



DELICIOUS & HEALTHY

For the Little Ones

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**DELICIOUS AND
HEALTHY!**

Dear parents,

Sava Hotels & Resorts fully understands your despair at preparing food for the youngest members of your family. Should you choose a healthy meal and take a risk of a full plate and empty stomach or a little less healthy meal that prevents your child from being hungry?

Luckily, children can have both: their favourite dishes, but prepared in a healthy way.

Our chefs cooperated with the renowned **nutritionist, Mojca Cepuš**, choosing some traditional "children's" dishes and changing them a little bit. At first glance, they look exactly the same, but some less healthy ingredients were replaced by their more healthy alternatives.

We advise you to secretly use them at home. Let this be our little secret. You know, it is often best if your little rascals do not see that the dish is healthy.

So... psssst! 😊

We wish you and your little ones a lot of fun at the table!

SHR Chef Team in cooperation with
nutritionist Mojca Cepuš



PERFECT WIENER SCHINTZEL AND FARTING MASHED POTATOES

Ingredients:

- turkey breasts
- potatoes
- white beans (can be canned)
- wholegrain flour
- wholegrain breadcrumbs
- eggs
- cream
- unhomogenised milk
- seasonal vegetables as a colourful side dish
- spices

Use turkey breasts for the Wiener schnitzel. As for breading, replace white flour and ordinary bread-crumbs with their **wholegrain** versions. **Ballast substances in wholegrain products extend the feeling of fullness, while relieving the digestive system and stimulating excretion. Wholegrain products also contain more minerals and vitamins.** As the biggest problem of breading is fat, you can prepare the Wiener schnitzel in the oven without oil. Meat roasted on parchment paper is always very crunchy.

Mashed potatoes are very popular among children. If you give them a funny name, they will turn into a true star of your lunch. We named them farting mashed potatoes because they include **white beans** (good source of protein) that you add to boiled potatoes and mash. We also added some unhomogenised milk and a tablespoon of cream.

Little princesses will be very excited if you add a bit of **beetroot** and serve pink mashed potatoes. The dish will be even more colourful if you add stewed or cooked vegetables and form different images (face, rabbit, flower, car...).



Pizza is one of the most grateful “children’s” dishes and can get a totally new face by simply changing the ingredients. Literally: you can form cute courgette eyes, eggplant chicks, bell pepper lips, and asparagus or onion hair.

The dough is prepared as usual, except that white flour is replaced by the **wholegrain** one. Instead of (too) greasy grated cheese, use mozzarella, which is light and has a mild taste. Tomato paste is **home-made and contains plum tomatoes**. No pizza is perfect without oregano, so you should add it to the sauce.

Roll out the dough, **put it on the baking tray by hand**, spread the paste on it, top it with slices of prosciutto, grated or sliced **mozzarella**, **cherry tomatoes**, and fresh basil leaves.

In addition to the above vegetables, artichokes and button mushrooms are also ideal for pizzas, but should be gradually introduced to the children.

PIZZICATO PIZZA

Ingredients:

- wholegrain flour
- yeast, salt, tepid water
- olive oil
- plum tomatoes
- mozzarella
- prosciutto
- oregano
- fresh basil
- cherry tomatoes
- seasonal vegetables (if the little ones want it or the parents wisely assess that they should be included)
- spices

Invite them into the kitchen

Invite your children to participate in preparing the pizzicato pizza. They can make their own pizzas and decorate them in their own way. It is more likely that they will eat the entire dish. Be responsive to their wishes and do not insist too much on three slices of eggplants. One is enough to begin with.

And another thing: Use only one sort of vegetables (e.g. courgettes) at the beginning. Repeat the dish until the children get used to the new flavour.



FOOTBALL- -PLAYING PASTA

(pasta with meatballs)

Ingredients:

- wholegrain pasta
- olive oil
- minced meat (half beef, half pork)
- carrots
- onion
- oregano
- fresh basil
- plum tomatoes
- spices

Children love pasta. Choose the wholegrain spaghetti, macaroni, or fusilli. Due to the **lower glycaemic index**, the dish will be much healthier and the feeling of fullness will last longer.

Put meatballs, which represent footballs, on the pasta. They should contain **1/3 of minced meat** (a mix of beef and pork), **1/3 of carrots**, and **1/3 of onion**. Fry chopped onion and grated carrot on fat, add meat and fry until the meat is ready. When the mixture cools down, add an egg, if necessary, and form balls.

Then fry the balls in a pan and add some **tomato paste** made from plum tomatoes. Quickly simmer the meatballs in the tomato paste and prepare the sauce. First, fry the onion and add some grated carrots. When the carrots are tender, add plum tomatoes and season with salt, pepper and oregano. The flavour will be even richer if you add a teaspoon of unrefined brown sugar. The use of spices depends on your taste.

You can optionally add some freshly chopped basil and a few drops of olive oil before serving the dish.



Carrot – vegetable for “beginners”

Carrots are a perfect choice for healthy food as they have slightly sweeter taste and brighter colours and are thus quite attractive to children. Take advantage of this feature and include stories about bunnies and good eyesight. They will definitely end up in the right place – in your kid’s mouth.

We love stories

Children are ready to eat if you tell them a story. They will for sure find it funny to eat Rooney, Ronaldo, Messi, or Ibrahimić. Just be careful that the meal does not turn into a party, as we do not want “footballs” to fly through the air.

FOOTBALL- -PLAYING PASTA

(pasta with meatballs)



CHICKEN NUGGETS & FRENCH FRIES

The ever-popular chicken nuggets are very easy to make. Grind **chicken breasts**, add wholegrain flour, wholegrain breadcrumbs, an egg and some spices. Form nuggets and bread them in wholegrain flour, egg and wholegrain breadcrumbs. Do not fry the nuggets in oil, but rather place them in a baking tray covered with parchment paper and put the tray in a heated oven.

Ingredients:

- potatoes
- egg
- wholegrain flour
- wholegrain breadcrumbs
- seasonal vegetables
- spices

You can roast the nuggets in the oven together with **potatoes** cut as French fries. The French fries are crispier if you roll them in whipped egg white with salt and other spices (e.g. paprika).

The dish goes well with butterhead lettuce or other **seasonal vegetables**. You can serve large leaves of lettuce that the children can nibble or cut by themselves.



CHICKEN NUGGETS & FRENCH FRIES

The knife should not be a bogeyman

It is true that knives can be dangerous for young children, but when the adults are present, the children can easily learn to use them. The knife should not be a bogeyman whom the children cannot touch. Watch, direct, and advise them, but do not pull the knife out of their hands. If they nevertheless slightly cut themselves, there is no need to panic. Take care of the wound, put on a plaster, cut protective latex gloves and put one part over the wounded finger. Here you go, you can continue cutting!



PANCAKES WITH COT- TAGE CHEESE AND FRUITS

Ingredients:

- spelt flour
- unhomogenised milk
- eggs
- butter
- cottage cheese
- apples
- unrefined brown sugar/
honey/maple syrup
- cinnamon
- lemon juice
- seasonal fruits
- spices

If you want your pancake batter healthier, replace white flour with spelt or wholegrain, use water instead of unhomogenised milk, and thicken the batter with soft oatmeal. This recipe includes **spelt flour, milk and eggs**. Add a pinch of salt, but avoid caster sugar. Refined white sugar is like an explosive for children – a few minutes after consuming it, they change their behaviour and become hyper-active.

Fill the pancakes with **mashed whole cottage cheese** (use the skimmed type only if you mind your child's weight) with added cinnamon, lemon juice and grated apple. Sweeten it with unrefined brown sugar, honey or unrefined maple syrup. Use the sweetener moderately. Add seasonal fruits and garnish with colourful sprinkles.

Fry the pancakes in butter. Our secret: add melted butter directly to the pancake batter and avoid adding fat in the pan for each pancake. The batter should be at room temperature (not from the fridge).



Introduce change gradually

If your family is not yet used to new eating patterns, introduce them gradually. If you sweeten the filling less than usually, the change will be less noticeable. Reduce the sweetness gradually. You will thus avoid the rebellion of your little rascals. However, using an unrefined alternative instead of white sugar is already something.

PANCAKES WITH COT- TAGE CHEESE AND FRUITS



BANANA ICE CREAM IN ONE HUNDRED AND ONE WAYS

Ingredients:

- frozen sliced bananas
- frozen raspberries/ blueberries/strawberries/ wild cherries/peaches, etc.
- cocoa, coconut, almond flakes or sticks/pieces of wholegrain biscuits/berries/ peanut butter or other ground nuts, etc.

Grind frozen bananas in a blender with no additional liquid. Stir for about five minutes to obtain a creamy mixture. The mixture will serve as a sweet base for optional supplements. If you prefer fresh and less sweet ice cream, add frozen wild berries or other fruits that reduce sweetness. If you prefer sweet ice cream, add pre-soaked dates to the blender.

From here on, everything is left to your imagination and the content of your fridge. By adding cocoa, coconut, etc., you can make chocolate, coconut or other ice creams.

Serve ice cream in chilled glasses, on fresh fruits or on a wholegrain biscuit. It melts faster than ordinary ice cream. You can also add some cream to give it more flavour.

Without additives

Homemade ice cream is definitely the best choice for children, as the bought type is full of additives. During ice cream preparation, you probably will not be able to turn children away from the kitchen. It is therefore the best if you make them responsible for adding ingredients to the basic mixture.



COLOURFUL SKEWERS

Clean the fruits, peel, if necessary, and cut them into approx. 2x2cm pieces. Melt chocolate chips in a bain-marie and gradually add unhomogenised milk to form a smooth, fluid chocolate cream that can be optionally scented with a pinch of cinnamon powder. Pour the melted chocolate into a bowl.

Prepare colourful fruits and put them on skewers using attractive colour combinations. You can even make rainbow skewers. There should be as many pieces of fruit on the skewers as you can dip in water at once.

Ingredients:

- fruits that children like
- dark chocolate with 70% of cocoa
- unhomogenised milk

Chocolate fondue for little gourmands

Prepare chocolate fondue for little gourmands and let them dip the fruits in chocolate by themselves.



VANILLA OR CHOCOLATE PUDDING (with fruit)

Preparation is very similar to the usual pudding. Pour half of the unhomogenized milk into a bowl and add finely chopped dates. Split the vanilla pod in two, scrape the inside with a knife and add the seeds and the pod to the unhomogenised milk. Put everything on the stove to boil. Mix the second half of milk into the millet flour.

Ingredients:

- 5 dl unhomogenised milk
- 50 g millet flour (grind millet in a coffee grinder)
- 4 dates/honey
- 1/4 vanilla pod

Topping:

- 300 g raspberries or other fruits (e.g. bananas for those with a sweet tooth)
- cocoa grains (cocoa)

When the milk boils, remove the vanilla pod, add the milk with millet flour and cook for another five minutes, while stirring constantly. Add some cocoa to make chocolate pudding. Then leave it in a bowl with the lid on for at least ten minutes.

In the meantime, boil half a decilitre of water into a saucepan, add raspberries and stew them quickly. Add a tablespoon of honey. You can also make a topping without cooking it by mashing any fruit and adding a banana to make it sweet.

Prepare glasses and pour your pudding into them. When it cools down, add the topping. You can sprinkle it with any fruit at hand. If your children have a



sweet tooth, you can also add a wholegrain biscuit. Keep the pudding in the fridge for no longer than two days. You can also prepare it for a trip and pour it into a portable pot with a lid.

VANILLA OR CHOCOLATE PUDDING (with fruit)

Gluten-free

Why millet flour? Because millet is a gluten-free cereal and is thus suitable for all those who have problems with cereals in their diet. Gluten-free dishes can sometimes be a true challenge for children.



BEAN BROWNIES

Ingredients:

- 300 g cooked beans
- 1 banana
- 100 g soaked dates, ground into a paste
- 1 table spoon baking soda, pinch of salt, Bourbon vanilla
- 2 tablespoons butter
- 2 eggs
- 2 tablespoons bitter cocoa

Mash cooked beans and a banana using an immersion blender or grind them in a blender. Add other ingredients to the mixture, including chopped nuts, if desired.

Put parchment paper on a baking tray or prepare paper cups or a baking tray for 12 muffins, butter it and fill it with the bean mixture. Sprinkle it with frozen raspberries and nuts. Bake the brownies for a maximum of 20 minutes at 190°C to keep them juicy. Allow them to cool and serve. Chocolate lovers can top the brownies with chocolate topping (melted dark chocolate) and orange juice.

Attention!

You can avoid bean skin leftovers by mashing the paste in a special net pot that comes with immersion blenders. If you do not have it at hand, strain the pasta through an ordinary plastic strainer.



HANDMADE APPLE PIE

Knead the **dough made from wholegrain flour** and put it in the fridge for half an hour to rest. Spread it on a baking tray by hand, as it is too crumbly to roll. Save some dough and use it to cover the pie. Prick the bottom with a spoon and put the dough in the oven for ten minutes at 170°C.

Meanwhile, **grate the apples** and stew them quickly, add cinnamon and unrefined maple syrup/honey/unrefined brown sugar. Add a pinch of salt to enrich the flavour. If the mixture is too liquid, add one or two tablespoons of ground walnuts/oatmeal/wholegrain crumbs. Spread the filling on a baked dough and add the remaining dough. Coat the dough with unhomogenised milk and beaten egg. Put the pie in the oven for approx. 40 minutes at 180 °C.

Little chefs should make food by hand

This pie is perfect for younger children, as they can help shape the dough. If you give them a toque and an apron, cooking will be even more fun.

Dough ingredients:

- 0.5 kg wholegrain flour
- 29 dag butter
- 1.3 dl unrefined maple syrup
- 2 teaspoons baking powder

Filling:

- 1.5 kg apples
- 1 handful of raisins
- unrefined maple syrup, cinnamon to taste, pinch of salt



MUMMYTELA

(mummy's Nutella or sweet hazelnut spread)

Ingredients:

- 300 g hazelnuts
- 200 g chopped, soaked dates
- 60 g cocoa/ordinary butter
- spoonful and a half of bitter cocoa
- 1 teaspoon bio vanilla powder
- 15 tablespoons unhomogenised milk (optionally)
- pinch of salt

Put the hazelnuts into the oven for 10 to 15 minutes at 170°C (if they stay in the oven longer, the good fats in the kernels can change into harmful ones). The skin will thus crack and you can simply remove it by kneading the hazelnuts between your palms. Put all ingredients, except for the milk, in a strong blender or food processor and stir. We advise that you repeatedly stop stirring for a few minutes to avoid braking the blender. The stirring will thus take longer, but your efforts will be repaid. The mixture will grind faster if you gradually add teaspoons of unhomogenised milk. However, if you are persistent, you do not have to do this. Keep the spread in the fridge and consume it in no later than within three days.



BANANA RICE PUDDING

Boil unhomogenised milk, add a pinch of salt and rice, which you have soaked overnight and rinsed before cooking. It is recommended that you use the **brown Arborio rice in husk**. If you repeatedly stir it while cooking, it will become creamier.

Preheat the oven at 180°C. Slightly cool the cooked rice, **stir in banana** purée and add yolks. Carefully stir whipped egg whites in the mixture, move the mixture and butter the baking tray. Sprinkle the pudding with apple leaves or other fruits. You can also replace banana with grated apples and add some cinnamon. Bake the rice pudding for approx. 20 minutes (or more, depending on the oven) to obtain a golden brown crust and to bake the interior well. Serve it with a topping of stewed seasonal fruits.

Pick fruits by yourself and with your family

Seasonal fruits are most delicious when they come into your mouth directly from the tree. However, not everybody has a cherry tree or strawberry bed in the garden. You can nevertheless pick blueberries and wild strawberries by yourself. If you combine walking in the forest with picking fruits with the youngest members of your family, the rice pudding will be much tastier in the evening.

Ingredients:

- 1 l unhomogenised milk
- pinch of salt
- 240 g rice
- 2 bananas (or apples or no fruit)
- bio vanilla
- 3 eggs (yolks can be omitted)



EXPERT
ADVICE



“Parents are responsible not just for encouraging their children to exercise and eat right, but also for setting an example on what constitutes a healthy lifestyle. Are you familiar with the healthy version of Wienerschnitzel with potatoes? Some of the children’s and adolescents’ favourite dishes have been given a makeover with healthier ingredients and a slight twist. Working with our top chefs, at Sava Hotels & Resorts we have created dishes specially tailored to children that are simple, tasty and healthy!

Mojca Cepuš, nutritionist, Befit



Bon appétit!

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