

Family-Friendly Cookbook on Sale Now!

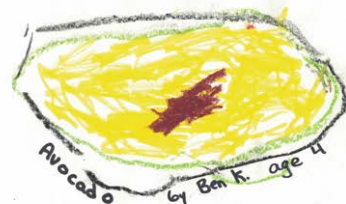
Professionally printed copies of our cookbook, which was developed on-campus, can be purchased at the Front Office of the University of Guelph Child Care and Learning Centre for \$20. All proceeds support our Annual Community Garden Project.

Recipes from the CCLC Kitchen

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



"Pizza"
Katra, age 4



Avocado
by Ben K. age 4



"Broccoli"
Gwendolyn, age 3

Over 70 pages of content with over 40 healthy recipes!

Tropical Smoothie

Number of Servings: 6

Ingredients

- 1 1/2 cups frozen mango
- 1/4 cup frozen pineapple
- 1 medium banana
- 1/2 cup canned unsweetened coconut milk
- 1/4 tsp. vanilla extract
- 1 cup water

Instructions

- Put ingredients in the blender.
- Pour water in until ingredients are just covered.
- Blend and enjoy!



Zaida, age 3

Healthy Fact

Mangoes are rich in vitamins and flavonoids, which are good for immune health, strong bones, and preventing cancers.

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

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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