

Fun & Easy Recipes

Here are some YUMMY recipes that you can try!
Get the entire family involved and try something new!

Strawberry Smoothie

- 1 pint strawberries stemmed
- 2 frozen bananas, peeled and sliced
- 3 cups ice cubes, divided
- ½ cup nonfat vanilla yogurt
- ½ cup orange juice

Place all ingredients in the blender except the 1 ½ cups of ice cubes. Blend on high until smooth.

Happy Trails Mix

- Dried fruit: banana chips, apples, cranberries, apricots, raisins/yogurt covered raisins, dates, pineapple, or peaches
- Granola, whole grain cereals, mini pretzels, popcorn
- Chopped nuts, unsalted peanuts, almonds, or macadamia nuts
- Sunflower or pumpkin seeds

Create your own trail mix by mixing desired amounts of the suggestions above or your favorite ingredients. Mix all ingredients and store in an airtight container.

Snappy Veggie Salad*

- 4 cups broccoli florets
- 2 large carrots, peeled and sliced thin
- 1 large red bell pepper, seeded and sliced thin
- 2 stalks celery, sliced thin
- 1 bottle (8 ounces) fat-free Italian salad dressing
- 1 bag salad mix

Combine broccoli, carrots, red pepper, and celery with salad dressing, toss. Cover with plastic wrap and refrigerate at least 15 minutes. Toss with salad mix before serving.

*Adult supervision required for knife use

Sunshine Salad

- 1 pound of carrots (5-6), peeled and shredded
- ½ cup raisins
- 8 ounces (1 carton) of nonfat vanilla yogurt
- 4 to 6 iceberg lettuce leaves

Mix all ingredients together, except the lettuce leaves, in a mixing bowl. Cover with plastic wrap and refrigerate for 15 minutes. Toss again before serving and serve on the lettuce leaves.