

Plant-based proteins on the menu, try adding them to breakfast!

Did you know that plant-based proteins are a great option for toddlers? Protein is essential for children's growth and development, and it's found in more than just animal-based foods. Many plant-based foods naturally contain protein and can be easily incorporated into your daily routine... even at breakfast!

Where can you find plant-based protein?

Many plant-based foods are high in protein and are already part of children's diets. Here are a few simple options we like to suggest to childcare centres:



- Legumes: lentils, chickpeas, kidney beans, black beans
- Seeds: sunflower, pumpkin, chia
- Nuts and nut butters (taking age and allergies into account)
- Soy products: tofu, tempeh, soy spreads, fortified soy beverages








Why include plant-based proteins in the meals you serve?

Plant-based proteins have a host of benefits:

- ✔ They support tissue growth and repair
- ✔ They keep you feeling fuller for longer
- ✔ They are generally high in fibre and low in saturated fat
- ✔ They put variety into your menu
- ✔ They're a more eco-friendly choice for the planet

How can you incorporate them into breakfast?

Here are a few simple, nutritious ideas that we've been exploring with toddlers. They're perfect for little ones, so try them out at home:

	Scrambled tofu as an egg substitute
	<u>Smoothies made with silken tofu</u> (smooth and creamy texture)
	<u>Chia pudding with mixed fruit</u>
	<u>Hummus</u> with vegetables or <u>chickpea-cocoa dip</u> with fruit
	<u>Homemade granola bars</u> with nuts and/or seeds (depending on age)
	Lentil or chickpea muffins, pancakes or waffles
	Smashed or roasted chickpeas on toast

Discovery time!

Children are naturally curious! They love to taste and explore new foods, especially ones that look fun, colourful and appetizing.

Get your kids involved in the preparation phase: mashing, mixing, choosing ingredients... these are all great opportunities to spark their interest in a healthy and varied diet!

Do you have questions about the breakfast program?
Feel free to talk to your Childcare Service supervisor or
email us at programs@clubdejeuners.org

