

Quick and Healthy

Recipes the whole family can enjoy

Kids' Edition
Volume 1



HEART &
STROKE
FOUNDATION



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Visit heartandstroke.mb.ca to see this recipe prepared on the Heart Smart Home Cooking Series.

A special thanks to Manitoba Canola Growers for their heart-healthy recipes and to Judy Fowler, Food Stylist, and Brian Gould, Photographer, for the photographs used in this booklet.

Kids in the kitchen

Kids in the kitchen are a natural fit. In the planning, preparation, and clean up, there are kitchen tasks suitable for almost every age and skill level. There are so many learning opportunities. Recipe reading helps with reading comprehension, measuring increases math proficiency, and chopping and portioning develop fine motor skills. Sampling global foods can aid with geography and help your child expand their palate. The kitchen is a great place to start learning where food comes from, the importance of nutrition, and budgeting.

Beyond skill building, time spent in the kitchen with your child can be great fun. To increase the enjoyment factor and decrease the stress level, it's all about time and place. A hectic weekday dinner with unexpected guests may not be the best time to introduce children to the joys of cooking. Choose a time when everyone is feeling relaxed and start building kitchen skills, and memories, that will last a lifetime.



Here are some great ways to involve kids of all ages:

All ages:

- Choose a meal or new recipe to try out.
- Help write a weekly grocery list.
- Put away groceries.
- Gather the ingredients for a recipe.
- Set the table.
- Bring dirty dishes to the sink.
- Scrape off uneaten food and waste into the garbage.
- Wash the dishes or load the dishwasher.
- Wipe down the table.
- Wipe down counters and cupboards.

Older kids:

- Clip coupons and help shop for groceries.
- Peel and trim the vegetables and fruit.
- Mix or whisk the ingredients of a recipe together.
- Turn on the oven and set timers.
- Separate the egg whites from the yolks.
- Use a standing or handheld mixer and a food processor.
- Chop vegetables (requires practice and supervision).

Younger kids:

- Retrieve ingredients from the pantry or refrigerator.
- Stir together dry ingredients.
- Wash the vegetables and fruit.
- Crack eggs.
- Open packages.
- Measure ingredients.
- Tear up lettuce and assemble salad ingredients.
- Pour ingredients into bowls.
- Form ground meat into meatballs.
- Assemble sandwiches.
- Knead and roll dough.

Kitchen safety:

- Demonstrate new tasks before assigning them. Grating, chopping, and many other kitchen tasks require step-by-step instructions and supervision.
- Teach safe food handling. Make certain children wash their hands before and after handling food. To avoid cross contamination, keep vegetable and meat preparation at separate stations and cutting boards.

Fun fact:

The word crepe comes from the Latin word "crispan" which means curled.



Notes:

Kid score:



Awesome



Great



Good

Quickie Crepes

Ingredients:

½ cup	whole-wheat flour	125 mL
½ cup	all-purpose flour	125 mL
1 Tbsp	wheat germ	15 mL
1 ¼ cups	skim milk	300 mL
1	egg	1
2 Tbsp	granulated sugar	30 mL
1 Tbsp	canola oil	15 mL

Directions:

1. In a large mixing bowl combine flours, wheat germ, milk, egg, sugar, and canola oil.
 2. Beat ingredients with mixer until smooth. The batter should be the consistency of thin cream.
 3. Heat a lightly oiled large non-stick crepe pan or non-stick skillet over medium heat. Using a ¼ cup (60 mL) measure, pour batter into crepe pan. Lift and tilt the pan to spread the batter.
 4. Return the pan to the heat and let crepe cook about 1 minute, until lightly browned. Quickly turn crepe over and let cook an additional 30 seconds to set the other side.
 5. Repeat to make more crepes. The pan should not have to be oiled again.
 6. Serve with your favourite toppings, such as fruit, yogurt, and nut butters.
- Makes 10 crepes.

Nutritional analysis per serving (1 crepe):

Calories.....	80
Protein.....	3 g
Total Fat.....	2 g
Saturated Fat.....	0 g
Cholesterol.....	20 mg
Carbohydrates.....	13 g
Fibre.....	1 g
Sugar.....	4 g
Sodium.....	25 mg



Fun fact:
French toast can be great for breakfast, lunch, or dinner. Try reheating for a quick after school snack.

Notes:

Kid score:

- ♥ ♥ ♥ ♥ ♥ Awesome
- ♥ ♥ ♥ ♥ Great
- ♥ ♥ ♥ Good

Sunshine French Toast

Ingredients:

3	eggs	3
1 cup	skim milk	250 mL
1/3 cup	orange juice	75 mL
1/4 tsp	cinnamon	1 mL
1/8 tsp	nutmeg	0.5 mL
1 tsp	vanilla extract	5 mL
1 tsp	grated orange zest	5 mL
2 Tbsp	canola oil, divided	30 mL
8	slices whole grain bread	8

Directions:

1. In a large mixing bowl, whisk together eggs, milk, orange juice, cinnamon, nutmeg, vanilla, and orange zest.
2. In a large non-stick skillet, heat 1 tsp (5 mL) canola oil over medium heat.
3. Dip slices of bread into the egg mixture, turning to coat and soak up the mixture.
4. Add to the skillet and cook until each side is golden brown, turning once. Repeat with the rest of the slices, adding extra canola oil as needed, up to a total of 2 Tbsp (30 mL).
5. Serve in your favourite way: slice into strips to eat with your hands, cube it and make a fruit and toast kabob, use cookie cutters to make fun shapes, or make a French toast sandwich with yogurt or peanut butter as the filling.

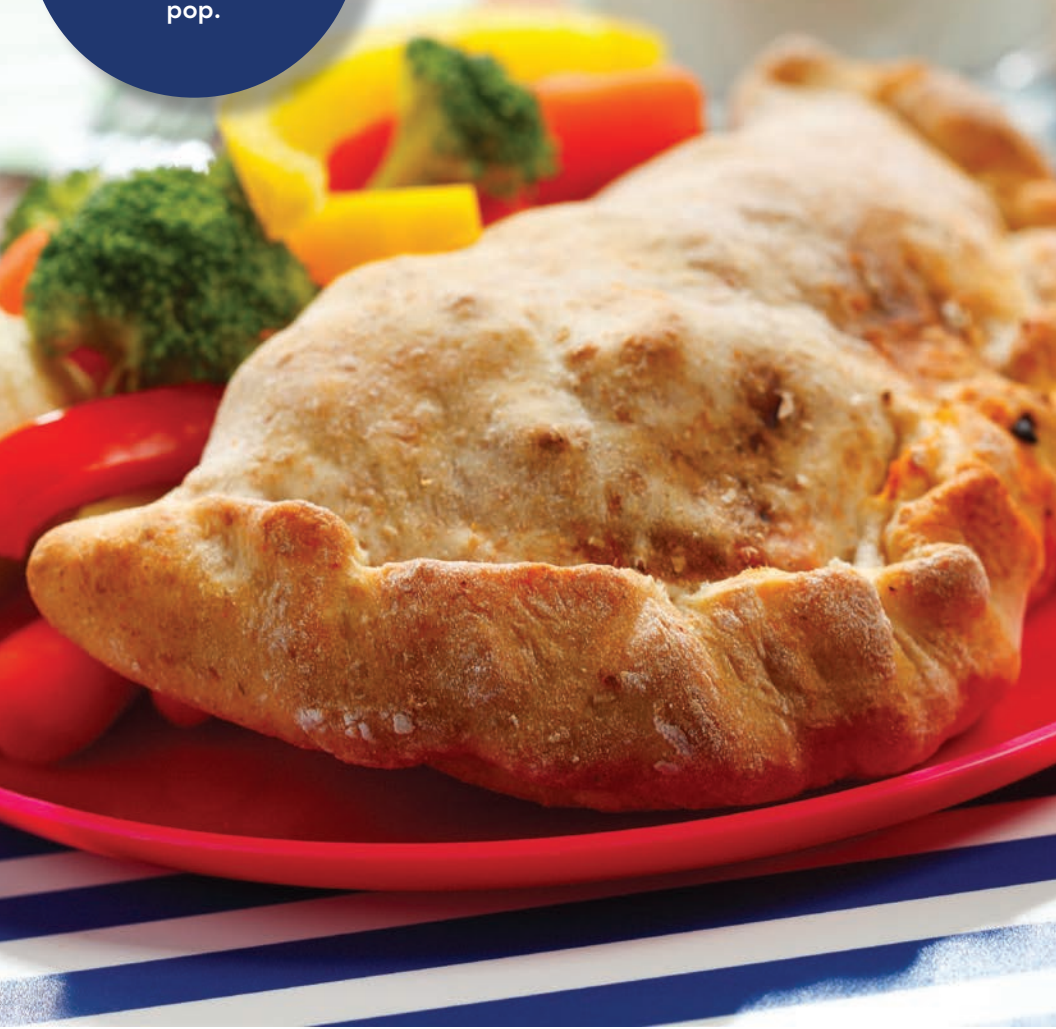
Makes 8 servings.

Nutritional analysis per serving (1 slice):

Calories.....	130
Protein.....	5 g
Total Fat.....	6 g
Saturated Fat.....	1 g
Cholesterol.....	70 mg
Carbohydrates.....	16 g
Fibre.....	5 g
Sugar.....	3 g
Sodium.....	110 mg

Fun fact:

Calzone means trousers in Italian but it's basically a homemade pizza pop.



Notes:

Kid score:



Awesome

Great

Good

Easy Cheesy Calzones

Chicken Filling Ingredients:

1 Tbsp	canola oil	15 mL
1	small onion, finely diced	1
1	clove garlic, minced	1
1 lb	ground chicken	500 g
2 tsp	dried oregano	10 mL
¼ tsp	pepper	1 mL

Directions:

1. In a large skillet, heat canola oil over medium heat. Add onions and garlic and cook until onions are softened, about 4 to 5 minutes.
2. Add chicken, oregano, and pepper and cook ingredients until chicken is cooked through, about 10 minutes.
3. Set aside.

Dough Ingredients:

1 cup	whole-wheat flour	250 mL
1 cup	all-purpose flour	250 mL
1 Tbsp	wheat germ	15 mL
¼ tsp	salt	1 mL
2 tsp	instant yeast	10 mL
1 cup	warm water	250 mL
1 Tbsp	canola oil	15 mL
1	can (8 oz/227 mL) pizza sauce	1
1 cup	grated reduced-fat mozzarella cheese	250 mL

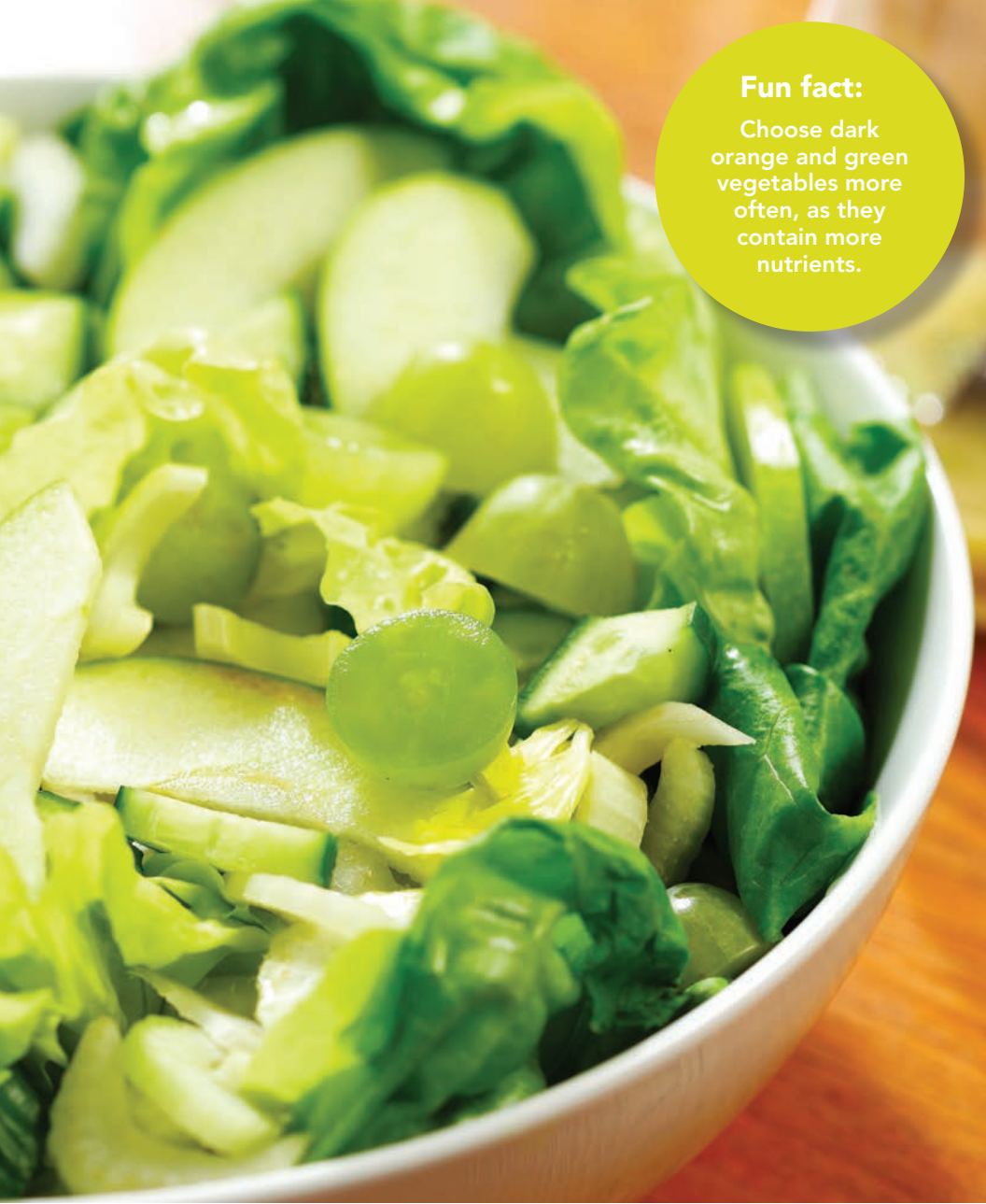
Directions:

1. Preheat oven to 400°F (200°C). Line baking sheet with parchment paper.
2. In a large mixing bowl, combine flours, wheat germ, salt, and yeast. Stir in warm water and canola oil. Stir to combine ingredients. If necessary, add additional all-purpose flour to form a soft dough.
3. Knead dough on lightly floured counter top until dough is smooth and elastic. Form into a ball. Cover dough with plastic wrap and let dough rest for 10-15 minutes in a warm place.
4. Divide dough into eight equal sized pieces. Roll out each piece of dough to ¼ inch (0.5 cm) thickness. Dough should measure about 5 inches (12.5 cm) across.
5. Place 2 Tbsp (25 mL) pizza sauce on each piece of dough and spread out over dough, leaving a ½ inch (1.25 cm) border.
6. Divide chicken filling and cheese in center of each circle of dough. Fold the dough over and pinch the edges with a fork. Place calzones on a parchment paper lined baking sheet.
7. Bake for 12 to 15 minutes, until nicely browned.

Makes 8 servings.

Nutritional analysis per serving (1 calzone):

Calories.....	260	Carbohydrates.....	26 g
Protein.....	18 g	Fibre.....	3 g
Total Fat.....	9 g	Sugar.....	2 g
Saturated Fat.....	1.5 g	Sodium.....	260 mg
Cholesterol.....	40 mg		



Fun fact:
Choose dark orange and green vegetables more often, as they contain more nutrients.

Notes:

Kid score:

- ♥ ♥ ♥ ♥ ♥ **Awesome**
- ♥ ♥ ♥ ♥ **Great**
- ♥ ♥ ♥ **Good**

Green Green Salad

Salad Ingredients:

1	head lettuce, torn into bite sized pieces	1
1 cup	sliced green grapes	250 mL
3	ribs celery, thinly sliced	3
1	green apple, cored and thinly sliced	1
¼	English cucumber, diced	¼

Dressing Ingredients:

2 Tbsp	canola oil	30 mL
1 Tbsp	lemon juice	15 mL
1 Tbsp	honey	15 mL
½ tsp	Dijon mustard	2 mL
1 tsp	chopped fresh oregano	5 mL

Directions:

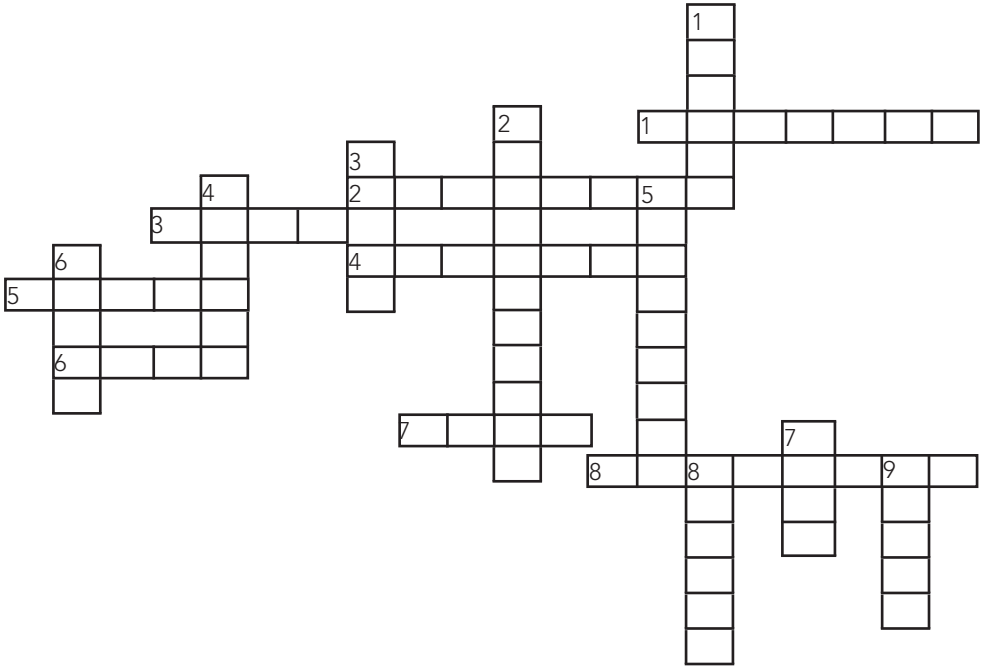
1. Combine all salad ingredients in a large salad bowl.
2. In small bowl, whisk together canola oil, lemon juice, honey, Dijon mustard, and fresh oregano.
3. Drizzle dressing over salad and serve immediately.

Makes 6 servings.

Nutritional analysis per serving (1 ½ cups):

Calories.....	100
Protein.....	1 g
Total Fat.....	5 g
Saturated Fat.....	0 g
Cholesterol.....	0 mg
Carbohydrates.....	13 g
Fibre.....	2 g
Sugar.....	10 g
Sodium.....	35 mg

Heart-healthy Crossword



Across

- When you're strong and well, you feel _____ .
- _____ carry blood from your heart to the rest of your body.
- You need at least _____ hours of sleep to stay well rested.
- Get _____ about heart-healthy living for life.
- Canada's Food _____ gives you information on nutrition and food groups.
- Get active and _____ every day!
- Vigorous play increases your heart _____.
- Kids from 9 to 13 need one to two _____ a day of meat and alternatives.

Down

- Read the food _____ on packaged foods to check for nutrients.
- _____ activities like stretching are a part of active play.
- Drink lots of _____ when you are thirsty.
- Get sixty to _____ minutes of active living most days of the week.
- _____ activities like running makes your heart stronger.
- Your heart _____ to move blood around your body.
- _____ smoke-free to keep your heart and lungs healthy.
- A _____ tells you how to make a healthy dish.
- _____ products include rice, bread, and cereals.

Across: 1 Healthy; 2 Arteries; 3 Eight; 4 Excited; 5 Guide; 6 Play; 7 Rate; 8 Servings
Down: 1 Labels; 2 Flexibility; 3 Water; 4 Ninety; 5 Endurance; 6 Pumps; 7 Live; 8 Recipe; 9 Grain

Lava Lamp

What you need:

- 1 clear jar with lid
- $\frac{3}{4}$ of the jar water
- Several drops food colouring
- 1 Tbsp glitter (optional)
- $\frac{1}{4}$ of the jar canola oil
- Several pinches salt
- 1 flashlight



How you do it:

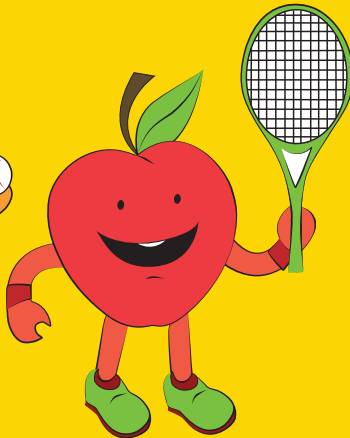
Fill the jar $\frac{3}{4}$ full of water. Add drops of food coloring. Sprinkle in glitter for extra sparkle. Fill the jar almost to the top with canola oil and let the mixture separate. Pour salt into the jar until you see the lava lamp effect. When the bubbles stop, add more salt to repeat the experiment. Shine a flashlight behind the jar to watch your lava lamp really glow.

What's going on here? It's all about density. Oil is lighter, or less dense, than water, so it rises to the surface. Salt is heavier, or denser, than water, and sinks to the bottom. When you add the salt, blobs of oil attach to the grains and sink. When the salt dissolves, the oil returns to the top. The result? A liquid show for the eyes.

from kids.nationalgeographic.com



Eat well. Have fun. Get active.



Kids should get at least 60 minutes of moderate to vigorous physical activity every day to help strengthen muscle and bones, and improve cardiovascular health. For loads of great ideas combining fun, fitness, and healthy eating check out our website at: heartandstroke.mb.ca.

Menu Mix-up

Y	W	N	Z	H	Y	C	B	C	S
D	R	Z	O	E	M	X	X	H	L
A	O	R	H	M	C	Z	T	I	L
L	P	E	E	O	L	S	T	C	A
A	U	N	O	B	A	A	H	K	B
S	H	K	Q	O	E	C	S	E	T
O	I	H	T	F	I	U	U	N	A
E	Z	S	A	W	D	M	L	P	E
C	G	Z	D	P	N	B	J	B	M
O	A	N	P	O	P	C	O	R	N
U	A	L	S	E	P	E	R	C	C
S	T	E	Z	A	P	A	A	K	P
T	Y	U	L	O	N	J	R	L	Q
O	N	E	H	N	N	F	K	L	M
G	Y	O	N	I	B	E	B	M	D

CREPES
MEATBALLS
POPCORN
SALAD

BLUEBERRY
CALZONE
CHICKEN
COOKIE

SALMON
SANDWICH
TOAST

Finger Paint

What you need:

3 cups	water	750 mL
3 Tbsp	canola oil	45 mL
2 cups	flour	500 mL
½ cup	salt	125 mL
2 Tbsp	unsweetened powdered drink mix	30 mL
Paper for finger painting		

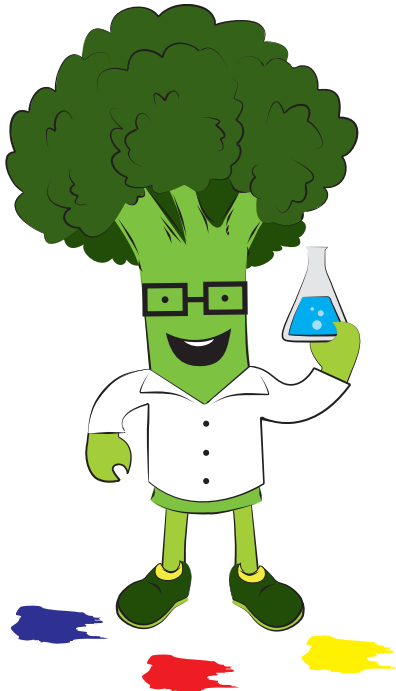
How you do it:

In a large bowl, add flour, salt, and unsweetened powdered drink mix. In a large bowl, mix water and canola oil. Pour wet ingredients into the dry ingredients. Mix together.

If the paint is too loose, add more unsweetened powdered drink mix and when its at the right consistency, start painting.

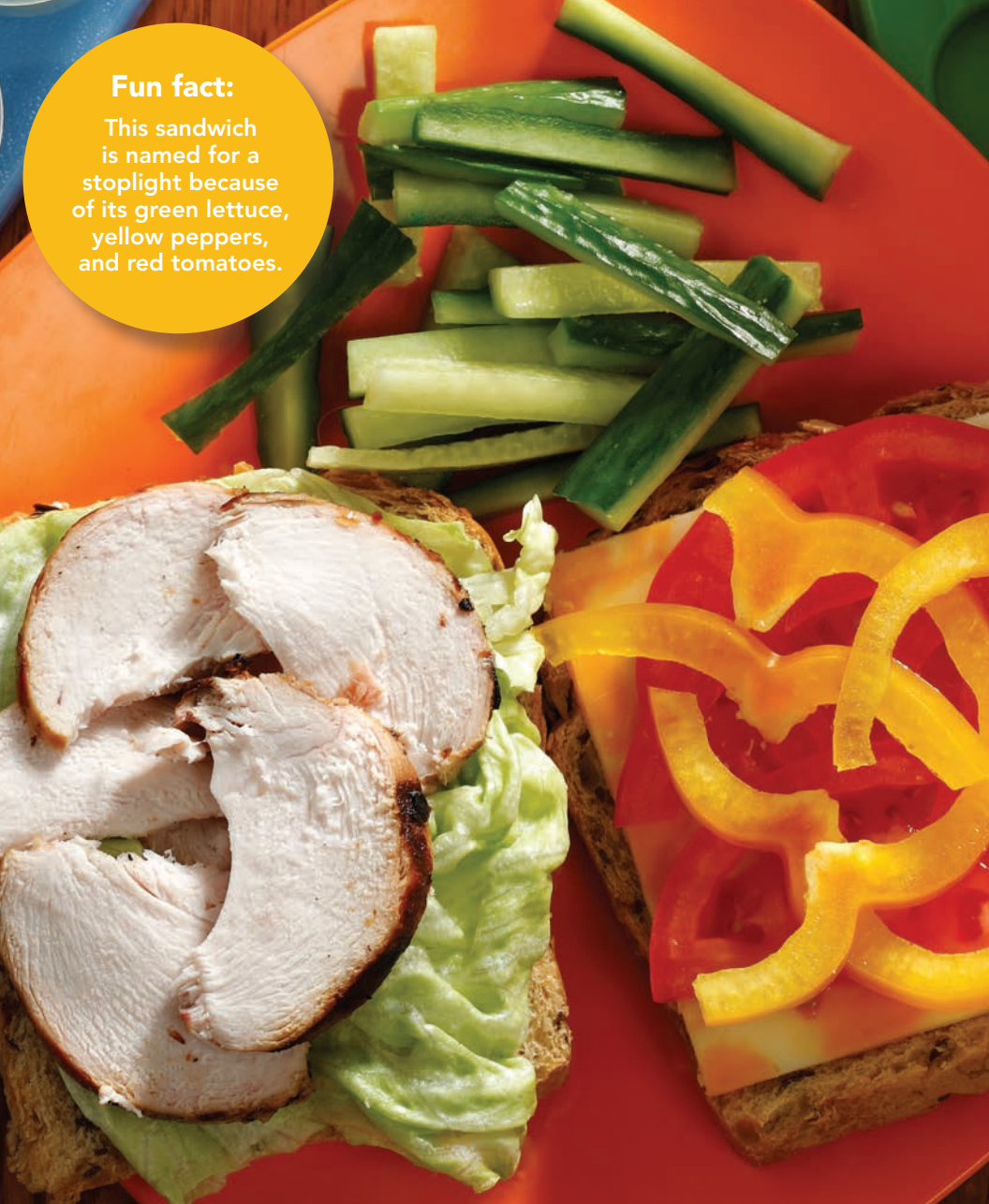
Tip:

- Choose a variety of different unsweetened powdered drink mixes for more colour options.
- Add more or less unsweetened powdered drink mix to change the brightness of your paint.



Fun fact:

This sandwich is named for a stoplight because of its green lettuce, yellow peppers, and red tomatoes.



Notes:

Kid score:



Awesome

Great

Good

Stoplight Sandwich

Ingredients:

8	slices whole grain bread	8
1 ½ Tbsp	canola oil	22 mL
1 Tbsp	red wine vinegar	15 mL
1 Tbsp	honey	15 mL
1 tsp	prepared mustard	5 mL
8	lettuce leaves	8
8	slices cooked chicken	8
8	slices marble cheese	8
1	yellow pepper, thinly sliced	1
2	medium tomatoes, sliced	2

Directions:

1. Arrange 4 slices of bread on cutting board.
2. In a small bowl, combine canola oil, red wine vinegar, honey, and mustard. Mix well.
3. Spread approximately 2 tsp (10 mL) oil and vinegar mixture on each slice. Layer lettuce, chicken, cheese, peppers, and tomato slices.
4. Top with remaining bread slices. Cut sandwiches in half to serve.

Tips:

- Use leftover Kickin' Orange Chicken from page 23.
- Serve as lunch or dinner, at home or away. When serving away from home, pack up ingredients separately and assemble on-site.

Makes 4 sandwiches.

Nutritional analysis per serving (1 sandwich):

Calories.....	300
Protein.....	19 g
Total Fat.....	9 g
Saturated Fat.....	1.5 g
Cholesterol.....	20 mg
Carbohydrates.....	40 g
Fibre.....	12 g
Sugar.....	10 g
Sodium.....	510 mg



Fun fact:
There are more than 600 pasta shapes, and the most popular pasta in Canada is spaghetti.

Notes:

Kid score:

- ♥ ♥ ♥ ♥ ♥ **Awesome**
- ♥ ♥ ♥ ♥ **Great**
- ♥ ♥ ♥ **Good**

Turkey Meatballs in Tomato Sauce

Meatball Ingredients:

1 lb	ground turkey	500 g
¾ cup	soft breadcrumbs	175 mL
3 Tbsp	chopped fresh parsley	45 mL
1 Tbsp	wheat germ	15 mL
1	small onion, finely diced	1
1	clove garlic, minced	1
1	egg white, lightly whisked	1
½ tsp	pepper	2 mL
1 Tbsp	canola oil	15 mL

Directions:

1. In a large bowl, combine ground turkey, bread crumbs, parsley, wheat germ, onion, garlic, egg white, and pepper.
2. Roll turkey mixture into 1 inch (2.5 cm) balls.
3. In a large non-stick skillet, heat canola oil over medium high heat, and cook meatballs for about 10 to 15 minutes, turning occasionally until nicely browned and cooked through. Set aside.

Sauce Ingredients:

1 Tbsp	canola oil	15 mL
1	medium onion, diced	1
2	cloves garlic, minced	2
½ cup	low-sodium beef broth	125 mL
1	can (28 oz/796 mL) sodium-reduced tomatoes, chopped	1
3 Tbsp	chopped fresh parsley	45 mL
2 Tbsp	chopped fresh basil	30 mL
½ lb	whole-wheat spaghetti	250 g

Directions:

1. In a large saucepan, heat canola oil over medium high heat. Add onions and cook 4 to 5 minutes, until softened. Stir in garlic and cook 1 more minute.
2. Add broth, tomatoes, parsley, basil, and bring to a simmer. Cook sauce about 35 minutes, stirring occasionally, until sauce has thickened slightly.
3. Meanwhile, cook spaghetti in a large amount of boiling water until just tender; drain.
4. Stir cooked meatballs into thickened sauce and heat through.
5. Serve turkey meatballs in tomato sauce over cooked whole wheat spaghetti.

Makes 6 servings.

Nutritional analysis per serving (4 meatballs, ½ cup sauce, ⅓ cup of pasta):

Calories.....	360	Carbohydrates.....	48 g
Protein.....	29 g	Fibre.....	8 g
Total Fat.....	7 g	Sugar.....	8 g
Saturated Fat.....	0.5 g	Sodium.....	230 mg
Cholesterol.....	30 mg		

Fun fact:

A marinade can act as a tenderizer to break down the proteins in meat, and as a means for adding more flavour.



Notes:

Kid score:



Awesome

Great

Good

Kickin' Orange Chicken

Ingredients:

1/3 cup	orange juice	75 mL
2 Tbsp	canola oil	30 mL
2 Tbsp	sodium-reduced soy sauce	30 mL
1 Tbsp	rice vinegar	15 mL
2 tsp	lemon juice	10 mL
2 tsp	fresh gingerroot, peeled and minced	10 mL
1	clove garlic, minced	1
1/4 tsp	granulated sugar	1 mL
2	green onions, chopped	2
4	6 oz (170 g) boneless, skinless breasts, cut in half	4

Directions:

1. In a large re-sealable plastic bag, combine orange juice, canola oil, soy sauce, vinegar, lemon juice, gingerroot, garlic, sugar, and onions. Mix well.
2. Add chicken breasts to the marinade, seal bag, and massage marinade into chicken breasts.
3. Refrigerate chicken breasts for 1 to 4 hours.
4. Pre-heat grill to medium high heat. Grill chicken for approximately 5 to 7 minutes per side or until chicken is cooked through and the juices run clear. Alternatively, bake chicken breasts at 375°F (190°C) for 25 to 30 minutes or until juices run clear.

Makes 8 servings.

Tip: Use leftover chicken to make Stoplight Sandwich on page 19.

Nutritional analysis per serving (1/2 chicken breast):

Calories.....	130
Protein.....	17 g
Total Fat.....	6 g
Saturated Fat.....	1 g
Cholesterol.....	45 mg
Carbohydrates.....	2 g
Fibre.....	0 g
Sugar.....	1 g
Sodium.....	270 mg



Fun fact:
Salmon has omega 3 fat which helps keep your brains, eyes, and nerves healthy.

Notes:

Kid score:

- ♥ ♥ ♥ ♥ ♥ **Awesome**
- ♥ ♥ ♥ ♥ **Great**
- ♥ ♥ ♥ **Good**

Super Salmon Stix

Ingredients:

½ cup	whole-wheat flour	125 mL
1 Tbsp	wheat germ	15 mL
2 tsp	chili powder	10 mL
½ tsp	pepper	2 mL
4	egg whites, lightly beaten	4
1 Tbsp	canola oil	15 mL
1 Tbsp	lemon juice	15 mL
1 ¼ cups	panko crumbs	300 mL
2 Tbsp	grated lemon zest	30 mL
1 ½ lbs	salmon fillet, cut into 1 inch x 3 inch pieces (2.5 cm x 7.5 cm)	750 g

Directions:

1. Preheat oven to 400°F (200°C). Lightly spray canola oil cooking spray on a foil lined baking sheet.
2. In a shallow dish, combine whole-wheat flour, wheat germ, chili powder, and pepper. In a second shallow dish, combine eggs whites, canola oil, and lemon juice. In a third shallow dish, mix together panko crumbs and lemon zest.
3. Dip salmon sticks in flour mixture, then into egg mixture, and finally into panko crumbs.
4. Place salmon sticks on prepared baking sheet. Bake for about 10 minutes until fish flakes easily when tested with a fork. Do not overcook or fish will be dry.

Makes 6 servings.

Nutritional analysis per serving:

Calories.....	260
Protein.....	29 g
Total Fat.....	8 g
Saturated Fat.....	1 g
Cholesterol.....	50 mg
Carbohydrates.....	17 g
Fibre.....	3 g
Sugar.....	1 g
Sodium.....	135 mg

Fun fact:

Apples float in water because they are 25 per cent air. They're like fruit balloons.



Notes:

Kid score:



Awesome

Great

Good

Appleberry Crisp

Ingredients:

4	medium sized apples, peeled and diced	4
2 cups	fresh or frozen blueberries	500 mL
2 Tbsp	brown sugar, divided	30 mL
1 tsp	vanilla extract	5 mL
1 Tbsp	cornstarch	15 mL
¾ cup	rolled oats	175 mL
1 Tbsp	wheat germ	15 mL
1 Tbsp	canola oil	15 mL
¼ tsp	cinnamon	1 mL

Directions:

1. Preheat oven to 350°F (180°C).
2. In a large mixing bowl, combine apples, blueberries, half the brown sugar, vanilla, and cornstarch. Place mixture into a 2 quart (2 L) baking dish.
3. In a second bowl, combine rolled oats, wheat germ, canola oil, cinnamon, and remaining brown sugar. Sprinkle crumb mixture over fruit.
4. Bake for 30 to 35 minutes or until fruit is bubbly. Remove from oven.
5. Serve immediately. Store any remaining crisp in refrigerator.

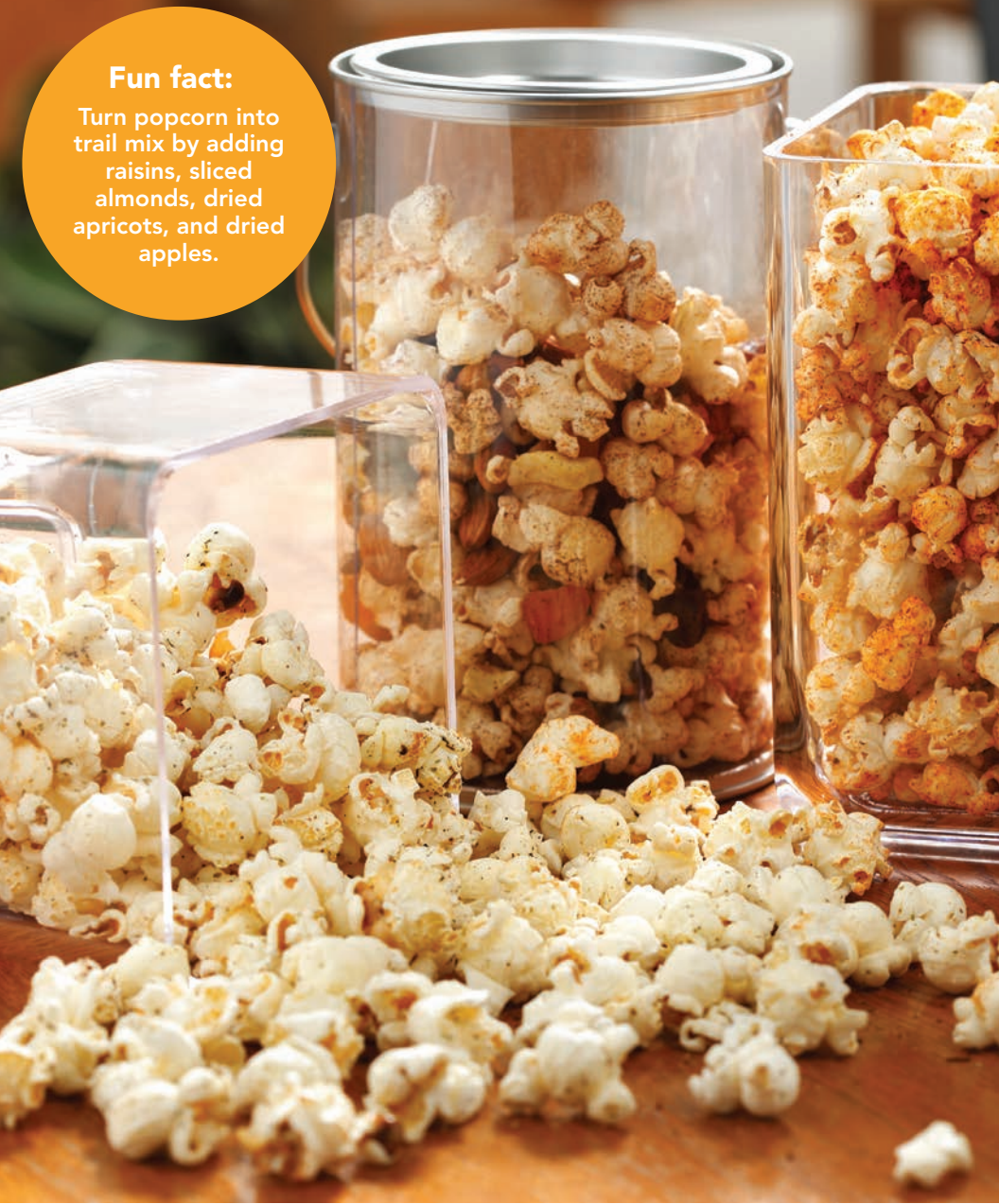
Makes 10 servings.

Nutritional analysis per serving (½ cup):

Calories.....	120
Protein.....	2 g
Total Fat.....	2 g
Saturated Fat.....	0 g
Cholesterol.....	0 mg
Carbohydrates.....	25 g
Fibre.....	4 g
Sugar.....	15 g
Sodium.....	0 mg

Fun fact:

Turn popcorn into trail mix by adding raisins, sliced almonds, dried apricots, and dried apples.



Notes:

Kid score:

♥ ♥ ♥ ♥ ♥ **Awesome**
♥ ♥ ♥ ♥ **Great**
♥ ♥ ♥ **Good**

Popcorn

Sweet Spiced Popcorn

Ingredients:

2 Tbsp	sugar	30 mL
1 tsp	cinnamon	5 mL
¼ tsp	nutmeg	1 mL
1 Tbsp	canola oil	15 mL
¼ cup	popcorn kernels	60 mL

Tex-Mex Popcorn

Ingredients:

2 tsp	chili powder	10 mL
2 tsp	paprika	10 mL
1 tsp	cumin	5 mL
⅓ tsp	garlic powder	0.5 mL
1 Tbsp	canola oil	15 mL
¼ cup	popcorn kernels	60 mL

Italian Popcorn

Ingredients:

1 tsp	garlic powder	5 mL
1 Tbsp	Italian seasoning	15 mL
1 Tbsp	canola oil	15 mL
¼ cup	popcorn kernels	60 mL

Directions:

1. In a small container, combine seasoning.
2. In a large saucepan, heat canola oil over medium high heat. Add popcorn kernels. Place lid on and let kernels cook, shaking occasionally to prevent burning. When the popping slows to 3 to 5 seconds between pops, remove pan from burner.
3. Sprinkle spice mixture over popcorn and toss once again.

Makes 8 servings.

Nutritional analysis per serving (1 cup):

	Sweet Spiced	Tex-Mex	Italian
Calories	60	50	45
Protein	1 g	1 g	1 g
Total Fat	2 g	2 g	2 g
Saturated Fat	0 g	0 g	0 g
Cholesterol	0 mg	0 mg	0 mg
Carbohydrates	10 g	8 g	6 g
Fibre	1 g	1 g	1 g
Sugar	3 g	0 g	0 g
Sodium	0 mg	0 mg	0 mg



Fun fact:
Check out heartandstroke.mb.ca to find **Party Hearty** – healthy and fun ideas for birthday parties.

Notes:

Kid score:

- ♥ ♥ ♥ ♥ ♥ **Awesome**
- ♥ ♥ ♥ ♥ **Great**
- ♥ ♥ ♥ **Good**

Chocolate Happy Birthday Cookie

Ingredients:

3 Tbsp	canola oil	45 mL
1/3 cup	brown sugar	75 mL
1	egg white	1
2 Tbsp	honey	30 mL
1 tsp	vanilla extract	5 mL
1/2 cup	whole-wheat flour	125 mL
1/2 cup	all-purpose flour	125 mL
1/4 cup	cocoa powder	60 mL
1 Tbsp	wheat germ	15 mL
1 tsp	cinnamon	5 mL
1/2 tsp	baking soda	2 mL
1/3 cup	mini semi-sweet chocolate chips	75 mL

Directions:

1. Preheat oven to 350°F (180°C). Lightly spray canola oil cooking spray on a 12 inch (30 cm) pizza pan or round cookie sheet.
2. In a large mixing bowl beat together canola oil, sugar, egg white, honey, and vanilla until well combined.
3. Add flours, cocoa powder, wheat germ, cinnamon, and baking soda; mix well. Stir in chocolate chips.
4. Spread ingredients onto prepared pan/sheet.
5. Bake for 15 minutes or until the cookie is golden brown. Cool on a wire rack. Decorate with fruit as desired and cut into wedges.

Makes 16 servings.

Nutritional analysis per serving (1 slice):

Calories.....	100
Protein.....	2 g
Total Fat.....	4 g
Saturated Fat.....	1 g
Cholesterol.....	0 mg
Carbohydrates.....	15 g
Fibre.....	1 g
Sugar.....	9 g
Sodium.....	45 mg

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Provincial Office:

6 Donald Street
Winnipeg, MB
R3L 0K6
(204) 949-2000

Brandon:

824-18th Street, Unit 3
Brandon, MB
R7A 5B7
(204) 571-4080

Toll Free: 1-888-473-4636

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