

VEGGIES & WHOLE GRAINS THAT KIDS WILL LOVE



INGREDIENTS

1 teaspoon olive oil

1 clove garlic, minced

1/4 cup shiitake mushrooms

1/2 cup cooked chickpeas (any beans would work)

1 cup cooked whole grain (brown rice, quinoa, etc)

Directions:

- Saute the olive oil, garlic, mushrooms, and beans with a pinch of salt for 5 minutes over medium heat. I like to use a cast iron skillet which lends some iron content to the final dish.

- Combine the cooked veggies, beans and grain in a food processor and pulse 10 times.

- Press the veggie and grain mixture into the [molds](#) and hand pack them. Place molded animals on a plate and use the [nori paper punch to create mineral rich nori eyes and a mouth.](#)

These healthy, yummy grain animals are a perfect snack or side dish with some steamed veggies.

<http://veggiegrettie.com/2011/02/24/veggies-whole-grains-kids-guest-blog-by-alexandra-jamieson/>