



Great Breakfast Treats **Blueberry Berry Crunchy Smoothie**

Serves 2

- 3/4 cup unflavored soymilk, chilled
- 1/2 cup crushed ice
- 1/4 cup plain low-fat yogurt
- 1/4 cup blueberries
- 1 tablespoon natural granola
- 2 tablespoons natural sugar
- 1 teaspoon vanilla extract

Place ingredients in blender and blend until smooth.
Grams: 230
Calories: 102
Protein: 5 gms
Carb: 15
Sugar: 10
Fiber: 3
Fat: 3
Sodium: 37 mg

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Egg-Citing Cheese Breakfast Pita Pocket

Serves 2

- 1 small whole grain pita pocket (cut in half)
- 1 scrambled or boiled egg
- 1 teaspoon margarine
- 1 ounce low fat or soy cheese

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Melt the butter in the pan until it begins to bubble. Pour in your lightly beaten eggs. They should take no more than 2 to 3 minutes to cook to the soft/firm stage. This should be the last item you do for breakfast. Serve immediately, although they do set well. Put it inside of warm pita. Top it with cheese (heat in skillet or microwave for 1 minute or until cheese melt if preferred)

Grams: 90
Calories: 212
Protein: 14
Carb: 17
Sugar 1
Fiber: 2
Fat: 11
Sodium: 400

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Terrific Homemade Lunches **Tasty Taco Salad**

Serves 6

- 1 pound ground turkey
- 1/2 cup chopped onions
- 1/2 teaspoon o sea salt
- 1/2 teaspoon black pepper
- 1 head green lettuce
- 1 tomato, chopped
- 9 ounces natural taco chips

Place ground turkey in skillet. Add salt, pepper, onion and brown. Place 9 ounces taco chips on plate and cover with ground turkey. Place chopped tomato and lettuce
Optional: Top with low fat cheese or soy cheese and serve.

Grams: 230
Calories: 387
Protein: 16
Carb: 29
Sugar 1
Fiber: 3
Fat: 22
Sodium: 429

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Chicken Salad Surprise

Serves 8

- 20 ounces shredded or chopped chicken
- 1/2 cup peeled delicious red apple, diced
- 1 cup red grapes, chopped
- 1/2 cup onions, finely chopped
- 1/2 cup low fat mayonnaise
- 1/2 teaspoon red pepper
- 1/2 teaspoon sea salt

Combine chicken, red apple, grapes. Toss and let set for 3 minutes. Add remaining ingredients to chicken mixture and toss until well mixed. Cover and place into refrigerator until cool.

- Grams: 130
- Calories: 216
- Protein: 18
- Carb: 9
- Sugar 5
- Fiber: 1
- Fat: 12
- Sodium: 398

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Healthy Snacks Kids Enjoy **Baked Lemon Pepper Wings**

Serves 24

- 1 (48 ounce bag) chicken wings (3 pounds)
- 1 small lemon
- 1/2 teaspoon red pepper
- 1 teaspoon salt

Bake at 350 for 45 minutes. Place seasoned wings on a cookie sheet covered with foil. Place wings in a large bowl. Soften lemon and squeeze juice on wings. Sprinkle pepper and salt over wings. Toss well and place wings on oil cookie sheet. Remove pan from stove after 25 minutes and drain juice and turn wings. Place back in the oven and cook for another 20 minutes or until crisp. Remove from stove and allow to cool slightly before eating.

1 serving = 2 buffalo wings

- Grams: 60
- Calories: 118
- Protein: 13
- Carb: 4
- Sugar: 3
- Fiber: 1
- Fat: 6
- Sodium: 496

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Celery & Craisins Butter

Serves 4 (2 pieces each)

- 8- (4 inches long) pieces celery
- 2 tablespoons natural peanut butter & cashew butter
- 1/2 teaspoon honey
- 1/2 cup Craisins

Cream butter and honey together. Fill in carrot grooves and sprinkle on craisins. Serve immediately or chill if desired.

- Grams: 32
- Calories: 101
- Protein: 2
- Carb: 15
- Sugar: 13
- Fiber: 1
- Fat: 4
- Sodium: 44

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Delightful Desserts **Jelly Cake Surprise**

Serves 16

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|---------------------------------|--------------------------------|
| 1 stick soy margarine, softened | 2 teaspoons baking powder |
| 1/2 cup natural sugar | 1/2 cup soy milk |
| 2 eggs | 2 tablespoons oil |
| 1 teaspoon vanilla | 1 tablespoon flour |
| 1 1/2 cup all purpose flour | 1 cup natural or organic jelly |

Pour oil in 9-inch cast iron skillet. Dust with flour and set aside. Preheat Oven to 350 degrees . Use whisk to blend soy margarine and sugar. With a mixer set on medium speed blend eggs into margarine mixer, adding one at a time, blending well. Add vanilla extract and beat well. Add flour and milk to batter, alternating , beginning and ending with flour. Pour prepared batter skillet and bake for 30 minutes. Remove from oven and place on a wire rack to cool. Using a piece of thread or knife gently cut cake horizontally. Place half of the jelly on the bottom half of cake. Place the top layer of half on bottom layer. Using the other half of jelly spread on the top of cake.

Grams: 62	Sugar 19
Calories: 188	Fiber: 1
Protein: 4	Fat: 6
Carb: 31	Sodium: 92

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Watergate Salad

Serves 6

- 1 (4-ounce) sugar free pistachio flavor instant pie filling
- 1 (20 ounce) can crushed pineapple
- 1/2 cup unsweetened coconut
- 1/2 cup pecans, chopped
- 1 1/2 cup Lite Cool Whip

Pour pineapples into medium bowl, add instant pie filling and mix well. Add coconut Makes and chopped pecans and stir well. Fold in whip cream. Chill for 30 minutes and serve.

Grams: 148
Calories: 249
Protein: 1
Carb: 34
Sugar: 15
Fiber: 3
Fat: 12
Sodium:

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