

A Sampling of Healthy Recipes for the Classroom

Fruit Smoothies

You'll need:

1/2 cup of fruit, such as peaches, bananas, pineapples, strawberries, berries or mangos, cut into small pieces
3/4 cup of non-fat yogurt
1 cup low-fat milk

Preparation:

Put all of the ingredients into a blender and puree them together until smooth. Add ice or frozen fruit if you want the drink to be cold. Bananas add thickness and creaminess.

This recipe serves 3-4 children, depending on the size of the portions served. Remember, we're eating SMALL! Multiply the recipe to serve the number of children who will be sampling.

If any children have milk allergies, try soy yogurt or soy or rice milk. Using 100% fruit juice instead of milk or yogurt offers a different consistency and flavor. Honey can be used to sweeten the smoothie. Adding peanut butter to a banana smoothie provides additional protein.

Mixed Berry Milk Shake

You'll need:

4 1/2 cups ice cubes
2 cups milk
1/3 cup honey
2 cups frozen mixed berries
1 teaspoon vanilla extract

Preparation:

Fill blender 3/4 full with ice cubes. Pour in the milk, honey, berries and vanilla. Blend until smooth. Enjoy!

This recipe serves 6-8 children, depending on the size of the portion. Multiply the ingredients to serve the number of children who are sampling.

Creamy Salsa Dip

You'll need:

1 cup mild salsa
1/2 cup light sour cream

Preparation:

Mix and serve with sliced chopped vegetables, like celery, carrots, broccoli, sweet peppers, etc.