

January

Recipes and Nutrition Note

Oatmeal Buffet Bar

Ingredients

Oatmeal:

- 3 cups Rolled Oats (or Steel Cut or GF Rolled Oats)
- 6 cups Milk (or Almond Milk or Water)
- 1 teaspoon Salt

The oatmeal buffet toppings:

- Fresh Fruit (Strawberries, bananas, raspberries, blackberries, blueberries, frozen fruit, etc)
- Nuts and Seeds (that are not allergenic in your KES Club)
- Dried Fruits (Apricots, cranberries, raisins, coconut, cherries, etc)
- Spices (Cinnamon, pumpkin pie spice, nutmeg, vanilla, etc)
- Vanilla yogurt or milk for some extra creaminess



Directions

Cook oatmeal according to package. Place ingredients in bowls with utensils and let students serve themselves, add toppings of choice and enjoy!

Recipe adapted from: <http://www.modernhoney.com/the-oatmeal-love-bar/>

Warm Banana Roll Ups

Ingredients

- $\frac{1}{2}$ cup – cream cheese
- 2 teaspoon – honey
- $\frac{1}{4}$ teaspoon – cinnamon
- 3 medium – banana
- 3 medium – tortilla, whole wheat



Directions

Mix cream cheese, honey and cinnamon in a small bowl. Spread on the tortilla. Place a whole banana on the tortilla and roll up. Place on a hot griddle or pan. Grill until golden on both sides. Slice into small rounds and serve with toothpicks. You can also slice in half and eat it like a burrito.

Recipe retrieved from: <https://www.superhealthykids.com/warm-banana-roll-ups/>

Mini Muffin Quiche

Ingredients

- 8 large, eggs
- ½ cup milk
- 2 Tbsp grated Parmesan cheese (optional)
- ½ tsp salt
- ¼ tsp black pepper
- ⅛ tsp ground mustard (optional)
- dash of nutmeg (optional)
- 1-2 Tbsp margarine or cooking oil
- 3 green onion thinly sliced
- ¼ cup diced green bell pepper
- ¼ cup diced red bell pepper
- ¼ cup diced mushrooms
- 1 cup shredded cheese



Directions

Preheat the oven to 350°F. Spray muffin cups with cooking spray. Set aside. Whisk together the eggs, milk, grated Parmesan cheese, salt, pepper, ground mustard and a dash of nutmeg. In a medium skillet cook the diced bell peppers, onion and mushrooms in cooking oil for 3-5 minutes. Divide the cooked vegetables between the muffin cups. Sprinkle with ½ of the shredded cheese. Fill the muffin cups ¾ full with the beaten eggs. Sprinkle each with the remaining shredded cheese. Bake for 18-20 minutes until puffy, golden and set when gently shaken. The eggs will deflate slightly when removing from the oven. Serve immediately. (adjust recipe based on number of servings, this serves approx 10).

Recipe adapted from: <https://www.melissassouthernstylekitchen.com/crustless-mini-vegetable-quiche/>

Nutrition Note – January 2017

Warm Up and Keep Hydrated!

Baby, it's cold outside! When the temperature drops, we all love to turn to food that will keep us warm. Let's start the day with a warm, healthy breakfast. Try some of the recipes above to provide a nice warm breakfast for kids at your Kids Eat Smart Club this wintery season. Remember that healthy options such as fruit and vegetables are rich in vitamins and antioxidants that will help build your immunity to fight off those colds, fevers, and dry skin too! Drink a lot of water and eat a lot of fruit because winter is a dry season and we need to keep our bodies hydrated.