

# Whole Food Sports Nutrition *for Kids*



## Menu

### *Samples and Demonstration:*

Dulse Chips

Manna Bread with Miso-Tahini Spread

Power Pancakes

Ginger Electrolyte Sports Drink

Chocolate Monkey Smoothie

Pomegranate Power Smoothie

Chia Pudding

### *Group Food Preparation:*

Vegetarian Whole Grain Sushi

Asian Noodle Salad

Steamed Chard with Almond Drizzle

Monkey Bars

Oaty Bites

Fig and Cherry Energy Bars