

# Kid-friendly recipe with cold-fighting power



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Move over orange juice, here's a new way to get kids lots of vitamin C to help fight a cold. It's called Bruseldorf Salad. This recipe comes from [Peas of Mind](#), who make a whole line of kid-friendly foods. If you want more of their extra healthy kid recipes, go to [peasofmind.com](#) and click on the recipe tab. They have dozens more ideas.

## Bruseldorf Salad

### Ingredients:

- 6 brussel sprouts (raw & grated)
- 1 red apple diced (preferably Gala variety)
- 1/3 cup mayonnaise
- 1/3 cup plain greek yogurt, non-fat
- 2 Tbl crushed roasted & salted cashews (optional)
- 2 Tbl raisins
- 1/2 cup orange juice
- 1 tsp sugar
- juice of a 1/2 small lemon
- Pinch salt

### Directions:

1. *First we need to reconstitute the raisins. Put raisins, sugar, and orange juice in a small saucepan and bring to boil. Cook raisins until soft and juicy, about 3-5 minutes. Strain raisins and let cool.*
2. *Wash the brussel sprouts and peel away the first layer of leaves. Using the medium size holes of a cheese grater, carefully grate each brussel sprout (it should look like shredded lettuce).*
3. *Next, dice the apple - no need to peel it first.*
4. *In a medium bowl, combine the grated brussel sprouts, diced apple, and mayonnaise, yogurt, crushed cashews, raisins, and lemon juice. Mix together and add a pinch of salt. Voila, Bruseldorf Salad! Service with the Puffet of your choice... and tell the kids it's Harry Potter's favorite snack!*