

*Wellness Committee
Snack of the Month*

FLUFFY PEANUT BUTTER DIP

*1 cup vanilla Greek yogurt
1 cup creamy peanut butter*

*Whip both ingredient's together, dip and
enjoy!*



*It's apple season and the
easiest way to get kids to
eat fruit is if they have
dip! Head to your
favorite farm, farmers
market or grocery store
and grab some fresh
Michigan apples.*

*It's okay if you don't have time for
homemade. Buy pre-sliced apples and small
cups of peanut butter for a quick tasty snack.*

EAT SPOOKY!

Wellness Committee November Snack
ABC muffins

INGREDIENTS

*1 ½ cup white whole wheat flour
½ cup sugar
½ teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
½ teaspoon ground cinnamon
1 ½ cups butternut squash puree
1 egg beaten
5.3 ounce non-fat Greek yogurt
½ cup apple diced*



INSTRUCTIONS

1. Preheat oven to 350 °F.
2. Combine flour, sugar, baking powder, baking soda, salt and cinnamon in a bowl.
3. Stir butternut squash, egg and yogurt into the dry mix.
4. Fold diced apple into the batter.
5. Fill muffins tins coated with cooking spray about ¾ full.
6. Bake for 20-25 minute or until the muffins are firm and lightly browned on the top.
6. Allow muffins to cool for 5 minutes and then remove to a wire rack to cool further.

*If you don't have time for
homemade try Veggies Made Great
muffins found in the freezer section.*

*You can also try pumpkin puree
instead of butternut squash.*

December

WELLNESS COMMITTEE SNACK OF THE MONTH

GRINCH KABOBS

For each Grinch you will need:

- 1 large green grape
- 1 strawberry
- 1 banana slice dipped in lemon juice
- 1 mini marshmallow



AVOCADO CHOCOLATE

MOUSSE

INGREDIENTS:

- 2 avocados
- 1/2 cup dates (Medjool)
- 3-4 tablespoons 100% cacao powder
- 1-2 tablespoons vanilla extract
- Pinch of sea salt

DIRECTIONS:

Simple! Blend all ingredients together in a food processor. Scrape the sides with a spatula and continue to blend until smooth.



**REMEMBER WE DON'T ALL HAVE TIME
FOR HOMEMADE AND THAT IS OK!**

**LOOK FOR FESTIVE TREATS LIKE HOT
CHOCOLATE FLAVORED SKINNY POP.**

January

Wellness Committee Snack

Smoothie

Ingredients:

- 1 Cup Milk (any kind! oat, almond, cow's milk)
- 1 Cup Vanilla Greek Yogurt
- 1 Fresh or Frozen Banana
- 1 Cup Fresh or Frozen Berries (blueberries, raspberries, strawberries, your favorite berry)
- 1 Cup Fresh Greens (spinach, kale, wheat grass etc.)
- 1 Tablespoon Flax Seed (optional)

Combine all ingredients in a blender and puree until smooth. Serves two.



**Want to try it
before you make it?**

Join us at the community expo
January 24th from 3-6pm. We will
be making this smoothie using the
blender bike!

Don't have these ingredients on hand? Get creative with your family and try blending different combinations of fresh or frozen fruits and vegetables. You can also check the freezer section of your local store for smoothie kits.

February

WELLNESS COMMITTEE SNACK

LOVE MONSTER ENERGY BITES

INGREDIENTS

1 1/2 C. OATMEAL (ANY KIND WILL WORK)
 3/4 C. PEANUT BUTTER
 2 TSP. CHIA SEEDS, OPTIONAL
 3 TBSP. HONEY
 1 1/2 TSP. VANILLA EXTRACT
 1/4 C. ALMONDS
 1/4 C. M&MS
 18 CANDY EYEBALLS



INSTRUCTIONS

ADD EVERYTHING BUT THE M&MS AND EYE CANDIES TO YOUR FOOD PROCESSOR. PULSE UNTIL THE MIXTURE IS WELL COMBINED.
 SCOOP 2 TABLESPOONS INTO YOUR HANDS AND ROLL INTO AN EVEN BALL. ADD ONE EYE CANDY AND 3 M&MS TO EACH BALL.
 STORE REFRIGERATED OR FROZEN IN A SEALED CONTAINER.

NO TIME FOR HOMEMADE?

That's OK, check your go to healthy snacks for fun seasonal flavors or styles!!

March

Wellness Committee Snack

EAT THE RAINBOW!

Try a snack with every color of the rainbow this month! Pre-cut and frozen fruits and vegetable are a good alternative. You can also try dipping vegetables in hummus and fruits in vanilla yogurt.

Red Apples
 Strawberries
 Cherries
 Watermelon
 Cranberries
 Pomegranate
 Raspberries

Beets
 Tomatoes
 Kidney Beans
 Radishes
 Red Cabbage
 Red Peppers

Grapes
 Blackberries
 Figs
 Plums
 Dragon Fruit
 Eggplant
 Purple Asparagus
 Purple Cabbage
 Purple Cauliflower
 Purple Kale
 Kohlrabi

Oranges
 Tangerines
 Mangos
 Papayas
 Apricots
 Peaches
 Carrots
 Acorn Squash
 Butternut Squash
 Sweet Potatoes
 Orange Peppers
 Pumpkin

Blueberries
 Blue Dragon Fruit
 Elderberry
 Honeyberries
 Saskatton Berries
 Blue Bayou
 Tomatoes
 Blue Corn
 Blue Oyster
 Mushroom
 Blue Potatoes

Bananas
 Pineapples
 Golden Kiwi
 Yellow Apples
 Canary Melon
 Star Fruit
 Summer Squash
 Yellow Peppers
 Golden Beets
 Yellow Beans
 Yellow
 Cauliflower

Green Apples
 Green Grapes
 Kiwi
 Ugli Fruit
 Honeydew Melon
 Pears
 Plantains
 Snap Peas
 Celery
 Cucumbers
 Avocado
 Spinach
 Broccoli



MAY

WELLNESS COMMITTEE SNACK

CRITTER CRUDITÉS



Make the snails. Fill celery stalks with peanut butter or cream cheese and top with an apple, orange, kiwi, cucumber or tomato slice shell and a cashew head. Use peanut butter or cream cheese to glue on candy eyes.

Make the caterpillars. Fill celery stalks with peanut butter or cream cheese and top with grapes, blueberries or grape tomatoes for the body and head. Use peanut butter or cream cheese to glue on candy eyes and celery or radish matchstick for antennae.

Kids love cute food. Get creative with any fruits and vegetables you have on hand to create your very own Critter Crudites!



September Wellness Committee Snack

Fresh Peach Parfait



- 1 diced peach
- 8oz of vanilla Greek yogurt
- 1 cup of granola

Layer peaches,
yogurt and granola

Homemade Granola

Instructions

1. Preheat the oven to 300°F and line a baking sheet with parchment paper.
2. In a medium bowl, combine first five ingredients. Drizzle in the coconut oil and maple syrup and add the almond butter. Stir until combined. Press the mixture into a 1-inch-thick circle on the baking sheet.
3. Bake for 15 minutes, rotate the pan halfway, and use a fork to gently break the granola apart just a bit. Bake for 15 minutes more, or until golden brown. Let cool before serving.

Ingredients

- 1 cup whole rolled oats
- ½ cup chopped almonds
- ¼ cup coconut flakes
- 1 tsp cinnamon
- ¼ tsp sea salt
- 1 tbsp melted coconut oil
- 2 tbsp maple syrup
- 1 tbsp creamy almond butter

We don't all have time for homemade and that's ok! Look for canned peaches in 100% juice and pre-made granola like Bear Naked brand.

October

WELLNESS COMMITTEE SNACK

APPLESAUCE

Ingredients

- 3 pounds apples peeled, cored, and chopped (about 6 medium)
- ½ cup water
- 2 tbsp granulated sugar (optional)
- ½ tsp cinnamon (optional)

Instructions

- Combine all ingredients in a sauce pan and bring to a boil. Reduce heat to a low simmer and cover.
- Cook 15-20 minutes or until apples are very tender and have thickened.
- Mash apples with a masher for a chunky consistency or blend/puree with an immersion blender or standard blender for a smooth consistency.

TRY APPLESAUCE ON TOP OF PANCAKES OR WAFFLES. OR YOU CAN TOP YOUR APPLESAUCE WITH GRANOLA TO ADD SOME CRUNCH.

Remember we don't all have time for homemade! Try looking for no sugar added applesauce in stores.



Notes
*If apples are very sweet no sugar is needed.
*Try adding strawberries or blueberries for a different flavor.

November

WELLNESS COMMITTEE SNACK

PUMPKIN COOKIES

Ingredients

- ¼ cup coconut oil melted
- ¼ cup honey
- 1 cup rolled old-fashioned oats
- 1 cup quick cooking oats
- ¾ cup dried cranberries unsweetened
- ¾ cup pumpkin seeds
- ¼ cup ground flaxseed
- 1 teaspoon pumpkin pie spice or cinnamon
- ½ teaspoon sea salt
- ½ cup pumpkin puree
- 2 eggs

Instructions

1. Preheat oven to 350 F. Line a baking sheet with parchment paper.
2. In a small bowl combine warmed coconut oil and honey.
3. In a large bowl combine both kinds of oats, cranberries, pumpkin seeds, ground flax, pumpkin pie spice and salt. Add pumpkin puree, eggs and warmed coconut oil and honey. Stir until fully combined.
4. Drop about ¼ cup sized scoops of the mixture onto a cookie sheet and flatten (cookies won't spread while baking). Bake for about 15-20 minutes until edges are lightly browned.
5. Let cookies cool on baking sheet before moving to an airtight storage container.

**NO TIME FOR
HOMEMADE? THAT'S OK!
CHECK STORES FOR
PUMPKIN PIE FLAVORED
BETTER FOR YOU SNACKS.**





DECEMBER



Wellness Committee Snack



CRACKER CHRISTMAS ORNAMENTS

Ingredients

- Multigrain round crackers
- Laughing Cow cheese
- Sliced veggies to decorate
- Cucumbers for the tops
- Toothpicks for the hooks

Instructions

1. Slather each cracker with cheese.
2. Decorate with thinly sliced veggies.
3. Place the cucumber on top and place a toothpick through to keep it together.



GET CREATIVE WITH YOUR INGREDIENTS! KIDS LOVE FUN LOOKING FOOD, LET THEM HELP CHOOSE WHAT GOES ON THE ORNAMENTS.

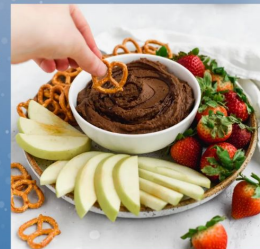
January

Wellness Committee Snack

Chocolate Hummus

Ingredients

- 1 can chickpeas or black beans
- 1/3 cup cocoa powder
- 1/3 cup honey or maple syrup
- 1/3 cup peanut butter
- 1 tsp vanilla
- 1/4 tsp salt
- milk of choice



Instructions

1. Drain and rinse the beans really well and if using chickpeas rub off the skin for a better texture.
2. Add them to a food processor or high speed blender and process until smoother.
3. Add all other ingredients except milk and process for 1-2 full minutes.
4. If texture is too thick add milk a tablespoon at a time until desired texture is achieved.
5. Transfer to a sealed container and refrigerate for at least 30 minutes before enjoying.

Enjoy with strawberries, apples, bananas or anything other fruit. Also great with pretzels, graham crackers or pita bread.

We don't always have time for homemade so look in stores for dessert hummus.

February

WELLNESS COMMITTEE SNACK



GREAT GRAPE SMOOTHIE

- 1 cup seedless grapes
- 1/2 cup frozen strawberries
- 1/2 cup frozen unsweetened cherries
- 1/2 cup orange segments, peeled
- 1/2 cup peeled and sliced banana

Combine all ingredients in a blender and
blend until smooth.

We don't all have time for
homemade. Look for
smoothie kits in the freezer
section of the grocery store.

JOIN US AT THE
COMMUNITY EXPO
FEBRUARY 12TH TO TRY
THIS SMOOTHIE RECIPE
BEFORE YOU MAKE IT.



March

Wellness Committee Snack

St. Patrick's Day Snack Board

To celebrate St. Patrick's
embrace your inner
leprechaun and create a
green themed snack tray



Green Fruits

grapes
kiwi
apples
pears
honeydew melon

Green Vegetables

peppers
broccoli
cucumber
snap peas
beans