

# November

## Recipe and Nutrition Box

### Strawberry Banana Breakfast Quesadillas

#### Ingredients

- Whole grain tortillas
- Bananas
- Strawberries
- Natural peanut butter (substitute with yogurt when allergies)
- 1/8 teaspoon of cinnamon



#### Directions

Spread peanut butter/yogurt on tortilla, top with fruit and fold tortilla in half creating a half circle. Lightly fry on a griddle to brown sides of tortilla and melt ingredients within. Let cool before serving.

Adapted from: <http://www.ambitiouskitchen.com/2012/06/peanut-butter-strawberry-banana-quesadillas/>

### Colorful Frozen Yogurt Bark

#### Ingredients

- Variety of fruit
- Granola
- Plain or vanilla yogurt



#### Directions

Spread yogurt out across a cookie sheet. Sprinkle desired fruit and granola over the top of the yogurt. Place cookie sheet in the freezer before serving break frozen yogurt/berries into small individual pieces.

Adapted from: <https://www.naturalbeachliving.com/frozen-yogurt-bark-recipe/>

### Yogurt Filled Raspberries

#### Ingredients

- Raspberries
- Yogurt
- Plastic sandwich baggie or piping bag with tip



#### Directions

Wash raspberries. Fill each raspberry center with yogurt using piping bag or a sandwich baggie with the corner cut out.

Recipe retrieved from: <https://healthylittlefoodies.com/yogurt-filled-raspberries/>

## Strawberry Mango Smoothie

### Ingredients

For strawberry layer:

- Strawberries (fresh or frozen) yogurt, honey and orange juice

For the mango layer:

- Mango (Fresh or frozen), orange juice, water,



### Directions

This smoothie requires that you make the strawberry and mango parts separately. First mix the mango ingredients (mango, orange juice, water) in a blender and fill bottom half of cups.

Next mix the strawberry ingredients (strawberries, yogurt, honey, orange juice) pour the strawberry layer on top of the mango layer creating a two toned effect. Serve up and enjoy!

Adapted From: <http://bakerbynature.com/strawberry-mango-smoothie/>

## Healthy Breakfast Tarts/Mini Pizzas

### Ingredients

- 1 ½ cups Old Fashioned Oats
- 4 tablespoons of coconut oil melted
- ¼ cup honey
- 1 tsp of vanilla extract
- ½ tsp of ground cinnamon
- 2 cups of yogurt
- 4 cups of mixed fruit for topping



### Directions

Mix oats, honey, oil, vanilla, and cinnamon in a mixing bowl. Press the mixture into mini tart pans or create on large pizza shape that can later be cut into slices. Bake at 325 for 15-17 mins. The shell will puff up in the oven so after taking it out, press the sides and middle down with a spoon to create an indent. After allowing to cool, scoop yogurt into mini tarts or spread yogurt out over pizza crust and top with fruit.

Adapted from: <https://www.jessicagavin.com/breakfast-granola-fruit-tart-yogurt/>

Nutrition Note – November 2017

### Making Fruits Fun and Exciting!

There's no doubt about it, most children enjoy fruits, especially ones that are not available all year round in Newfoundland and Labrador, like clementines, strawberries, pineapple, and others. However, it is important to remember that like anything, fruits can get boring if served the same way all the time. We want to ensure that children eat as much fruit and vegetables as possible throughout the day and breakfast or snack time at your KES Club can help meet these nutritional goals. On occasion, make your fruits fun and exciting by serving them in ways you may not always do. It may take a little more time, but the children will love it. This month we've shared many ideas on how you can do this, from making yummy fruit smoothies, to fun frozen yogurt bark and delicious banana strawberry quesadillas! We hope that you will take the time to try a new fun fruit recipe this month.