

FUN HEALTHY RECIPES



Banana Fruit Pops (Makes 6-8)

Ingredients:

4 bananas cut into chunks

1 and ¼ cups 100% fruit juice (choose favorite)

Directions:

Blend bananas and juice together. Divide among 6-8 paper cups. Place in freezer. When partially frozen place a popsicle stick in the center of each cup. Freeze until firm. Let stand for 5 minutes before removing cups and eating.



Creamy Fruit Shake (Makes 2)

Ingredients:

1 cup frozen whole strawberries, unsweetened

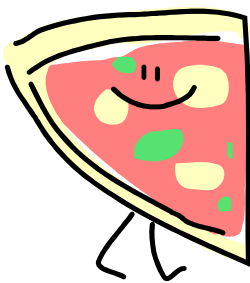
1 ripe banana

1 cup non-fat milk

½ tsp vanilla

Directions:

Place all of the ingredients in a blender on high speed until smooth. Pour 1 cup into a tall glass. Serve with a straw.



Veggie Snack Pizza (Makes 2)

Ingredients:

1 English muffin

1 ½ tablespoons low-fat cream cheese (try garlic or herb for variety)

½ cup frozen or fresh broccoli florets

¼ cup carrots, sliced

¼ cups tomatoes, diced

Directions:

Toast the English muffin. Spread the cream cheese, and then add the chopped veggies. You can try different veggie depending on your likes.