

# June Recipe and Nutrition Box



## Fun Summer Recipes!

### Easy Breakfast Yogurt Popsicles



#### Ingredients

- 1 Cup Greek Yogurt
- 1/2 Cup Milk
- 2 teaspoons Honey
- 1/2 Cup Granola
- 1 Cup Berries/chopped Fruits

#### Instructions

Mix together the milk, yogurt and 1 tsp of the honey. Divide the mixture between your popsicle molds. Place a few berries into each mould. Mix the last teaspoon of honey with the granola (you can place the honey in the microwave for 10sec if you are struggling to mix it) and top the yogurt with a little granola mixture. Place a wooden ice cream stick into each mold and place the popsicles into the freezer for at least 4 hours before consuming. To remove the popsicles, run the mold under a little hot water until they come loose.

Recipe adapted from: <https://www.iheartnaptime.net/breakfast-popsicles/>

### Strawberry Oatmeal Bars

#### Ingredients

- 1 cup rolled oats
- 3/4 cup all-purpose flour
- 1/2 cup light brown sugar
- Pinch of salt
- 1/2 teaspoon ground ginger
- 8 tablespoons unsalted butter, melted
- 1 teaspoon cornstarch
- 2 cup strawberries, small-diced
- 2 tablespoon lemon juice
- 1 tablespoon granulated sugar, for sprinkle



## Instructions

- Preheat oven to 375 degrees. Line an 8x8 inch baking pan with parchment paper
- In a large mixing bowl, mix together the oats, all-purpose flour, light brown sugar, ginger and salt
- Pour into the melted butter and mix until all of the oats are moistened, and the mixture is thoroughly combined
- Reserve ½ cup of the oat mixture
- Press the remaining oat mixture into prepared baking pan
- Spread the strawberry on top of the oat mixture, then sprinkle the cornstarch evenly over the top, sprinkle lemon juice and granulated sugar
- Reserved ½ cup oat mixture, crumble this over the strawberry on top
- Bake for 25-30 minutes, until the crumbs look golden
- Allow to cool completely before cutting into bars

Recipe adapted from: <http://yummiestfood.com/healthy-breakfast-strawberry-oatmeal-bars-recipe/>

## Fruit Bagel



<https://www.number-2-pencil.com/bagel-fruit-pizzas/>



## Mango Pineapple Smoothie Bowl

[www.bakerita.com/mango-pineapple-smoothie-bowl/](http://www.bakerita.com/mango-pineapple-smoothie-bowl/)

## Muffin Egg Cups



<https://www.superhealthykids.com/breakfast-egg-cups-recipe/>

## Nutrition Note – June 2018

### Summer Time Fun!

With summer approaching we all long for the warmth, sunshine and the fresh outdoors. However, sun rays can cause ailments such as dry skin, dry hair, and eye damage. Some vitamins and minerals can counteract these negative effects such as, the nutrients found in tasty and nutritious foods such as berries, tomatoes, sweet bell peppers, fish and lean meats. The berries and tomatoes are a rich source of antioxidants. The lean meats and fish provide a great source of protein. Additionally, drink lots of water to keep your body well hydrated. An abundance of these edible delights can help prevent or alleviate the adverse effects of sun rays on your body so that you can enjoy all that summer has to offer.