

GREEN *for a day*

Make your own luck this St. Patrick's Day with kid-friendly treats and activities to enjoy from breakfast through dessert.

By Amy Palanjan



ST. PADDY CAKES

Transform plain pancakes into lucky bites for the holiday with this idea from yummytoddlerfood.com:

Add 2 small **bananas**, 2 large **eggs**, 2 cups lightly packed **baby spinach**, 1 cup **milk**, 1½ tsp. **baking powder**, 1 tsp. **cinnamon**, and 1 tsp. **vanilla extract** to a blender. Blend until very smooth. Stir in 1 cup **flour**. Cook as you would any other pancakes—simply pour out the batter from the blender—to make festive green pancakes. Or add the batter to a squeeze bottle and make shamrock-shaped pancakes! (**P.S.: You can, of course, also try adding a few drops of green food coloring to regular pancake batter.**)

Feelin' Lucky?

Use the holiday as an excuse to celebrate green foods. Who knows, the luck of the Irish may just help the kids to love that green produce!

Green Scavenger Hunt

Write up a list of four to six green fruits and veggies, and challenge your kids to find them in the grocery produce aisle. Then choose at least one to take home, cook together, and taste.

Blind Taste Test

Tie on blindfolds and let the kids touch and taste a few different green veggies, such as green beans, snap peas, zucchini, and bell peppers. The kiddo who correctly guesses the most veggies wins a prize!



RAINBOW FRUIT BOWLS

For kids who are super wary of greenery, go for a broader range of hues. Work together to buy a colorful assortment of fruit (*including green!*) and assemble it into a rainbow fruit salad to share.

PRE-PARADE PASTA

If you haven't yet tried pesto pasta on the kids, this is the perfect opportunity. *The Parmesan-cheese flavor ought to win over any green-food doubters.* We like the refrigerated pesto from Rana for its bright color and flavor, and it's available in most grocery stores.



LEPRECHAUN COOKIES PHOTO: MICHAEL PIAZZA; IDEA: KIMBERLY STONEY

LEPRECHAUN COOKIES

Everyone can be Irish for a day with these cute cookies. Use **food coloring** to tint **vanilla frosting** orange. Spread a thin layer of the orange frosting along the edges of a **Milano cookie** to make the beard. Cover with **orange sprinkles**. To make each hat, cut off the bottom of a **green gumdrop** (this will allow it to stick to the hat's "brim"), cut the gumdrop in half vertically, and stick it onto a slice of **green fruit**. Use frosting to attach the hat to the top of the cookie. Attach **mini candy eyes** with frosting and a **chocolate sprinkle** for the smile.

VEGGIE ICE CREAM

We know. We were skeptical, too. But the mint chip flavor of Peekaboo ice cream is actually fresh, minty, and creamy...*and packed with spinach!* Check out peekabooicecream.com for buying information.

