

RECIPES

“Banana Sandwich”

Banana, peeled and sliced into coins
Peanut butter
Raisin bread

Steps:

1. Spread peanut butter on a slice of raisin bread. Cut in half.
2. Put banana slices on one of the halves and top it with the other half.

“Fruit Flowers”

Mandarin oranges (canned)
Cottage cheese
Maraschino cherries (no stems)
Celery sticks, sliced thin (or canned green beans)

Steps:

1. Put a small scoop of cottage cheese in the center of a small plate.
2. Place orange segments around the cottage cheese to look like petals.
3. Put a cherry in the center of the “flower”
4. Add a celery stick for the “stem”.

“Strawberry-Banana Smoothie”

Ingredients:

1 frozen banana
2 cups frozen whole strawberries
1 cup low-fat vanilla yogurt
1 cup milk

Steps:

1. In a blender, combine the banana, strawberries, yogurt, and orange juice.
2. Blend until smooth.

“Strawberry Graham Sandwich”

Graham crackers
Yogurt (strawberry or vanilla)
Fresh strawberries, sliced

Steps:

1. Break a graham cracker into two squares.
2. Spread yogurt on one square. Put sliced strawberries onto the yogurt.
3. Place the other square on top to make a ‘sandwich’.

Makes one serving.

“Pineapple-Carrot Pizza”

English muffins (whole wheat)
Cream cheese (low fat)
Pineapple tidbits
Shredded carrots (Match Styx)

Steps:

1. Toast an English muffin half.
2. Spread with cream cheese.
3. Top the “pizza” with shredded carrots and pineapple tidbits.

“Seeds and Beans Salsa”

Ingredients:

½ cup canned sweet corn
½ cup canned black beans
1 tablespoon Italian salad dressing

Steps:

1. Drain corn. Rinse and drain beans.
2. Combine in a small bowl.
3. Add salad dressing and mix well.
4. Serve chilled

Makes 2 servings.