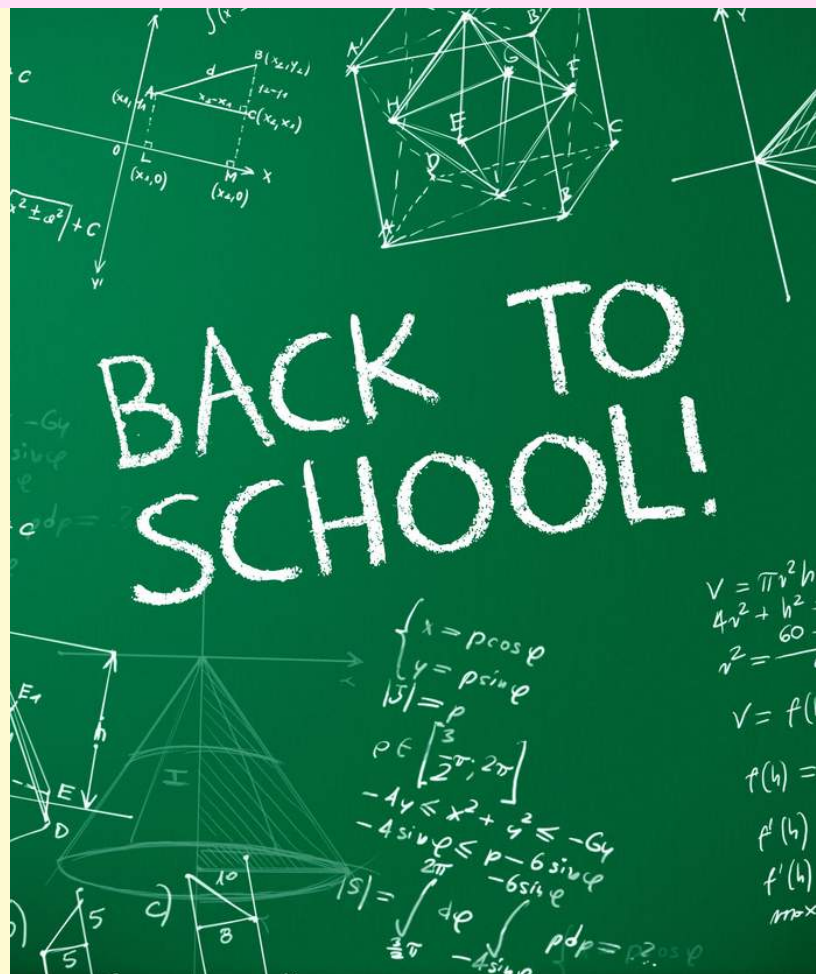




SPRINKLE YOUR MEALS

Simple, Seasonal, Feel-Good Recipes





About the eMagazine

Life is busy and wonderful and busy yet again. I wouldn't change it for the world, but sometimes it can all feel overwhelming. In those moments, I always find myself going back to the basics. Tried and true meals and snacks that my family loves and gives us all the energy to thrive.

This eCookbook is a collection of healthy, fun, and delicious food staples that are both freezer and kid-friendly. Make it and plate it or freeze it and enjoy it later. Everything here, from breakfast to supper, will feed you and your family with smiles all around.

I hope you love each recipe and that they help create a more balanced life between work, family, activities, and fun. Life is busy, yes, but it's also meant to be fully devoured. So spoon up, and mix and measure your way into a delicious and easy food adventure.



FIND MORE E-COOKBOOKS AT LIFEANDSPRINKLES.COM

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Cool down with a refreshing glass of fruit punch, minus all the extra added sugar.



BREAKFAST TREAT!

Yogurt Cones





BREAKFAST YOGURT CONES

Dessert for breakfast? Your kids will think so!
These easy breakfast yogurt cones are as fun as they are tasty.

Ingredients

- Organic, gluten free, or regular ice cream cones
- Vanilla greek yogurt- sub with other flavors or combine a few like strawberry, banana, or mixed berry.
- Assorted fruit- bananas, strawberries, blueberries
- Mini chocolate chips (we used Enjoy Life)
- Chopped nuts
- Rainbow sprinkles

Instructions

1. Fill each cone with yogurt and set each one down flat on a plate.
2. In the opening of the cone layer fruit and sprinkle toppings.
3. To eat your “breakfast dessert” just crush the cone and have a little bit of everything like a deconstructed morning banana split!



EGG SCRAMBLE BREAKFAST EMPANADAS

Heart-healthy eggs and ground turkey for a high-protein satisfying breakfast on-the-go.

EGG SCRAMBLE BREAKFAST EMPANADAS

Ingredients

- 1 lb ground turkey sausage
- ½ cup shredded mozzarella cheese
- ½ onion, finely chopped
- ½ cup shredded cheddar cheese
- 7 eggs, divided
- 1 package empanadas dough sheets
- ¼ cup egg whites

Instructions

1. Spray a 12" skillet with non-stick cooking spray and add the onions and turkey sausage to the pan. On medium-high heat, crumble and cook the turkey sausage and onions until fully cooked and no raw/pink remains.
2. Remove the sausage from the pan and place into a strainer. Drain any excess oil/fat then set aside.
3. Beat 6 eggs and the egg whites until fully mixed. Add the eggs to the skillet and scramble them on medium-high heat stirring frequently. Use a spatula to break the eggs into small pieces to fit into the empanada sheets.
4. Once they are ¾ of the way scrambled, add both cheeses and cook until the eggs are completely done and not runny.
5. Remove from the heat and add the sausage back into the pan. Mix it all to combine.
6. Place one sheet of empanada dough on a plate or cutting board and scoop 3 leveled and packed tablespoons of mixture in the center of the empanada.
7. To fold, grab the bottom of one sheet and fold it to the top. Pinch or press it together. I prefer to pick it up so the mixture settles to the bottom of the pocket. Pinch the seams shut and seal it together so nothing falls out. Repeat with the rest of the mixture. You may have more meat leftover depending on how many empanadas you make.
8. With the remaining egg, beat it in a small bowl. It'll be used for an egg wash.
9. Preheat an air fryer to 400 degrees. Spray the bottom of the air fryer with non-stick cooking spray. Place two or three empanadas into the bottom and brush the tops with the egg wash. Cook for 4-5 minutes or until golden brown and crispy.



HOMEMADE TACO SALAD + DRESSING

Easy Weekday Lunch Idea

*Easy
Peasy*





HOMEMADE TACO SALAD + DRESSING



Salad Ingredients

- lettuce
- 1 lb lean ground beef
- 1 package of taco seasoning & ingredients on the package
- tortilla strips
- any extra veggies or toppings- avocado, cilantro, peppers, etc

Salad Instructions

1. Cook the ground beef and taco seasoning according to package directions. Set aside and either add it to the salad warm or place it in the fridge if you prefer it cold.
2. Wash and chop the lettuce and place the desired portion size into a bowl. Top with the taco meat, tortilla strips, and extras. Drizzle the dressing on top and serve.

Dressing Ingredients

- ½ cup sour cream
- ½ cup buttermilk
- 1 cup mayo
- 2 tbsp lemon juice
- 2 tsp salt
- 1 tsp pepper
- 3 green onions, thinly sliced
- 3 garlic cloves, finely chopped
- 2 tsp dried parsley
- 1 tsp dried dill
- 2 tbsp dijon mustard
- ¼ tsp cayenne pepper
- 2 tbsp tomato paste
- 1 tsp chili powder

Dressing Instructions

1. Combine all ingredients in a blender and beat until combined. It should take approximately one minute.



SAFARI PASTA SALAD

Go on an adventure with this fun safari pasta salad packed full of fresh veggies and Italian dressing.



Ingredients

- 4-5 oz. shaped pasta- I used Organic Safari Kids Pasta from Sprouts, but any shaped pasta will work!
- 1 cup cherry tomatoes, halved
- 1 cup cucumber, diced
- ½ cup red bell pepper, diced
- ½ cup red onion, finely chopped
- ¼ cup sundried tomatoes, chopped
- ¼ cup fresh basil leaves, chopped
- ¼ cup fresh parsley, chopped
- ¼ cup feta cheese, crumbled
- Italian dressing- I used a Good Seasons italian dressing packet and made it according to the instructions

SAFARI PASTA SALAD



Recipe

1. Cook the pasta according to the package instructions, al dente. Drain and rinse under cold water to cool. I used about half the box which was 5 oz but you can use less or more depending on the ratio you'd like!
2. In a large bowl, combine the cooled pasta, cherry tomatoes, cucumber, red bell pepper, red onion, sun-dried tomatoes, basil, parsley, and cheese.
3. Pour the dressing over the salad and toss gently to combine. Cover the salad and refrigerate for at least 30 minutes for the flavors to come together. Serve chilled.

SPIRAL CHICKEN NOODLE SOUP

Classic chicken noodle soup full of protein and veggies. The most comforting weeknight meal.





SPIRAL CHICKEN NOODLE SOUP



Ingredients

- 1 pound rotisserie chicken, shredded
- 1 tbsp olive oil
- 1 medium onion, diced
- 2 carrots, diced
- 3 cloves of garlic, minced
- 8 cups of chicken stock
- 1 cup pasta
- 1 tsp dried thyme
- 1 tsp dried parsley
- 1 cup frozen peas

Instructions

1. Shred the rotisserie chicken and set it aside.
2. In a large pot, heat the olive oil over medium heat. Add the diced onions, carrots, and celery. Cook until the vegetables are softened, about 5 minutes. Add the garlic and cook for another minute.
3. Pour in the chicken broth and stir to combine. Add the dried thyme, dried parsley, and salt and pepper to taste. Stir again.
4. Bring the soup to a boil, then reduce the heat and let it simmer for about 15 minutes. Add the pasta to the pot and then cook it for the time it says on the box, usually about 7-9 minutes.
5. Add the rotisserie chicken to the pot and the frozen peas. Simmer for 5 minutes or until the peas are heated through and the pasta is cooked.
6. Ladle into bowls and serve.



AFTER SCHOOL SNACK

Pizza Muffins



PIZZA MUFFINS



These easy pizza muffins are kid-approved. They received the two thumbs up from my daughter.

Ingredients

- 1 can (15 oz) tomato sauce
- 2 tablespoons tomato paste
- 2 cloves of garlic, minced OR minced garlic from the jar (1 teaspoon total)
- 1 teaspoon of Italian seasoning
- ½ teaspoon onion powder
- ½ teaspoon garlic powder (plus extra for muffins)
- ½ teaspoon sugar substitute or regular sugar- I used Truvia
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 tablespoon olive oil
- 1 package of Dave's Killer Classic English Muffins
- 2 tablespoons of shredded mozzarella cheese per muffin half
- Any extra toppings you'd like such as pepperoni, sausage, or vegetables

Instructions

1. In a medium bowl, combine the tomato sauce and tomato paste.
2. Add in the minced garlic, Italian seasoning, onion powder, garlic powder, sugar or sugar substitute, salt, and pepper. Mix well to fully incorporate.
3. Stir in the olive oil and then transfer to a pot. Simmer the sauce on low heat for 10 minutes. Store the sauce until you're making the pizza or use it right away.
4. To make the pizza muffins, preheat the oven to 375 degrees. Line a baking sheet with aluminum foil. Separate each muffin into two pieces and then lay them face up on the baking sheet.
5. Sprinkle each muffin with a small amount of garlic powder, about ¼ teaspoon or to your liking. Add one tablespoon of the sauce to each muffin then top it with 2 tablespoons of cheese. Add any extra toppings and bake for 10-15 minutes or until the cheese is melted and the muffins are lightly browned.
6. Remove from the oven and serve.



ULTIMATE HUMMUS TURKEY WRAP

Hunger-crushing and totally satisfying. This hummus turkey wrap is truly the ultimate combination.

ULTIMATE TURKEY HUMMUS WRAP

Ingredients

- 2 soft tortilla burrito wraps
- 7 oz deli turkey breast thinly sliced (divided)
- 2-3 tbsp traditional hummus
- 1 cup shredded lettuce
- 2 tbsp finely chopped red pepper
- 2 tbsp finely chopped red onion

Instructions

1. In the middle of a burrito take a heaping tbsp of hummus and spread it in the center. Leave about an inch of space on the border.
2. Place 1/2 cup shredded lettuce on top followed by 1 tbsp each of onions and peppers.
3. Place 3.5 oz of turkey on top of veggies. Try to spread the slices evenly.
4. Using both hands, fold the bottom of the tortilla over the filling until it touches the other side. Fold over the sides so the filling stays inside the burrito. While holding that in place, lift the bottom part of the tortilla and roll the burrito till it is completely wrapped. Slice in half if desired.



APPLE RINGS & GRANOLA

A snack to satisfy every sweet tooth. And this one is served without a side of guilt.



GRANOLA





APPLE RINGS & GRANOLA

Ingredients

- 3 cups old fashioned rolled oats
- ½ cup chopped pecans
- ½ cup chopped walnuts
- ⅓ cup honey
- ¼ cup coconut oil, melted
- 1 tsp vanilla extract
- ½ tsp cinnamon
- ¼ tsp salt
- ½ cup dried cranberries, optional

Instructions

1. Preheat the oven to 325 degrees. Line a baking sheet with parchment paper.
2. In a large bowl, combine the oats, nuts, cinnamon, and salt.
3. In a small bowl, whisk the honey, melted coconut oil, and vanilla.
4. Pour the wet mixture into the dry ingredients and mix until everything is evenly coated.
5. Spread the mixture onto the baking sheet. Bake for 20-25 minutes, stirring halfway through until the granola is golden brown. Check it at 20 minutes to make sure it isn't burning.
6. Remove the granola from the oven and let it cool completely. It gets crispy as it cools.
7. Once cool, stir in the dried fruit, if using.

APPLE RINGS



Now that you've made the granola, let's get started on the apple rings!

Ingredients

- 2 large apples (any variety you prefer)
- 1/2 cup peanut butter- I used Simply Jif
- 1/2 cup granola or mini chocolate chips (or a mix of both)- Granola recipe is on the previous page!
- Optional: a sprinkle of cinnamon or a drizzle of honey

Instructions

1. Wash and core the apples. I love using an apple corer to remove the core like "[this one](#)" from Amazon.
2. Slice the apples into $\frac{1}{4}$ to $\frac{1}{2}$ " thick rings.
3. Spread a generous layer of peanut butter on one side of each apple ring.
4. Sprinkle the granola or mixed chocolate chips on top of the peanut butter.
5. Gently press the toppings into the peanut butter so that they stick.
6. Drizzle a little cinnamon or honey on top, if desired. Eat right away!





OATMEAL CHIP COOKIE ENERGY BITES

Energy bites are such a fun snack to prep and super easy to customize. I happen to love oatmeal raisin cookies, so I flavored them with raisins, cinnamon, and a hint of brown sugar. If you'd like to change things up, add mini chocolate chips instead of the raisins and switch out the nut butter with almond or cashew.



Ingredients

- 1 ¼ cup quick cooking oats
- ½ cup peanut butter or nut butter of your choice- I used No Sugar Added peanut butter
- ⅓ cup maple syrup- I used sugar free
- 1 tbsp splenda zero calorie sweetener, magic baker brown sugar substitute
- ¼ cup raisins
- 1 teaspoon of vanilla bean paste or vanilla extract
- ½ teaspoon ground cinnamon
- Pinch of sea salt



OATMEAL CHIP COOKIE ENERGY BITES

Recipe

1. Prepare a rimmed baking sheet with parchment paper.
2. In a medium bowl, mix all of the ingredients until fully combined.
3. Using a small cookie scoop (1 tbsp size) or measuring with a tablespoon, scoop dollops of the mixture into your hand and roll them into balls. Place it onto the prepared sheet. Repeat with the entire bowl.
4. Refrigerate for at least 30 minutes, then enjoy!

FREEZER PASTA SAUCE

One of the easiest ways to prep for the week is to create freezer meals. This pasta sauce has ground turkey for protein, but feel free to add in your favorite meat, a vegan option such as chickpeas or lentils, or none at all. It's super simple to make and reheat on busy nights. Always a classic for kids and adults, it pairs perfectly with a fresh salad and your choice of pasta.







FREEZER PASTA SAUCE

Ingredients

- 1 tablespoon olive oil
- 1 onion finely chopped- you can also get pre-chopped onions at the grocery store. You'd need roughly one cup
- 3 cloves of garlic, minced
- 1 lb ground turkey breast
- 1 can (28 oz) crushed tomatoes
- 1 can (6 oz) tomato paste
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon garlic powder
- Salt and pepper to taste
- Pasta of your choice- I love Barilla Protein Plus Spaghetti

Recipe

1. Heat approximately 1 tablespoon of olive oil in a large skillet over medium heat. Add the chopped onion and cook until softened, about 5 minutes.
2. Add the minced garlic to the skillet and cook until fragrant, about one minute.
3. Lastly, add the ground turkey breast and cook until browned. Break it up as it cooks with a spoon or meat chopper (link listed in tools.)
4. Stir in the crushed tomatoes, tomato paste, dried oregano, dried basil, garlic powder, salt, and pepper.
5. Let the sauce simmer for about 15-20 minutes, stirring occasionally. After it's done, let it cool completely.
6. Once cooled, portion the sauce into freezer-safe containers or resealable bags. Be sure to leave a little room, do not overfill the bag or container. *If you don't want to freeze it, serve it immediately while warm.
7. Label with the date and the expiration date of 3 months. My favorite labels are listed in the tools section.
8. When you're ready to use the sauce, thaw it in the refrigerator overnight or heat it from a frozen state directly into a pot over medium-low heat. Stir occasionally.
9. Serve over pasta of your choice.



CRUNCHY FISH STICKS

Both freezer and budget-friendly, these easy crunchy fish sticks are always a family favorite.

CRUNCHY FISH STICKS

Ingredients

- 3 tilapia filets, cut into 1" sticks, vertically
- 1 tsp fine sea salt, divided
- 1 egg
- 1 cup panko breadcrumbs
- 1 tsp garlic powder
- ½ tsp black pepper
- 1 tsp oregano
- 1 tsp parsley flakes
- ¼ tsp cayenne pepper
- Cooking spray or avocado oil spray

Instructions

1. Preheat the oven to 400 degrees.
2. Line a baking sheet with parchment paper and set aside.
3. In a shallow bowl, beat the egg.
4. In another shallow dish combine the breadcrumbs, garlic powder, paprika, salt, pepper, oregano, parsley flakes, and cayenne pepper.
5. Tap each fish stick dry and then dip each one into the egg mixture, making sure it's completely coated. Dredge it in the breadcrumb mixture making sure that it's fully covered.
6. Repeat with the rest of the sticks, placing each one onto the prepared baking sheet.
7. Lightly spray the tops with cooking spray or avocado oil to help them crisp.
8. Bake for 15-20 minutes or until golden brown, turning halfway through.
9. Serve with tartar sauce, ketchup, or lemon.



CHICKEN TATER TOT BAKE

Easy weekday meal that everyone will enjoy.

Bonus: it's ready in under 30 minutes.





GROUND CHICKEN TATER TOT BAKE

Ingredients

- 1 lb ground chicken breast
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 cup frozen mixed vegetables (peas, carrots, corn)
- 1 can (10.5 oz) condensed cream of mushroom soup (low-fat)
- ½ cup light sour cream
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 teaspoon dried thyme
- 1 teaspoon paprika
- 1 bag (16 oz) frozen sweet potato tots

Recipe

1. Preheat the oven to 375 degrees.
2. In a large skillet, cook the ground chicken over medium heat until it's browned and no longer pink. Drain any excess fat.
3. Add the chopped onion and garlic to the skillet. Cook until the onion is tender, about 5 minutes.
4. Stir in the cream of mushroom soup and sour cream. Mix well and then season with the salt, pepper, thyme, and paprika.
5. Next stir in the frozen mixed vegetables until they're evenly distributed in the skillet.
6. Transfer the mixture to a 13 x 9 baking dish and bake for about 10-15 minutes or until the mixture is heated throughout.
7. In the meantime, cook the sweet potato tots in an air fryer, or if you'd like add them to the oven to bake or a toaster oven. Remove them once they're crispy.
8. To serve, add scoops of the chicken mixture into a bowl and top with a handful of the tater tots.



CINNAMON FRUIT BISCUITS

A sweet breakfast biscuit bite without all the extra sugar.
But trust me, your kiddos won't even taste the difference.



Ingredients

- ½ cup Truvia granulated sweetener, or a similar product
- ½ tsp ground cinnamon
- 1 tube of refrigerated buttermilk biscuits
- ¼ cup butter, melted
- 6-7 tbsp low sugar preserves, like raspberry or strawberry



CINNAMON FRUIT BISCUITS

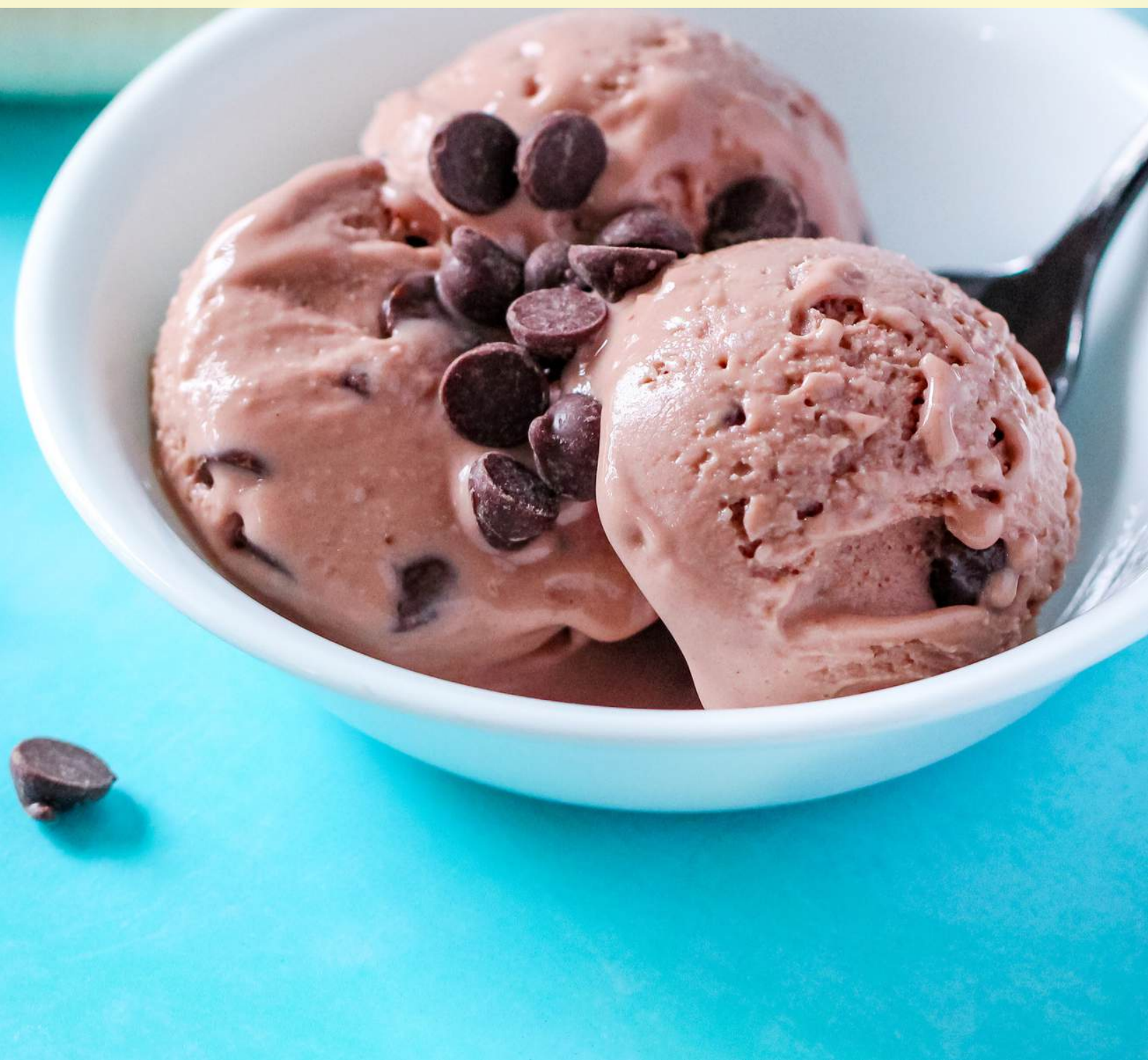
Recipe

1. Preheat the oven to 350 degrees and line a baking sheet with parchment paper.
2. In a shallow bowl, combine the Truvia and cinnamon.
3. Drip the top and sides of the biscuit in the butter and then roll it into the cinnamon sugar.
4. Place each biscuit on the prepared baking sheet.
5. With a spoon or your finger tip/knuckle, make a deep indentation in the center of each biscuit.
6. Fill it with 1-2 tsp of preserves.
7. Bake for 15-18 minutes or until golden brown. Cool for 15 minutes before serving.

*Adapted from Taste of Home



CREAMI BANANA CHOCOLATE
CHUNK
Frozen Yogurt





NINJA CREAMI BANANA CHOCOLATE CHUNK FROZEN YOGURT

Ingredients

- 1 ½ cups vanilla greek yogurt
- 1 banana, very ripe and sliced
- 1 scoop chocolate protein powder
- 1 tbsp sugar free chocolate pudding mix
- 1-2 tbsp almond milk
- 2 tbsp Lily's mini chocolate chips

EQUIPMENT- Ninja Creami

Instructions

1. In the Creami pint container, combine the Greek yogurt, banana, protein powder, and chocolate pudding mix and stir until completely mixed. It won't be smooth, you just want it stirred up so it comes together.
2. Freeze the Creami container overnight. When you're ready, place the Creami container into the machine. Choose the "full" and "frozen yogurt" settings. Let it mix completely and then pull it back out again. Add the almond milk and then re-spin it.
3. Add the chocolate chips and then hit the "mixins" setting. Enjoy right away!



LOW SUGAR FRUIT PUNCH

All the refreshing flavor of fruit punch with real fruit and no extra added sugar. Makes 7-8 glasses, depending on the size of your glass





LOW SUGAR FRUIT PUNCH



Ingredients

- 2 cups Simply Light Pulp Free Orange Juice
- 4 cups Ocean Spray 5- Diet Cran Pineapple
- 2 cups sparkling water- I used Waterloo Summer Berry but any sparkling water will work
- 2 cups sliced fresh fruits (such as oranges, pineapple, grapes, and strawberries)
- Ice cubes, if desired

Recipe

1. In a pitcher, combine the orange juice and cran pineapple juice.
2. Add in the sliced fruit and lightly stir.
3. Before serving (so it stays fizzy) add the sparkling water to the pitcher.
4. Fill the glasses with ice if desired and pour the fruit punch into each glass.

*If you'd like to prep it ahead of time, keep the sparkling water separate and add about $\frac{1}{4}$ cup to each glass.

AMAZON FINDS



All of your meal prep supplies in one place!

Electric Veggie Chopper



Save your tears for a chick flick, this electric veggie chopper saves time and you'll never cry over onions again.

Chef Knives



Every home cook needs a set of sharp reliable knives. I love how sharp these chef knives ones stay.

Glass Food Storage



I recently switched all my tupperware to glass storage containers and will never go back.

Mixing Bowls



Mixing bowls with lids are a game changer. Store leftovers right in the bowl, pop on the lid, and into the fridge it goes.

Clip-On Strainer



A pasta game changer, this easy clip-on strainer fits all pots and pans and is so easy to handle. Kid-friendly too!

Cutting Boards



One can never have enough cutting boards and this 3-pack is sturdy, durable, and stores flat.



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