

MEDICAL MEDIUM® ANTHONY WILLIAM

KID FRIENDLY FOOD



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Raw Caramel Apples

Who can resist a crunchy, juicy apple rolled in creamy, sweet caramel, all topped off with crunchy nuts, dried mulberries and coconut?! This recipe is fun to make and fun to eat. Get your kids involved and pick your own favorite toppings. As you crunch away on these delicious caramel apples, know you are feeding your body a wealth of healing nutrients.

Ingredients:

- 1 cup fresh dates, pitted
- Vanilla bean seeds from 1 pod (or sub 1/2 tsp alcohol-free vanilla extract)
- 2-3 tbsp unsweetened almond or coconut milk
- 2 tbsp melted coconut oil
- 1 tsp lemon juice (optional)
- 6 whole red apples, such as gala or fuji
- 6 popsicle sticks

Toppings:

- 1/2 cup chopped nuts - almonds, pecans or any other, very finely chopped
- 1/2 cup shredded coconut
- 1/2 cup dried mulberries, very finely chopped

Directions:

Make the caramel by blending together the dates, vanilla bean seeds, almond milk, coconut oil and lemon juice (if using) until smooth. Place the apples on popsicle sticks and swirl them in the date caramel. Alternatively you can use a small spatula to spread the caramel evenly around the apple.

Coat the apples in the toppings and serve immediately.

Serves: 6 people



Watermelon Sparklers

Looking for a fun and creative way to enjoy some of the most healing foods available this 4th of July or for any other holiday or celebration? These watermelon sparklers are fun to make, beautiful to look at, and even better to eat!

Ingredients:

- 1 watermelon
- 1/2 small canary or cantaloupe melon
- 1/2 small honeydew melon
- 1 cup fresh blueberries
- 10-12 wooden skewers

Optional sparkler fairy dust ingredients:

- 2 tbsp lime zest
- 2 tbsp blonde coconut sugar

Directions:

Cut the watermelon into slices, about half an inch thick. Using a star-shaped cutter, cut the watermelon into stars. Set aside.

Using a small melon-baller, make balls out of the canary and honeydew melons. Skewer the melon balls, alternating with blueberries and top with a watermelon star.

If you wish to make the optional sparkler fairy dust, simply mix the lime zest and blonde coconut sugar together and sprinkle above and over the watermelon stars on the sparklers.

Serves: 4 people



Wild Blueberry Pancakes

Who doesn't love pancakes – especially when they are packed with only the very best ingredients?

These delicious pancakes featured in my book *Thyroid Healing* may well become a weekend staple for you to enjoy with family and friends.

This batter, while completely delicious, does not behave exactly like traditional pancake batter. It will be slightly thicker, which means you may need to use a spoon to smooth it into shape.

Ingredients:

- 2 ripe bananas
- 4 tablespoons raw honey
- 1 teaspoon baking powder
- ½ teaspoon sea salt
- ½ cup water
- 2 cups almond flour
- ¼ cup potato starch
- 1 cup wild blueberries
- 1 tablespoon coconut oil, divided
- ½ cup maple syrup

Directions:

For the batter, blend the bananas, honey, baking powder, and sea salt together with the water until smooth. Add the almond flour and potato starch and continue to blend until a thick, even batter forms. To cook on the skillet: Heat ½ teaspoon of coconut oil in a large nonstick skillet over medium-low heat. Pour the batter into the skillet by heaping tablespoons of it to create small pancakes. If needed, use the back of the spoon to smooth the batter evenly into a circle. Cook the pancakes for 2½ to 3 minutes, then flip and cook for 4 minutes on the other side until cooked through. Because of the banana, the inside of the pancake will remain moist even when they are done. To bake in the oven: Preheat the oven to 325°F. Line two baking trays with parchment paper and lightly grease the parchment paper with coconut oil. Spoon the batter onto the baking trays in 3-inch circles. If needed, use the back of a spoon to smooth the batter evenly. Bake the pancakes in the oven for 8 to 10 minutes until the edges turn golden, then flip and bake for 2 minutes more.

For the wild blueberry maple syrup, combine ½ cup of maple syrup and 1 cup of wild blueberries in a small saucepan over medium heat. Heat the syrup for 3 to 5 minutes, stirring frequently until it is hot and well combined. Stack the pancakes on a plate and serve topped with wild blueberry maple syrup.

Serves: 16 small pancakes



Apple Nachos

If it's decadence without the drawbacks you're looking for, this recipe is for you. These Apple Nachos satisfy the desire for sweet, crunchy, chewy, and buttery. Easy to make, fun to decorate and present, and even more enjoyable to eat, these nachos will be a hit for adults and children.

Ingredients:

- 4 red apples, sliced
- 1 tsp cinnamon
- 1/4 cup dried cranberries (or golden raisins)
- 1/4 cup walnuts (or pecans), finely chopped (optional)
- 2 tbsp tahini or almond butter (optional)

Date caramel:

- 8 medjool dates
- 1/4 cup unsweetened almond or coconut milk
- 1/2 cup water
- 1/2 tsp alcohol free vanilla extract

Directions:

Make the date caramel by blending the dates, almond milk, water and vanilla until smooth. Add a bit more water if needed to blend. Set aside.

Arrange the apple slices on a serving plate. Top with cinnamon, date caramel, walnuts, cranberries and tahini. Serve immediately.

Serves: 3-4 people



Zucchini Tater Tots

Bring back fond childhood memories of eating tater tots and other potato treats with this delicious and nostalgic recipe. A fresh spin on the traditional fried tater tots, this recipe calls for the tots to be baked versus fried, making it a healthy recipe you can enjoy in abundance. The addition of zucchini provides added nutrients without sacrificing flavor. This recipe is perfect for serving to children or as a fun finger food at social gatherings.

Ingredients:

- 2 medium-sized zucchinis
- 2 russet potatoes, peeled
- 1 tsp salt
- 1 tsp dried oregano
- Ketchup, to serve (you can find a healthy ketchup recipe on the blog at <http://www.medicalmedium.com/blog/sweet-potato-fries>)

Directions:

Place a medium-sized pot on the heat with a steaming basket and add two inches of water. Place the potatoes in the pot, cover and cook until soft but so that there's still some resistance, about 1 hour. Drain and let cool completely. Preheat oven to 350F/180C. Grate the potato and place it in a bowl.

Grate the zucchini, place it in a clean dishtowel or nut milk bag and squeeze out as much liquid as possible. Add it to the bowl with grated potato. Add the salt and dried oregano, then mix well and shape it to small cylinders.

Place on a baking sheet covered with parchment paper and bake for 20-30 minutes, flipping half way. Serve with ketchup and enjoy!

Serves: 40 tots



Berry Fruit Leather

Fruit leathers are such a fun and effective way to get fruit into your precious children's bellies. They're colorful, delicious, and so convenient to give to your children or for them to grab themselves. They're also a great travel, car, and work snack for those of us with a few extra years on us! These fruit leathers are made with berries to harness their incredible healing powers, but feel free to experiment with other options also.

Ingredients:

- 4 cups berries (raspberries, strawberries, blueberries)
- 2 tbsp lemon juice
- 1/3 cup + 1 tbsp maple syrup

Directions:

Oven method:

Preheat oven to 170F/75C. Blend the berries, lemon juice and maple syrup in a blender until very smooth, about 4-5 minutes. Line 2 large baking sheets with parchment paper and spread the mixture thinly. Bake the oven for 3-4 hours, until the mixture is not sticky any more. Let cool, then cut into strips. Store in an airtight container.

Dehydrator method:

Blend ingredients in a food processor or blender until smooth. Spread on dehydrator trays making it about 1/8 inch thick. Place the trays in the dehydrator at 95-100°F for about 8 hours. When the leather is dry, but slightly sticky to the touch, you can peel it off.

Servings: 20 fruit roll-ups



Baked Apple Chips

If you love a good crunch, these sweet baked apple chips are for you. They make a perfect healthy alternative to fried potato chips and crackers with unhealthy ingredients. Plus they're fat free, which means your liver will be thanking you for the break from processing fats. With less fat to process, it can better help you to heal from countless symptoms and conditions.

Ingredients:

- 4-5 red skinned apples, like Gala or Fuji
- 1.5 tsp ground cinnamon
- 1 tsp ground ginger

Directions:

Preheat oven to 200F. Remove the stem of the apples. Using a mandoline or a very sharp knife, cut the apples into 3-6mm discs.

Place a sheet of parchment paper on two large baking sheets and layer the apple slices on top. Sprinkle with cinnamon and ginger, then turn the slices over and sprinkle with more.

Place the baking sheets in the oven and bake for about 1 hour, then flip the apples to the other side and continue cooking for about 1 hour to 90 minutes more, until light and crispy. Let cool before serving. Best kept at room temperature in an airtight container.

Makes: 50-60 chips



Apples with Caramel Dip

This is the perfect snack to have waiting when your kids get home from school: crispy apple slices laid out alongside a gooey caramel dipping sauce. You may want to double the recipe, because this dish will disappear before you know it.

Ingredients:

- 1 large apple, sliced
- 6 dates, pitted
- 1/4 teaspoon cinnamon

Directions:

Arrange the apple slices on a plate. Blend the dates and the cinnamon with a splash of water until combined. (If working with dry, firm dates, soak them in water for 2 hours beforehand until they are softened.) Spoon the mixture into a serving cup alongside the apple slices.

Serves: 1-2 people



Grape Slushy

Grapes should not be misunderstood as being too high in carbs, sugar, or calories to be good for us. It's just the opposite. Like bananas, grapes are a first-rate fruit that promotes wellness of the highest level. And grapes are less sweet than we think; they are more defined by tartness, which is a key medicinal quality. That sourness indicates the presence of phytochemicals critical to kidney function. If you've ever heard that you have elevated creatinine levels, this means your kidneys have become compromised in their ability to remove and excrete waste products from the bloodstream. Grapes are the ultimate kidney tonic—their phytochemicals bind onto waste that the kidneys have trouble filtering.

Easy to make and incredibly delicious, this ice-cold slushy is the perfect way to make use of grapes and coconut water when you have them. You'll want to come back to this recipe over and over again.

Ingredients:

- 4 cups frozen* grapes
- 3 cups coconut water

Directions:

Blend the frozen grapes and the coconut water in a blender until well combined. Serve and enjoy.

*Fresh grapes may be used in place of frozen if you don't want an icy drink. Reduce the coconut water to 2 cups.

Serves: 2



Applesauce

Don't be fooled by this recipe's simplicity—applesauce is one of the most profoundly rejuvenating, revitalizing foods for your liver cells. It truly is a liver rescuer, which is why it's a star recipe from my book, *Liver Rescue*. Plus it's sweet and delicious and easy to whip up anytime.

Ingredients:

- 1 to 2 red apples, diced
- 1 to 4 Medjool dates, pitted (optional)
- 1 stalk celery, chopped (optional)
- ¼ teaspoon cinnamon (optional)

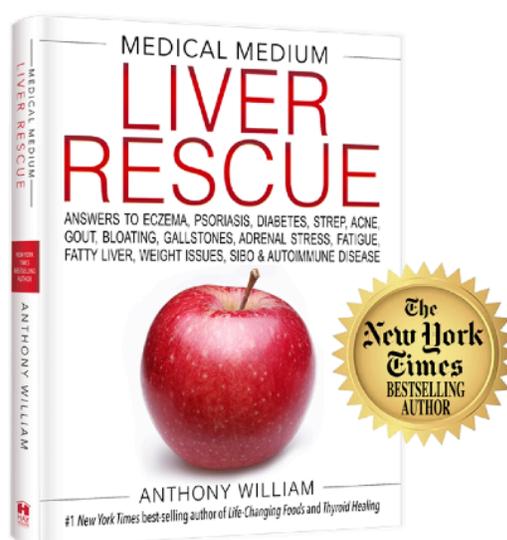
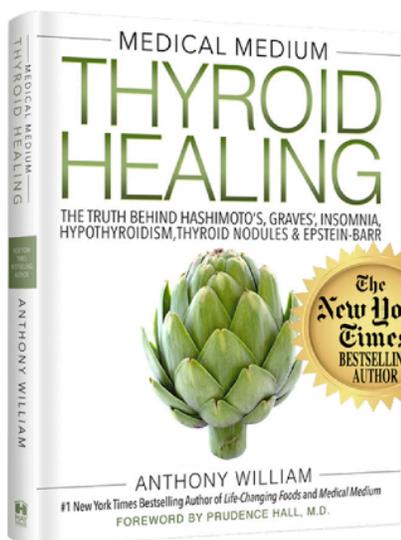
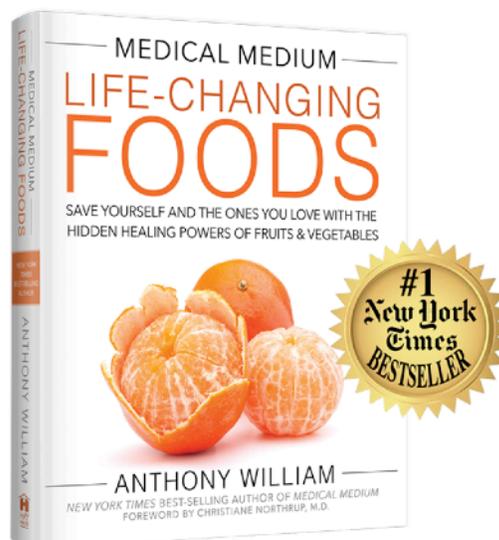
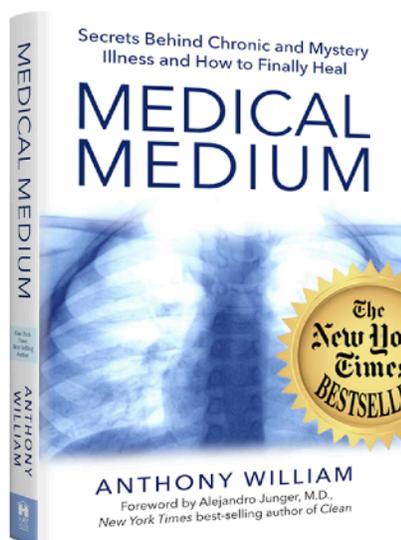
Directions:

Blend the diced red apple and other desired ingredients in a blender or food processor until a smooth, even applesauce forms.

Serve and enjoy immediately or squeeze some fresh lemon juice over the top and seal tightly if you'd like to save it for later.

Serves: 1

Find out more in #1 New York Times Bestselling Author Anthony William's four groundbreaking books [Medical Medium](#), [Life-Changing Foods](#), [Thyroid Healing](#), and [Liver Rescue](#).



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