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Find top-rated, kid-approved recipes to help you keep your family healthy and happy.

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Healthy Kids Recipes EatingWell

Sweets and treats are an inevitable part of kids parties that's part of the fun! But you can squeeze in some healthy finger foods and nibbles along the way to help curb the sugar rush. Here are some of our favorite kid-friendly party food recipes to try.

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25 of the Best Picnic Food Ideas for Kids My Fussy Eater

A healthier version of my kids favourite snack; Chocolate Chip Cookies! Made with wholemeal flour, oats and reduced sugar. Macaroni Cheese Lunchbox Muffins. These Mac n Cheese Muffins (with peas!) are the perfect addition to a kids lunchbox. Strawberry Cream Cheese Sandwich. A delicious and healthy lunch idea for kids.

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Healthy Recipes Kids Can Make Food Network Family

For little kids: Let them sprinkle in the apricots, flax seeds and sunflower seeds, and then let them shape the mixture into logs or balls. For big kids: Let them spray the mixing bowl with cooking spray, stir the marshmallow mixture and stir in the puffed rice.

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