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Celebrate Food Hero Moms!

What better way to celebrate Food Hero moms than to have the kids cook in the kitchen!

Here are some recipes from foodhero.org that kids can make for their moms:

- **Banana Bobs:** Bananas dipped in yogurt and rolled in granola.
- **My Personal Pizza:** Mini pizzas on English muffins.
- **Strawberry Swirl:** A blend of strawberries and apple juice.

Featured Food Hero Parent Contest!

Win a prize and share your fruit and veggie tip!



Do you have a creative tip for serving fruits and vegetables to your family? Let us know and you may be featured in Food Hero monthly and win a prize!

Visit <https://www.foodhero.org/contests> for all the details. Send your idea to food.hero@oregonstate.edu with your name and contact information! If you have a photo, send us that too!

Stay Connected



Moms & Kids Can...



- ✿ Choose or cut fruit to blend in a smoothie.
- ✿ Make pancakes and flip 'em!
- ✿ Plan a Mother's Day meal or treat.
- ✿ Use small cookie cutters to cut fun shapes in slices of melons or cucumbers or your pancakes.

Monthly Food Hero Checklist

- Make a meal with your kids.
- Serve one new vegetable.
- Have kids make a smoothie recipe.
- _____



FoodHero.org





Strawberry Swirl



Ingredients

- 1 cup frozen strawberries, thawed
- 1 cup (8 ounces) apple juice

Serving Size: 1 cup
Prep time: 5 minutes



Directions

1. Combine ingredients in blender and process until smooth.
2. Serve, or freeze for 1 to 2 hours to make a slushy.
3. Refrigerate leftovers within 2 hours.

Note

If you don't have a blender, mash strawberries with a fork. Add juice and beat with an egg beater until fairly smooth.

Nutrition Facts

Serving Size about 1 cup (194g)
Servings Per Container 2

Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	8%
Sugars 16g	
Protein 0g	

Vitamin A 0% • Vitamin C 50%
Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more Recipes and Tips on eating well for less, visit www.foodhero.org

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