

Little Chefs Cookbook

Healthy, Quick and Delicious
Organic Recipes





Little Chefs Cookbook

Healthy, Quick and Delicious
Organic Recipes

AuthorHouse™
1663 Liberty Drive
Bloomington, IN 47403
www.authorhouse.com
Phone: 1 (800) 839-8640

©2017 Leona Selassie. All rights reserved.

No part of this book may be reproduced, stored in a retrieval system, or transmitted by any means without the written permission of the author.

Published by AuthorHouse 02/06/2017

ISBN: 978-1-5246-6887-7 (hc)

ISBN: 978-1-5246-6886-0 (e)

Library of Congress Control Number: 2017901395

*Any people depicted in stock imagery provided by Thinkstock are models, and such images are being used for illustrative purposes only.
Certain stock imagery © Thinkstock.*

Because of the dynamic nature of the Internet, any web addresses or links contained in this book may have changed since publication and may no longer be valid. The views expressed in this work are solely those of the author and do not necessarily reflect the views of the publisher; and the publisher hereby disclaims any responsibility for them.

authorHOUSE®

Table of Contents

Little Chefs

Acknowledgements and Special Thanks

Dedication

Juices and Smoothies

Berry Berry Smoothie

Apple Delight

Fabulous Mint Lemonade Slushy

Banana Blast

Watermelon Mania

Paradise Groove

Healthy Snacks

Cinnamon Extravaganza

Fruity Fiesta Salad

Cheese Pizza Pizazz

Honey Nut Cookie

Banana de Split

Wrap It Up

Soups and a Salad

Simmering Soup

Scoop the Soup

Sweetie Soup

Tomato Soup

Creamy Broccoli Soup

Little Chefs' Homemade Ketchup

Sassy Salad

Macadamia Dressing

Entrees

Dumplin' Delight

Banging Broccoli Bites

Crispy Wings

Quinoa Stir Fry

Red Lentils Stew over Wild Rice

Rainbow Pasta

Sweet Treats (Desserts)

Maca Maca

Starry Icee Cubes

Honey Almonds

Berry Mix-a-mania

Coconut Charisma

Oats and Walnut Goodness

Healthy Tips from your Little Chefs

About the Author

Little Chefs



Hello I am Adante Stewart, and I'm the 1st head chef in little chefs, and my job is to help to guide other children that they too may learn how to cook. We as little chefs can help to change the world. e.g: homeless children, African kids that lost their mother or father, and more so, technically, we help the people that cannot help themselves, so that's what the little chefs do. We help to guide the world into being healthy.

Acknowledgements and Special Thanks

Special Thanks to Almighty God for publishing this book.

Special Thanks to Santana Georgia Lamont for sponsoring this book, we really appreciate what you have done for the children, you are truly godsent.

Special Thanks to the parents of The Little Chefs

- ❖ Marlon and Jennifer
- ❖ Michael and Nadine
- ❖ Donovan and Andrea

Special Thanks to Glen Sweeting for his superb mentorship and great support.

Special Thanks to Dr Candace Smith for giving her time by assisting us to complete this book. We are very grateful.

Special Thanks to Judy Edwards for feeding the children.

We do acknowledge all those whom have supported Agape International Charter Air Inc, both here and abroad. We express our heartfelt thanks to you all.

Dedication

This book is dedicated to Miracle, for your selfless dedication to Agape's Children Orphanage. You are with the Father, you remain in our hearts and thoughts.

All ingredients are wholesome, organic and glutenfree.
Children must be supervised by a parent or 13 yrs and older.
This book is for all ages/ cover of book illustrated by Adante Stewart.



Juices and Smoothies



Berry Berry Smoothie

¼ cup of blueberries

¼ cup of strawberries

¼ cup of blackberries

1/3 cup of sweetened Vanilla almond milk

1 tablespoon of agave syrup (add more or less according to your taste)

Instructions:

1. Wash all fruits.
2. Blend all ingredients until smooth.
3. Chill and serve.
4. Berry delicious!!!



Apple Delight

4 red apples (cored and halved)

½ of a lemon (with skin and rind)

Instructions:

1. Wash all fruits thoroughly.
2. Assemble the juicer.
3. Place halves of the apple through juicer separately.
4. Add lemon through the juicer.
5. Clean juicer as the drink is chilled before it's served.
6. Enjoy!



Fabulous Mint Lemonade Slushy

1/2 of a lemon (with the rind).

1 sprig of mint leaf

1 cup of ice

1/3 cup of water

2 tablespoons of agave (add more or less according to your taste)

Instructions:

1. Wash lemon and mint leaf.
2. Grab your blender.
3. Add ingredients and blend until smooth.
4. Chill and serve.



Banana Blast

2 ripe bananas

1/3 sweetened Vanilla almond milk

1/3 cup of blueberries

Instructions:

1. Wash blueberries.
2. Peel bananas.
3. Add all ingredients to blender and mix until smooth.
4. Chill and serve.



Watermelon Mania

¼ of a small, sweet watermelon
3 whole strawberries

Instructions:

1. Wash strawberries.
2. Add strawberries and watermelon to blender.
3. Chill and serve.



Paradise Groove

¼ cup of strawberries

¼ cup of raspberries

1/3 cup of sweetened Vanilla almond milk

2 tablespoons of agave (add more or less according to your taste)

A dash of coconut flakes (add more if desired)

Instructions:

1. Wash raspberries and strawberries.
2. Grab your blender and add ingredients.
3. Blend all ingredients until nice and smooth.
4. Serve with a straw and enjoy.



Healthy Snacks



Cinnamon Extravaganza

2 slices of Ezekiel Cinnamon Raisin Bread

1 tablespoon of natural margarine

A dash of cinnamon

½ teaspoon of agave (add more if desired)

Instructions:

1. Toast two slices of bread.
2. Butter bread very lightly.
3. Sprinkle a dash of cinnamon on the bread.
4. Drizzle agave across the bread.



Fruity Fiesta Salad

- ¼ cup of strawberries
- ¼ cup of grapes
- ¼ cup of watermelon chunks
- ¼ cup of peaches slices
- ¼ cup of blueberries
- ¼ cup of pineapple chunks
- ¼ cup of kiwi slices
- ½ of a lemon

Instructions:

1. Wash all the fruits thoroughly.
2. Remove stems from grapes.
3. Combine all fruits together in a large bowl.
4. Squeeze lemon to distribute juice over all fruits.
5. Gently stir together and pour into individual bowl.
6. Enjoy your fruit salad!



Cheese Pizza Pizazz

- 1 wholesome sprouted English grain muffin
- 2 tablespoons of Little Chef's homemade ketchup
- ¼ cup natural or vegan mozzarella cheese

Instructions:

1. Split English muffin in two.
2. Spread sauce on both sides.
3. Sprinkle cheese on top of sauce.
4. Place in toaster oven or regular oven at 350° for 5 mins or until cheese is melted.



Honey Nut Cookie

- 1 red delicious apple
- 2 tablespoons of almond butter
- 2 tablespoons of honey

Instructions:

1. Slice apple in half.
2. Spread almond butter evenly on each side.
3. Drizzle honey across almond butter.
4. Yummy, yummy!! Enjoy!!



Banana de Split

- 1 large ripe banana
- 2 large strawberries
- 1 tablespoon of agave
- ½ cup plain Greek yogurt

Instructions:

1. Slice banana down center and place in bowl.
2. Scoop yogurt onto dish in between bananas.
3. Dice strawberries and sprinkle all over banana.
4. Drizzle agave.
5. Enjoy this healthy snack!



Wrap It Up

3 slices of organic turkey or chicken strips

½ cup of lettuce or spinach

½ cup of cherry tomatoes, diced

1 tablespoon of Little Chefs' homemade ketchup (add more or less if desired)

1 veggie tortilla

Instructions:

1. Place veggie tortilla on plate.
2. Spread ketchup across veggie tortilla.
3. Place meat slices side by side in center of tortilla.
4. Add lettuce or spinach and diced tomatoes.
5. Wrap it up and enjoy!!



Soups and a Salad



Simmering Soup

1 tablespoon of dried onion

½ tablespoon of dried thyme

½ tablespoon of dried bay leaf

1 tablespoon of olive oil

2 cups of water

A dash pink Himalayan salt

1/3 cup of shredded carrots or any veggies of your choice

½ cup of cook turkey, cubed (optional)

Instructions:

1. Combine water, salt, olive oil, and dried herb in a large pot.
2. Cover with lid and bring to a boil.
3. Add meat and/or veggies.
4. Simmer for 10 minutes.
5. Serve and enjoy!



Scoop the Soup

1 cup cooked chicken, diced
1 cup whole grain pasta noodles
2 packets of vegetable soup mix
2 tablespoons olive oil
3 cups of water

Instructions:

1. Bring water to a boil in large pot.
2. Add chicken and simmer for 5 minutes.
3. Stir in pasta and vegetable soup mix.
4. Simmer for 5 – 10 minutes, until noodles are tender.
5. Scoop the soup into your bowl and enjoy!



Sweetie Soup

- 1 large orange sweet potato, cubed
- 1 sprig of fresh thyme
- ½ a teaspoon of cinnamon
- 1 tablespoon of olive oil
- 1 sprig of basil
- 2 cups of water
- 1 handful of spinach

Instructions:

1. Add sweet potato and water to blender and blend until smooth.
2. Pour mixture into a large pot.
3. Add in remaining ingredients except spinach.
4. Cover with lid and cook for 10 minute or until it simmers.
5. Stir in spinach and serve.



Tomato Soup

2 cups of fresh cherry tomatoes, diced
1 cup of water
1 sprig of basil
1 sprig of thyme
1 tablespoon olive oil
1 tablespoon agave
A dash of pink Himalayan salt (optional)

Instructions:

1. Pulse tomatoes and water in blender and pour in large pot.
2. Add all remaining ingredients and cover with lid.
3. Cook for 10 minutes on medium heat.
4. Serve and enjoy!!!



Creamy Broccoli Soup

2 cups of broccoli
4 cups of water
1 teaspoon of garlic powder
1 teaspoon of onion powder
2 pack of cream base

Instructions:

1. Bring water to boil in large pot.
2. Stir cream base into water until smooth and cook for 5 minutes.
3. Add broccoli, onion powder, and garlic.
4. Cover with lid and cook for additional 10 minutes.
5. Creamy delicious...enjoy!!



Little Chefs' Homemade Ketchup

1 cup cherry tomatoes, diced
2 tablespoons of agave
1 teaspoon of olive oil
A dash of pink Himalayan salt

Instructions:

1. Add all ingredient and pulse in blender until smooth.
2. Store in glass container.
3. Use as needed.



Sassy Salad

- 1 head of butter lettuce
- 1 cucumber, diced
- ½ pint of cherry tomatoes, diced
- 2 tablespoons of diced red onion (add more if desired)
- ½ of corn off the cob
- ½ cup of sweet bell pepper (red, orange, and yellow mix), diced
- 1 whole Haas avocado
- 1 handful of walnuts
- 1 tablespoon of dried pineapple, or any dried natural fruit of your choice

Instructions:

1. Wash all vegetables thoroughly.
2. Dice all veggies and mix together in a large bowl.
3. Stir in dried pineapple.
4. Crumble walnuts on top of salad.
5. Serve with macadamia dressing (see recipe below).
6. Mmmm delicious!!!



Macadamia Dressing

½ cup of macadamia nuts

½ of a lemon

2-3 Medjool dates

1 teaspoon olive oil

2 tablespoon water (add more water to desired texture)

Instructions:

1. Add all ingredients into blender and blend until smooth.
2. Store in glass container.
3. Use as needed.



Entrees



Dumplin' Delight

1 cup spelt flour, or any wholesome flour of your choice
1 cup of Little Chefs' homemade ketchup
1 cup diced cooked chicken
½ cup green onions
1 teaspoon garlic powder
½ teaspoon fresh thyme
2 tablespoons of olive oil
3 cup of water

Instructions:

1. Gradually add 1 cup of water in small amounts into flour.
2. Knead mixture until dough is firm.
3. Shape dough into small meatball-sized dumplings.
4. Boil dough in two cups of water for 10 minutes.
5. Strain cooked dumplings and place to the side.
6. Sautee chicken in olive oil with green onions, garlic, and thyme.
7. Pour in Little Chefs' homemade ketchup.
8. Add in dumplings and cover with lid.
9. Simmer for 5-10 minutes.
10. Simply delicious!!



Banging Broccoli Bites

2 cups of broccoli
2 tablespoons of fresh thyme
¼ cup of red onions, diced
2/3 cup of natural organic bread crumbs
½ teaspoon of olive oil
1/3 cup of vegan, shredded cheddar cheese
1 cup of water
A dash of pink Himalayan salt
1 organic brown egg

Instructions:

1. Preheat oven to 350°.
2. Bring water and salt to a boil in a pot.
3. Blanch two cups of broccoli in boiling water just for a quick minute.
4. Dice broccoli into tiny pieces.
5. Whip egg in a bowl.
6. Add cheese, onions, thyme, and bread crumbs into the bowl with egg.
7. Stir into mixture.
8. Have fun and shape them into square tots.
9. Grease baking sheet with olive oil.
10. Spread tots on pan and bake until golden brown and crispy.
11. Dip into Little Chefs' homemade ketchup or your favorite sauce.
12. Enjoy!!



Crispy Wings

- 1 small pack of organic chicken wings
- 3 tablespoons of paprika
- 3 tablespoons of garlic powder
- 3 tablespoons of baking powder
- 3 tablespoons of onion powder
- 1 cup Little Chefs' homemade ketchup

Instructions:

1. Preheat oven to 350°.
2. Wash chicken thoroughly in fresh lemon juice and warm water.
3. Ensure wings are dry.
4. Mix all dry ingredients together in a bowl.
5. Coat each chicken wing thoroughly in dry mixture.
6. Place in baking pan and place in the oven.
7. Brown each side for about 10-15 minutes per side.
8. Remove pan from the oven and pour Little Chefs' homemade ketchup over wings.
9. Bake in oven for 10 additional minutes.



Quinoa Stir Fry

- 1 cup of quinoa (white, red, or black)
- 1 cup of water
- ½ cup of green onion, diced
- 1 large carrot, shredded
- ½ cup of sweet bell peppers (red, orange, and yellow mix)
- ½ cup broccoli, diced
- 2 tablespoons of olive oil
- 1 sprig of thyme
- 2 tablespoon of brewed natural soy sauce
- 1 clove of garlic, diced
- 1 cup of water

Instructions:

1. Boil quinoa in medium sized pot with water.
2. Sautee all vegetables together in olive oil for 2-3 minutes.
3. Strain quinoa.
4. Add quinoa to other ingredients.
5. Pour in soy sauce and stir ingredients well.
6. Cover with lid and cook for 2-3 minutes.
7. Ready to serve. Enjoy!!



Red Lentils Stew over Wild Rice

1 cup of sprouted lentils
½ cup green onions
½ cup red onions
1 sprig of thyme
A handful of spinach
½ of baby red potatoes, diced
1 cup wild rice
1 pinch of pink Himalayan salt
3 ½ cups of water
1 teaspoon of margarine

Instructions:

1. Add lentils, potatoes, and salt in a pot with 1 ½ cups of water.
2. Cook for 5 minutes, or until tender.
3. Add onions, thyme, and olive oil to pot.
4. Cover pot with lid and let it simmer.
5. Wash wild rice with water.
6. In a separate pot, medium sized, cook wild rice with the remaining 2 cups of water.
7. Cook until rice is tender.
8. Stir in 1 teaspoon of margarine.
9. Add spinach to lentil stew.
10. Serve rice on plate and pour lentil stew on top.
11. So delicious!!!



Rainbow Pasta

- 1 box of tri-colored pasta
- 1 pint of organic ground beef
- ½ cup of red onion, diced
- ½ cup of sweet bell peppers (red, orange, and yellow)
- 1 sprig of thyme
- 1 clove of garlic
- 1 ½ cup of water
- 1 tablespoon of olive oil
- A dash of pink Himalayan salt
- 1 cup of Little Chefs' homemade ketchup

Instructions:

1. Bring water and salt to a boil in a large pot.
2. Add in pasta to boiling water and cook until tender.
3. Drain pasta in cold water and pour olive oil to keep from sticking.
4. Place pasta to the side until later.
5. Brown ground beef in a skillet with onion, peppers, garlic, and thyme.
6. Drain grease from ground beef.
7. Stir in Little Chefs' homemade ketchup with ground beef and let simmer for 5 minutes.
8. Pour over pasta.
9. Ready to eat, yummy!!!



Sweet Treats (Desserts)





Maca Maca

1 cup macadamia nuts
2 cups of carob powder
5-8 Medjool dates

Instructions:

1. Add ingredients into food processor.
2. Process until mixture thickens.
3. Shape into squares and lay on a platter.
4. Refrigerate for 1 hour to harden.
5. Serve!!



Starry Icee Cubes

1 star shaped ice tray

1/3 cup of raspberries

1 tablespoon of agave (add more for desired taste)

12 black grapes

Instructions:

1. Blend raspberries together with agave.
2. Place one grape into each individual tray.
3. Pour raspberry mixture into ice tray and cover grapes completely.
4. Freeze for 1 hour.
5. Take out and enjoy on a hot summer day!!
6. Also it can be used to chill your favorite drink.



Honey Almonds

1 cups of almonds

2 tablespoons of honey (add more for desired taste)

Instructions:

1. Pour almonds in bowl.
2. Drizzle honey all over.
3. Enjoy with a nice glass of water.





Berry Mix-a-mania

1 handful of strawberries

1 handful of blackberries

1 handful of blueberries

1 handful of raspberries

1 handful of goji berries

½ cup of macadamia nuts

4-5 Medjool dates

1 teaspoon of lemon juice

1/3 cup of water

Instructions:

1. Mix berries in a large bowl.
2. Blend macadamia nuts, dates, lemon juice, and water until smooth.
3. Pour sauce over berries.
4. Eat!! So delicious



Coconut Charisma

1 cup of shredded coconut
½ cup of sliced almonds
½ cup of organic chocolate chips
2 tablespoons of agave

Instructions:

1. Preheat oven to 300°.
2. Layer coconut and sliced almonds in a small baking pan.
3. Sprinkle chocolate chips throughout the pan.
4. Drizzle agave on top.
5. Bake for 5-7 minutes or until chocolate chip melt and coconut is toasted.
6. Yummy! Serve and enjoy!!!



Oats and Walnut Goodness

½ cup of rolled oats

½ cup of walnuts

2 tablespoons of raisins

½ cup of honey

1 ½ tablespoons of almond butter

Instructions:

1. Preheat oven to 350°.
2. Add all ingredients into a bowl.
3. Mix ingredients together well.
4. Shape into many sizes.
5. Bake for 5 minutes.
6. Remove from oven and cool.
7. Serve and enjoy.

Healthy Tips from your Little Chefs



- ❖ Drink lots of water to stay hydrated!!
- ❖ Exercise and stay fit!!
- ❖ Eat lots of greens for your iron and nutrients!!

About the Author



Leona Selassie has always been compassionate about children and maintaining a healthy lifestyle. Little Chefs was founded with a family member, Adante Stewart, in 2014 to promote healthy and organic recipes and to foster a greater appreciation for nature and its environment. She is also founder and CEO of Agape International Charter Air Inc., which also oversees an orphanage with 250 children in Africa. She is dedicated to fulfilling her purpose of feeding and sheltering children throughout Africa and the world.

Table of Contents

Little Chefs Cookbook	2
Copyright	3
Table of Contents	4
Little Chefs	6
Acknowledgements and Special Thanks	7
Dedication	8
Juices and Smoothies	10
Berry Berry Smoothie	11
Apple Delight	12
Fabulous Mint Lemonade Slushy	13
Banana Blast	14
Watermelon Mania	15
Paradise Groove	16
Healthy Snacks	17
Cinnamon Extravaganza	18
Fruity Fiesta Salad	19
Cheese Pizza Pizazz	20
Honey Nut Cookie	21
Banana de Split	22
Wrap It Up	23
Soups and a Salad	24
Simmering Soup	25
Scoop the Soup	26
Sweetie Soup	27
Tomato Soup	28
Creamy Broccoli Soup	29
Little Chefs' Homemade Ketchup	30
Sassy Salad	31
Macadamia Dressing	32
Entrees	33

Dumplin' Delight	34
Banging Broccoli Bites	35
Crispy Wings	36
Quinoa Stir Fry	37
Red Lentils Stew over Wild Rice	38
Rainbow Pasta	39
Sweet Treats (Desserts)	40
Maca Maca	41
Starry Icee Cubes	42
Honey Almonds	43
Berry Mix-a-mania	44
Coconut Charisma	45
Oats and Walnut Goodness	46
Healthy Tips from your Little Chefs	47
About the Author	48