

# Use WIC foods to try these great recipes from Foodhero.org!

They are easy, fast, and delicious!

**Corn Critter Salad** 

**Peanut Butter Breakfast Bars** 

**Oven French Toast** 

**Easy Cheesy Enchiladas** 

**Skillet Cabbage** 

**Popeye Power Smoothie** 





Lentil Confetti Salad

**Orange Delight** 

**Breakfast No-Bake Granola Bars** 

**Minestrone Soup** 

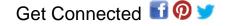
**Peanut Power Drink** 

**Burrito Soup** 





Food Hero is designed to inspire people with simple and low cost recipes and food-planning tips that highlight fruits and vegetables as a key part of a healthy and balanced diet.





FoodHero.org







## **Popeye Power Smoothie**

### Ingredients

1 cup orange juice
½ cup pineapple juice
½ cup plain or vanilla yogurt
1 banana, peeled and sliced
2 cups fresh spinach leaves
Crushed ice

### Directions

- 1. Combine all ingredients in a blender.
- 2. Puree until completely smooth.
- 3. Serve immediately.
- 4. Refrigerate leftovers within 2-3 hours.



Nutrition Facts Serving Size about 1 cup (166g) Servings Per Container 4			
Amount Per Servin	g		
Calories 90	Ca	lories fro	m Fat 5
% Daily Value*			
Total Fat 0.5g			1%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 35mg			1%
Total Carbohydrate 20g 7%			
Dietary Fiber 1g 4%			
Sugars 15g			
Protein 3g			
Vitamin A 30%		Vitamin (	2 700/
110070			J 70%
Calcium 8%		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			
Saturated Fat Le Cholesterol Le	ss than ss than ss than ss than oohydrate	65g 20g 300mg 2,400mg 300g 25g 4 • Prote	80g 25g 300mg 2,400mg 375g 30g

#### For more recipes and tips on eating well for less, visit <u>www.foodhero.org</u>

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