_____	3.
Cereal Necklaces & Bracelets	_____	4.
Kiwi Cactus Yogurt Parfaits	_____	5.
Chocolate Date Pretzel Dragonflies	_____	6.
Leapin' Lemurs Grape Pops	_____	7.
Fruit & Vegetable Bug Snacks	_____	8.
Koala Chocolate Rice Krispy Treats	_____	9.
White Chocolate Panda Puffs Popcorn	_____	10.
Gorilla Munch Pineapple Pops	_____	11.
Chocolate Strawberry Parfait	_____	12.
Outdoor Activities	_____	13.
Teaching Kids About Sustainability	_____	14.





RECIPES.

BUSY BUSY BUMBLEBEE SANDWICH

GF Gluten Free

 Serving Size:
2 servings

INGREDIENTS:

- 2 slices gluten-free bread
- 4 tsp almond butter
- 1/4 cup blueberries
- 1/4 cup EnviroKidz Gorilla Munch Cereal (approx).
- 1 apple, peeled, cored and sliced into rounds
- 1 baby carrot

THIS SANDWICH IS A GREAT EXCUSE TO LET THE KIDS PLAY WITH THEIR FOOD - AND GET CREATIVE WITH IT. TRY DIFFERENT BERRIES FOR PATTERNS, IT'LL ALWAYS BE DELICIOUS AND GREAT FOR YOU!

DIRECTIONS:

1. Using a 3-inch biscuit cutter, cut a round out of each slice of bread. Spread each round with almond butter. Reserve excess bread for another use.
2. Arrange alternating rows of EnviroKidz Gorilla Munch cereal and blueberries across the round. With a 2-inch cookie cutter, cut circles from apple slices for wings.
3. Using the biscuit cutter, cut each circle into half moons so the wings will fit perfectly next to the bread.

IN THIS RECIPE:

ENVIROKIDZ
Gorilla Munch
Cereal





CEREAL NECKLACES AND BRACELETS

GF Gluten Free **LS** Low Sodium **V** Vegan

INGREDIENTS:

- 1 ½ cups (375 ml) of EnviroKidz Cheetah Chomps Cereal
- String
- Toothpicks (blunt ends with scissors before beginning)
- Scissors

IN THIS RECIPE:

ENVIROKIDZ
Cheetah Chomps
Cereal



DIRECTIONS:

1. You will need approximately ½ cup of EnviroKidz Cheetah Chomps cereal for necklaces, and ¼ cup of cereal for bracelets.
2. Cut string to size for bracelets and necklaces. Make sure to include excess to allow room for tying off the ends and adjusting the size to fit.
3. Begin by tying the string securely around a toothpick. This will be the “needle” to help string the cereal beads.
4. Start by stringing 2 Cheetah Chomp beads through the needle. Push the cereal beads all the way to the end and tie a knot around them. These 2 cereal beads will be the “clasp” and keep the cereal beads from slipping off as you work.

Get creative and start stringing more cereal beads onto the necklace or bracelet. Make patterns alternating light pink and dark pink Cheetah Chomp beads.

5. Once your bracelet or necklace has reached your desired length, tie a knot around the last bead. Make a loop that’s large enough to slip over the “clasp” of the 2 tied cereal beads you started with. Cut off excess string.
6. Wear and snack on your new and healthy Cheetah Chomps cereal jewelry!

Serving Size: 2 necklaces, 2 bracelets Prep Time: 30 Minutes





KIWI CACTUS YOGURT PARFAITS

GF Gluten Free **gf** Grain Free **LS** Low Sodium **V** Vegan

INGREDIENTS:

- 1 kiwi, peeled
- 1 raspberry
- 1 tbsp chocolate vermicelli
- 1 cup dairy-free vanilla yogurt
- 1/2 cup EnviroKidz Koala Crisp cereal or EnviroKidz Choco Chimps cereal (roughly ground)

DIRECTIONS:

1. Cut the bottom off the kiwi for a sturdy flat base.
2. Decorate peeled kiwi with chocolate vermicelli "spines." Add an upside-down raspberry "cactus blossom" on top (secure with a toothpick if needed).
3. Fill a small mason jar with dairy-free yogurt. "Plant" your kiwi cactus in the center and surround it with Envirokidz cereal "soil." Enjoy!



THESE KIWI CACTUS YOGURT PARFAITS ARE SIMPLY ADORABLE!

THEY'RE A FUN, EASY TO MAKE SNACK THAT'LL BRIGHTEN UP ANY KID'S DAY. CHOOSE A DAIRY-FREE YOGURT FOR VEGAN PARFAITS.

IN THIS RECIPE:

ENVIROKIDZ
Choco Chimps & Koala
Krisp Cereal

 Prep Time: 15 Minutes  Serving Size: 1 serving

CHOCOLATE DATE PRETZEL DRAGONFLIES

 Vegan  Prep Time: 20 min  Chill Time: 30 min  Serving Size: 8 dragonflies

INGREDIENTS:

- Approx. 100g of dairy-free chocolate, melted in a double boiler
- 16 mini pretzel twists
- Rainbow sprinkles
- 8 pitted Medjool dates
- 8 pretzel sticks
- 16 pieces of EnviroKidz Gorilla Munch Cereal

THESE ADORABLE PRETZEL DRAGONFLIES ARE A FUN AND SWEET N' SALTY SNACK FOR KIDS. THESE VEGAN EDIBLE CRAFTS USE DIFFERENT TYPES OF PRETZELS TO MAKE THE DRAGONFLY SHAPES AND GORILLA MUNCH CEREAL FOR EYES.

IN THIS RECIPE:

ENVIROKIDZ
Gorilla Munch
Cereal



DIRECTIONS:

1. Melt dairy-free chocolate in a double boiler or microwave.
2. Make the dragonfly wings: Arrange mini pretzel twists on a baking sheet lined with parchment paper. Fill the top two-thirds of the pretzels with melted chocolate. Sprinkle the chocolate with rainbow sprinkles. Place dragonfly wings into freezer to set.
3. Using a food processor, process pitted dates into a smooth paste. Divide mixture into 16 equal pieces. Roll each piece into a half-inch long log. Assemble the dragonflies on a piece of parchment paper. Use 2 date logs to make a cross shape. Flatten the top end with your thumb - this is where you'll place the "eyes."
4. Behind the flattened end, place 1 pretzel stick. On both sides of the pretzel stick (on the arms of the cross-shaped date logs), place the chocolate-filled pretzel "wings." Fold the date mixture around and through the wings to hold them securely in place.
5. Use the melted chocolate to cover the date "glue." Stick 2 pieces of EnviroKidz Gorilla Munch cereal onto the flattened part of the date mixture. Place the dragonflies in the freezer to set. Once set, use a toothpick and melted chocolate to add "pupils" to the "eyes."



LEAPIN' LEMURS GRAPE POPS



Serving Size: 10 servings



Chill Time: 10 Minutes

INGREDIENTS:

- 1/2 cup EnviroKidz Leapin' Lemurs Cereal
- 20 large round green grapes
- 1/4 cup 2% plain Greek yogurt
- 1 tbsp honey

DIRECTIONS:

1. Put EnviroKidz Leapin' Lemurs cereal in a re-sealable plastic bag.
2. Crush with a rolling pin, transfer to bowl. Insert a lollipop stick into each grape.
3. In small bowl, stir together Greek yogurt and honey. Dip each grape into yogurt, then dip bottom half into crushed cereal. Stand on wax paper lined baking sheet, refrigerate for 10 minutes and enjoy!



LEMURS

Lemurs are among the most endangered primates on Earth. Our partnership with the Lemur Conservation Foundation has led to the creation of an EnviroKidz Centre that provides a community and education space in Madagascar.

IN THIS RECIPE:

ENVIROKIDZ
Leapin' Lemurs Cereal



FRUIT AND VEGETABLE BUG SNACKS

GF Gluten Free **LS** Low Sodium **V** Vegan

INGREDIENTS:

VEGETABLE BUGS:

- ½ cup EnviroKidz Leapin' Lemurs cereal (Gorilla Munch or Panda Puffs cereal work well too!)
- 2-3 Celery stalks, cut into various lengths for different bugs
- 1-2 mini cucumbers, halved lengthwise with seeds scooped out, cut into various lengths
- ½ cup Vegan cream cheese
- 10 cucumber slices
- 1 cup cherry and/or grape tomatoes (various colours)
- 1 bunch chives, cut into 1" lengths
- 5-7 black olives
- 10 whole cashews

FRUIT BUGS:





- 2-3 celery stalks, cut into various lengths for different bugs
- ½ cup peanut butter (or other nut/seed butter for peanut allergies)
- 1 cup red and/or green grapes
- 3-4 strawberries, sliced
- ½ cup blueberries
- 1 apple, sliced
- ¼ cups mini dairy-free chocolate chips
- ½ cup EnviroKidz Leapin' Lemurs cereal (Gorilla Munch or Panda Puffs cereal work well too!)

DIRECTIONS:  Prep Time: 60 Minutes  Serving Size: 15-20 bugs

1. Melt dairy-free chocolate in a double boiler or microwave. Make the dragonfly wings and arrange mini pretzel twists on a baking sheet lined with parchment paper. Fill the top two-thirds of the pretzels with melted chocolate.
2. Sprinkle the chocolate with rainbow sprinkles. Place dragonfly wings into freezer to set. Using a food processor, process pitted dates into a smooth paste. Divide mixture into 16 equal pieces. Roll each piece into a half-inch long log.
3. Assemble the dragonflies on a piece of parchment paper. Use 2 date logs to make a cross shape. Flatten the top end with your thumb - this is where you'll place the "eyes." Behind the flattened end, place 1 pretzel stick. On both sides of the pretzel stick (on the arms of the cross-shaped date logs), place the chocolate-filled pretzel "wings." Fold the date mixture around and through the wings to hold them securely in place.
4. Use the melted chocolate to cover the date "glue." Stick 2 pieces of EnviroKidz Gorilla Munch cereal onto the flattened part of the date mixture. Place the dragonflies in the freezer to set. Once set, use a toothpick and melted chocolate to add "pupils" to the "eyes."



KOALA CHOCOLATE RICE KRISPY TREATS

 Vegan  Prep Time: 15 min  Chill Time: 30 min  Serving Size: 15 Rice Krispy Treats

INGREDIENTS:

- 3 cups EnviroKidz Koala Crisp cereal
- 2 tbsp coconut oil
- 6 oz large vegan marshmallows (approximately 25 marshmallows)
- 2 tsp vanilla extract ¼ cup blueberries
- ¼ cup vegan chocolate chips

IN THIS RECIPE: ENVIROKIDZ Koala Krisp Cereal



DIRECTIONS:

1. Line a baking tray with parchment paper. Place the coconut oil in a pan on medium heat and cook until completely melted.
2. Reduce the heat to low, then add the marshmallows, stirring continuously. Once the marshmallows have melted and combined with the coconut oil, add the vanilla extract.
3. Add the EnviroKidz Koala Crisp Cereal to the marshmallows and stir using a rubber spatula. Once combined, transfer the chocolate rice crispy mixture to a bowl. Using an ice cream scoop, evenly portion out 15 balls to create the heads of the koalas. Shape the scooped mixture into ovals. You will want to work with the mixture while it's still hot, so be sure to wear rubber gloves!
4. Form two smaller ovals from the remaining cereal mixture for the ears. Cut the blueberries in half to make the noses for the koala heads and use the chocolate chips for the eyes, pressing gently so that they stick. Serve and enjoy!

KOALAS

EnviroKidz funding has helped the Australian Koala Foundation map koala habitats across Australia – the only country where you'll find these nocturnal marsupials. Together we able to establish a koala reserve at Quinlan's in the Australian outback.



 @naturespathorganic

 facebook.com/naturespath

 pinterest.ca/naturespathorganic

www.naturespath.com



WHITE CHOCOLATE PANDA PUFFS POPCORN

GF Gluten Free  Serving Size: 10 cups of popcorn

INGREDIENTS:

- 1/2 cup popcorn kernels
- 2 cups EnviroKidz Panda Puffs cereal
- 1 1/4 cups + 1/4 cup white chocolate chips



IN THIS RECIPE:

ENVIROKIDZ
Panda Puffs Cereal

DIRECTIONS:

1. Put your popcorn kernels in a brown paper lunch sack, and microwave them for 2 minutes or so, until the popping slows to one kernel every two seconds. Alternatively, you can also pop your kernels in a popcorn popper.
2. Remove the bag from the microwave, pour the popcorn into a big bowl, pick out the unpopped kernels.
3. In a medium sized bowl, pour 1 1/4 cups of chocolate chips in, and microwave for about a minute and 30 seconds, stirring every 30 seconds, until it is melted and smooth. Remove the bowl from the microwave, add the extra 1/4 cup of white chocolate chips, and stir until those have melted as well.
4. Pour the melted white chocolate over the popcorn, and stir until the popcorn is coated. Add the EnviroKidz Panda Puffs, and stir again to help the Panda Puffs stick to the popcorn. Let cool cereal for about 20-30 minutes, until the white chocolate has hardened then serve or store for up to 3 days in an airtight container in a cool, dry place.



PANDAS

We're saving pandas with Defenders of Wildlife! Their initiatives aim to create a world where humans and animals coexist in harmony as friends from afar. We're convinced that both our lives and those of the animals will be richer for it.





GORILLA MUNCH PINEAPPLE POPS

GF Gluten Free  Serving Size: 12 bites

INGREDIENTS:

- 1/4 cup EnviroKidz Gorilla Munch cereal
- 1/2 pineapple, skin cut off and cut into 1-1.5" pieces (small enough to remain bite-size for tiny humans)
- 3 oz. white chocolate
- 10-15 cake pop sticks

DIRECTIONS:

1. Melt chocolate in a small heatproof bowl or measuring cup in the microwave in short 20-second bursts until mostly melted.
2. Stir until smooth. Carefully poke pineapple pieces through the bottom with pop stick.
3. Dip top portion of pineapple into chocolate and place EnviroKidz Gorilla Munch cereal pieces on top of chocolate. Place on a lined baking tray to set.



GORILLAS

Together with the Dian Fossey Gorilla Fund, we're saving gorillas through community patrols and educating and empowering children to become stewards of the rainforest.

IN THIS RECIPE:

ENVIROKIDZ
Gorilla Munch
Cereal





CHOCOLATE STRAWBERRY PARFAIT

GF Gluten Free  Serving Size: 1 serving

INGREDIENTS:

- 2-3 fresh strawberries, tops chopped off and quartered
- 1/4 cup of EnviroKidz Choco Chimps cereal
- 2/3 cup plain Greek Yogurt

A "PARFAIT-CT" SNACK FOR A HEALTHY, HAPPY KID!

IN THIS RECIPE:

ENVIROKIDZ
Koala Krisp Cereal



DIRECTIONS:

1. In a jar or small bowl, scoop half of the yogurt into the bowl.
2. Put half the strawberries in around the edge, facing out. Fill the middle with half of the Choco Chimps.
3. Scoop the rest of the yogurt in on top of the Choco Chimps, and top with a star of fresh strawberries. Top with a little pile of EnviroKidz Choco Chimps cereal as a garnish.



CHIMPANZEES

EnviroKidz funding has helped the Jane Goodall Institute create educational resources for local communities in Africa that promote the importance of environmental stewardship.



7 FUN & SIMPLE OUTDOOR ACTIVITIES FOR KIDS

Sunny days call for getting as much play time as possible. Parks, beaches, our backyard, patio and front yard have turned into canvases for my children's play and imagination.

These simple outdoor activities have been a source of so much enjoyment, laughter, and joy! Below is a list of our favorite simple outdoor kids activities that we have enjoyed again and again:

1. WATER BALLOON T-BALL/ BASEBALL

Depending on your child's ability level, grab either your t-ball set or just a baseball bat. Pre-fill a bunch of water balloons. Put them in a laundry basket or plastic tub. Head to the park and invite friends to play!

2. TOY-MADE OBSTACLE COURSE

Grab hula hoops, a toy tunnel, cones, pylons, and anything else you can think of. Encourage your children to organize the obstacle course in a fun and challenging way.

3. CHALK OBSTACLE COURSE

All you need is chalk and some vision. For literate children, write out an array of gross motor movements in a sequence, like you would hop scotch. For instance: jump like a bunny x 3, hold tree pose on one side, walk on your hands and feet, jump on one foot, hold tree pose on the other side, jump on the opposite foot, twirl x 2, jump up and try touch the sky x 4.

4. HULA HOOP RACE & CATCH

You will need multiple hula hoops. Head to an area with lots of green space, and have the children line up. Holding the hula hoops vertically, roll them with as much force as you can along the ground. Call out each child's name and have them run after the hoop to catch it. Every time they bring back a hoop, throw another one! This is amazing hand-eye coordination practice.

5. SENSORY SCAVENGER HUNT

Collect items you're sure to find around the park (wood chips, dandelions, leaves, pebbles), affix them to a piece of paper using tape, and have your children look for those items!

6. KITCHEN UTENSIL BUBBLE WANDS

Go through a kitchen drawer and collect slotted spoons, fly swatters, spatulas, and anything else that has holes to make bubbles. Make your own bubble solution and then head out to see which utensil creates the best bubbles!

7. "BAKE" MUD PIES AND MUFFINS

All you need are some utensils, pans, and imagination. Learn about physics using the playground slide, build towers with rocks, or use a tarp from camping and fill it with water to have some slip and slide fun.



ACTIVITIES FOR KIDS TO LEARN ABOUT SUSTAINABILITY

Talking about sustainability with kids is incredibly important to do. However, it can be really tricky to know where to start. First, we need to help our kids understand what sustainability is. While a broad concept, sustainability basically boils down to understanding the impact that we have on the Earth, and what we leave for future generations.

We know that sustainability can encompass a number of things, from recycling to gardening, and in being resourceful with products and items that we use. We can teach these to our children through hands-on activities and by involving them in acting sustainably as well! Below is a list of activities that will teach kids about sustainability.

RECYCLE

Create and label recycling bins with your kids at home, so that the process is easier for everyone.

PICK UP TRASH

Go on a 'green team walk' with your kids and bring along some gloves and a bag. Kids will enjoy feeling the impact that they have on the earth as they help clean up their own neighborhood or street.

SORT THE GARBAGE

Many items that are often put in the garbage are compostable. Composting allows food to decompose naturally into fertile soil.

PLANT A GARDEN

Growing your own organic food helps save on the distance food has to travel to get to you. Plus, teaching kids to garden is such a beneficial experience!

MAKE LAUNDRY PRODUCTS AT HOME

Kids love to scoop and pour. Whip up some homemade detergent to use at home.

REUSE ITEMS FOR CRAFTS

The recycling bin is a great place to turn for craft inspiration! Here are some ideas to get you started.

MAKE HOMEMADE ART ITEMS

From paintbrushes to paint and even stamps, here are some art materials that can be made at home.

PLAY OUTSIDE!

This simple activity goes a long way in teaching sustainability. Sharing in and appreciating a love of the outdoors will inspire kids to care for the earth.





NATURE'S PATH
ENVIROKIDZ

HELPING ANIMALS, HELPING THE PLANET.

When you buy EnviroKidz organic products, you're giving animals hope for a brighter future on Earth. We donate a portion of sales to organizations around the world that help save vulnerable and endangered animals. From habitat conservation to environmental education, choosing EnviroKidz helps to make a difference.



 @naturespathorganic

 facebook.com/naturespath

 pinterest.ca/naturespathorganic

www.naturespath.com