

Tasty And Healthy Vegetable Recipes For Toddlers



1



Maple syrup glazed carrots

Carrots caramelized in buttery sweet maple syrup are high in vitamin A.



Creamy Spinach

You can transform your leafy greens into an irresistible creamy side dish.



2

3



Broccoli And Cheese Patties

These child-friendly veggie patties are high in nutrients and very yummy.



Tomato Avocado Cups

Creamy avocado tomato cups filled with tomato slices are wholesome.



4

5



Rice And Vegetable Mix

This vibrant, slow-cooked dish is loaded with vegetables.



6

Sweet Potato Pancakes

With these tasty potato pancakes, you can boost your breakfast nutrition.



7



Vegetable Kebabs

These kebabs are hearty and flavorful with mixed fried vegetables.



Pumpkin And Chocolate Popsicle

Children love these popsicles layered with chocolate and topped with crunchy chocolate chips.



8

