



MICROGREENS FOR KIDS





PIZZA POCKETS

Ingredients:

- 1 sheet pizza dough
- 1/2 cup marinara sauce
- 1/2 cup shredded mozzarella cheese
- 1/4 cup chopped microgreens (e.g., arugula, basil)
- 1/4 cup pepperoni or cooked veggies (optional)
- 1 egg (for egg wash)

Instructions:

1. Preheat oven to 375°F (190°C).
2. Roll out pizza dough and cut into squares.
3. Add marinara, cheese, microgreens, and toppings to each square.
4. Fold and seal edges with a fork.
5. Brush with egg wash.
6. Bake for 12–15 minutes until golden.
7. Serve warm!



SMOOTHY POPS

Ingredients:

- 1 cup Greek yogurt
- 1/2 cup mixed berries (e.g., strawberries, blueberries)
- 1/2 cup mixed microgreens (e.g., spinach, kale)
- 1 tablespoon honey
- 1/2 cup orange juice

Instructions:

1. Blend yogurt, berries, microgreens, honey, and orange juice until smooth.
2. Pour into popsicle molds.
3. Freeze for 4–6 hours until solid.
4. Remove from molds and serve!



TACOS

Ingredients:

- 4 small flour tortillas
- 1/2 cup shredded rotisserie chicken or tofu
- 1/4 cup shredded cheddar cheese
- 1/2 cup mixed microgreens (e.g., radish, pea shoots)
- 1/4 cup diced tomatoes
- 1 tablespoon sour cream

Instructions:

1. Warm tortillas in a pan or microwave.
2. Fill with chicken or tofu, cheese, and tomatoes.
3. Top with microgreens and a dollop of sour cream.
4. Serve immediately!



MAC AND CHEESE

Ingredients:

- 1 cup elbow macaroni
- 1 tablespoon butter
- 1 tablespoon flour
- 1 cup milk
- 1 cup shredded cheddar cheese
- 1/2 cup mixed microgreens (e.g., arugula, kale)
- Salt and pepper to taste



Instructions:

1. Cook macaroni according to package instructions; drain.
2. In a saucepan, melt butter over medium heat.
3. Stir in flour and cook for 1 minute.
4. Gradually add milk, stirring until smooth and thickened.
5. Add cheese and stir until melted.
6. Mix in cooked macaroni and microgreens.
7. Season with salt and pepper.
8. Serve warm!