

Foods Kids Love to Make and Eat!

Low-fat Fruit Smoothie

- 2 ice cubes
- 1 cup low fat (1%) milk
- 1/3 cup low-fat yogurt
- 2/3 cup fresh or frozen fruit (strawberries, peaches or blueberries are good choices)
- 1 ½ teaspoon sugar
- 1 teaspoon vanilla extract

Pour all ingredients into a blender and blend until smooth (45-60 seconds). Pour smoothie into a glass and enjoy!
(Makes one smoothie)

Mini Vegetable Pizzas

- 1 bagel, cut in half
- Tomato sauce
- Low-fat (part skim) mozzarella cheese, shredded
- Vegetable toppings (such as diced green pepper, chopped onions, chopped tomato)
- Seasonings (such as oregano, pepper, basil)

Set the oven to low heat. Spread tomato sauce onto each bagel half. Sprinkle shredded cheese over the tomato sauce. Gently press the vegetables on top of the cheese. Lightly sprinkle with seasonings. Place both bagel halves on a baking sheet and bake in oven on low heat for 5 to 8 minutes (or until cheese is bubbly). Remove from oven and let cool for 1 minute. Enjoy! (Makes 2 servings)

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Low-Fat Yogurt Pops

- One 8oz container low-fat yogurt (your favorite flavor)

Pour yogurt into small Dixie cups, filling almost to the top. Stretch a small piece of plastic wrap across the top of each cup. With a Popsicle stick, poke a hole in the plastic wrap and stand the stick straight up in the center of the cup. Place the cups in the freezer until the yogurt is frozen (1 to 2 hours). Remove plastic wrap, peel away paper cup and enjoy your pop!

Baked Chicken Fingers with Honey Sauce

Chicken Fingers:

- 12 ounces of skinless, boneless chicken breast halves
- 2 beaten egg whites
- 1 tablespoon honey
- 2 cups cornflakes, crushed
- ¼ teaspoon pepper

Sauce:

- ¼ cup honey
- 4 teaspoon Dijon style mustard
- ¼ teaspoon garlic powder

Cut chicken into strips about 3” long and ¾” wide. In a small mixing bowl, combine egg whites and 1 tablespoon honey. In another mixing bowl, combine crushed cornflakes and pepper. Dip each chicken strip into the egg mixture and then roll in crumb mixture to coat. Place chicken strips on an ungreased baking sheet in a single layer. Bake strips in oven at 450° until no longer pink in the center (11 to 13 minutes). While chicken is baking, place sauce ingredients in a small bowl and stir until well mixed. (Makes 4 servings)