

HEALTHY RECIPES

Apple Nachos

Need:

- 2 large apples
- ¼ cup of your favorite nut butter or honey
- 2 tbsp of low-fat granola
- Cinnamon to sprinkle



Directions: Slice apples thin. Drizzle nut butter or honey over top. Add low-fat granola and cinnamon or toppings of your choice.

Optional Toppings: 1 tbsp of raisons, sunflower seeds or mini chocolate chips

1 Ingredient Banana Ice Cream

Need:

- 1 large banana
- Food processor or blender
- Rubber spatula

Directions: Slice banana and freeze pieces for two hours.

Add the slices into the food processor and blend until crumbly.

Scrape banana down with spatula.

Blend until banana reaches a smooth, creamy texture. Pour into a bowl and enjoy!

Top with cinnamon, granola, fruit, honey or cocoa powder



Healthy Heart Smoothie

Need:

- 1 cup of low-fat yogurt
- ½ a cup of frozen strawberries
- ½ a cup of frozen raspberries
- 1 frozen banana



Directions: Blend all the ingredients together until smooth. Pour and enjoy!

Strawberry Watermelon Smoothie

- 1 cup of fresh or frozen strawberries
- 2 cups of cubed watermelon
- 1 cup of low-fat yogurt
- 3-4 ice cubes

Directions: Blend all ingredients together until smooth, enjoy!

Serves three people, one serving of fruit each!



Easy Apple Oatmeal

Need:

- Crock pot
- Nonstick cooking spray
- 2 apples (chopped)
- 2 cups old fashioned oats
- 4 cups of water
- 1 tsp of cinnamon
- ½ cup of raisins



Directions: Spray crock pot with nonstick spray. Mix apples and cinnamon together in the crock pot. Add water and then add the oats. Cook on low for 8 hours. Serves 6-8!

Shamrock Mini Pizzas

Need:

- 1 whole grain english muffin
- 2 tbsp of shredded low-fat cheese
- 2 tbsp of tomato sauce
- 1 green bell pepper. Cut cross side



Directions: Top the english muffin with sauce and cheese. Add the pepper slice. Bake for 10-12 minutes at 350° or until cheese melts

Honey Fruit Dip

Need:

- 2 tbsp of honey
- ½ cup of greek yogurt
- Your favorite fruit



Directions: Mix honey and yogurt together then dip your favorite fruit!

Stick Salads

Need:

- Wood or plastic skewers
- Fresh, bite-sized fruits or vegetables
- Optional: cheese cubes, low-fat dressing or yogurt



Directions: Slide fruit, veggies and cheese onto a skewer in any order. Repeat until skewer is full. Leave room at the ends to hold the stick. Remove any sharp edges and serve

Combinations to try:

- Apple/ Cheddar/ Grape
- Spinach/ Mozzarella/ Strawberry
- Cucumber/ Pepper/ Tomato

Fruit Ice Cubes

Need:

- Fruit– the juicier, the better
- Bowls
- Masher
- Spoon
- Ice cube trays
- Freezer



Directions:

Place fruit in a bowl or bowls if using more than one fruit.

Mash the fruit until there is plenty of juice; spoon the juice and fruit into ice cube tray.

Freeze until solid. Place fruit cubes in a cup, fill with water, and enjoy!

Pumpkin Dip

Need:

- $\frac{3}{4}$ cup canned or fresh pumpkin
- 1 cup vanilla greek yogurt
- 2 tsp pumpkin pie spice



Directions: Mix ingredients together and enjoy. Serve with apples, pears, or graham crackers.