

Blueberry Banana Smoothie

Ingredients:

2 cups fresh blueberries
1 banana, small
1 cup skim milk
1 cup yogurt, plain, non-fat
1 Tablespoon honey

Preparation:

1. Wash blueberries under cold running water.
2. Place blueberries, banana, milk and yogurt in a blender. Cover.
3. Blend ingredients until smooth.
4. Serve in a glass with a few blueberries for garnish.

Makes 4 servings

Nutritional analysis (per serving): 130 calories, 6 g protein, 0 g fat, 0 g saturated fat, 29 g carbohydrate, 2 g fiber, 65 mg sodium, 0 mg cholesterol.

Strawberry Cheese Tart

Ingredients:

Crust:

1 cup graham cracker crumbs
3 tablespoons Splenda
4 tablespoons light margarine, melted

Filling:

6 oz cream cheese, reduced fat
¼ cup plain, fat-free yogurt
1 cup Splenda
½ cup egg substitute
1 cup strawberries* *If you do not have fresh berries available, use unsweetened frozen berries.

Preparation:

1. Preheat oven to 350 degrees.
2. Slice strawberries.
3. Stir crust ingredients together in a small mixing bowl until well blended.
4. Line 12 muffin cups with paper liners. Press 1 tablespoon of crust mix into each lined cup.
5. Place cream cheese in another mixing bowl and beat with an electric mixer until soft. Add yogurt and beat until smooth for approximately one minute.
6. Add Splenda and egg substitute. Mix well until blended.
7. Divide strawberries and put on top of crust in each individual muffin liner.
8. Pour cheese filling on top of strawberries, evenly divided among the 12 muffin cups.
9. Bake 15 to 20 minutes or until firm to the touch. Chill for approximately 2 hours before serving.

Nutritional analysis (per serving): 109 calories, 4 g protein, 5 g fat, 2 g saturated fat, 11 g carbohydrate, 8 g cholesterol, 182 mg sodium, 48 mg calcium.



A recipe from "Having Fun in the Kitchen"
Waco-McLennan County WIC Program, 2010

Hot Chocolate Mix

Ingredients:

2 cups Nonfat Dry Milk
1/3 cup cocoa
2/3 cup sugar
Dash of salt

Preparation:

1. Combine all ingredients and store in an airtight container.
2. To use, put ¼ cup mix in coffee mug.
3. Gradually stir ¾ cup hot (not boiling) water into mix.
4. Sprinkle cinnamon or marshmallows on top.

Makes 6 servings, 1 cup per serving.

Nutritional analysis (per serving): 90 calories, 4 g protein, 0 g fat, 0 g saturated fat, 18 g carbohydrate, 0 g fiber, 2 mg cholesterol, 90 mg sodium, 140 mg calcium.

S'mores Smoothie

Ingredients:

4 graham crackers
¾ cup fat free or low-fat milk
1 Tablespoon chocolate syrup
1 Tablespoon marshmallow fluff

Preparation:

1. Crush graham crackers in a sandwich bag.
2. Place all ingredients together in blender and blend.
3. Save a few cracker crumbs to sprinkle on the top for garnish.
4. Serve cold.

Makes 1 serving, ¾ cup of milk per serving.

Nutritional analysis (per serving): 270 calories, 8 g protein, 3 g fat, 0.5 g saturated fat, 53 g carbohydrate, 1 g fiber, 230 mg sodium, 250 mg calcium.*

**Nutrition figures based on using fat free milk.*



*A recipe from "Having Fun in the Kitchen"
Waco-McLennan County WIC Program, 2010*