

# RECIPES TO GROW ON

## **Breakfast Parfait** (6 servings)

2 cups canned fruit, drained, chopped      1 1/2 cup low fat vanilla yogurt  
1 cup frozen berries, thawed                  1/2 cup granola  
2 bananas, peeled and sliced

In 6 glasses or bowls, layer fruit. Spread yogurt over fruit. Sprinkle top with granola.

Nutrition Facts (per serving): Calories 180 ~ fat 3g ~ calories from fat 25 ~ sodium 50 mg ~ total carbohydrate 36 g ~ fiber 4 g

## **Fruit 'N' Yogurt Breakfast Shake** (2 servings)

1 very ripe, medium banana, peeled                  1/2 cup low fat vanilla yogurt  
3/4 cup pineapple juice                                  1/2 cup strawberries, remove stem and rinse

Blend banana with pineapple juice, yogurt and strawberries in a blender. Blend until smooth. Divide shake between 2 glasses and serve immediately.

Nutrition Facts (per serving): Calories 150 ~ fat 1 g ~ calories from fat 10 ~ sodium 45 mg ~ total carbohydrate 32 g ~ fiber 2 g

## **Vegetable Dipping Sauce** (4 servings)

1/4 cup plain nonfat yogurt                                  2 tsp. honey  
1/4 cup light sour cream                                      2 tsp. spicy brown mustard

Mix together all ingredients. Good with carrot sticks, broccoli, cauliflower, tomatoes or any of your favorite fresh vegetables.

Nutrition Facts (per serving): Calories 40 ~ fat 1.5 g ~ calories from fat 15 ~ sodium 25 mg ~ total carbohydrate 5 g ~ fiber 0 g

## **Broccoli Soup** (6 servings)

2 Tbsp. margarine    2 cups shredded low fat cheese  
1 onion, small, chopped fine                                  1 can (14.5 oz.) fat free, reduced sodium chicken broth  
3 Tbsp. flour    1 1/2 cups water  
1/8 tsp. pepper    1 cup cooked broccoli, chopped  
2 cups skim milk (or 2/3 cup                                  Paprika  
powdered milk+2 cups water)

Melt butter in 3-quart saucepan over low heat. Add onion and cook until lightly browned. Remove from heat. Stir in flour and pepper. Add milk gradually, stirring constantly. Cook until thickened. Add cheese and stir until melted. Remove from heat. Dissolve bouillon cubes in hot water. Stir into cheese mixture. Add chopped broccoli. Heat to serving temperature. Sprinkle with paprika, if desired.

Nutrition Facts (per serving): Calories 160 ~ fat 6 g ~ calories from fat 60 ~ sodium 470 mg ~ total carbohydrate 11 g ~ fiber 1 g

**Delicious Pops** (24 popsicles)

1 1/2 packages unflavored gelatin	1 1/2 cups cold water
1 1/2 cups boiling water	6 cups vanilla low fat yogurt
3 cans (6 oz.) frozen juice concentrate (orange, apple, grape, etc.)	24 (4 - 5 oz.) paper or plastic cups
	24 popsicle sticks

Dissolve gelatin in the boiling water. Add the rest of the ingredients and stir to blend. Spoon mixture into cups. Insert popsicle stick in middle of each cup. Freeze 4 hours or overnight.  
 Nutrition Facts (per serving): Calories 110 ~ fat 1 g ~ calories from fat 5 ~ sodium 65 mg ~ total carbohydrate 22 g ~ fiber 0 g

**Cheese and Ham Spread** (4 servings)

2 cups shredded low fat cheddar cheese	1/3 cup plain yogurt
1 can (2 1/4 oz.) deviled ham	1 Tbsp. grated onion

In a large mixing bowl, beat together cheese and ham until smooth. Add yogurt and onion, continue beating until creamy. Serve immediately or refrigerate until served. Use as a spread for crackers or sandwiches.

Nutrition Facts (per serving): Calories 150 ~ fat 8 g ~ calories from fat 70 ~ sodium 480 mg ~ total carbohydrate 4 g ~ fiber 0 g

**Rice Pudding** (8 servings)

2 Tbsp margarine	1/4 cup sugar
1 cup rice, uncooked	1/4 tsp. salt (optional)
3/4 cup water	1 tsp. vanilla extract
1 quart fat free milk	1 tsp. cinnamon (optional)

Melt margarine in a large saucepan over low heat. Add rice and water bringing rice to a boil. Cook until all water is absorbed. Stir to avoid sticking. Add milk, sugar, salt, vanilla and cinnamon to rice mixture. Reduce heat to low and simmer for 30 – 40 minutes, stirring occasionally until milk is absorbed and rice is soft. Serve warm.

Nutrition Facts (per serving): Calories 170 ~ fat 3 g ~ calories from fat 25 ~ sodium 90 mg ~ total carbohydrate 30 g ~ fiber 0 g



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