Family-Friendly Cookbook on Sale Now!

Professionally printed copies of our cookbook, which was developed on-campus, can be purchased at the Front Office of the University of Guelph Child Care and Learning Centre for $20. All proceeds support our Annual Community Garden Project.

Over 70 pages of content with over 40 healthy recipes!

Recipes from the CCLC Kitchen
A Collection of Recipes with Special Contributions from Families and Friends of the CCLC

Many photos, drawings and quotations from the children are featured throughout the book!

Tropical Smoothie
Number of Servings: 6

Ingredients
- 1 cup frozen mango
- 1/2 cup frozen pineapple
- 1/2 cup frozen banana
- 1/2 cup unsweetened coconut milk
- 1 tsp vanilla extract

1. Add all ingredients into the blender.
2. Pulse mixture until ingredients are just combined.
3. Blend and enjoy!

Healthy Fact:
Mangoes are rich in vitamin C and flavonoids, which are good for immune health, strong bones, and preventing cancer.

We have included many “Healthy Facts” to explain our nutritional choices and many vegetarian options to help the recipes be inclusive.

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