RECIPES

Banana Dog
1 banana, peeled
1 Tablespoon peanut butter
1 teaspoon honey
1 small whole wheat tortilla

Spread peanut butter and honey on tortilla. Place banana on tortilla. Fold or wrap and enjoy!

Bean & Cheese Quesadillas
1/2 cup canned black beans
1/4 cup low-fat cheese
2 Tablespoons salsa (or more as desired)
1 whole wheat tortilla

Place heated beans and cheese inside tortilla and fold over. Microwave for additional 30 seconds on high.

Fruit Smoothie
1 cup of your favorite unsweetened frozen fruits
1 tablespoon raw almonds
1 teaspoon honey
1 cup milk
Ice cubes (optional for thickness)

Add all contents together in a blender and puree until smooth. Quick and delicious!

Tropical Fruit Salad
1 mango, sliced
2 bananas, sliced
2 kiwi, sliced
3 tablespoons orange juice
1 tablespoon lemon juice

Mix mango, banana, and kiwi. Stir in Orange Juice and Lemon Juice. Sprinkle with coconut for a more tropical taste. Enjoy!

Apple Moons
1 apple, sliced
1 tablespoon peanut butter or almond butter
1/4 cup granola

Spread peanut butter on apple slices and dip in granola for a crunchy treat.

Choco-Mint Smoothie
1 1/2 scoops chocolate protein powder
1 c. milk
Peppermint extract, to taste (Start with less than 1/8 tsp., adding a few more drops as desired. This stuff is strong!)
5 ice cubes
2 large handfuls fresh spinach

Add all contents together in a blender and puree until smooth. Great tasting way to fit in 2 servings of vegetables!
Savory Waffles
2 whole grain waffles
1/4 teaspoon garlic powder
1/3 cup finely chopped pineapple
2/3 cup finely chopped mango
2 Tablespoons sliced green onion
1 Tablespoon seeded and finely chopped jalapeno pepper

In small bowl stir together pineapple, mango, green onion, jalapeno, lime juice and ginger.
Toast waffles. Remove from toaster and sprinkle with garlic powder. Cut into 4 wedges. Top with salsa.

Tomato Bites
3 tomatoes (large and firm)
8 oz low-fat cottage cheese
1/2 tsp. dried basil
1/8 tsp. black pepper
1/4 cup bread crumbs

Mix cottage cheese, basil, and pepper and spread onto tomato halves. Sprinkle with bread crumbs and spray with cooking spray.
Broil tomatoes for 10 minutes and serve!

Pumpkin Fluff
1 can (15 ounce) pumpkin (plain, not pumpkin pie mix)
1 box sugar free instant vanilla pudding (3.4 oz size)
1 box sugar free instant butterscotch pudding (3.4 oz size)
2 cups skim milk
1 teaspoon pumpkin pie spice

Mix together all ingredients and whisk or stir briskly for 30-60 seconds. Refrigerate. Eat plain or use as a dip for apples or crackers. Makes 8 servings.

Strawberry Crackerwiches
Saltine Crackers
Sliced Strawberries
Low fat cream cheese
Honey

Spread cream cheese on one side of cracker. Add strawberry slices and a drizzle of honey then top with another saltine.

Websites for more recipes:
http://studenthealth.uiowa.edu/recipes/snack-recipes
http://www.fruitsandveggiesmorematters.org
http://www.choosemyplate.gov/MyPlateOnCampus/Recipes.html
http://pinterest.com/MyPlateRecipes/food-group-fruits/
http://pinterest.com/MyPlateRecipes/food-group-veggies/