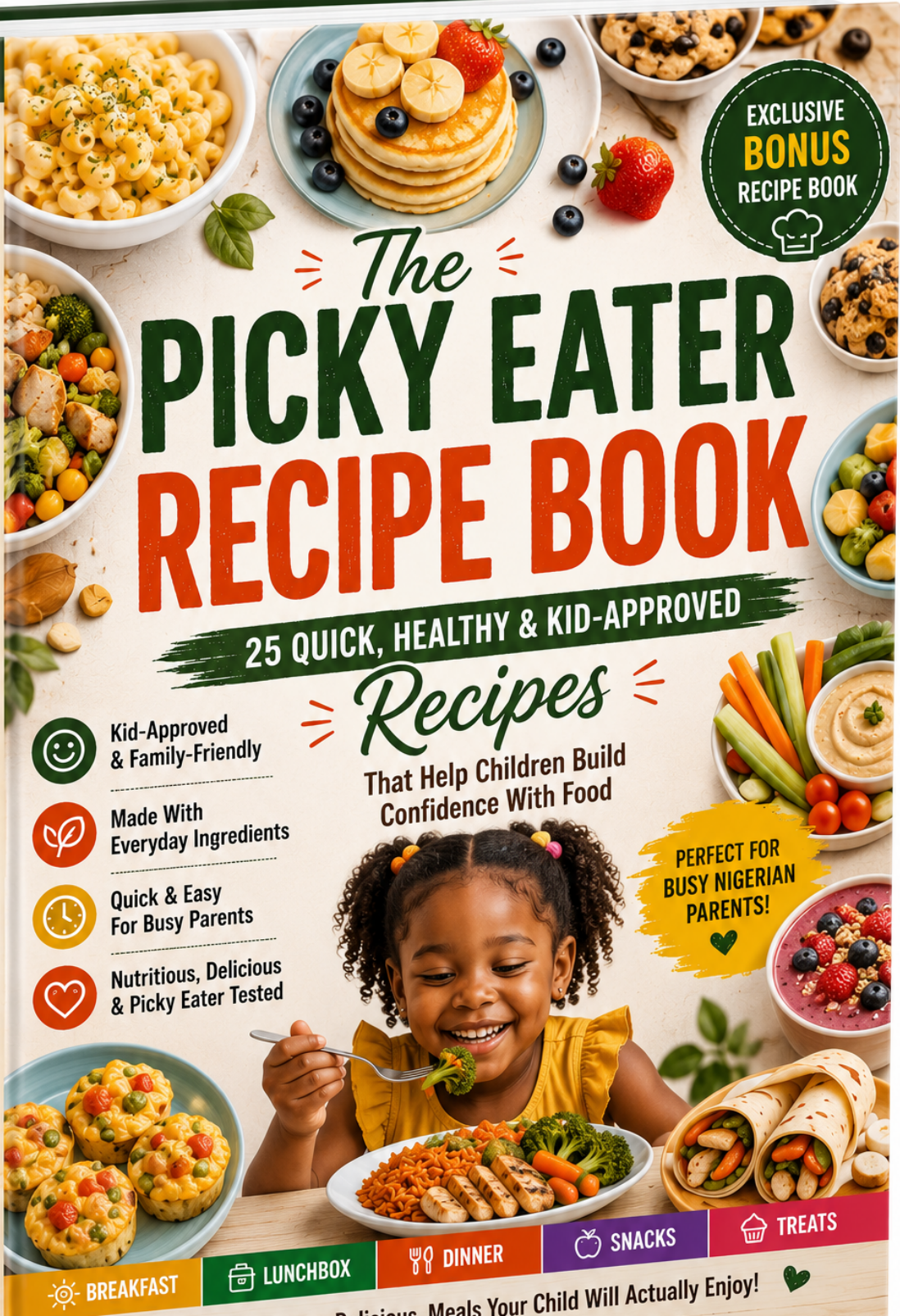


THE PICKY EATER RECIPE BOOK

25 QUICK, HEALTHY & KID-APPROVED RECIPES

FUNMI ADEYAMI



EXCLUSIVE
BONUS
RECIPE BOOK

The PICKY EATER RECIPE BOOK

25 QUICK, HEALTHY & KID-APPROVED

Recipes

That Help Children Build
Confidence With Food



Kid-Approved
& Family-Friendly



Made With
Everyday Ingredients



Quick & Easy
For Busy Parents



Nutritious, Delicious
& Picky Eater Tested

PERFECT FOR
BUSY NIGERIAN
PARENTS!

BREAKFAST

LUNCHBOX

DINNER

SNACKS

TREATS

Simple. Nutritious. Delicious. Meals Your Child Will Actually Enjoy!

By **FUNMI ADEYAMI**

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Final Words

Remember...

This recipe book isn't about forcing your child to eat every meal.

It's about offering delicious, familiar foods in a calm, pressure-free environment while gently expanding their confidence.

Some recipes will become instant favorites.

Others may take several attempts.

That's completely normal.

Stay patient.

Stay consistent.

Celebrate every small victory.

One brave bite today can become a lifetime of healthy eating tomorrow.

Thank you for allowing me to be part of your family's journey.

Welcome

Thank you for downloading **The Picky Eater Recipe Book™**.

This isn't just another cookbook.

Every recipe in this book has been selected with one goal in mind: helping your child become more comfortable around food while making mealtimes easier for you.

As you learned in the **No More Picky Eating™ System**, children gain confidence through repeated, positive experiences—not pressure.

These recipes are designed to be:

- Simple to prepare.
- Made with everyday ingredients.
- Nutritious and family-friendly.
- Easy to adapt for picky eaters.

Remember, your goal isn't to make your child finish every meal.

Your goal is to create another positive experience with food.

Let's get cooking!

Chapter 1

Breakfast Favorites

Recipe 1: Fluffy Banana Oat Pancakes

Prep Time: 10 minutes

Cook Time: 10 minutes

Serves: 4

Ingredients

- 2 ripe bananas
- 2 eggs
- 1 cup rolled oats
- 1 teaspoon vanilla extract
- ½ teaspoon cinnamon (optional)
- Butter or a little oil for cooking

Instructions

1. Blend the bananas, eggs, oats, vanilla, and cinnamon until smooth.
2. Heat a lightly greased non-stick frying pan over medium heat.
3. Pour small circles of batter into the pan.
4. Cook for about 2 minutes on each side until golden brown.

5. Serve warm with sliced strawberries, blueberries, or a drizzle of honey (for children over one year old).

Why Picky Eaters Often Like It

These pancakes are naturally sweet, soft, and easy to chew. They look familiar and don't contain strong flavours that may overwhelm a selective eater.

Parent Tip

Serve one small pancake beside familiar breakfast foods. Don't ask your child to finish it. Even touching or tasting it is progress.

Recipe 2: Creamy Berry Breakfast Smoothie

Prep Time: 5 minutes

Cook Time: None

Serves: 2

Ingredients

- 1 banana
- 1 cup plain Greek yogurt
- 1 cup strawberries (fresh or frozen)
- ½ cup blueberries
- ½ cup milk
- 1 tablespoon oats

- A few ice cubes (optional)

Instructions

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Pour into colourful cups and serve immediately.

Why Picky Eaters Often Like It

Many children enjoy drinking fruit even when they refuse to eat it whole. The smoothie has a sweet, familiar flavour and a smooth texture.

Parent Tip

Let your child choose the colour of the cup or the straw. Small choices help children feel involved and increase their willingness to try something new.

Recipe 3: Mini Egg Muffins

Prep Time: 10 minutes

Cook Time: 20 minutes

Serves: 6

Ingredients

- 6 eggs

- ½ cup grated cheese
- ¼ cup finely chopped bell peppers
- ¼ cup spinach, finely chopped
- A pinch of salt
- A pinch of black pepper (optional)

Instructions

1. Preheat your oven to 180°C (350°F).
2. Whisk the eggs in a bowl.
3. Stir in the cheese and vegetables.
4. Pour the mixture into a lightly greased muffin tin.
5. Bake for 18–20 minutes until set and lightly golden.
6. Allow to cool slightly before serving.

Why Picky Eaters Often Like It

These muffins are small, colourful, and easy for little hands to hold. The cheese gives them a familiar flavour while the vegetables are mixed evenly throughout.

Parent Tip

Allow your child to help pour the egg mixture into the muffin tray. Children are often more interested in tasting food they helped prepare.

Recipe 4: Peanut Butter & Banana Roll-Ups

Prep Time: 5 minutes

Cook Time: None

Serves: 2

Ingredients

- 2 whole-wheat tortillas
- Peanut butter (or sunflower seed butter if allergies are a concern)
- 2 bananas

Instructions

1. Spread a thin layer of peanut butter over each tortilla.
2. Place a peeled banana at one end.
3. Roll the tortilla tightly around the banana.
4. Slice into bite-sized rounds and serve.

Why Picky Eaters Often Like It

The sweet banana and creamy filling make this a familiar and fun finger food that many children enjoy.

Parent Tip

Present the slices like little "pinwheels" on a colourful plate. A playful presentation can make food feel less intimidating.

Chapter 2

Lunchbox Winners

School lunches don't have to be another source of stress.

The recipes in this chapter are quick to prepare, easy to pack, and designed with picky eaters in mind. They combine familiar flavours with gentle opportunities to introduce new ingredients.

Remember: even if your child doesn't finish everything in the lunchbox, every positive experience with food is still a success.

Recipe 5: Cheesy Chicken Quesadillas

Prep Time: 10 minutes

Cook Time: 8 minutes

Serves: 2

Ingredients

- 2 flour tortillas
- 1 cup cooked chicken, shredded

- 1 cup grated cheddar cheese
- 2 tablespoons finely chopped sweet bell peppers (optional)
- Butter for cooking

Instructions

1. Sprinkle cheese over one half of each tortilla.
2. Add shredded chicken and a few chopped peppers.
3. Fold the tortilla in half.
4. Cook in a lightly buttered pan for 3–4 minutes on each side until golden.
5. Slice into triangles and serve.

Why Picky Eaters Often Like It

The crispy tortilla and melted cheese feel familiar, while the chicken adds protein without changing the taste too much.

Parent Tip

Cut into fun triangle shapes and let your child choose their favourite dipping sauce.

Recipe 6: Homemade Pizza Muffins

Prep Time: 15 minutes

Cook Time: 20 minutes

Serves: 12 mini muffins

Ingredients

- 2 cups self-rising flour
- 2 eggs
- 1 cup milk
- 1 cup grated mozzarella
- ½ cup pizza sauce
- ½ cup chopped turkey or chicken
- Italian seasoning

Instructions

1. Mix all ingredients together.
2. Spoon into greased muffin tins.
3. Bake at 180°C (350°F) for 20 minutes.
4. Cool before serving.

Why Picky Eaters Often Like It

They taste like pizza in a fun, bite-sized form that children enjoy.

Parent Tip

Allow your child to sprinkle the cheese before baking.

Recipe 7: Turkey & Cheese Pinwheels

Prep Time: 10 minutes

Cook Time: None

Serves: 4

Ingredients

- 4 tortillas
- Cream cheese
- Sliced turkey
- Cheese slices
- Lettuce (optional)

Instructions

1. Spread cream cheese on each tortilla.
2. Add turkey and cheese.
3. Roll tightly.
4. Chill for 15 minutes.
5. Slice into pinwheels.

Why Picky Eaters Often Like It

They're colourful, fun to hold, and easy to eat.

Parent Tip

Children love helping roll the tortillas before slicing.

Recipe 8: Rainbow Pasta Salad

Prep Time: 15 minutes

Cook Time: 10 minutes

Serves: 4

Ingredients

- 2 cups cooked pasta
- ½ cup sweetcorn
- ½ cup diced cucumber
- ½ cup grated cheese
- Mild salad dressing

Instructions

1. Cook pasta and allow to cool.
2. Mix with vegetables and cheese.
3. Toss gently with dressing.
4. Chill before serving.

Why Picky Eaters Often Like It

Cold pasta is often easier for selective eaters than warm mixed meals.

Parent Tip

Start with only one vegetable if your child is nervous about mixed foods.

Recipe 9: Crispy Baked Chicken Strips

Prep Time: 15 minutes

Cook Time: 25 minutes

Serves: 4

Ingredients

- 2 chicken breasts
- 1 cup breadcrumbs
- 1 egg
- ½ teaspoon paprika
- Salt and pepper to taste

Instructions

1. Slice chicken into strips.
2. Dip into beaten egg.
3. Coat with seasoned breadcrumbs.
4. Bake at 200°C (400°F) for 25 minutes.
5. Serve with a favourite dipping sauce.

Why Picky Eaters Often Like It

These are healthier than fast-food nuggets while keeping a familiar crispy texture.

Parent Tip

Serve with sliced cucumber or apple as a familiar side.

Chapter 3

Family Dinner Favorites

Dinner is where many picky eating battles begin.

Parents spend time cooking healthy meals, only to hear, *"I don't want it."*

The recipes in this chapter are designed to reduce that stress.

They use familiar ingredients while gently introducing healthier foods in a way that feels comfortable for children.

Remember, your goal isn't to make your child clean their plate.

Your goal is to create another calm, positive mealtime.

Recipe 10: Creamy Chicken & Vegetable Pasta

Prep Time: 15 minutes

Cook Time: 20 minutes

Serves: 4

Ingredients

- 300g pasta
- 2 cooked chicken breasts, diced

- 1 cup grated carrots
- ½ cup finely chopped broccoli
- 1 cup cooking cream
- ½ cup grated cheddar cheese
- 1 tablespoon butter

Instructions

1. Cook the pasta according to the package instructions.
2. Melt butter in a pan.
3. Add carrots and broccoli and cook for 5 minutes.
4. Stir in the cream and cheese until smooth.
5. Add the chicken and cooked pasta.
6. Mix well and serve warm.

Why Picky Eaters Often Like It

The creamy cheese sauce softens the vegetable flavours while keeping the meal familiar and comforting.

Parent Tip

If broccoli is too challenging, begin with only grated carrots and add broccoli later as confidence grows.

Recipe 11: Homemade Mini Meatballs

Prep Time: 15 minutes

Cook Time: 25 minutes

Serves: 4

Ingredients

- 500g minced beef
- 1 egg
- ½ cup breadcrumbs
- ¼ cup grated onion
- 1 teaspoon garlic powder
- Salt and pepper

Instructions

1. Mix all ingredients in a bowl.
2. Roll into small meatballs.
3. Place on a baking tray.
4. Bake at 190°C (375°F) for 25 minutes.
5. Serve with rice, mashed potatoes, or pasta.

Why Picky Eaters Often Like It

Small portions feel less intimidating than large pieces of meat.

Parent Tip

Invite your child to help roll the meatballs before baking.

Recipe 12: Mild Chicken Fried Rice

Prep Time: 15 minutes

Cook Time: 20 minutes

Serves: 4

Ingredients

- 3 cups cooked rice
- 2 cups cooked chicken, diced
- ½ cup sweetcorn
- ½ cup finely diced carrots
- 2 eggs
- 1 tablespoon vegetable oil
- Light soy sauce (optional)

Instructions

1. Heat oil in a large pan.
2. Scramble the eggs.
3. Add chicken and vegetables.
4. Stir in the cooked rice.
5. Mix thoroughly and cook for 5 minutes.

Why Picky Eaters Often Like It

Rice is familiar to many children, making it an excellent base for introducing vegetables.

Parent Tip

Start with tiny amounts of vegetables and increase gradually over several weeks.

Recipe 13: Cheesy Baked Potato Boats

Prep Time: 10 minutes

Cook Time: 45 minutes

Serves: 4

Ingredients

- 4 large potatoes
- 1 cup grated cheddar cheese
- ½ cup Greek yogurt
- 2 tablespoons butter
- Chopped spring onions (optional)

Instructions

1. Bake potatoes until soft.
2. Cut each potato in half.
3. Scoop out most of the potato.
4. Mix with butter, yogurt, and cheese.
5. Spoon back into the potato skins.

6. Bake for another 10 minutes.

Why Picky Eaters Often Like It

The creamy filling is smooth, warm, and comforting.

Parent Tip

Allow your child to sprinkle the cheese before the second bake.

Recipe 14: Sweet Potato Fish Cakes

Prep Time: 20 minutes

Cook Time: 15 minutes

Serves: 4

Ingredients

- 2 cooked sweet potatoes
- 2 cups cooked fish, flaked
- 1 egg
- ½ cup breadcrumbs
- 1 teaspoon parsley

Instructions

1. Mash the sweet potatoes.
2. Mix with fish, egg, parsley, and breadcrumbs.

3. Shape into small patties.
4. Cook in a lightly oiled pan for 4 minutes per side until golden.

Why Picky Eaters Often Like It

The sweet potato gives these fish cakes a naturally sweet flavour and soft texture that many children enjoy.

Parent Tip

Serve with ketchup or yogurt dip if your child enjoys dipping sauces.

perfect for even the pickiest eaters.

Chapter 4

Healthy Snacks

Children often become hungry between meals.

Instead of reaching for sugary snacks or highly processed foods, these simple recipes provide healthier options that are still appealing to picky eaters.

Remember, snacks are another opportunity—not another battle.

Keep them fun.

Keep them simple.

Keep them pressure-free.

Recipe 15: Apple Nachos

Prep Time: 10 minutes

Cook Time: None

Serves: 2

Ingredients

- 2 apples

- 2 tablespoons peanut butter (or sunflower seed butter)
- 1 tablespoon raisins
- 1 tablespoon chopped strawberries
- 1 tablespoon granola

Instructions

1. Wash and slice the apples into thin wedges.
2. Arrange them on a plate.
3. Warm the peanut butter slightly and drizzle it over the apples.
4. Sprinkle with raisins, strawberries, and granola.
5. Serve immediately.

Why Picky Eaters Often Like It

The colourful toppings make fruit look exciting while the peanut butter adds a familiar flavour.

Parent Tip

Let your child choose which toppings to add. Giving children small choices increases their interest in food.

Recipe 16: Frozen Yogurt Berry Pops

Prep Time: 10 minutes

Freeze Time: 4 hours

Serves: 6

Ingredients

- 2 cups plain Greek yogurt
- 1 cup strawberries
- ½ cup blueberries
- 2 teaspoons honey (for children over one year old)

Instructions

1. Blend the berries until smooth.
2. Mix with the yogurt and honey.
3. Pour into popsicle moulds.
4. Freeze for at least four hours.
5. Remove and enjoy.

Why Picky Eaters Often Like It

It tastes like ice cream but contains protein, calcium, and fruit.

Parent Tip

These are perfect on hot afternoons and make healthy eating feel like a treat.

Recipe 17: Cheese & Veggie Muffins

Prep Time: 15 minutes

Cook Time: 20 minutes

Serves: 12 muffins

Ingredients

- 2 cups self-rising flour
- 2 eggs
- 1 cup milk
- 1 cup grated cheddar cheese
- ½ cup grated carrot
- ¼ cup finely chopped spinach
- 2 tablespoons melted butter

Instructions

1. Preheat oven to 180°C (350°F).
2. Mix all ingredients until combined.
3. Spoon into greased muffin tins.
4. Bake for 20 minutes until golden.
5. Allow to cool before serving.

Why Picky Eaters Often Like It

The cheesy flavour is familiar while the vegetables blend naturally into the soft muffin.

Parent Tip

Freeze extra muffins for quick school snacks.

Recipe 18: Crunchy Roasted Chickpeas

Prep Time: 10 minutes

Cook Time: 35 minutes

Serves: 4

Ingredients

- 2 cups cooked chickpeas
- 1 tablespoon olive oil
- ½ teaspoon paprika
- ½ teaspoon garlic powder

Instructions

1. Pat the chickpeas dry.
2. Toss with oil and seasonings.
3. Spread on a baking tray.
4. Roast at 200°C (400°F) for about 35 minutes.
5. Allow to cool before serving.

Why Picky Eaters Often Like It

Their crunchy texture makes them a fun alternative to crisps.

Parent Tip

Store in an airtight container for up to three days.

Recipe 19: Banana Oat Energy Bites

Prep Time: 15 minutes

Cook Time: None

Serves: 12 bites

Ingredients

- 2 ripe bananas
- 2 cups rolled oats
- ¼ cup peanut butter
- 1 teaspoon vanilla extract
- 2 tablespoons dark chocolate chips (optional)

Instructions

1. Mash the bananas.
2. Stir in the remaining ingredients.
3. Roll into small bite-sized balls.
4. Refrigerate for one hour before serving.

Why Picky Eaters Often Like It

They're naturally sweet, soft, and easy for little hands to eat.

Parent Tip

Invite your child to help roll the mixture into balls. Children are often more willing to try foods they've helped make.

Chapter 5

Better-for-You Treats

Who says healthy treats have to taste boring?

Children naturally enjoy sweet foods, and that's perfectly normal.

The goal isn't to ban treats forever.

Instead, it's to offer treats made with wholesome ingredients that nourish growing bodies while still satisfying little taste buds.

These recipes are easy to prepare, family-friendly, and perfect for weekends, birthdays, lunchboxes, or after-school snacks.

Remember...

Treats should be enjoyed—not used as rewards for eating vegetables or finishing dinner.

Food should never become a bargaining tool.

Let's end this recipe book with some delicious favourites.

Recipe 20: Chocolate Banana Muffins

Prep Time: 15 minutes

Cook Time: 20 minutes

Serves: 12 muffins

Ingredients

- 2 ripe bananas
- 2 eggs
- 1½ cups whole wheat flour
- ¼ cup cocoa powder
- 1 teaspoon baking powder
- ¼ cup honey or maple syrup
- ¼ cup vegetable oil
- 1 teaspoon vanilla extract

Instructions

1. Preheat the oven to 180°C (350°F).
2. Mash the bananas until smooth.
3. Mix in the eggs, oil, honey, and vanilla.
4. Stir in the dry ingredients until just combined.
5. Pour into muffin cups.
6. Bake for 20 minutes.
7. Cool before serving.

Why Picky Eaters Often Like It

The rich chocolate flavour masks the banana while keeping the muffins naturally moist.

Parent Tip

Freeze extra muffins for quick breakfast or lunchbox treats.

Recipe 21: Strawberry Yogurt Popsicles

Prep Time: 10 minutes

Freeze Time: 4–6 hours

Serves: 6

Ingredients

- 2 cups plain Greek yogurt
- 1 cup fresh strawberries
- 2 teaspoons honey (for children over one year old)
- 1 teaspoon vanilla extract

Instructions

1. Blend the strawberries until smooth.
2. Mix with yogurt, honey, and vanilla.
3. Pour into popsicle moulds.
4. Freeze until firm.
5. Enjoy on a warm day.

Why Picky Eaters Often Like It

Creamy, fruity, and naturally sweet without excessive sugar.

Parent Tip

Ask your child to help pour the mixture into the moulds.

Recipe 22: Soft Oatmeal Cookies

Prep Time: 15 minutes

Cook Time: 12 minutes

Serves: 18 cookies

Ingredients

- 2 cups rolled oats
- 1 cup whole wheat flour
- 1 ripe banana
- ¼ cup honey
- ¼ cup butter, melted
- 1 teaspoon cinnamon
- 1 teaspoon vanilla

Instructions

1. Mix all ingredients together.
2. Roll into small balls.
3. Flatten gently onto a baking tray.

4. Bake at 180°C (350°F) for 12 minutes.
5. Cool completely before serving.

Why Picky Eaters Often Like It

Soft, chewy cookies are often easier for selective eaters than crunchy biscuits.

Parent Tip

Add raisins or chocolate chips only after your child becomes comfortable with the basic recipe.

Recipe 23: Fruit Pizza

Prep Time: 20 minutes

Cook Time: None

Serves: 4

Ingredients

- 1 large whole wheat tortilla
- ½ cup cream cheese
- ¼ cup Greek yogurt
- Strawberries
- Kiwi
- Blueberries

- Grapes

Instructions

1. Mix the cream cheese and yogurt.
2. Spread over the tortilla.
3. Decorate with sliced fruit.
4. Slice like a pizza.

Why Picky Eaters Often Like It

Children enjoy creating colourful designs, making fruit feel fun instead of intimidating.

Parent Tip

Let your child decorate their own "pizza." Ownership often increases curiosity.

Recipe 24: No-Bake Peanut Butter Energy Bites

Prep Time: 15 minutes

Cook Time: None

Serves: 15 bites

Ingredients

- 1½ cups rolled oats

- ½ cup peanut butter
- ¼ cup honey
- 1 teaspoon vanilla
- 2 tablespoons ground flaxseed (optional)

Instructions

1. Mix all ingredients together.
2. Roll into small balls.
3. Refrigerate for one hour.
4. Serve chilled.

Why Picky Eaters Often Like It

Sweet, chewy, and easy to hold, making them perfect for little hands.

Parent Tip

Store in the refrigerator for up to one week.

Recipe 25: Frozen Banana Chocolate Bites

Prep Time: 15 minutes

Freeze Time: 2 hours

Serves: 20 bites

Ingredients

- 2 bananas
- 150g dark chocolate
- 1 teaspoon coconut oil
- Crushed peanuts or sprinkles (optional)

Instructions

1. Slice bananas into thick rounds.
2. Melt the chocolate with the coconut oil.
3. Dip each banana slice halfway into the chocolate.
4. Sprinkle with crushed peanuts if desired.
5. Freeze for two hours before serving.

Why Picky Eaters Often Like It

The frozen banana has a creamy texture similar to ice cream, making it a healthier dessert.

Parent Tip

Serve one or two pieces after family meals as an occasional treat, not as a reward for eating other foods.

A Final Word

Congratulations!

You've reached the end of **The Picky Eater Recipe Book™**.

These 25 recipes are more than just meals—they're opportunities.

Every breakfast, lunch, dinner, snack, and treat is another chance to help your child build confidence around food in a calm and encouraging environment.

Some recipes may become instant favourites.

Others may take time.

That's completely normal.

Remember the most important lesson from the **No More Picky Eating™ System**:

Progress is measured by courage, not by clean plates.

Stay patient.

Stay consistent.

Celebrate every small victory.

One brave bite today can become a lifetime of healthy eating tomorrow.

Thank you for allowing me to be part of your family's journey. I wish you many peaceful mealtimes, happy memories around

the table, and a child who grows in confidence—one bite at a time.