

April Recipes Nutrition Note



Blueberry Oat Pancakes

- 1 cup rolled oats
- ½ cup cottage cheese
- 2 large eggs
- 1 tsp vanilla
- 1 cup blueberries
- Cooking spray



Mix all ingredients except blueberries until smooth. Gently fold in blueberries. Coat skillet with cooking spray and heat. Spoon batter onto skillet. Cook until bubbles form and flip. Cook until golden.

(adapted from <http://www.health.com/health/recipe/0,,10000001991442,00.html>)

Yogurt Pops 1 cup vanilla yogurt

- 1 medium banana
- 1 cup frozen mixed berries
- 1 tbsp honey

Blend all ingredients well. Divide evenly into paper cups. Cover with aluminum foil piercing the foil to insert a popsicle stick into each cup. Freeze and serve.



(adapted from <https://www.superhealthykids.com/frozen-yogurt-pops/>)

Loaded Scrambled Eggs



- 1 red onion
- 1 bell pepper
- 1 tbsp olive oil
- Pinch of salt and pepper
- 8 large eggs beaten
- ¾ cup grated cheddar
- 1 cup halved cherry tomatoes
- 1/3 cup finely chopped parsley

Heat oil in skillet. Cook onion, pepper and salt over medium heat until tender. Add the eggs and continue to cook while stirring frequently. When eggs are nearly complete add cheddar. Stir until cheese is melted. Remove from heat and add tomatoes.

(adapted from <https://www.realsimple.com/food-recipes/browse-all-recipes/loaded-scrambled-eggs>)

Additional Ideas!



(adapted from <https://www.upliftingmayhem.com/25-fun-and-healthy-snacks-for-kids/>)

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Spring into Healthy Eating!

Spring into healthy eating this season by filling half your plate with fruits and veggies. It's easy to add fruits and veggies to the meals you're already making! Breakfast is the perfect time for fruit. Try topping your cereal with bananas or berries. Lunchtime make a colorful salad with a variety of veggies. At dinner, try dishes that include fruit and veggies like kebobs with peppers and pineapple, or a veggie pizza. Fruits and vegetables make great snacks and desserts: keep a bowl of fruit in the refrigerator or on a table or countertop. Your family can grab and go!