

5 Omega-3 Rich Recipes for Kids

Salmon Fish Cakes

Ingredients:

- 1 cup cooked salmon (fresh or canned)
- 1 egg
- 1/2 cup mashed potatoes
- 1/4 cup breadcrumbs
- Salt and pepper to taste

Instructions: Mix all ingredients, form into small patties, and pan-fry until golden brown on both sides. Serve with a veggie dip.

Flaxseed Banana Pancakes

Ingredients:

- 1 ripe banana
- 1 egg
- 1/4 cup flour
- 1 tbsp ground flaxseed
- 1/4 tsp cinnamon

Instructions: Mash banana and mix with egg, flour, flaxseed, and cinnamon. Cook pancakes on a greased pan over medium heat until bubbly and browned.

Chia Berry Yogurt Parfait

Ingredients:

- 1/2 cup Greek yogurt
- 1 tbsp chia seeds
- 1/4 cup berries (fresh or frozen)
- 1 tsp honey (optional)

Instructions: Layer yogurt, berries, and chia seeds in a cup. Drizzle with honey and let sit for 10 minutes to soften the chia seeds.

Walnut and Apple Energy Bites

Ingredients:

- 1/2 cup chopped walnuts
- 1/2 cup oats
- 1/4 cup applesauce
- 1 tbsp honey
- 1/4 tsp cinnamon

Instructions: Mix all ingredients, form into small balls, and refrigerate for at least 30 minutes.

Tuna Veggie Wrap

Ingredients:

- 1 small can tuna in water
- 1 tbsp olive oil mayo or Greek yogurt
- 1/4 cup grated carrots
- 1 small whole wheat tortilla

Instructions: Mix tuna with mayo/yogurt and carrots. Spread onto tortilla, roll up, and slice into pinwheels.