

# June Recipe and Nutrition Box



## “Almost Summer” Recipes!

### French toast with Berries

#### **Ingredients**

- 2 slices whole grain bread
- 2 eggs
- 2 tbsp. milk, cottage cheese
- ½ cup berries
- 1tbsp. maple syrup (optional)
- ½ tsp vanilla extract
- yogurt
- Cooking oil or spray oil



#### **Directions**

Whisk together egg, vanilla, milk and set aside. Heat pan on medium heat till hot, add oil or spray oil onto pan. When pan is hot and butter is melted, dip bread in egg/milk mixture and set in pan. Cook for about three minutes, till golden brown and then turn and cook other side till golden. Spoon cottage cheese on one slice of French toast and top with berries. Then place second slice of bread on top of that and drizzle with the maple syrup top with yogurt and/or syrup (optional)

Recipe adapted from: <https://www.buzzfeed.com/deenashanker/healthy-easy-breakfasts-your-kids-will-love?>

### Banana Palm Tree

#### **Ingredients**

- Kiwi- peeled and sliced
- Bananas- peeled halved and sliced
- Orange- peeled and segmented



#### **Directions**

Arrange with segmented oranges on bottom, next place halved bananas to make a trunk and kiwi wedges to make palm leaves. You can serve up your fruit in any fun shapes this summer, always so much more inviting to children!

Recipe retrieved from: <http://www.kidspot.com.au/kitchen/>

## Fruity breakfast Parfaits

### **Ingredients**

- Fruit of choice
  - Strawberries & Pistachios
  - Blueberries & Walnuts
  - Blackberries & Raspberries
  - Peaches & Cheerios
  - Dates and Pecans
  - Other favorites
- Greek Yogurt
- Granola



### **Directions**

Layer yogurt, berries and granola as many times as you like! Don't forget to watch out for allergies of all the children you serve these parfaits to.

*Recipe adapted from: <https://www.buzzfeed.com/deenashanker/healthy-easy-breakfasts-your-kids-will-love?>*

## Hearts and Stars fruit salad



*Sourced from: <http://www.kidspot.com.au/kitchen/recipes/hearts-and-tars-fruit-salad-s2294>*

### **Nutrition Note – June 2017**

#### **Keeping Our Bodies Healthy and Hydrated**

The sun can be damaging to our skin, hair and eyes. In addition to sunscreen and sun hats, we can help protect our bodies by eating plenty of tasty berries that tend to be more available in the summer months. Berries such as blueberries, raspberries and strawberries, as well as juicy tomatoes and sweet bell peppers, all provide a great source of antioxidants and vitamins to keep our body healthy. Likewise, protein rich foods such as fish and lean meats, beans, nuts and seeds help our bodies fight against the harsh sun rays. Finally, keep your body well hydrated by drinking plenty of water. Together with a well-balanced diet, these foods will give your body the necessary nutrition to combat the summertime sun and improve your overall health.