

# Recipes

## **Peanut Butter/Banana Coins**

Spread peanut butter or pea butter (if allergic to nuts) on a tortilla wraps. Place banana on one side and roll it up. Then slice the roll into 1/2inch coins to eat. Enjoy!

## **Fruit Kabobs**

On wooden skewers, place an assortment of fruit (grapes, watermelon, strawberries, oranges, pineapple) Serve for a snack or with lunch. Be careful skewers are sharp! Supervise! Serve with plain yogurt for dip.

## **Cheesy Stacks**

On a baking sheet, top whole grain crackers with grated cheddar, mozzarella, or your choice of cheese. Place in a 350 degree F oven until cheese is melted. Optional: after, top with finely chopped cucumber, green onions or salsa. Cool for a bit and serve!

## **Easy Pizza Muffins:**

Mix together 1/2 cup water, 1 tsp. sugar, 1 tbsp. yeast Let set for 5 minutes, then add : 1/2 cup water, 1/4 cup of oil, 2-3 cups of whole wheat flour as much as is needed to make a soft (not sticky) dough. Divide dough into 12 pieces and place in muffin tins, ensuring there is a small well in each.

In each well, place 1 tsp of tomato or pizza sauce, preferred toppings (ham, pineapple, mushrooms, onions, etc.)

Top with grated cheese. Bake at 350 degrees for 20 minutes. These freeze well also. Tasty!

## **Apple Cheese Melt:**

Toast a slice of raisin bread, arrange thin apple slices on top, and then place grated cheddar cheese on top. Microwave for 30 seconds until cheese is melted. (Or place bread and toppings on a cookie sheet and bake in the oven or toaster oven) Cool, cut and enjoy!

## **Milkshake for Monkeys**

Place 1 banana (fresh or frozen), 1 cup milk, and 2 tbsp. peanut butter (optional). Place all the ingredients in a blender, cover and process until smooth. Serves 2 little monkeys!

### **Homemade Macaroni and Cheese**

Cook and drain macaroni noodles. In another saucepan, prepare the sauce. Melt 3 tsp. of butter or margarine with 3 tbsp. of flour. Then whisk 1 cup of milk with the butter mixture until smooth. Next add 1 3/4 cup of light old cheddar cheese-grated. Whisk until cheese is melted...may have to add more milk if it is too thick. Add to noodles and serve! They may ask **for seconds...creamy delicious!**

### **French Toast**

Whisk together 2 eggs, 2 tbsp milk, 1 tsp cinnamon, 1 tsp vanilla

Dip 4 pieces of whole grain bread one at a time into the egg mixture. Cook over medium heat in a non-stick frying pan until the egg mixture is cooked.

Serve with fruit (bananas, berries) and maple syrup.

### **Banana Berry Blast Smoothie**

In a blender place 1/2 cup frozen unsweetened berries, 1 medium banana, 1/2 cup milk and 1/2 cup plain yogurt. Blend until smooth Delicious! Cheers!

### **Fruit Toast**

Toast a piece of whole grain bread, spread with a peanut butter or almond butter or pea butter. Arrange fruit, like raspberries, strawberries or bananas on top. Mmmm!