

NO PREP OR LOW-PREP:

- Mix the seeds and raisins together for a sweet and salty snack. Children will enjoy the combination of crunchy and chewy textures.
- Add pumpkin seeds and roasted soybeans to cranberry or apple granola.
- Encourage children to sprinkle the seed and soybean blend over applesauce or fruit purée for added crunch. You can also suggest eating a cup of puréed fruit using a piece of Melba toast as a spoon.

GET INSPIRED:

- Overnight oats (1 serving): Combine $\frac{1}{2}$ c. (125 mL) quick-cooking oats, $\frac{1}{2}$ c. (125 mL) plant-based milk of your choice, 1 tsp. (5 mL) honey or maple syrup and a packet of pumpkin seeds and roasted soybeans. Leave in the fridge overnight. To make it a complete breakfast, stir in a few pieces of fruit or some fruit purée just before serving.
- No-bake energy balls (12 balls): Combine $\frac{1}{2}$ c. (125 mL) quick-cooking oats, $\frac{1}{4}$ c. (60 mL) soy butter, $\frac{1}{2}$ c. (125 mL) raisins, 1 tbsp. (15 mL) water, 1 tbsp. (15 mL) honey and $\frac{1}{2}$ c. (125 mL) crushed pumpkin seeds. Mix all ingredients together and roll into balls. Allow for 2 to 4 balls per child.

Inspired by: <https://cuisinaweb.ca/gruau-overnight/>

Inspired by: <https://equilibre2.com/recipe/boules-denergie-sansnoix/>





Portions
12



Preparation
10 min



Cooking time
15 min



Breakfast Cookies (12 cookies)

INGREDIENTS

2 c. (500 mL) quick-cooking oats

¼ c. (60 mL) maple syrup or honey

¼ c. (60 mL) canola oil

2 eggs

½ c. (125 mL) unsweetened
applesauce or other fruit blend

⅔ c. (150 mL) raisins

90 g pumpkin seeds and roasted soybeans

2 tsp. (10 mL) ground cinnamon (optional)

INSTRUCTIONS

1. Preheat oven to 350 °F (180 °C) and line a baking sheet with parchment paper or a reusable silicone baking mat.
2. Mix all ingredients in a large bowl.
3. Using your hands, form into cookies about 1 cm thick.
4. Place in the oven and bake for approximately 15 minutes or until just golden brown.

