

## A. Recipes

### ***Fruit Salad Parfait***

Ingredients:

- Your favorite fresh fruit and/or canned fruit packed in water
- Yogurt with 2% or less MF (milk fat)
- Whole grain or bran cereal
- Parfait dishes (or regular)

Directions:

1. Wash and cut all fruits and put into a large bowl.
2. Drain canned fruit and empty it into the bowl with the prepared fresh fruit.
3. Spoon layers of fruit, yogurt and whole grain cereal into your glass.



### ***Racing Roll-ups***

Ingredients:

- ½ cup reduced fat cream cheese (softened)
- ½ cup reduced fat ranch dressing
- Shredded lower fat cheese
- Finely chopped broccoli
- Peppers (any colors)
- Green onion

Directions:

1. Blend together cream cheese and ranch dressing.
2. Spread onto 4-5 large size whole grain tortillas.
3. Top with a mixture of grated light cheese and finely chopped broccoli, peppers (any colors) and green onion.
4. Roll up the tortillas tightly. Slice into 2.5 cm (1 inch) portions and serve.



### ***Fruit-Veg-N-Cheese Kabobs***

Ingredients:

- Any fruit or vegetable that's able to be placed on a skewer (grapes, strawberries, kiwi, oranges, bananas, melons, cucumber, peppers, tomatoes, etc.)
- Lower fat cheese
- Yogurt to dip
- Wooden skewers or round toothpicks

Directions:

1. Wash and cut all fruit/vegetables into cube shapes.
2. Cut cheese into squares or triangles.
3. Using skewer, create kabob using a variety of fruit / vegetable and cheese combinations. Try something new!

