

May Recipe and Nutrition Box



Spring Has Sprung!

Sunshine Smoothie

Ingredients

- 1 frozen ripe banana, previously peeled & sliced
- 2 oranges, peeled and sliced¹
- 1 cup frozen mango chunks²
- ½ cup frozen or fresh pineapple chunks
- ¼ cup milk or orange juice

**(I prefer milk – less sugar and you'll be getting extra calcium and Vitamin D)*



Directions

Using a powerful blender, blend up the frozen banana. Blend the frozen banana chunks and milk/orange juice together until thick, creamy, and smooth - about 3 minutes. Scrape down the sides of the blender as needed. Add the oranges, mango, and pineapple. Blend until combined. Serve and enjoy!

Recipe adapted from: <http://sallysbakingaddiction.com/2014/03/30/sunshine-smoothie/>

Spring Veggie Platter

Ingredients

- Veggies of choice
 - cherry tomatoes
 - cucumber
 - broccoli
 - baby carrots
 - celery
 - Other favorites
- Low calorie/fat dressing (optional)



Directions

Wash and cut your vegetables in appropriate size. Place on platter in the shape of a flower, get creative. You can serve low fat dressing on the side for dipping if you wish. Serve this at any Breakfast or Snack KES Club. Enjoy!

Recipe adapted from: <https://www.pinterest.com/pin/79798224628603503/>

Springtime Breakfast Pizza

Ingredients

- ¼ ounce package fast-rising active dry yeast
- 2 tbsp sugar
- 1 cup warm water (120 degrees F)
- 3 tbsp olive oil
- 1 cup whole wheat flour
- 1 cup all-purpose flour
- ½ cup quick-cooking rolled oats
- ¾ cup shredded cheddar
- 3 hard-cooked eggs, sliced or scrambled eggs
- Veggies of choice, washed and cut (ie. bell peppers, mushrooms, onions, etc)
- 1 cup cherry tomatoes, halved
- Low sodium thinly sliced ham, cut in small pieces (optional)



Directions

Coat 12-inch pizza pan with non-stick cooking spray; set aside. In medium bowl combine yeast and sugar. Stir in water, oil, and 1/2 tsp. salt. Stir in flours and oats. Cover; let stand in warm place 20 minutes. Preheat oven to 375°F. With damp hands press dough into prepared pan. Bake 15 minutes. Meanwhile, clean and prep your vegetables. Sprinkle crust with half the cheese. Top with veggies, sliced or scrambled eggs, tomatoes, and remaining cheese. Bake 15 minutes more. Serve and enjoy!

Recipe adapted from: <http://www.bhq.com/recipe/pizza/spring-breakfast-pizza-with-spiced-hollandaise/>

Nutrition Note – May 2017

Spring into Spring.....the Healthy Way!

Springtime is filled with beautiful colors as flowers bloom, grass grows, and trees bud - our food choices should be as colorful as our surroundings this season. With warmer temperatures we often become more active, a healthy breakfast is even more important at this time. The more active we become the more energy we burn so refuelling your body with nutritious choices is key. As well, equally important, remember to keep hydrated. All year round we encourage a healthy well balanced diet, and nice weather sometimes makes this easier; drink plenty of water and eat a variety of vitamin rich fruits and vegetables will allow you to perform and feel your best. At KES we know the importance of a healthy start to our day - let's not forget to start our day with a nutritious breakfast to ensure that we have the energy needed to enjoy the beautiful weather this Spring!