



HUNGER TASK FORCE FREE & LOCAL

This cookbook provides a comprehensive resource for students, families and school faculty to cook up new dishes and excite children about making healthy choices.







All of these recipes can be modified depending on allergies, food restrictions and family needs.

Hunger Task Force -Nutrition Education Program

The Hunger Task Force Nutrition Education program serves to help young students achieve a healthy lifestyle. The goal of the program is to teach complex nutrition concepts in a kid-friendly way, using hands-on experiences, both in select Milwaukee Public Schools and at the Hunger Task Force Farm in Franklin.

Students have the unique opportunity to visit The Farm where they grow, harvest and work with healthy ingredients in our demonstration kitchen. The students participate in stretching and exercise activities to contribute to their overall wellbeing. Plus, all students also receive this cookbook, which features fun and affordable recipes to share with their families.

Over the years, our program has received national attention. Community outreach partners and other food bank operators from across the country often visit to learn more, and our program continues to grow with new partnerships. For one lesson each year, local Milwaukee chefs share their time and talent to inspire kids to get in the kitchen themselves.

All of these efforts align to help students build positive personal relationships with food.



This institution is an equal opportunity provider and employer. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local office at 1-888-947-6583 or visit https://access.wisconsin.gov. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

YOU CAN COOK!

ONCE YOU LEARN HOW TO PLAN, WASH, SET UP AND READ RECIPES, YOU CAN EASILY MAKE MANY TASTY FOODS IN THE KITCHEN.



STEP ONE: PLAN

- 1. Choose the recipes you want to make.
- Get ingredients from the garden, grocery store or farmers market.
- 1. Harvest or buy seasonal and on sale food.
- 2. Find recipes that include the ingredients you have on hand.



STEP TWO: WASH

Type of Produce	When to Wash
Leafy greens	Wash right after harvesting or buying
All other fruits and vegetables	Wash just before serving

Type of Produce	How to Wash
Most fruits and vegetables	Wash under running water. Never use soap to wash produce!
Firm fruits and vegetables (e.g. melon, potatoes or cucumber)	Wash under running water. Scrub with a clean produce brush.
Leafy greens (e.g. spinach, lettuce, collard greens)	Fill sink with cold water, add leaves and swish in water. Drain water and repeat once more.

FEEL FREE TO EXPERIMENT AND MAKE UP YOUR OWN RECIPES — THAT WAY, YOU CAN MAKE FOOD JUST HOW YOU LIKE IT!





WASH HANDS

Wet hands with warm water, rub hands to lather soap for 20 seconds (long enough to sing "Happy Birthday" twice), and rinse well with warm water.



STEP THREE: SET UP

In the cooking world, this step is just as important as the first two. Take the time to set up the ingredients, dishes, utensils, measuring cups and spoons that you will be using.



STEP FOUR: ENJOY!

Use all of your senses to enjoy your food – see, smell, feel and taste your work. You can always modify a recipe if you think you'd like another way better!



READING RECIPES:
WHEN YOU FIRST PICK A
RECIPE, READ THROUGH
THE WHOLE RECIPE.
NEXT, MAKE SURE
YOU HAVE ACCESS TO
ALL OF THE INGREDIENTS
AND EQUIPMENT LISTED.
IF YOU ARE MISSING
AN INGREDIENT OR
TWO, GET CREATIVE
WITH SUBSTITUTIONS.
THEN FOLLOW EACH
DIRECTION IN ORDER.



Table of Contents

BREAKFAST & BREADS	
Cool & Creamy Overnight Oats	7
Tropical Green Smoothie	9
Zucchini Bread	
Sunshine Muffins	
Fruit Parfait	
SNACKS & SALADS	
	4.77
Collard Green & Garbanzo Pesto	
Sweet Summer Salad	
Buffalo Cauliflower Bites	23
SIDES	
JIVOJ	
Creamy Crunchy Spinach Dip	
Pico de Gallo	
Strawberry Avocado Salsa	
Roasted Veggies with Tasty Seeds Loaded Mashed Cauliflower	33
MAIN DISHES	
Black Bean Sweet Potato Tacos	35
Green & Gold Mac 'n Cheese	
Garden Pizza	
Potato Carrot Soup Pizza Sauce	
FIZZA SAUCE	
DESSERTS	
Easy Peach Cobbler	
Smoothie Bowls	
FOR ADDITIONAL RECIPES, GO TO HUNGERTASKFO	RCE.ORG.

6

COOL & CREAMY OVERNIGHT OATS

CHANGE UP YOUR OATMEAL GAME WITH THIS QUICK AND EASY RECIPE YOU CAN PREPARE THE NIGHT BEFORE! START YOUR DAY WITH A QUICK, NUTRITIOUS BREAKFAST STRAIGHT FROM THE FRIDGE. PACKED WITH PROTEIN, FIBER AND VITAMINS, IT WILL KEEP YOU GOING ALL MORNING. ADDING PEANUT BUTTER OR OTHER NUT BUTTERS WILL GIVE YOU A PROTEIN BOOST TOO!

INGREDIENTS:

1/2 cup plain quick oats
1/2 cup 2% milk (or milk of choice)
1/2 medium banana, sliced
1/2 teaspoon vanilla
1/2 teaspoon cinnamon
2 tablespoons peanut butter

TOPPINGS:

1/2 cup fresh blueberries, strawberries and/or blackberries 1/2 medium fresh banana Dash of cinnamon

DIRECTIONS:

- 1. Mix first 5 ingredients together. Also mix in the peanut butter if using.
- 2. Place in the fridge over night or for 4-6 hours.
- 3. Before serving, give a final stir and top with fresh berries, banana slices and a dash of cinnamon.
- 4. Can be served warmed up or chilled. Enjoy!

NOTE: PEANUT BUTTER NOT INCLUDED IN NUTRITION FACTS







5 MINUTES

1 CUP



Nutrition Facts

Serving Size 1 cup Servings Per Container 1 Calories 320

mount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value* *P
otal Fat 5g	8%	Total Carbohydrate 63g	21%
Saturated Fat 1g	5%	Dietary Fiber 8g	32% To
Trans Fat 0g		Sugars 25g	10 S
holesterol 5mg	2%	Protein 12g	24% Ch
odlum 55mg	2%		To
itamin A 6%	Vitamin C 20%	Calcium 20%	Iron 15%

Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on

Galories 2.00
al Fat Less than 65g
if Fat Less than 300
lesserol Less than 240
al Carts 300

than 65g 80g than 20g 25g than 300mg 375 25g 30g

TROPICAL GREEN SMOOTHIE

LOOKING FOR A REFRESHING SNACK FIT FOR VACATION? TRY THIS TROPICAL GREEN SMOOTHIE PACKED WITH VITAMIN C, CALCIUM AND YOUR DAILY DOSE OF FRESH GREENS.

INGREDIENTS:

1 cup spinach or other greens

1 cup 2% milk (or milk of choice)

13/4 cups frozen pineapple chunks

1 medium banana

1 tablespoon lemon juice



DIRECTIONS:

- 1. Add all ingredients to blender and blend until smooth.
- 2. Serve immediately.

NOTE: NOT A FAN OF THE GREEN COLOR? ADD BLUEBERRIES OR BLACKBERRIES TO MAKE THE RECIPE A PURPLE HERO SMOOTHIE.



NUMBER OF SERVINGS



SERVING SIZE

10 MINUTES

2

1 CUP



Nutrition Facts

2 servings per container Serving size 8 oz (236mL)

Calories per serving

160

	Amount/serving	% Daily Value* Amoun
	Total Fat 2g	3% Total
	Saturated Fat 0g	0% Di
	Trans Fat 0g	To
	Cholesterol 0mg	0%
	Sodium 95mg	4% Prote
١	Vitamin D 0mcg	0% • Calcium 222mg
•	Potoccium 752mg	15% a Vitamin C

Amount/serving	% Daily Value*		
Total Carbohydrate 37g	13%		
Dietary Fiber 4g	14%		
Total Sugars 23g			
Includes 0g Added Sugars	0%		
Protein 3g	6%		
15% • Iron 1.008mg	6%		
170%			

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

ZUCCHINI MONSTER BREAD

THIS SWEET TREAT IS FILLED WITH ZUCCHINI, BUT YOU'LL NEVER KNOW IT! ENJOY IT WARMED UP FOR BREAKFAST OR AS A HEALTHY DESSERT WHILE GETTING IN A SERVING OF VEGETABLES — YUM!

INGREDIENTS:

3/4 cups all-purpose flour

3/4 cups whole-wheat flour*

1/2 tablespoon baking powder

1/2 tablespoon plus 1/2 teaspoon ground cinnamon, divided

1/4 teaspoon salt

1 egg, lightly beaten

1/2 cup sugar

1 medium zucchini, unpeeled and coarsely shredded (about 1 cup) 1/3 cup canola oil or olive oil

1/2 cup water

1/2 tablespoon vanilla extract

1/2 cup chopped walnuts or pecans (optional)

1/3 cup raisins

OR CHOCOLATE CHIPS

- 1. Preheat oven to 350°F. Grease and flour a loaf pan and set aside.
- 2. In a large bowl, stir together flour, baking powder, ½ tablespoon cinnamon, and salt. Make a well in the center of the flour mixture; set aside.
- 3. In a medium bowl, combine eggs, sugar, shredded zucchini, oil, water, and vanilla. Add zucchini mixture all at once to the flour mixture. Stir just until moistened (batter should be lumpy). If desired, fold in nuts, raisins and/or chocolate chips. Spoon batter into prepared pan. Sprinkle the remaining ½ teaspoon of cinnamon over the top of the loaf.
- Bake 50 minutes or until a wooden toothpick inserted in the center comes out clean. Cool in pan for 10 minutes. Remove from pan and cool completely on a wire rack. Slice and eat.



25 MINUTES



BAKE TIME

50 MINUTES



NUMBER OF SERVINGS

1 LOAF 12 SLICES



SERVING SIZE

SLICE



Nutrition Facts

Serving Size 1 slice Servings Per Container 24 Calories 195

Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	*Percent Daily Value			
Total Fat 10g	15%	Total Carbohydrate 25g	8%	Your Daily Values r your calorie needs.	nay be highe	r or lower de	pending or
Saturated Fat 1g	5%	Dietary Fiber 2g	8%		Calories	2,000	2,500
Trans Fat 0g		Sugars 10g		Total Fat Sat Fat	Less than Less than	65g 20g	80g 25g
Cholesterol 18mg	6%	Protein 3g	6%	Cholesterol Sodium	Less than	300mg 2400ma	300mg 2400ma
Sodium 125mg	5%			Total Carbs	Less man	300g	375g
Vitamin A 1%	Vitamin C 4%	Calcium 3%	Iron 5%	Dietary Fiber		25g	30g

SUNSHINE MUFFINS

THIS SWEET AND SAVORY MUFFIN MAKES AN ENERGIZED SNACK OR BREAKFAST ADDITION. A GREAT COMBINATION OF FRUITS AND VEGETABLES LOADED WITH FIBER TO KEEP YOU FULL AND SATISFIED

INGREDIENTS:

2 cups flour

3/4 cup sugar

2 teaspoons baking soda

1/2 teaspoon salt

1 teaspoon cinnamon

1 teaspoon nutmeg

3 eggs

1/2 cup vegetable oil

2 teaspoons vanilla extract

2 cups grated carrots

1 cup apple, peeled and grated

OPTIONAL

1/2 cup chopped nuts or chocolate chips

- 1. Preheat oven to 350°F.
- 2. Combine the flour, sugar, baking soda, salt, cinnamon, nutmeg, eggs, oil and vanilla in a large mixing bowl. Mix well with wooden spoon.
- 3. Fold in carrots and apples. Add nuts and chocolate chips if desired.
- 4. Scoop into 12 regular-sized greased muffin tins.
- 5. Bake for 18-25 minutes or until toothpick comes out clean.



10 MINUTES



BAKE TIME

18 MINUTES



NUMBER OF SERVINGS

12 MUFFINS



SERVING SIZE

| MUFFIN



Nutrition Facts

Serving Size 1 muffin Servings Per Container 12 Calories 221

Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value* -	
Total Fat 11g	17%	Total Carbohydrate 23g		YOU
Saturated Fat 1g	5%	Dietary Fiber 0g	0%	Total
Trans Fat 0g	-	Sugars 6.5g		Sat
Cholesterol 25mg	8%	Protein 8.5g	17%	Shale Sodie
Sodium 92mg	4%			Total
				Dist

e'	*Percent Daily Values are based on a 2,000 calone diet.
7	Your Daily Values may be higher or lower depending on

calone needs.	2.70		36.11
	Calories	2,000	2.500
Fat	Less then	65g	80g
Fat	Less than	20q	250
esteroi	Less than	300mg	300mg
m	Less than	2400mg	2400mg
Cartis		3000	375g
ary Fiber		25q	30a

FRUITY PARFAIT CUPS

ENTOY A COLORFULLY LAYERED PARFAIT — EASY TO MAKE AND REQUIRES NO BAKING! THIS REFRESHING SNACK OFFERS A HEALTHY DOSE OF FIBER AND FRUIT, USE GREEK YOGURT FOR ADDED PROTEIN!

INGREDIENTS:

2 cups whole grain granola (try for no added sugars)

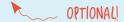
2 cups vanilla yogurt (or yogurt substitute of choice)

1 cup strawberries

1 cup blueberries

1 cup sliced bananas

Additional fruit



- 1. Ingredients will be split among 4 dishes.
- 2. In each dish, add a layer of granola, yogurt and fruit.
- 3. Repeat until all ingredients are used.
- 4. Best when served immediately to keep granola crunchy.



5 MINUTES



NUMBER OF SERVINGS

4



SERVING SIZE: 3/4 CUP



Nutrition Facts

Serving Size 1 Servings Per Container 4 Colories 233

Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	*Percent Daily Value			
Total Fat 3g	5%	Sodium 124mg	5%	Your Daily Values Your calcula reside	may by highe	L DL JONNIE GR	ipending or
Saturated Fat 0g	0%	Total Carbohydrate 0g	0%	encrear .	Cistories	≥ 000	2 500
Trans Fat 0g.		Dietary Fiber 6g	24%	Total Fat Sat Fat	Less than	20d	25g
Cholesterol 4mg	1%	Sugars 27g		Chorasterol Sodium	Less than	300mg 2400mg	300mg 2400mg
Potassium 90.5mg	3%	Protein 11g	22%	Total Carbs	Centra Gadil.	390g	375g

COLLARD GREENS & GARBANZO PESTO

YOU'LL NEVER KNOW YOU'RE EATING YOUR GREENS OR YOUR BEANS IN THIS FLAVORFUL PESTO DIP. LOADED WITH PROTEIN, FIBER, VITAMIN A, VITAMIN C AND IRON! SPREAD ON A SANDWICH, TOP YOUR FAVORITE WHOLE GRAIN PASTA, OR DIP YOUR CHIPS AND VEGGIES!

INGREDIENTS:

1 bunch collard greens

2 ripe avocados

1 cup fresh basil leaves, loosely packed

1 can garbanzo beans, drained and rinsed

1/2 tsp salt

1 clove garlic, minced (or ½ tsp garlic powder)

2 tablespoon fresh lemon juice

- Bring a pot of water to boil. Remove stems from the collard greens and tear into small pieces. Prepare a bowl of ice water. Add collards to boiling water and cook for 2 and a half minutes. Strain collards and immediately plunge into ice water.
- 2. Strain collards and then roll them into a clean towel to press out excess water.
- 3. Using a food processor or blender, blend collards, avocado, basil, garbanzo beans, salt, garlic and lemon juice until creamy.
- 4. Use as a dip for your favorite veggies or chips. Can also be used as a sandwich spread or a topping for your favorite pasta.



X

NUMBER OF SERVINGS

SERVING SIZE

1/4 cup





Nutrition	
Facts	

4 servings per container Serving size 1/4 Cup

Calories per serving 170

Amountberving		% Daily Value*	Amount/serving		
Total Fat 7g	9%		Total Carbohyd	irate 2	
Saturated Fat 1g	5%		Dietary Fiber	8g	
Trans Fat 0g			Total Sugars	3g	
Cholesterol Omg	0%		Includes (og Ado	
Sodium 15mg		1%	Protein 7g	-	
Vitamin D 0mcg	0%.	Calcium 39mg	4%	• from	
Potassium 376mg	8% •	Vitamin A	45%	Vitz	

Amountiserving	% Daily Value	
Total Carbohydrate 22g	8%	
Dietary Fiber 8g	29%	
Total Sugars 3g		
Includes 0g Added Sugars	0%	
Protein 7g	14%	
4% • Iron 2.88mg	15%	
45% ● Vitamin C	25%	

The % Daily Value DV) tells you how each a mail tent ay nerving of facal contributes to a larly dee. 2,000 alones is day is used for general subrison advice.

SWEET SUMMER SALAD

KIDS WILL FALL IN LOVE WITH ASPARAGUS WITH THIS PERFECT SUMMER SALAD.
JUICY STRAWBERRIES ADD A HEALTHY DOSE OF SWEETNESS WHILE AVOCADOS
PROVIDE HEART HEALTHY FATS

INGREDIENTS:

1 large bunch asparagus (about 12-15 stalks), chopped 10-12 strawberries, chopped 3 avocados, chopped 5 cups 50/50 salad mix (Spinach & Mixed Greens) Salt & pepper to taste

OPTIONAL:

Almonds, walnuts or pine nuts Mozzarella or goat cheese

- 1. In a boiling water with salt, blanch the asparagus for 2 minutes, then shock them in ice water to cool, pat dry and slice it into bite size pieces.
- 2. Trim and slice strawberries into bite size pieces.
- 3. Pit the avocado and then dice into small pieces.
- 4. Add salt and pepper to taste.
- 5. In a salad bowl, add the greens and mix in the strawberries and asparagus.
- Top with avocados and gently fold in a balsamic vinaigrette or sweet poppyseed dressing.
- 7. Serve chilled.



20 MINUTES



NUMBER OF SERVINGS

4-6



SERVING SIZE

2 CUPS SALAD 1 T. DRESSING



Nutrition Facts

6 servings per container Serving size 2 cups (280g)

Calories per serving 220

Amount/serving	% Daily Value*
Total Fat 20g	26%
Saturated Fat 4.2g	21%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Vitamin D 0mcg	0% • Calcium 52mg
Potassium 752mg	15%

Amount/serving	% Daily Value*
Total Carbohydrate 13g	5%
Dietary Fiber 8g	29%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 4g	8%
4% • Iron 2.16mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

SPINACH SALAD

THIS SIMPLE SALAD IS A REFRESHING WAY TO KICK—START THE SUMMER! IT IS A GOOD SOURCE OF IRON AND AN EXCELLENT SOURCE OF VITAMIN C, HELPING YOU TO AVOID TIREDNESS AND BOOSTING YOUR IMMUNE SYSTEM. YOU CAN CHOOSE TO SERVE IT AS A SIDE DISH OR A MAIN DISH.

INGREDIENTS:

4 cups fresh baby spinach (about one pound)

1 cup cherry or grape tomatoes, halved

1 avocado, peeled and diced

1 cup fresh, frozen, or canned corn

1 (15-ounce) can black beans, drained and rinsed

1/3 cup chopped fresh cilantro or 21/2 teaspoons dried

Pepper, to taste

1/2 cup light lime vinaigrette or preferred light salad dressing

- 1. Combine spinach, cherry tomatoes, avocado, corn, black beans, cilantro and pepper in a medium bowl; toss gently.
- 2. Chill in refrigerator until ready to serve. Top with the light lime vinaigrette or oil and vinegar salad dressing for a refreshing kick!

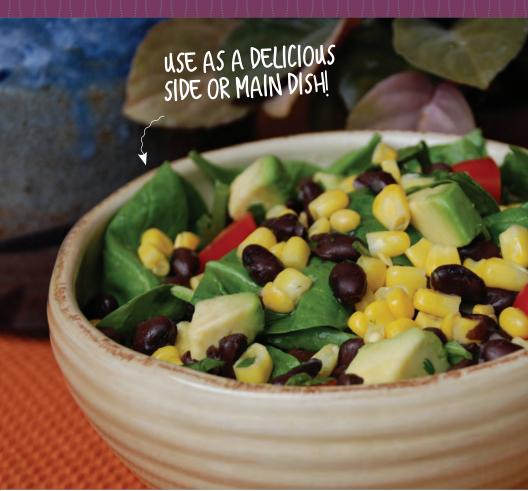


NUMBER OF SERVINGS



10 MINUTES 4

2 Cups



Nutrition Facts

Serving Size 2 Cups Serving Per Container 4 Calories 235 Calories from Fat 102

Amount Per Berying		% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 11g 17%		Total Carbohydrate 29g	10%	
Saturated Fat 2g		10%	Dietary Fiber 9g	36%
Trans Fat 0g			Sugars 3g	
Chalesteral Omg		0%	Protein 7g	14%
Sodium 391mg		16%		
Vitamin A 24%		Vitamin C 32%	Caloium 6%	fron 13%

*Percent Daily Values are based on a 2,000 calons dist. Your Daily Values may be higher or lower depending on your calons needs.

Catories 2.01
Total Fat Less than 65g
Sat Fat Less than 20g
Christotic Less than 30g
Sodium Less than 30g
Total Carts.
Distany Fitner 25g

BUFFALO-STYLE CAULIFLOWER BITES

THESE SPICY BUFFALO—STYLE CAULIFLOWER BITES ARE A GREAT WAY TO PACK A LOT OF FLAVOR INTO SEASONAL PRODUCE. THIS SIMPLE RECIPE SERVES AS A HEALTHY AFTER SCHOOL SNACK OR AS AN APPETIZER WHILE YOU ENJOY WATCHING THE GAME OR AT YOUR NEXT COOKOUT!

INGREDIENTS:

1 large head of cauliflower, cut into florets

3 eggs

1 1/4 cup breadcrumbs

1 teaspoon paprika

1 teaspoon salt

1 teaspoon pepper

1 cup buffalo hot sauce (choose spice level)

½ cup parmesan cheese (optional)

DIRECTIONS:

- 1. Preheat oven to 400 °F. Line a large cookie sheet with parchment paper if desired.
- 2. Beat the eggs in a small bowl. In another small bowl, mix together the breadcrumbs, paprika, salt, pepper and parmesan cheese.
- Dip each cauliflower floret into the eggs, then cover it with the breadcrumb mixture; be sure to completely cover the floret so that none of the white cauliflower color is showing. Place the floret on the baking sheet. Repeat this process until all of the florets are prepared.
- 4. Bake the cauliflower bites in the oven for 25 minutes.
- Once the cauliflower is done baking, gently toss warm cauliflower bites with buffalo sauce to combine until well coated. Then place the bites back onto the baking sheet and return them to the oven for another 5 minutes.
- 6. Enjoy these spicy treats while hot with yogurt-based Ranch dressing or your favorite dipping sauce!
- 7. Serve with a side of carrots and celery. Yum!

*RECIPE FROM HALF BAKED HARVEST.
NUTRITION ANALYSIS BASED ON 1 CUP OF BUFFALO WING CAULIFLOWER BITES
WITHOUT DIPPING SAUCE



10 MINUTES



BAKE TIME

30 MINUTES



NUMBER OF SERVINGS

h



SERVING SIZE

1 CUP



Nutrition Facts Serving Size 1 Cup Calories 280

Amount Per Serving	% Daily Values*	Amount Per Serving	% Dally Values*
Total Fat 15g	23%	Sodium 1180mg	49%
Saturated Fat 5g	25%	Total Carbohydrate 25g	8%
Trans Fat 0g		Dietary Fiber 5g	20%
Cholesterol 110mg	37%	Sugars 6g	
Potassium 665mg	19%	Protein 12g	24%

* Percent Daily V	aluse are based	on a 2 000	enlose die
Your Daily Value	es may be higher	r or lower d	epending i
	Calories	2,000	2,500
Total Fat	Less than	65q	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg

CRUNCHY CREAMY SPINACH DIP

CHANGE UP YOUR SNACKS AND PARTY FOODS BY MAKING THIS CROWD—PLEASING DIP! WITH ALMOST HALF OF THE VITAMIN A YOU NEED IN A DAY AND ONLY 79 CALORIES PER SERVING, THIS DIP IS FULL OF NUTRITION AND LOW IN CALORIES. USING NONFAT GREEK YOGURT ADDS AN EXTRA DOSE OF PROTEIN. IF YOU DO NOT HAVE GREEK YOGURT, FEEL FREE TO USE PLAIN NONFAT YOGURT INSTEAD.

INGREDIENTS:

- 1 (10-ounce) package frozen spinach
- 1 (16-ounce) container of plain nonfat Greek yogurt
- 3/4 cup reduced fat mayonnaise
- 1/2 (8-ounce) can sliced water chestnuts, drained
- 1 (1.8-ounce) packet dry leek or onion soup mix

"THIS IS EVEN BETTER THAN RANCH!"

-TERRY, STORY ELEMENTARY SCHOOL

- Thaw spinach by placing in refrigerator overnight, in cold water for two hours, or on defrost mode in microwave. When thawed, squeeze out extra liquid and set aside.
- 2. Mix Greek yogurt and mayonnaise together in a medium bowl.
- 3. Cut water chestnuts in half.
- Add water chestnuts, spinach, and dry soup mix into yogurt/mayo mixture.
- 5. Mix ingredients together and refrigerate until ready to serve.
- 6. Enjoy with raw veggies (carrots, bell pepper strips, cucumber slices, yam sticks, cauliflower, etc) or pretzels!



NUMBER OF SERVINGS

IP

SERVING SIZE

15 MINUTES 16

1/4 cup



Nutrition Facts

Serving Size 1/4 Cup Serving Per Container 16 Calories 79 Calories from Est 36

Amount Per Serving	% Daily Values*	Amo	ount Per Serving		% Daily Values*	*Percent Dally Value			
Total Fat 4g	6%	To	tal Carbohydrate 5g	1	2%	Your Daily Values o	may be highe	r or lower de	ipending o
Saturated Fat 0g	0%		Dietary Fiber 1g		4%	700 0000	Calores	2,000	2,500
Trans Fat 0g			Sugars 0g			Total Pat Sat Pat	Loss than		80g 25g
Cholesterol Omg	.0%	Pro	oteln 4g		8%	Cholesterol Sodium	Less than	300mg 2400mg	25g 300mg 2400mg
Sodium 301mg	13%					Total Carbs	Town D. Co.	3000	3750
Vitamin A 42%	Vitamin C 3%		Calcium 6%		Iron 2%	Dietary Filber		250	300

PICO DE GALLO

PICO DE GALLO, ALSO CALLED "SALSA FRESCO' IN MEXICO, CAN BE USED AS A DIP FOR CHIPS, A SALAD ADDITION, OR A FRESH TOPPING FOR POULTRY AND FISH. THIS SIMPLE RECIPE REQUIRES ONLY A CUTTING BOARD, KNIFE, BOWL AND MEASURING UTENSILS.

INGREDIENTS:

1 pound ripe tomatoes (about 3-4 medium tomatoes)

1 large onion

1/3 cup fresh cilantro (or 2 tablespoons dried cilantro)

3 hot peppers or one bell pepper

2 tablespoons lime juice (or the juice of 1 lime)

2 cloves garlic, minced

1/4 teaspoon salt

- Chop tomatoes, onion and cilantro. Seed and chop peppers.
- 2. Combine all ingredients in a medium bowl.
- 3. Serve immediately or cover and refrigerate for up to three days.



25 MINUTES



NUMBER OF SERVINGS

6



SERVING SIZE

1/2 cup



Nutrition Facts

Serving Size 1/2 Cup Serving Per Container 6 Calories 28 Calories from Fat 1

Amount Per Serving	% Delly Values*	Amount Per Serving	% Daily Values*	*Percent Daily Values
Total Fat 0g	0%	Total Carbohydrate 6g	2%	Your Daily Values my your calorie needs
Saturated Fat 0g	0%	Dietary Fiber 1g	4%	
Trans Fat 0g		Sugars 3g		Total Fat Sat Fat
Cholesterol Omg	0%	Protein 1g	2%	Cholesterol
Sodium 109mg	5%			Total Carbs
Vitamin A 4%	Vitamin C 33%	Calcium 2%	Iron 3%	Dietary Fiber

dues"	*Percent Daily Valu	es are based	on a 2,000	calorie dies.
2%	Your Daily Values your calorie needs	may be highe	r or lower o	sepending on
4%		Calores	2,000	2,500
***	Total Fat	Less than	65g	800

Color	Pat	Leas Plan	65g	60g	250
Sal Pat	Leas Plan	65g	60g	25g	
Color	Color	Color	200	25g	
Color	Color	Color	200	200	
Color	Color	Color	200	200	
Color	Color	25g	30g		
Color	Color	25g	30g		
Color	Color	25g	30g		
Color	Color	25g	30g		
Color	Color	25g	30g		
Color	Color	25g	30g		
Color	Color	25g	30g		
Color	Color	25g	30g		
Color	Color	25g	30g		
Color	Color	25g	30g		
Color	Color	25g	30g		
Color	Color	25g	30g		
Color	Color	25g	30g		
Color	Color	25g	30g		
Color	Color	25g	30g		
Color	Color	25g	30g		
Color	Color	25g	30g		
Color	Color	25g	30g		
Color	Color	25g	30g		
Color	Color	25g	30g		
Color	Color	25g	30g		
Color	Color	25g	30g		
Color	Color	25g	30g		
Color					

STRAWBERRY AVOCADO SALSA

THIS SALSA IS A SUMMER FAVORITE! USE IT IN A VARIETY OF DISHES. USE IT AS A TOPPING FOR BAKED OR SAUTÉED FISH, ROAST CHICKEN, OR GRILLED PORKOR ENJOY IT AS A SNACK WITH MULTIGRAIN TORTILLA CHIPS

INGREDIENTS:

2 cups strawberries, diced

1/2 avocado, peeled and diced

1/4 medium cucumber, diced

1/4 cup fresh chopped cilantro (or 11/2 tablespoons dried cilantro)

1 teaspoon grated lime peel (optional)

1/4 cup lime juice (or 2 limes juiced)

1/2 jalapeño, seeded and finely chopped or 1/4 teaspoon cayenne pepper

Chopped onion

Salt to taste

OPTIONAL!

DIRECTIONS:

 Combine all ingredients in a medium bowl; toss gently. Serve immediately.



15 MINUTES

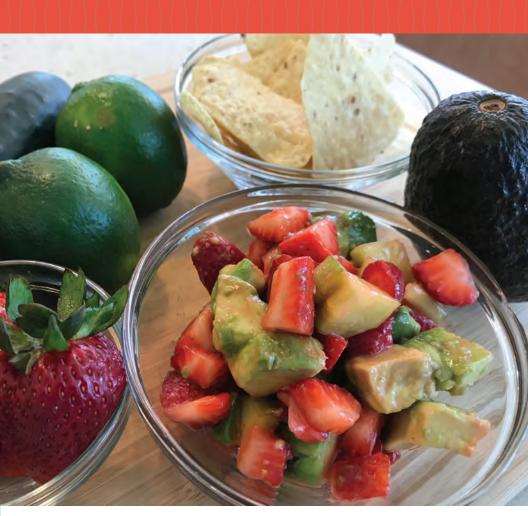
NUMBER OF SERVINGS

8



SERVING SIZE

1/4 CUP



Nutrition Facts

Serving Size 1/4 Cup. Serving Per Container 8 Calories 33 Calories from Fat 14

Amount Per Serving	% Delly Values*	Amount Per Serving	% Daily Values*
Total Fat 2g	3%	Total Carbohydrate 5g	2%
Seturated Fat 0g	0%	Dietary Fiber 1g	4%
Trans Fat 0g		Sugars 3g	
Cholesterol Omg	0%	Protein 1g	2%
Sodium 1mg	0%		
Vitamin C 48%	Calcium 1%	Iron 2%	

••	*Pero	oni Daily V	failues are based	on a 2,000	calorie dies.
*	April	calorie ne	es may be highe eds. Calores		2500

COLUMN TIMES	Calores	2.000	þ
otal Pat	Less than	65g	Π
Sat Pat	Less than	200	
noiesteroi	Less than	300mg	
bolum	Less than	2400mg	
otal Carbs		3000	
Dietary Fiber		250	

ROASTED VEGGIES WITH TASTY SEEDS

FILL HALF OF YOUR PLATE WITH THIS COLORFUL COMBO OF VITAMIN RICH VEGGIES, TOPPED WITH PROTEIN AND OMEGA-3S. GREAT AS A SIDE DISH OR HEARTY ENOUGH TO BE A MEAL.

INGREDIENTS:

2 carrots, diced
1 medium sweet potato (or acorn squash) cut into cube size
6 ounces broccoli (cut into bite size pieces) or Brussels sprouts (sliced)

1 cauliflower, broken into florets 1/8 cup olive oil 1/4 teaspoon pepper

3/4 teaspoon salt

Seeds Ingredients

1/4 cup sliced almonds

1/4 cup sunflower seeds

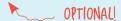
1 1/2 teaspoon olive oil

1 teaspoon maple syrup

1/2 teaspoon sea salt

teaspoon cayenne pepper

Dried cranberries or raisins



- 1. Preheat oven to 300 degrees F and place foil on a rimmed baking sheet.
- 2. Whisk olive oil, syrup, salt and cayenne in a medium bowl. Add seeds, toss to coat, and spread out onto prepared baking sheet.
- 3. Bake, tossing once, until mixture is golden brown, about 15-20 minutes. Then, remove from oven and let cool on baking sheet. While the seeds are baking, cut up your veggies and set aside.
- 4. Turn the heat up on the oven to 425 degrees F. In a large roasting pan, add the cut-up veggies and season with salt and pepper.
- 5. Drizzle with olive oil and toss to coat.
- 6. Bake for 35-45 minutes, tossing vegetables halfway through until vegetables begin to char.
- 7. Remove from oven and add the seeds. Let cool 2 minutes before serving.



15 MINUTES



HOUR





Cup



Nutrition Facts

Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	*Percent Daily Value			
Total Fat 8.2g	13%	Total Carbohydrate 10.9g	4%	Your Daily Values of	nay be highe	r or lower of	spending of
Saturated Fat 0.6g	3%	Dietary Fiber 2.5g	10%	Total Far	Catories	2.000	2100
Trans Fat 0g		Sugars 0g		Sar Far	Less Fan	200	80g 25g
Cholesterol 0mg	0%	Protein 2.1g	4%	Cholesterol	Loss Pun	300mg	300mg
Sodium 375mg	16%			Total Carbs	Lana Pun	2000	375g 304

LOADED MASHED CAULIFLOWER

AFTER ONE BITE, YOU'LL NEVER KNOW YOU'RE MISSING POTATOES IN THIS DELICIOUS MASH. CAULIFLOWER ADDS A POWERFUL PUNCH OF VITAMINS AND NUTRIENTS AND IS LOW IN CARBOHYDRATES. TOP WITH YOUR FAVORITE FIXINGS AND ENTOY.

INGREDIENTS:

2 heads cauliflower

2 tablespoons butter, unsalted

1/3 cup 2% milk (or milk of choice)

2 teaspoons garlic, minced

1/4 teaspoon salt

Top with cheese, turkey bacon bits, chives, and/or Greek yogurt.

DIRECTIONS:

- 1. Fill a medium sauce pan half full with water and place on stove top on high heat.
- 2. Cut the cauliflower into bite-size pieces including the stems.
- 3. When the water is boiling, place the cauliflower in the pot for approximately 8 minutes, or until tender.
- 4. Drain the cauliflower and place all ingredients in a blender or food processor. Blend until smooth.
 - *Be very careful when blending hot items. It is best to place a damp towel over the top instead of using a lid to allow the heat the escape.
- 5. Top your mashed cauliflower with whatever you like and enjoy!

NOTE: NUTRITION FACTS DO NOT INCLUDE ANY TOPPINGS



NUMBER OF SERVINGS

T

SERVING SIZE

3/4 cup

15 MINUTES



Nutrition Facts

Serving Size 3 each Servings Per Container 4 Calories 86 Calories from Fat 57

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 6g	9%	Total Carbohydrate 5g	2%
Saturated Fat 4g	20%	Dietary Fiber 2g	8%
Trans Fat 0g		Sugars 3g	1.00
Cholesterol 16rng	5%	Protein 2g	4%
Sodium 177mg	7%		
Vitamin A 9% •	Vitamin C 45%	Calcium 4%	Iron 2%

*Percent Daily Values are based on a 2,000 calone det Your Daily Values may be higher or lower depending on your calone needs.

Total Fail	Linui, Water
Sair Fair	Loui from
Cholmimal Sodium	Lessi frust
Sodium.	Lond from
Total Carbs	
Distary Fiber	

SWEET POTATO & BLACK BEAN TACOS

A SATISFYING MEAT-FREE TACO ALTERNATIVE LOADED WITH PROTEIN, VITAMINS A, E ξ C. THEY BRING A COLORFUL, HEALTHY FIESTA TO ANY DINNER TABLE.

INGREDIENTS:

10 flour tortillas

2¹/₂ cups sweet potatoes, diced 1 tablespoon extra virgin olive oil

11/2 teaspoons chili powder

1/2 teaspoon ground cumin

1/4 teaspoon paprika

1 cup canned black beans,

drained and rinsed

TOPPINGS (OPTIONAL INGREDIENTS)

Avocado, sliced or chopped

1/4 cup cilantro, minced

1 lime, juiced

Cotija or feta cheese

Salsa

Chopped tomatoes or jalapeños

Corn

FLAVORFUL BEANS (OPTIONAL INGREDIENTS TO ADD TO BEANS):

2 tablespoons neutral cooking oil (such as grapeseed or canola)

1/2 medium yellow onion, diced (about 1/2 cup diced)

1/2 teaspoon kosher salt, plus more to taste

1 clove garlic, minced

1 jalapeño, stemmed, seeded, and minced

- Preheat oven to 425°F.
- Toss the sweet potatoes with the olive oil, chili powder, cumin, and paprika until evenly coated.
- 3. Bake the sweet potatoes for 20 minutes, or until fork tender.
- While the sweet potatoes are roasting, add the black beans to a small saucepan over low heat to warm. Flavor with fresh lime juice, salt, pepper and cumin.
- 5. If choosing to prepare flavorful beans: While the sweet potatoes roast, heat 2 tablespoons oil in a medium saucepan over medium heat. Add the onions and 1/2 teaspoon salt, and sauté until soft and translucent, 5 to 7 minutes. Add the garlic and jalapeño, and sauté 2 minutes more. Fold in beans.
- To assemble the tacos, place the sweet potato mixture into the tortillas of your choice, layer with beans and top with avocado, fresh lime juice, cilantro, tomatoes, jalapeños and/or Cotija cheese.
- 7. Add additional toppings, as desired.



PREP TIME

10 MINUTES



BAKE TIME

20 MINUTES



NUMBER OF SERVINGS

5



SERVING SIZE

2 TACOS



				-, -,
N	ut	rii	ııc	วท
	ac	+-		1
	ac	ເວ		

Serving Size 2 tacos Servings Per Container 5 Calories 500

Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Yalue*	
Total Fat 17g	26%	Potassium 670mg	19%	Your
Saturated Fat 3g	15%	Sodium 1027mg	43%	
Trans Fat 0g		Total Carbohydrate 83g	28%	Sat F
Polyunsaturated Fat 2g		Dietary Fiber 11g	44%	Chicke
Monounsaturated Fat 1g		Sugars 7g		Total (
Cholesterol 0mg	0%	Protein 13g	26%	Deta

Yalue*	*Percent Daily Value	ns are based	on a 2.000	calone det.
19%	Your Daily Values r your palore needs.	may be highe	r or lower o	tepending on
43%	A THE PERSON NAMED IN	Cabres		2.600
20%	Total Fat	Lines trum	65g	80g

GREEN & GOLD MAC 'N CHEESE

CELEBRATE WISCONSIN'S HOME TEAM WITH THIS UNIQUE TWIST ON MAC 'N CHEESE! FEEL FREE TO ADD MORE HOT SAUCE IF YOU WANT AN EXTRA "PUNT" OF FLAVOR.

INGREDIENTS:

8 ounces dry whole wheat macaroni or any other small shaped pasta

1 large head of broccoli, trimmed and cut into small florets

2 cups shredded cheddar cheese

2/3 cup 2% milk (or milk of your choice)

1/4 cup olive oil

1 teaspoon garlic powder or garlic salt

1 teaspoon low sodium Worcestershire sauce (optional)

1/2 teaspoon hot pepper sauce

1/2 cup green peas, spinach or your favorite vegetable

Salt and pepper to taste

- 1. Bring a large pot of water to a boil for the pasta. Add salt to the water and cook pasta for 5 minutes.
- 2. Add broccoli to water and finish cooking everything together, another 5 minutes or longer. Pasta should be "al dente" (soft but firm) and broccoli should be bright green and crisp-tender.
- 3. Drain pasta and broccoli in a colander and return to pot.
- Add the remaining ingredients, stirring until the cheese melts.
 Cook over medium heat for 8-10 minutes, or until slightly thickened, stirring frequently.
- 5. Remove from heat and let stand 5 minutes. Serve immediately.



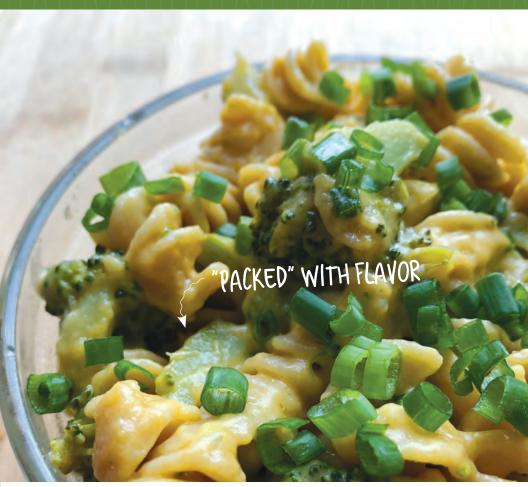


25 MINUTES





3/4 cup



Nutrition Facts

Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Total Fat 7g	11%	Total Carbohydrate 50g	17%
Saturated Fat 2g	10%	Dietary Fiber 8g	32%
Trans Fat 0g		Sugars 7g	
Cholesterol 8mg	3%	Protein 18g	36%
Sodium 504mg	21%		
Vitamin A 29%	Vitamin C 185%	Calcium 36%	Iron 12%

GARDEN PIZZA

PIZZA, AMERICA'S FAVORITE FOOD, CAN BE PART OF A HEALTHY, DELICIOUS MEAL WHEN MADE WITH A WHOLE—WHEAT CRUST AND TOPPED WITH A BALANCE OF VEGGIES AND CHEESE! A SIDE SALAD OR PIECE OF FRUIT IS THE PERFECT COMPLEMENT TO THIS RECIPE

INGREDIENTS:

1 whole-wheat pizza crust 2 tablespoons olive or canola oil, divided 11/3 cups Easy Pizza Sauce (see page 41) 1 cup shredded part-skim, low-moisture mozzarella cheese

Fresh vegetables on hand (asparagus, onions, spinach, tomatoes, peppers, chives, mushrooms, etc.)

- Chop vegetables. Heat a large skillet on medium heat and add 1 tablespoon oil. When heated, add pungent and firm vegetables first (example order: onions, peppers, eggplant, zucchini and spinach). Sauté until tender-crisp, about five minutes.
- 2. <u>Oven</u>: Preheat oven to 450°F or temperature stated on pizza crust package. <u>Grill</u>: Preheat grill to about 400-500°F.
- Brush top of crust with remaining oil. Spread pizza sauce on crust. Store any leftover sauce in fridge or freezer and save for another use.
- 4. Top with sautéed vegetables and tomato slices. Sprinkle cheese over pizza. Top with additional herbs, if desired.
- 5. Oven: Bake in oven for 8-10 minutes or until crust edges are golden brown. Grill: Place pizza onto aluminum foil or pizza stone and cook on grill, covered, over medium heat for 10-12 minutes. Edges should be slightly crispy when done.
- 6. Let cool ten minutes before cutting into eight slices and serving!







<u>IP</u>

SLICES



Amount Per Serving	% Delly Values*	Amount Per Serving	% Daily Values*
Total Fat 17g	26%	Total Carbohydrate 39g	13%
Saturated Fat 6g	30%	Dietary Fiber 7g	28%
Trans Fat 0g		Sugars 6g	
Cholesterol 15mg	5%	Protein 16g	32%
Sodium 506mg	21%		
Vitamin A 11%	Vitamin C 38%	Calcium 28%	fron 12%

nee,	*Percent Daily Values are based on a 2,000 calorie diet.	
3%	Your Daily Values may be higher or lower depending on your calorie needs.	
979	YOUR CARONIC PREEDS.	

2
80
25
30
24
33
*

EASY PIZZA SAUCE

HERBS ADD DELICIOUS FLAVOR TO OUR FOODS AND ARE FULL OF NUTRIENTS AS WELL. MIX IN YOUR FAVORITE HERBS TO MAKE THIS PIZZA SAUCE FIT YOUR TASTE BUDS JUST RIGHT!

INGREDIENTS:

1 (6-ounce) can tomato paste, no salt added

1/2 cup water

2 tablespoons olive or canola oil

2 cloves garlic, minced or 1/4 teaspoon garlic powder

1/2 cup fresh herbs, chopped or $1^{1}/2$ tablespoons dried herbs (oregano, basil, sage, rosemary, etc.)

- 1. Mix together the tomato paste, water, and olive oil.
- 2. Add garlic, herbs, pepper and salt. Mix well. No cooking is needed. Let stand until ready to assemble pizza.



PREP TIME



NUMBER OF SERVINGS



SERVING SIZE

5 MINUTES 1/3 CUP

6



Nutrition

Serving Size 1/3 Cup Serving Per Container 6 Calories 66 Calories from Fat 44

Amount Per Serving	% Delly Values	· Am	nount Per Serving		% Daily Values* +
Total Fat 5g	8%	To	tal Carbohydrate	6g	2%
Saturated Fat 1g	5%		Dietary Fiber 1g		4%
Trans Fat 0g			Sugars 3g		T
Cholesterol Omg	0%	Pr	oteln 1g		2% 0
Sodium 28mg	190				T
Vitamin A 5%	Vitamin C 13%		Calcium 2%	1.4	Iron 5%

*Percent Delly Values are based on a 2,000 calorie disk. Your Delly Values may be higher or lower depending on your calorie needs.

	Calones	2,000	2,500
rtal Pat	Less than	66g	80g
iat Fat	Less than	20g	25g
cresterol	Less than	300mg	300mg
dun	Less than	2400mg	2400mg
ital Carbs		3000	375g
lietary Fiber		250	300

POTATO CARROT SOUP

SPICE UP YOUR MENU WITH THIS WARMING ROOT VEGETABLE DISH, FILLED WITH VITAMIN A AND POTASSIUM. THIS SOUP IS PERFECTLY COZY IN FALL OR WINTER... SHARE WITH YOUR FAMILY AND YOU'LL STILL HAVE ENOUGH FOR LEFTOVERSI

INGREDIENTS:

- 2-3 tablespoons olive oil
- 3-4 cloves minced or chopped garlic (fresh or dried)
- 1 medium-large white or Spanish onion chopped
- 2 celery stalks chopped
- 2-3 large carrots chopped
- 4-5 potatoes cubed
- 4 cups vegetable broth
- 2 teaspoons cinnamon
- 1 teaspoons nutmeg
- 1 teaspoons basil

Season with oregano, garlic powder, salt and pepper to your taste

- Sauté olive oil, garlic and onion until tender and onion becomes lighter in color.
- 2. Add all the potatoes and carrots and cook for 3-5 minutes.
- 3. Add vegetable broth, along with herbs & spices.
- 4. Bring to boil, reduce heat and simmer for 20-30 minutes or until potatoes are soft.
- 5. Blend half of the soup to desired consistency and mix back in with remaining soup. (*Optional. You don't have to blend any of it OR you can blend it all.)
- 6. Add salt and pepper to taste.





45 MINUTES



12



3/4 cup



Nutrition Facts

Amount Per Serving	% Daily Value*	An
Total Fat 3g	5%	Sc
Saturated Fat 1g	5%	To
Trans Fat 0g		
Cholesterol 0.5mg	0%	
Potassium 640mg	18%	Pr
Vitage in A digital	\fit G FOR!	

Amount Per Serving	% Daily Value*
Sodium 1000mg	42%
Total Carbohydrate 31g	10%
Dietary Fiber 4.7g	19%
Sugars 5g	
Protein 4g	8%
Calcium 5.3%	Iron 5.6%

PEACH COBBLER

THIS SWEET DESSERT IS EASY TO MAKE, DELICIOUS, AND HAS THREE TIMES LESS FAT AND TWO TIMES LESS SUGAR THAN TRADITIONAL PEACH COBBLER. TALK ABOUT A NO-BRAINER!

INGREDIENTS:

4 large peaches, peeled and sliced OR

1 (15 oz.) can sliced peaches, packed in juice

1 egg

1/3 cup sugar

1/2 cup flour (whole wheat pastry flour is best!)

1/2 teaspoon baking powder

1 tablespoon tub margarine or butter

- 1. Preheat oven to 375°F.
- Open the can of peaches. Pour the peaches and their juice into a medium saucepan. Heat them on the stovetop until they bubble.
- 3. Slightly beat the egg.
- 4. In a mixing bowl, mix the egg, sugar, flour, baking powder and margarine.
- 5. Pour bubbling peaches into a casserole dish and drop spoonfuls of this mixture on top of the peaches.
- Put casserole dish in the oven and bake for about 30-40 minutes. Serve warm.



PREP TIME

15 -

BAKE TIME



NUMBER OF SERVINGS



SERVING SIZE

10 MINUTES 30-40 MINUTES

4

1/4 cup



Nutrition Facts

Serving Per Container 4
Calories 205
Calories from Fat 39

Amount Per Serving	's Daily Values'	Amount Per Serving	% Daily Values*
Total Fat 4g	6%	Total Carbohydrate 41g	14%
Saturated Fat 1g	5%	Dietary Fiber 3g	12%
Trans Fat 0g	- 17	Sugars 29g	
Cholesterol 53mg	18%	Protein 4g	8%
Sodium:115mg	5%		
Vitamin A 10%	Vitamin C 6%	Calcium 3%	Iron 4%

			calone det.
Your Daily Val	uses may be righer seds.	in Rower's	in gnitrouge
April Citizue un			
YOUR CARONS AN Total Wat	Galonia		2.000

Gacones 2,000 2,200
Less than 65g 80g
Less than 20g 25g
Less than 300mg 300mg
Less than 300mg 370g
25g 30u

SMOOTHIE BOWLS

WHO NEEDS ICE CREAM FOR DESSERT? THIS COLD, SWEET TREAT IS SMOOTH, REFRESHING AND PACKED WITH FLAVOR. WITH SWEET FRUIT AND CRUNCHY TOPPINGS, THIS HEALTHY SMOOTHIE BOWL IS SURE TO CUT YOUR CRAVING. STILL MISSING THAT ICE CREAM? TRY COCONUT SHAVINGS FOR A REAL SUMMER TREAT!

INGREDIENTS:

1/2 cup 1% low-fat milk (or milk of your choice)

1 cup frozen blueberries

1 banana

TOPPINGS (OPTIONAL INGREDIENTS)

Fresh berries Coconut almond slices granola

- Add milk, frozen blueberries and banana to blender. Blend until smooth.
- 2. Pour into a bowl and top with desired toppings.
- 3. Eat with a spoon and enjoy!





NUMBER OF SERVINGS



SERVING SIZE

2 Cups



Nutrition	
Facts	

1 servings per container Serving size 2 Cups

Calories

240

Amount/serving		"N Dalily Value"	Amount/serving	% Daily Value
Total Fat 2.5g		3%	Total Carbohydrate 51g	199
Saturated Fat 1g		5%	Dietary Fiber 6g	219
Trans Fat 0g			Total Sugars 25g	
Cholesterol 5mg		2%	Includes 0g Added Sugars	.09
Sodium 100mg		4%	Protein 6g	129
Vitamin D 6.4mog	30%	· Calcium 429mg	35% • Iron 0.9mg	4%
Potassium 0mg	0%	Vitamin A	B% ● Vitamin C	40%

*The % Daily Value (DV) table you how much a nutrient as a serving of hood contributes to a daily det. 2,000 cationes a day in used for general nutrition advice.

