Kid-Friendly Healthy Recipes Even Picky Eaters Love

You are no stranger to having a picky eater that probably hates healthy food, but there are some recipes even kids who hate almost everything will eat. Try out some of these different healthy eating recipes for your kids.

**Mini Meat Loaf**

Kids might not want to see a huge chunk of meat loaf on their plate, but when you make things small, it is a lot of fun for some reason. These mini meat loafs are small enough to fit into a compartment of your kids’ lunch boxes, or you can include them for lunch or dinner on a plate with some ketchup or sauce to dip them in. The meat loafs become finger foods, so picky eaters are more inclined to eat them. You will use all the same ingredients as regular meatloaf, but you are going to prepare them in mini muffin tins instead of a regular pan.

**Roasted Broccoli With Cheese**

Sometimes to get your kids to eat their broccoli, you just need to prepare it differently. Plain steamed broccoli isn’t even a favorite for many adults, but kids might be more willing to eat it if you cook it with more seasoning. Try instead roasting the broccoli with some garlic salt and pepper, then sprinkling a little bit of shredded cheese on top when it’s almost done. It is tastier and makes it a little more fun to eat vegetables.

**Baked Mini Taco Salads**

You can make your own taco salad shell by flipping a regular muffin tin over and wrapping small flour tortillas around the muffin tin. You then bake it on this side for a few minutes until the shell formed and is hard. You can then use these mini taco salad shells to create a taco salad. Kids have fun with them by breaking the shell off and using them as chips for the taco salad, while you get to include lots of veggies like lettuce and tomato that your kids are more likely to eat.

**Homemade Fruit Pops**

Many stores now sell popsicle molds that are easy to make your own fruit pops. You can make them as healthy as possible with pure fruit that is pureed and poured into the molds, or using a fruit juice you made at home. You can season them up and make them more interesting by also adding some herbs to the fruit pops. This allows your kids to have frozen treats without all the added sugar and preservatives.