



# *MHEL Cookbook*

*Volume 1.0*

# *Disclaimer*

*The recipes contained in this cookbook are not original to MHEL. These recipes have been gathered and assembled to be included in this cookbook. These recipes have been served at our centers.*

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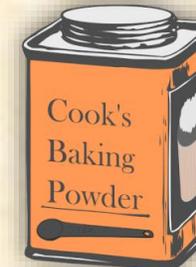
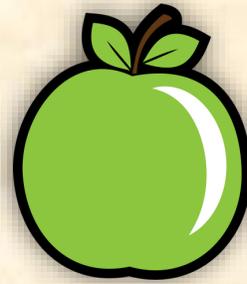
**MILE HIGH  
EARLY  
LEARNING**  
MONTESSORI INSPIRED

*BREAKFAST*

# Apple Jacked Pancakes (10 pancakes)

## Ingredients

1.  $\frac{1}{2}$  cup 1% milk
2. 3 whole eggs
3. 1 tablespoon vegetable oil
4.  $\frac{3}{4}$  cup unsweetened applesauce
5. 1  $\frac{1}{4}$  cups whole wheat flour
6. 2  $\frac{1}{2}$  teaspoons baking powder
7. 1 pinch salt
8. 2 tablespoons sugar
9.  $\frac{1}{4}$  teaspoon ground cinnamon
10. 3 cups diced granny smith apples



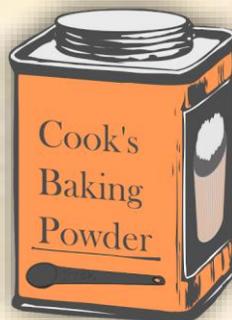
## Directions

1. Combine milk, eggs, oil, and applesauce.
2. Combine whole wheat flour, baking powder, salt, sugar, and cinnamon.
3. Combine dry ingredients with wet ingredients.
4. Cook pancakes on a griddle/pan.
5. Top pancakes with diced apples and serve.

# Baking Powder Biscuits (25 biscuits)

## Ingredients

1. 7 cups whole wheat flour
2.  $\frac{1}{2}$  cup instant nonfat dry milk
3. 2 tablespoons baking powder
4.  $\frac{3}{4}$  teaspoon salt
5. 2 cups sour cream
6. 1  $\frac{3}{4}$  cup water



## Directions

1. Set aside 2 cups of flour.
2. Combine remaining flour, dry milk, baking powder, and salt.
3. Add sour cream to flour mixture.
4. Add water to flour mixture.
5. Use remaining flour to prepare floured surface to knead and cut dough.
6. Bake at 400 F for 12-14 minutes.
7. Serve.

# Banana Bread Squares (25 pieces)

## Ingredients

1. **3 ¼ cups whole wheat flour**
2. **1 ¼ cups sugar**
3. **2 ½ teaspoons baking powder**
4. **½ teaspoon baking soda**
5. **½ teaspoon salt**
6. **½ cup whole eggs**
7. **¾ cup water**
8. **1 teaspoon vanilla extract**
9. **½ cup butter**
10. **1 ½ cups mashed bananas**



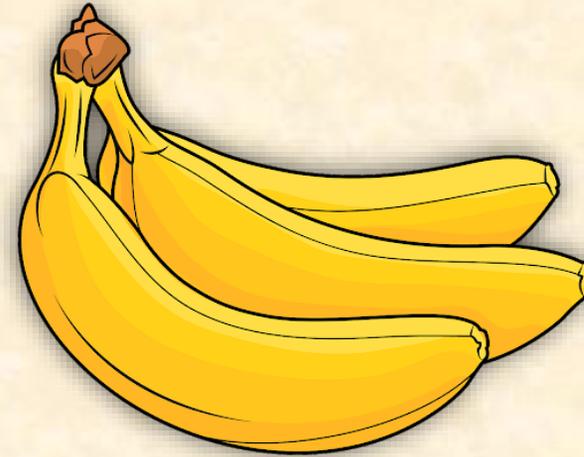
## Directions

1. **Mix flour, sugar, baking powder, baking soda, and salt.**
2. **Combine eggs, water, and vanilla extract in a separate bowl.**
3. **Add butter and egg mixture to dry ingredients.**
4. **Add mashed bananas.**
5. **Pour batter into baking dish.**
6. **Bake at 350 F for 35-45 minutes.**
7. **Serve.**

# Banana-Rama (4 portions)

## Ingredients

1. *2 English muffins*
2. *1 cup cottage cheese*
3. *3 bananas*
4. *1 teaspoon cinnamon*



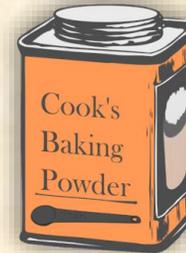
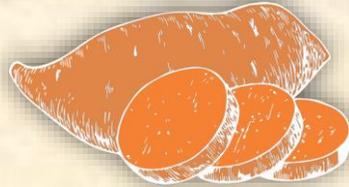
## Directions

1. *Toast English muffins in toaster.*
2. *Place 2 tablespoons of cottage cheese on each muffin half.*
3. *Arrange banana slices on top of muffin halves.*
4. *Sprinkle top of muffin halves with cinnamon.*
5. *Place in oven at 350 F until bananas and cheese are warm.*
6. *Serve.*

# Basketball Biscuits (6 biscuits)

## Ingredients

1. 2 small sweet potatoes
2.  $\frac{1}{4}$  cup whole wheat flour
3.  $\frac{1}{2}$  cup all purpose flour
4.  $\frac{1}{4}$  teaspoon baking powder
5. 1 tablespoon granulated sugar
6. 2 tablespoons baking soda
7. 1 tablespoon applesauce
8.  $\frac{1}{4}$  cup 1% milk
9.  $\frac{1}{2}$  tablespoon cinnamon



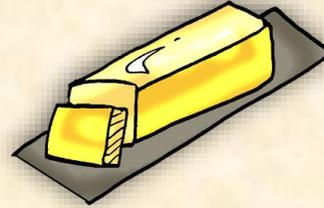
## Directions

1. Peel sweet potatoes.
2. Poke holes in sweet potatoes and microwave for 5-7 minutes.
3. Mash sweet potatoes and preheat oven to 400 degrees F.
4. Line cookie sheet with parchment paper.
5. Combine flour, baking powder, cinnamon, sugar, and baking soda.
6. Add applesauce, sweet potatoes, and milk to flour mixture.
7. Roll out dough to  $\frac{3}{4}$  inch thickness and cut with biscuit cutter.
8. Bake at 400 degrees F for 10-15 minutes, until golden.
9. Serve.

# Blueberry Muffin Squares (25 pieces)

## Ingredients

1. 1 ½ cups dry oats
2. 1 ¾ cups hot water
3. 2 ¾ cups all-purpose flour
4. 1 teaspoon baking soda
5. 1 teaspoon ground cinnamon
6. 1 teaspoon salt
7. ¼ cup butter
8. 1 cup brown sugar
9. 1 cup sugar
10. 1 ¼ teaspoons vanilla extract
11. 4 whole eggs
12. 2 tablespoons plain yogurt
13. 2 tablespoons applesauce
14. 3 cups frozen blueberries



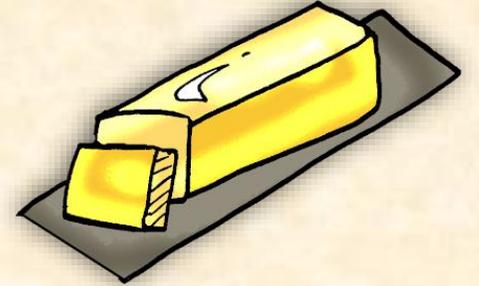
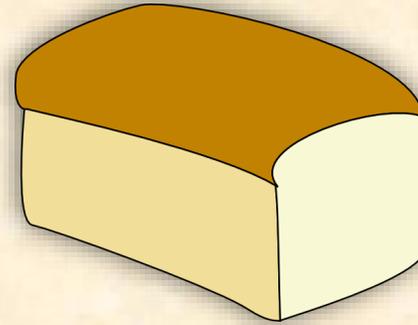
## Directions

1. Place oats in a bowl and pour hot water over them. Let stand for 20 minutes.
2. Combine flour, baking soda, cinnamon, and salt.
3. Combine butter, vanilla extract, whole eggs, yogurt, and applesauce.
4. Add oats to flour mixture.
5. Add butter mixture to flour mixture.
6. Pour into baking dish.
7. Sprinkle blueberries over poured batter.
8. Bake at 325 F for 45 minutes.
9. Serve.

# Fruity Toast (6 portions)

## Ingredients

1. 3 slices whole wheat bread
2.  $\frac{1}{4}$  cup cottage cheese
3. 3 cups sliced pears
4. 1 tbsp cinnamon
5.  $\frac{1}{2}$  tsp butter



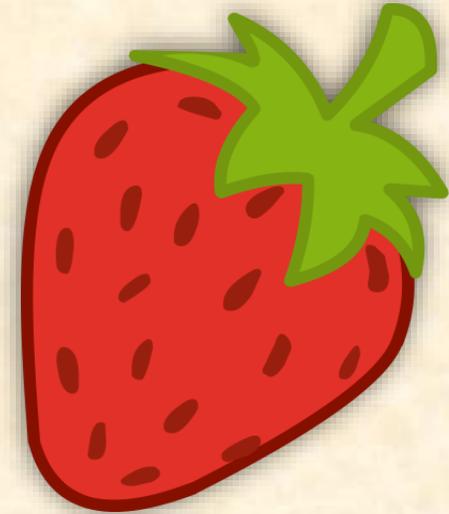
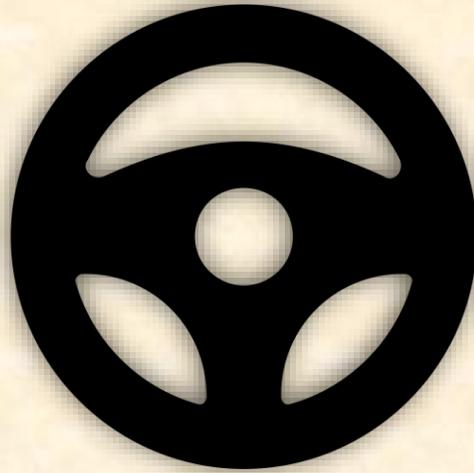
## Directions

1. Preheat oven to 375 degrees F.
2. Butter one side of each slice of bread and place face down in a baking pan.
3. Spoon cottage cheese on bread slices and sprinkle with cinnamon.
4. Bake until bread browns at the bottom (around 10 minutes).
5. Cut toast in half and top with sliced pears.
6. Serve.

# Fruity Wheels (6 portions)

## Ingredients

1. *3 English muffins*
2. *1 ½ cups cottage cheese*
3. *2 ½ cups sliced strawberries*



## Directions

1. *Toast English muffins.*
2. *Spread cottage cheese on the top of each English muffin half.*
3. *Top with sliced strawberries.*
4. *Serve.*

# Golden Porridge (6 portions)

## Ingredients

1. 1 cup rolled oats
2. 2 cups 1% milk
3. ½ tablespoon ground cinnamon
4. 1 teaspoon vanilla extract
5. 2 tsp brown sugar



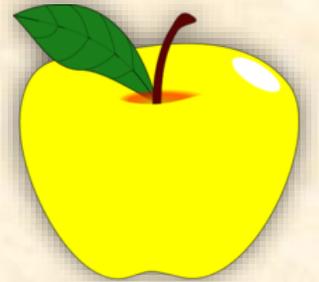
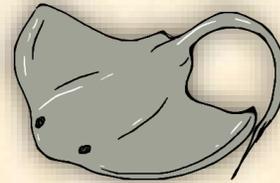
## Directions

1. Bring milk to a boil in a large saucepan.
2. Add oats and cinnamon to milk.
3. Reduce heat and simmer for 5-10 minutes or until mixture has thickened.
4. Remove from heat and mix in brown sugar and vanilla.
5. Serve.

# Golden Rays (10 portions)

## Ingredients

1. 1  $\frac{3}{4}$  cups dry oats
2. 3  $\frac{1}{4}$  cups 1% milk
3. 2  $\frac{1}{2}$  teaspoons ground cinnamon
4. 1  $\frac{1}{2}$  teaspoons vanilla extract
5. 1 tablespoons brown sugar
6. 2  $\frac{1}{2}$  cups diced golden delicious apples



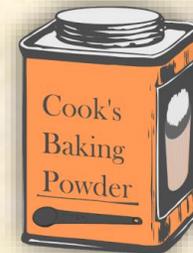
## Directions

1. Bring milk to a boil in a large saucepan.
2. Add dry oats and cinnamon into milk.
3. Add diced apples to mixture, reduce heat and simmer for 5-10 minutes or until mixture has thickened.
4. Remove from heat and mix in brown sugar and vanilla extract.
5. Serve.

# Johnny Applesauce Pancakes (6 pancakes)

## Ingredients

1.  $\frac{1}{4}$  cup 1% milk
2. 2 whole eggs
3. 1 tablespoon canola oil
4.  $\frac{1}{2}$  cup applesauce
5.  $\frac{3}{4}$  cup whole wheat flour
6.  $\frac{1}{2}$  tablespoon baking powder
7.  $\frac{1}{4}$  teaspoon salt
8. 1 tablespoon sugar
9. 1 pinch cinnamon



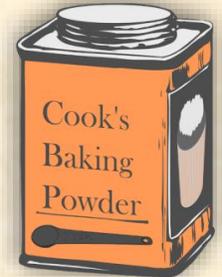
## Directions

1. Combine milk, eggs, oil, and applesauce.
2. Combine flour, baking powder, salt, sugar, and cinnamon.
3. Mix dry ingredients with wet ingredients.
4. Cook on griddle/pan.
5. Serve.

# Mega Muffins (12 muffins)

## Ingredients

1.  $\frac{1}{2}$  cup 1% milk
2.  $\frac{1}{4}$  cup vegetable oil
3. 1 whole egg
4.  $\frac{1}{4}$  cup sugar
5. 1  $\frac{1}{2}$  cups dry oats
6.  $\frac{1}{2}$  cup all-purpose flour
7.  $\frac{1}{2}$  cup whole-wheat flour
8.  $\frac{1}{4}$  cup brown sugar
9. 1 tablespoon baking powder
10. 1 teaspoon salt



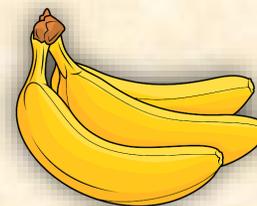
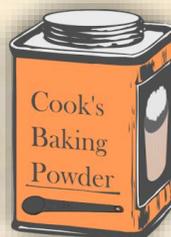
## Directions

1. Preheat oven to 400 F.
2. Combine milk, oil, egg, and sugar.
3. Combine oats, all-purpose flour, whole-wheat flour, brown sugar, baking powder, and salt.
4. Add egg mixture to dry ingredient mixture.
5. Pour batter into pre-greased muffin tins.
6. Bake at 400 F for 15-18 minutes.
7. Serve.

# Oatmeal Muffin Squares (25 pieces)

## Ingredients

1. **1  $\frac{3}{4}$  cups whole-wheat flour**
2. **1  $\frac{3}{4}$  cups all-purpose flour**
3. **2  $\frac{3}{4}$  cups dry oats**
4. **2 teaspoons baking powder**
5. **1  $\frac{1}{2}$  teaspoons baking soda**
6. **2 teaspoons ground cinnamon**
7.  **$\frac{1}{2}$  teaspoon salt**
8.  **$\frac{1}{2}$  cup whole eggs**
9.  **$\frac{1}{2}$  cup granulated sugar**
10. **2  $\frac{1}{4}$  cups mashed bananas**
11. **1  $\frac{1}{2}$  cups plain yogurt**
12. **1 tablespoon vanilla extract**
13. **1  $\frac{1}{4}$  cups blueberries**



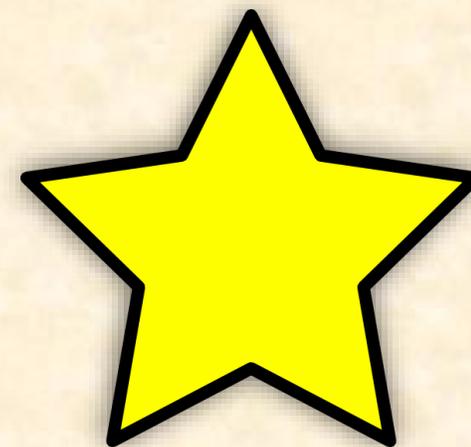
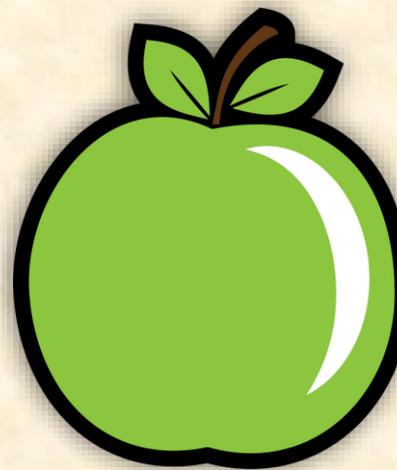
## Directions

1. **Combine flour, oats, baking powder, baking soda, cinnamon, and salt.**
2. **Combine eggs, sugar, mashed bananas, yogurt, and vanilla extract in a separate bowl.**
3. **Combine egg mixture with flour mixture.**
4. **Add blueberries to batter mixture.**
5. **Pour batter into baking pans.**
6. **Bake at 375 degrees F for 45 minutes.**
7. **Serve.**

# Superstar Breakfast (5 portions)

## Ingredients

1. 1 cup dry couscous
2. 1 cup 1% milk
3.  $\frac{3}{4}$  cup diced granny smith apples
4. 1 teaspoon ground cinnamon



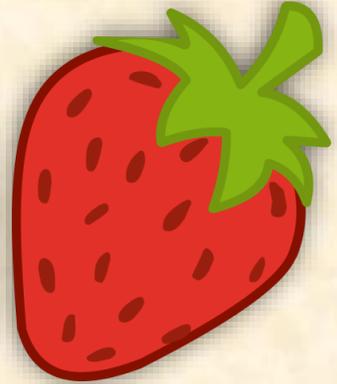
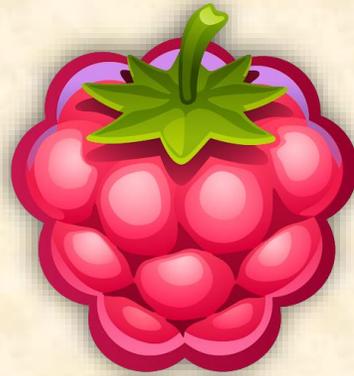
## Directions

1. Combine milk and cinnamon in a large saucepan.
2. Bring milk mixture to a boil.
3. Add couscous and sliced apples.
4. Cover saucepan and remove from heat.
5. Let sit for 5 minutes.
6. Serve.

# Very Merry Berries (6 portions)

## Ingredients

1. 1 cup rolled oats
2. ½ cup vanilla yogurt
3. ¼ cup 1% milk
4. 1 cup sliced strawberries
5. 1 cup blueberries
6. 1 cup raspberries



## Directions

1. Combine oats, yogurt, and milk.
2. Cover and refrigerate overnight.
3. Add berries and serve.

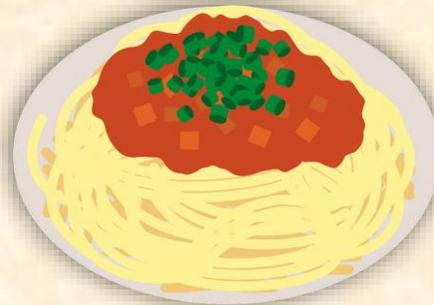


*Lunch*

# Cheesy Spaghetti Bake (6 portions)

## Ingredients

1. 1 cup dry whole wheat spaghetti
2. ¼ cup 1% milk
3. ¼ teaspoon salt
4. 10 ounces ground turkey
5. ½ diced onion
6. 1 cup spaghetti sauce
7. ¼ cup mozzarella cheese
8. 1 tablespoon oregano



## Directions

1. Preheat oven to 350 degrees F.
2. Grease a baking dish.
3. Cook spaghetti and drain.
4. Combine milk, egg, salt.
5. Add the spaghetti, oregano, and half the mozzarella cheese.
6. Transfer to the greased baking dish.
7. Brown turkey and diced onion.
8. Add spaghetti sauce to turkey and onion mixture.
9. Pour turkey and onion mixture over spaghetti mixture.
10. Bake for 20 minutes.
11. Sprinkle remaining cheese on top and serve.

# Chicken Jambalaya (7 portions)

## Ingredients

1. 1 pound chicken breast
2. 1 celery stalk
3. ½ diced onion
4. ½ diced green onion bunch
5. 1 diced green bell pepper
6. 1 ½ cups diced tomatoes
7. 1 cup dry brown rice
8. 3 cups water
9. 1 chicken bouillon cube
10. ½ bay leaf
11. 1 ¼ teaspoons cayenne pepper



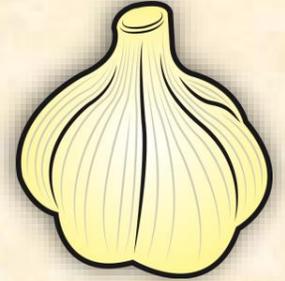
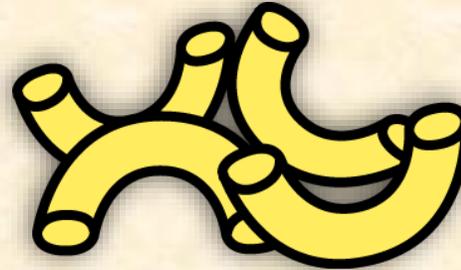
## Directions

1. Cut chicken into 1-inch chunks.
2. Brown chicken over medium heat.
3. Add celery, onion, green onion, green bell pepper, and tomatoes to a pot and cook over medium heat for 10 minutes.
4. Add chicken to pot with rice, water, bouillon, bay leaf, and cayenne pepper.
5. Bring to a boil.
6. Cover, reduce heat, and simmer for around 50 minutes.
7. Serve.

# Macaroni Mess (6 portions)

## Ingredients

1.  $\frac{1}{2}$  tablespoon vegetable oil
2.  $\frac{1}{2}$  cup diced onions
3.  $\frac{1}{2}$  garlic clove
4. 2 cups cooked ground turkey
5. 1  $\frac{1}{2}$  cups water
6.  $\frac{3}{4}$  cup 1% milk
7.  $\frac{3}{4}$  cup cream of mushroom soup
8. 1 cup dry elbow macaroni
9.  $\frac{1}{4}$  teaspoon black pepper
10.  $\frac{3}{4}$  cup corn flakes
11.  $\frac{1}{4}$  teaspoon garlic powder



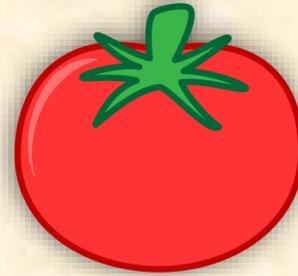
## Directions

1. Sauté onions and garlic.
2. Add ground turkey, water, milk, cream of mushroom soup.
3. Bring to a boil.
4. Add elbow macaroni and black pepper.
5. Cover pan, reduce heat to low, and cook for 10-15 minutes.
6. Crush corn flakes and garlic powder together.
7. Top macaroni mixture with corn flake mixture.
8. Serve.

# Mario's Meal (6 portions)

## Ingredients

1. 1 cup whole wheat rotini
2.  $\frac{3}{4}$  tablespoon olive oil
3.  $\frac{1}{2}$  cup sliced cherry tomatoes
4.  $\frac{1}{4}$  cup diced onions
5.  $\frac{3}{4}$  teaspoon dried parsley
6.  $\frac{1}{4}$  tablespoon dried basil
7. 2 tablespoons parmesan cheese
8.  $\frac{1}{2}$  cup cubed chicken breast



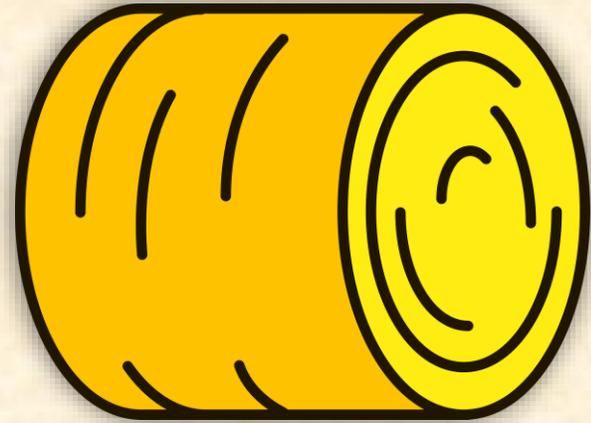
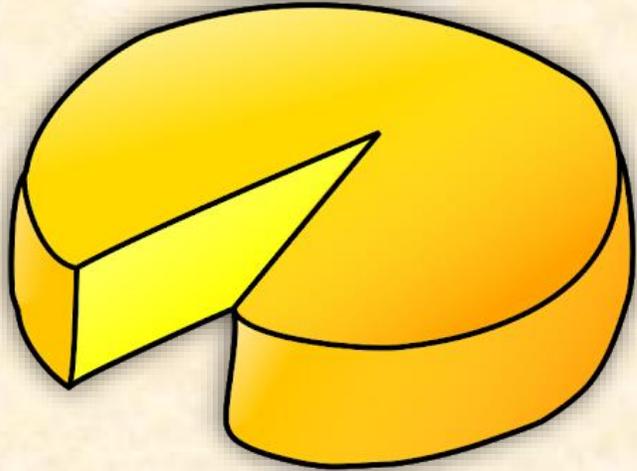
## Directions

1. Sauté vegetables and spices.
2. Remove vegetables and sauté chicken.
3. Cook rotini pasta.
4. Combine rotini pasta, sauteed vegetables, and chicken.
5. Drizzle with parmesan cheese and olive oil.
6. Serve.

# Mexican Haystacks (5 portions)

## Ingredients

1. *1 ¼ cups pinto beans*
2. *¾ cup enchilada sauce*
3. *1 ¼ cups cooked brown rice*
4. *½ cup shredded cheddar cheese*



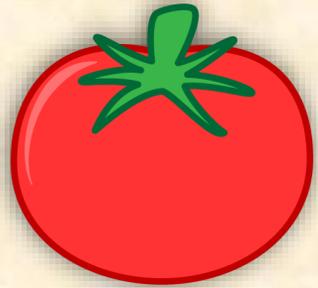
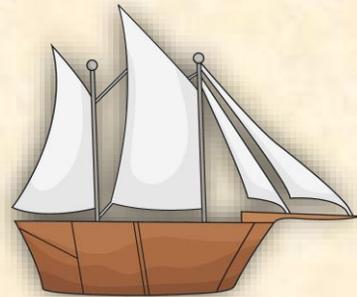
## Directions

1. *Combine pinto beans, enchilada sauce, brown rice, and cheddar cheese.*
2. *Heat until hot.*
3. *Serve.*

# Shipwreck Pie (6 portions)

## Ingredients

1.  $\frac{1}{2}$  pound ground turkey
2.  $\frac{1}{4}$  cup pinto beans
3.  $\frac{1}{2}$  cup diced onions
4.  $\frac{1}{2}$  cup diced red bell peppers
5. 1 cup diced zucchini squash
6.  $\frac{3}{4}$  cup tomato paste
7.  $\frac{3}{4}$  cup brown rice
8.  $\frac{1}{2}$  cup water



## Directions

1. Preheat oven to 350 degrees F.
2. Sauté turkey and onions over medium heat.
3. Spray casserole dish with cooking spray
4. Layer ground turkey and onion, rice, red bell peppers, zucchini squash, and pinto beans.
5. Combine tomato paste and water and pour over mixture.
6. Bake covered for 1  $\frac{1}{2}$  hours.
7. Serve.

# Sloppy Sammies (6 portions)

## Ingredients

1.  $\frac{1}{4}$  cup diced onions
2.  $\frac{3}{4}$  cup diced green bell peppers
3. 1 pound ground turkey
4.  $\frac{1}{2}$  cup tomato sauce
5.  $\frac{3}{4}$  cup diced tomatoes
6.  $\frac{1}{4}$  cup BBQ sauce
7. 3 whole wheat hamburger buns



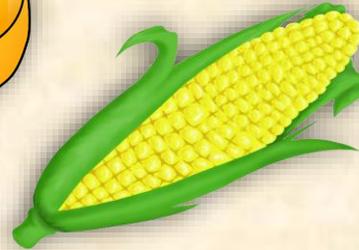
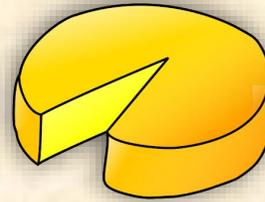
## Directions

1. Sauté onions, green bell peppers, and ground turkey for ~ 5 minutes.
2. Add tomato sauce, diced tomatoes, and BBQ sauce.
3. Bring mixture to a boil.
4. Reduce heat and simmer for ~ 10 minutes.
5. Serve.

# Tasty Taquitos (6 portions)

## Ingredients

1.  $\frac{1}{2}$  cup prepared salsa
2. 1 cup cooked chicken breast
3.  $\frac{1}{4}$  cup yellow corn
4. 2 tablespoons diced green onion
5.  $\frac{1}{4}$  cup diced green bell peppers
6.  $\frac{1}{4}$  cup shredded cheddar cheese
7.  $\frac{3}{4}$  cup black beans
8. 1 teaspoon vegetable oil
9. 1 tablespoon black pepper
10. 6 whole wheat tortillas



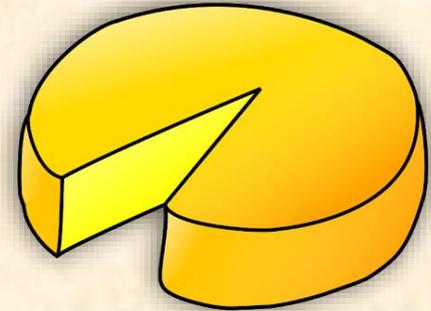
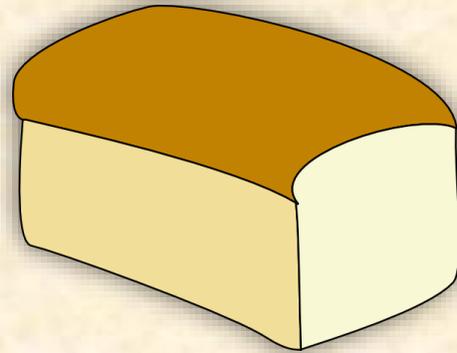
## Directions

1. Preheat oven to 425 degrees F.
2. Combine salsa, diced chicken, yellow corn, green onion, green bell pepper, black beans, black pepper, and Monterey jack cheese.
3. Soften tortillas on skillet and spoon filling onto center of tortilla.
4. Roll up tortilla and place a toothpick in the center.
5. Place tortillas roll side down in the oven and brush with oil.
6. Bake for 15-20 minutes.
7. Serve.

# Turkey and Cheese Sandwiches (5 portions)

## Ingredients

1. 5 whole wheat bread slices
2. 5 ounces deli turkey
3. ½ cup cheddar cheese



## Directions

1. Form sandwiches with whole wheat bread slices, turkey, and mozzarella cheese.
2. Heat on skillet until cheese has melted.
3. Serve.

# Turkey Wraps (5 portions)

## Ingredients

1. 5 whole wheat tortillas
2. 5 ounces deli turkey
3. ½ cup mozzarella cheese



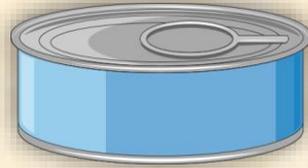
## Directions

1. Heat tortilla on skillet.
2. Add mozzarella cheese and turkey.
3. Fold and serve once cheese has melted.
4. Serve.

# Twisted Tuna (7 portions)

## Ingredients

1. 18 ounces canned tuna
2. 1 cup frozen peas
3. ½ cup diced onions
4. ½ cup diced celery
5. 2 tablespoons plain yogurt
6. ½ teaspoon black pepper
7. 7 whole wheat tortillas



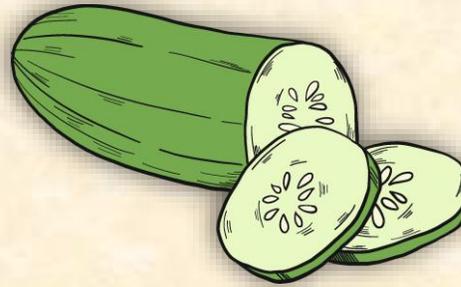
## Directions

1. Drain tuna.
2. Cook peas until soft.
3. Combine tuna, celery, onions, peas, yogurt, and black pepper.
4. Scoop ½ cup tuna mixture onto tortillas.
5. Serve.

# Underwater Wheels (6 portions)

## Ingredients

1. 6 whole wheat tortillas
2. 1  $\frac{3}{4}$  cups sliced cucumbers
3. 2 tbsp soy sauce
4.  $\frac{1}{2}$  cup white rice
5. 9 ounces sliced turkey



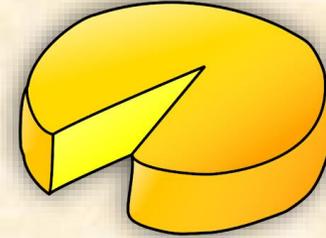
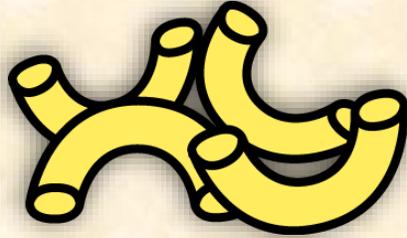
## Directions

1. Cook white rice.
2. Warm tortillas in microwave or on pan.
3. Top tortillas with white rice, soy sauce, and sliced turkey.
4. Serve with cucumbers on the side.

# "Use Your Noodle" Bake (6 servings)

## Ingredients

1.  $\frac{3}{4}$  cup macaroni noodles
2. 1 cup evaporated milk
3. 1 whole egg
4.  $\frac{1}{4}$  teaspoon black pepper
5. 2 tablespoons mozzarella cheese
6.  $\frac{1}{4}$  cup cheddar cheese
7. 2 cups sliced tomatoes
8.  $\frac{1}{2}$  cup diced onions
9. 2 tablespoon parmesan cheese



## Directions

1. Cook macaroni noodles.
2. Spray casserole dish with non-stick cooking spray.
3. Preheat oven to 350 degrees F.
4. Combine onions, tomatoes, macaroni, evaporated milk, mozzarella cheese, and cheddar cheese.
5. Transfer mixture into casserole dish.
6. Sprinkle parmesan cheese on top.
7. Bake for 25 minutes.
8. Serve.

# Wild Cowboy Stew (6 portions)

## Ingredients

1.  $\frac{1}{2}$  pound ground turkey breast
2. 1 cup baked beans
3.  $\frac{1}{2}$  cup kidney beans
4.  $\frac{1}{2}$  cup diced onion
5. 6 tablespoons brown sugar
6.  $\frac{1}{2}$  cup diced tomatoes
7. 1 tablespoon dry mustard
8.  $\frac{1}{2}$  cup diced celery
9. 1 teaspoon apple cider vinegar



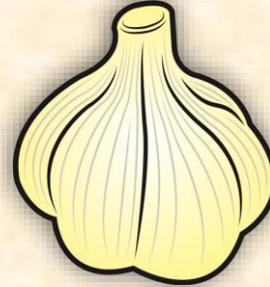
## Directions

1. Brown turkey over medium heat.
2. Combine all ingredients and place in a pot.
3. Cover and cook on high for one hour.
4. Serve.

# Zucchini Lasagna (5 portions)

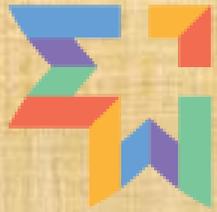
## Ingredients

1.  $\frac{1}{2}$  cup mozzarella cheese
2. 1 cup cottage cheese
3.  $\frac{1}{4}$  cup tomato paste
4. 1 cup tomato sauce
5. 1 teaspoon dried oregano
6. 1 teaspoon dried basil
7.  $\frac{1}{2}$  cup diced onions
8. 1 teaspoon minced garlic
9.  $\frac{1}{4}$  teaspoon black pepper
10. 1  $\frac{1}{2}$  cups sliced zucchini
11. 5 lasagna noodle sheets



## Directions

1. Preheat oven to 350 degrees F.
2. Set half of mozzarella cheese aside.
3. Combine remaining mozzarella cheese, cottage cheese, tomato paste, tomato sauce, basil, onions, garlic, and black pepper.
4. Form layers with lasagna noodles, cheesy tomato sauce, and zucchini slices.
5. Top with mozzarella cheese.
6. Wrap with foil and bake for ~ 45 minutes.
7. Serve.



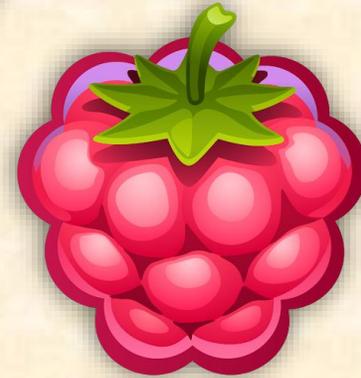
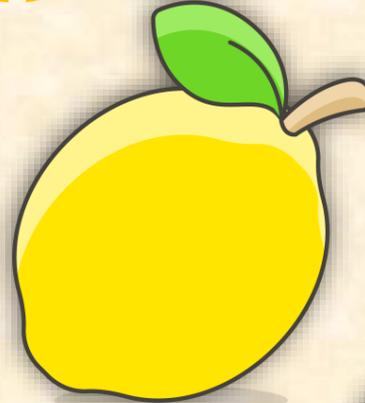
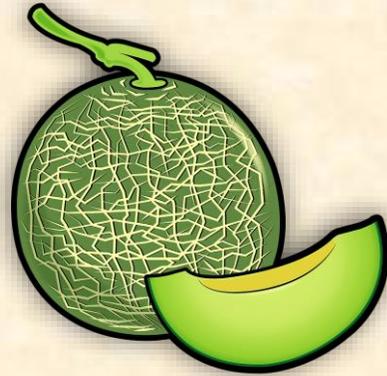
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EARLY  
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MONTESSORI INSPIRED

*Snack*

# Abby Cadabby Salsa (7 portions)

## Ingredients

1. 1 cup diced strawberries
2.  $\frac{3}{4}$  cup diced raspberries
3. 3 tablespoons lemon juice
4. 1 diced granny smith apple
5. 1 cup diced honeydew melon



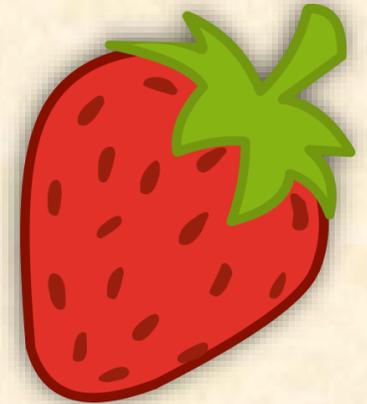
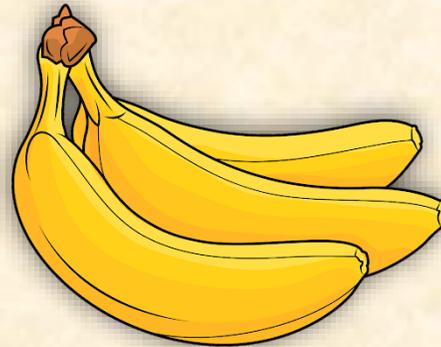
## Directions

1. Mix all ingredients together in a bowl.
2. Serve with crackers.

# Banana Splitz (10 portions)

## Ingredients

1. *5 sliced bananas*
2. *2 ½ cups vanilla yogurt*
3. *1 ¼ cups sliced strawberries*
4. *1 ¼ cups pineapple chunks*



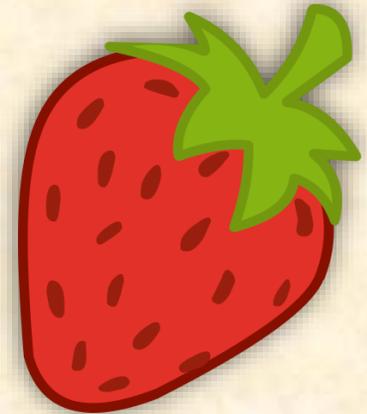
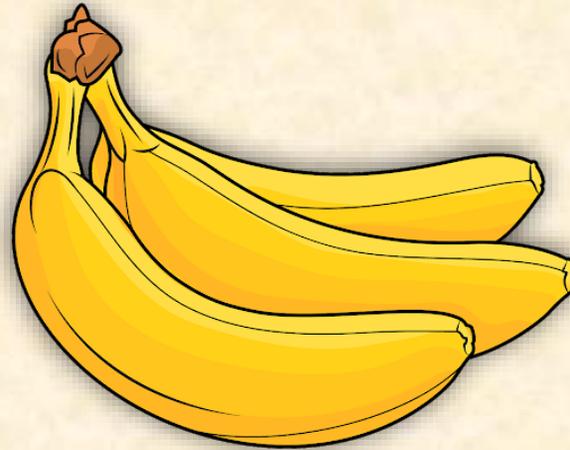
## Directions

1. *Mix all ingredients together in a bowl.*
2. *Serve.*

# Berry Banana Split (6 portions)

## Ingredients

1. *3 sliced bananas*
2. *1 ½ cups vanilla yogurt*
3. *1 cup sliced strawberries*



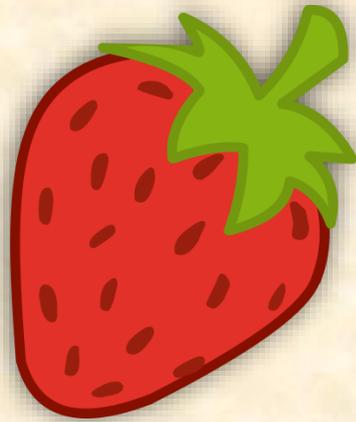
## Directions

1. *Combine sliced bananas, vanilla yogurt, and sliced strawberries.*
2. *Serve.*

# Berry Jams (10 portions)

## Ingredients

1. 5 English muffins
2.  $\frac{1}{2}$  cup sunflower butter
3. 3 cups sliced strawberries
4. 2  $\frac{1}{2}$  cups blueberries



## Directions

1. Slice English muffins in half and spread sunflower butter on the halves.
2. Mix strawberries and blueberries together.
3. Serve English muffins halves with berry mixture on top.

# Blueberry Parfait (4 portions)

## Ingredients

1. 1 cup plain yogurt
2. 2 cups blueberries
3. 4 tablespoons crushed graham crackers



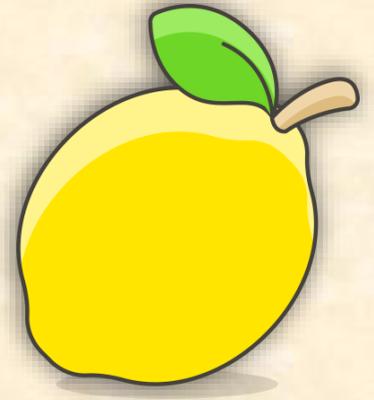
## Directions

1. Heat blueberries in a saucepan until compote has formed.
2. Let compote cool before mixing with yogurt.
3. Serve with crushed graham cracker on top.

# Elmo's Strawberry Surprise (4 portions)

## Ingredients

1. 2 cups strawberries
2. 1 cup plain Greek yogurt
3.  $\frac{3}{4}$  teaspoon lemon juice
4.  $\frac{1}{2}$  teaspoon vanilla extract



## Directions

1. Puree strawberries and lemon juice together.
2. Combine strawberry puree, plain Greek yogurt, and vanilla extract.
3. Serve.

# Fruit-astic Salsa (6 portions)

## Ingredients

1. 1 cup diced canned peaches
2. ½ cup diced mango
3. 1 ½ cups diced strawberries
4. 1 teaspoon granulated sugar



## Directions

1. Mix all ingredients together in a bowl.
2. Serve with crackers.

# Fruit Towers (6 portions)

## Ingredients

1. 1 granny smith apple
2. 1 orange
3. 1 pear



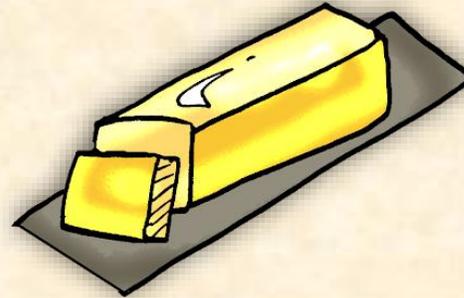
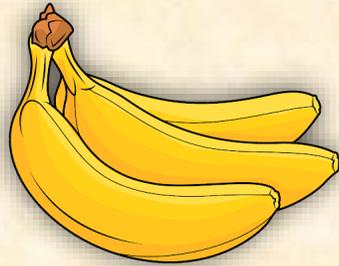
## Directions

1. Dice all fruit and combine.
2. Serve with crackers.

# Monkey Snacks (6 portions)

## Ingredients

1. 3 cups sliced bananas
2. ½ cup water
3. 1 tablespoon butter
4. ½ tablespoon cinnamon



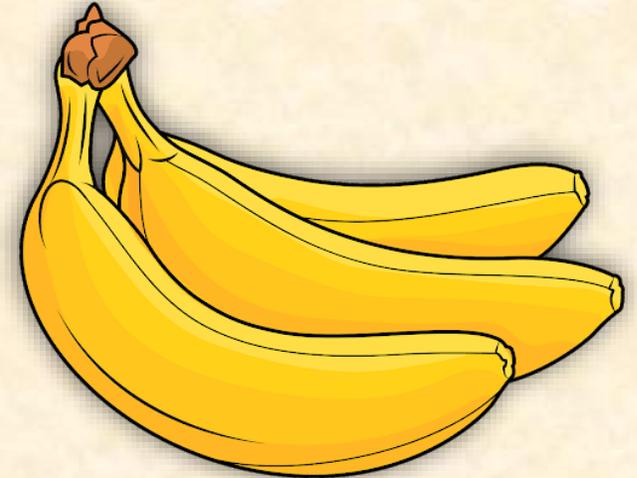
## Directions

1. Preheat oven to 350 degrees F.
2. Bring water to a boil.
3. Remove from heat and stir in butter and cinnamon.
4. Place sliced bananas in a casserole dish and drizzle sauce over bananas.
5. Bake for 12 minutes.
6. Serve with crackers.

# Parfait Perfection (10 portions)

## Ingredients

1. 10 sliced bananas
2. 2  $\frac{3}{4}$  cups vanilla yogurt
3. 2  $\frac{1}{2}$  cups Cheerios



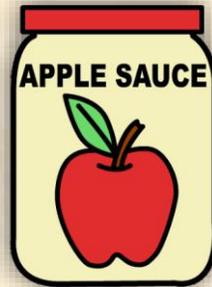
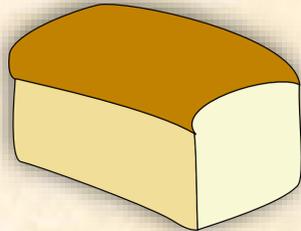
## Directions

1. Mix bananas and vanilla yogurt together.
2. Serve with Cheerios on top.

# Sandbox Surprise (6 portions)

## Ingredients

1. 4 slices whole wheat bread
2. ½ cup applesauce
3. 2 cups diced granny smith apples
4. 3 beaten eggs
5. 1 ½ cups 1% milk
6. 2 tablespoons vanilla extract
7. 1 teaspoon ground cinnamon



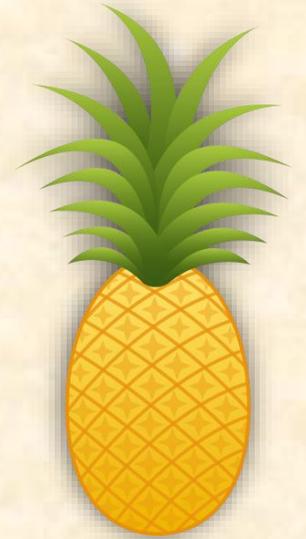
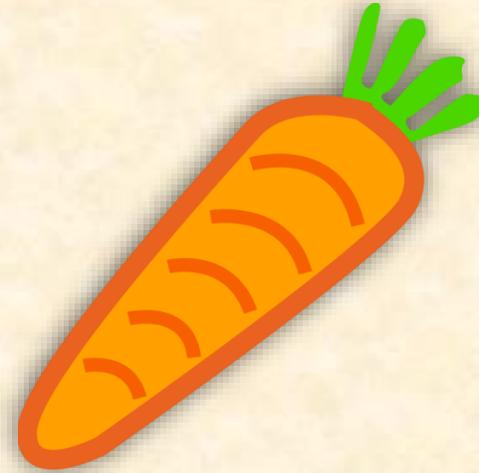
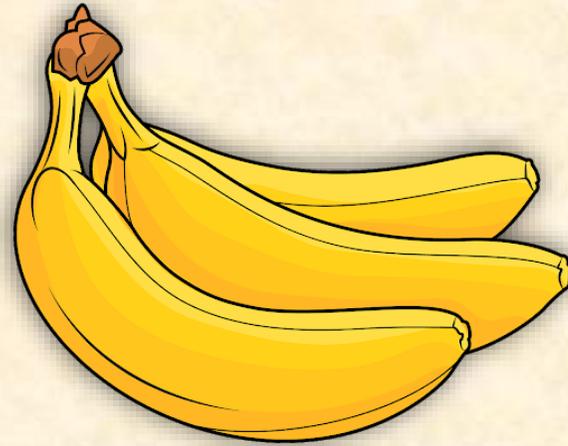
## Directions

1. Preheat oven to 350 degrees F.
2. Spray a casserole dish with cooking spray.
3. Cube sliced bread and place at the bottom of the casserole dish.
4. Mix all other ingredients together and pour over bread cubes.
5. Cover with plastic wrap and refrigerate for 30 minutes.
6. Bake uncovered for 1 hour to 1 hour & 30 minutes.
7. Serve.

# Sunshine Smoothie (6 portions)

## Ingredients

1. *1 ½ cups canned pineapple*
2. *½ cup diced cooked carrots*
3. *1 banana*
4. *1 cup crushed ice*
5. *1 ½ cups plain yogurt*



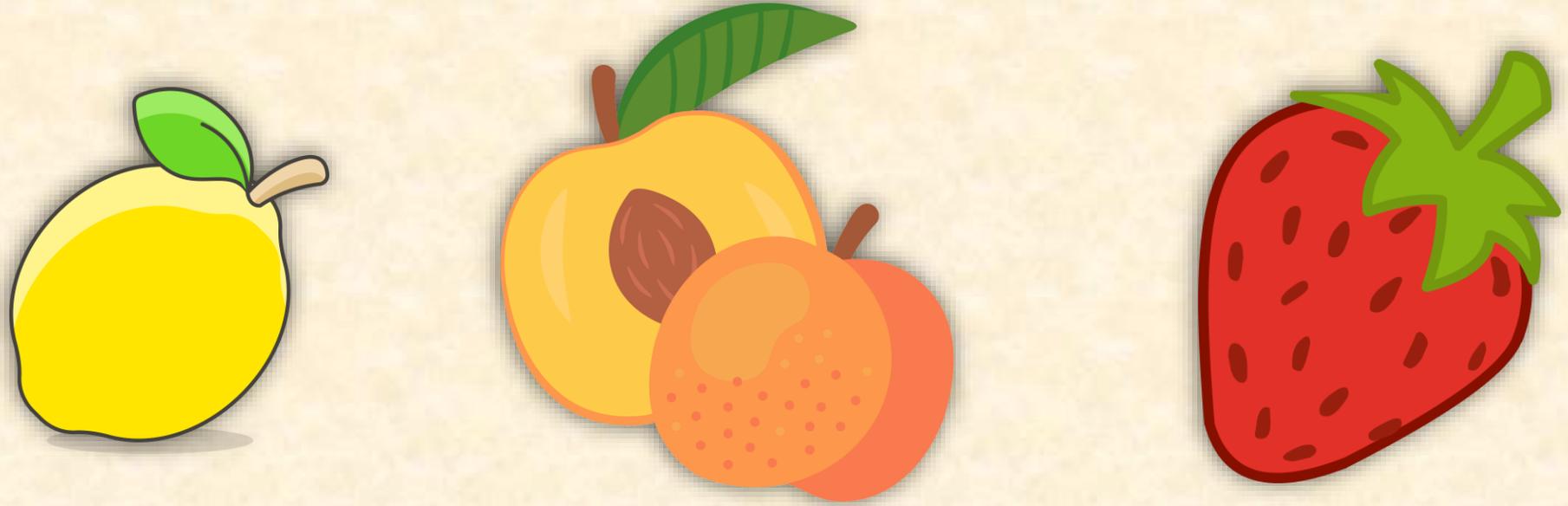
## Directions

1. Blend all ingredients together.
2. Serve.

# Super Drink (6 portions)

## Ingredients

1. 2 cups sliced strawberries
2. 1 cup canned peaches
3. 2 cups plain yogurt
4. 1 tablespoon lemon juice
5. ¼ cup sliced bananas



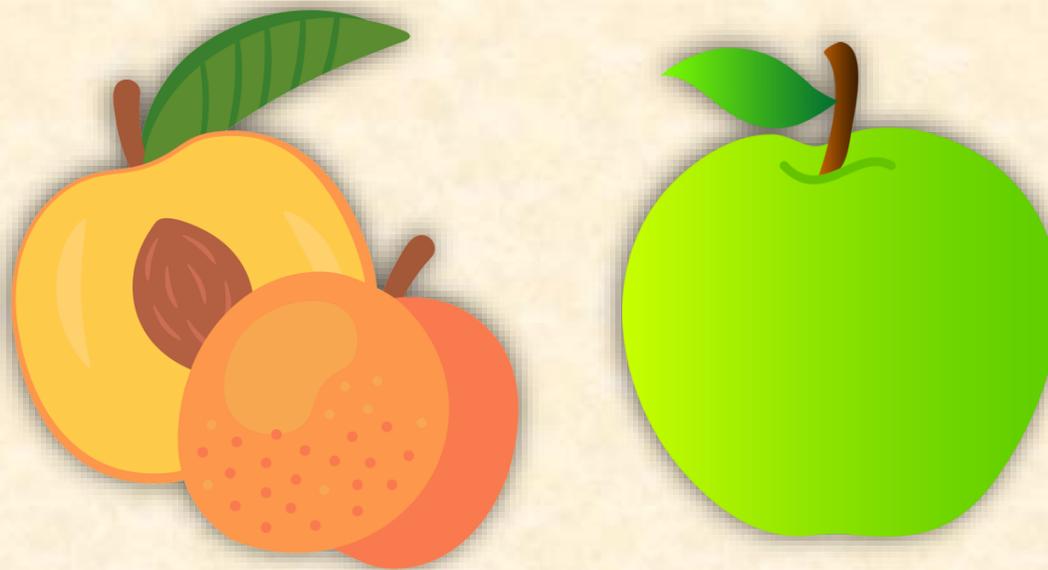
## Directions

1. Blend all ingredients together.
2. Serve.

# Tootie Fruity Chip Dip (6 portions)

## Ingredients

1. **3 cups diced granny smith apples**
2. **1 tablespoon brown sugar**
3. **2 cups diced canned peaches**
4. **½ teaspoon ground cinnamon**



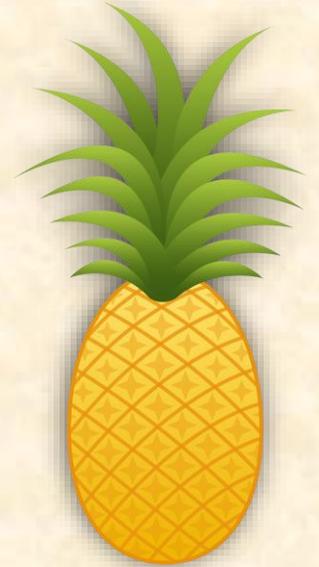
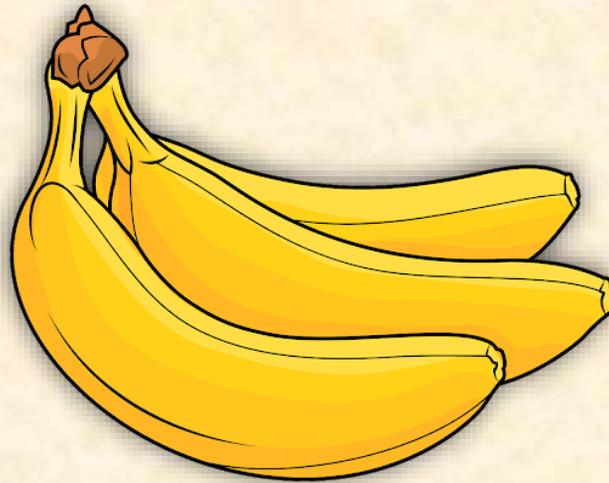
## Directions

1. **Combine ingredients in a bowl.**
2. **Serve with crackers.**

# Wintery Mix (8 portions)

## Ingredients

1. 2 cups canned diced peaches
2. 1 ½ cups canned pineapple chunks
3. 2 sliced bananas



## Directions

1. Combine ingredients in a bowl.
2. Serve with crackers.