



How Much Protein Does a Child Need Every Day?

What is protein and why is it so important? What are the best sources of protein?

What does protein do? It builds muscle and all the cells of the body. It's so easy to add protein to your children's diet. If you're making a soup, pasta, or salad, add in some beans. Add diced tofu, tempeh to stir fries. GREEN VEGGIES are abundant in amino acids and nuts and seeds, which can be added twice a day in their diets. You can also find proteins in animal protein. However animal protein has been linked to certain health diseases. You can read more about it in the link below.

<https://www.amazon.co.uk/China-Study-Comprehensive-Nutrition-Implications/dp/1941631568>

Protein is an essential macronutrient for our growing children. I recommend at least 2 main meals a day to meet their daily protein requirements.

Recipe:

Vegan Chickpea Flour Pancakes

1 cup (120g) chickpea flour, garbanzo bean flour,
or graham flour

1½ cups (375ml) water

¾ teaspoon (0.75 teaspoon) salt

¼ teaspoon (0.25 teaspoon) turmeric

¼ teaspoon (0.25 teaspoon) cayenne

¼ teaspoon (0.25 teaspoon) carom seeds, ajwain or
cumin seeds

½ cup (80g) finely chopped red onion

¼ cup (4g) packed chopped cilantro

1 to 2 tablespoons + 1 teaspoon coconut oil divided

Optional to add a green chili if you child likes them

Optional additions: ½ cup (62g) shredded zucchini
or other vegetables optional





- In a bowl, combine the chickpea flour and 3/4 cup water. Whisk to get a smooth consistency. Whisk in another 1/2 to 3/4 cup water to make a thin lump-free batter.
- Add the salt, turmeric, cayenne, carom seeds, onion, cilantro, and 1 teaspoon of oil, and mix well. Add zucchini and chili if using. Let the batter sit for 5 minutes.
- Heat a skillet over medium heat. When the skillet is hot, drizzle a few drops of oil on the skillet. Spread the oil using a paper towel. Pour a ladle full (1/4 to 1/3 cup) of the batter onto the skillet. Spread the batter by moving the skillet to make a 6 to 8-inch pancake. Drizzle a few drops of oil on the edges of the pancake.
- Cook until the edges start to leave the pan and the bottom is golden brown, 4 to 6 minutes. Flip and cook for 2 to 4 minutes. Continue to make the rest of the pancakes. Serve with condiment of choice: ketchup or chutneys. These can also be stuffed with roasted veggies or potatoes.

Four Ways to Prepare Tempeh

Here are four ways to prepare tempeh and enhance its potential for excellent texture and flavour. It is high in protein and filling. You can enjoy tempeh with vegetables.

1. **Steamed.** If you find tempeh to be too bitter straight out of the package, steaming it can help.

Place sliced tempeh in a saucepan and cover with water or vegetable broth. Bring liquid to a boil, reduce heat, and simmer for 10 minutes. Then remove the tempeh and proceed with marinating, grilling, baking, or otherwise seasoning and cooking it.

2. **Marinated.** Tempeh can be rather bland on its own, but it takes well to marinade.

Good tempeh marinade ingredients include soy sauce, vinegar, citrus juice, coconut milk, peanut butter, ginger, spices, or sweeteners like maple syrup, agave nectar or honey. Even a quick coat of soy sauce and a few other seasonings significantly heightens the flavour. You can cut an 8 ounce block of tempeh into 1/4 inch-thick slices. Marinate for 10-20 minutes in a mixture of Bragg's liquid aminos (1/4 cup), rice wine vinegar (1 tablespoon), sesame oil (1/2 teaspoon), and minced garlic (1-2 cloves). Pan-fry over medium heat until golden brown and crispy.

3. Marinated tempeh may also be **grilled** or **baked**. Grilling or pan-frying tempeh until the edges turn crispy enhances its natural nutty flavour. It can also be diced, marinated and then coated in nutritional yeast flakes then baked to give crisper chewier taste.

Of course, different recipes call for various slice sizes and techniques, but in general, slicing tempeh about 1/4 inch thick works well. At this thickness, it can acquire just the right amount of crispiness on the edges while retaining a nice, chewy interior.

4. **Crumbled** into sauces and stews. A versatile way to add heartiness and protein to a meal. Like tofu, tempeh takes on the flavour of whatever it's cooked in.

Add crumbled, grated, or cubed tempeh to spaghetti sauce, stew, chili, or curry.

