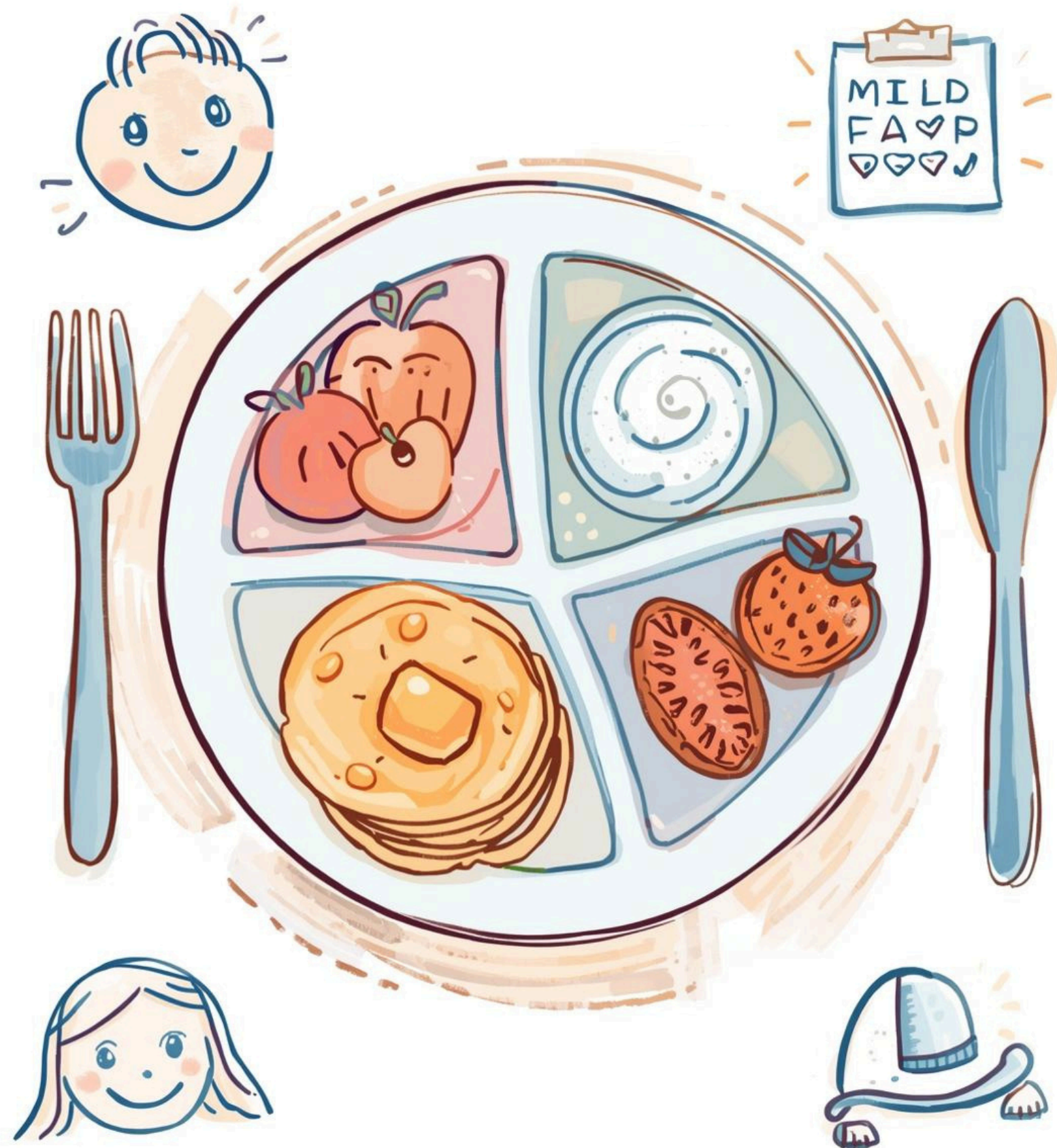


Sensory-Friendly Recipes Toolkit

A guide for nurturing mealtime happiness





Understanding Sensory Eating

Sensory eating recognizes how texture, smell, temperature, and appearance impact a child's comfort with food. Supporting sensory needs helps create calmer, more positive mealtimes.

- Predictable textures
- Mild flavors
- Low pressure
- Visual predictability
- Gentle encouragement
- Routine meals

Soft Banana Oat Pancakes

Sensory Notes:

✓ Soft texture ✓ Mild flavor ✓ Warm & comforting

Ingredients:

- Banana
- Egg
- Oats
- Cinnamon (optional)

Steps:

1. Mash banana
2. Mix ingredients
3. Cook on low heat



Creamy Oatmeal

Sensory Notes:

✓ Smooth texture ✓ Neutral color

Ingredients:

- Oats
- Water or milk
- Fruit/Cinnamon (optional)

Steps:

1. Boil liquid
2. Stir oats



Grilled Cheese

Sensory Notes:

✓ Predictable ✓ Comforting

Ingredients:

- White bread
- Cheese slices
- Butter

Steps:

1. Butter bread
2. Add cheese
3. Cook until golden



Chicken Nuggets

Sensory Notes:

✓ Uniform shape ✓ Mild flavor ✓ Neutral color

Ingredients:

- Chicken nugget

Steps:

1. Bake or air fry



Buttered Noodles

Sensory Notes:

✓ Smooth ✓ Neutral taste/color

Ingredients:

- Pasta
- Butter

Steps:

1. Boil pasta
2. Drain
3. Add butter



Yogurt & Fruit Bowl

Sensory Notes:

✓ Soft texture ✓ Temperature ✓ Flavor ✓ Visual

Ingredients:

- Plain yogurt
- Fruit

Steps:

1. Spoon yogurt into bowl
2. Add fruit of choice



Cheese Quesadilla

Sensory Notes:

✓ Soft/crunchy texture ✓ Neutral color

Ingredients:

- Tortilla
- Cheese of choice

Steps:

1. Heat tortilla
2. Melt cheese



Scrambled Eggs

Sensory Notes:

✓ Soft texture ✓ Neutral color

Ingredients:

- Eggs
- Butter
- Pepper
- Salt

Steps:

1. Cook slowly
2. Stir gently



Plain White Rice Bowl

Sensory Notes:

✓ Smooth texture ✓ Neutral color

Ingredients:

- White rice
- Butter (optional)

Steps:

1. Bring water to a boil
2. Stir in rice
3. Remove from heat
4. Cook rice until it is tender
5. Let rice sit, then fluff
6. Add butter (optional)



Fruit Smoothie

Sensory Notes:

✓ Smooth texture ✓ Predictable ✓ Comforting

Ingredients:

- Yogurt
- Milk or Non-Dairy Milk
- Fruits

Steps:

1. Combine everything in a high powered blender and blend until smooth
2. Pour into glass





Somewhere On The Spectrum