



Healthy School Celebrations

Food Hero Recipe & Buying Guide Packet

Dips and Salsas

- Cowboy Salad
- Farmers Market Salsa
- Pumpkin Fruit Dip
- Ranch Dip
- Yogurt Fruit Dip

Smoothies

- Blueberry Tofu Smoothie
- Peach & Carrot Smoothie
- Popeye Power Smoothie
- Un-beet-able Berry Smoothie

Salads

- Creamy Fruit Salad
- Tropical Carrot Salad

Assembled Individually

- Banana Bobs
- Do-It-Yourself Trail Mix
- Fruit Pizza
- Hoppin' Pear Salad
- Pear Quesadillas
- Yogurt Parfait

Notes for Using the Buying Guides

- A list of ingredients and supplies is provided for each Food Hero recipe so that enough can be made for a class of 25 to 30 students. All the math and most package decisions have been made for you!
- Package sizes are recommended to provide the amount of ingredients needed as closely as possible. In some cases, there will be leftovers.
- Make a copy (or take a photo) of buying guide pages to preserve the originals. Space is provided to assign ingredients to volunteers.
- You will find a food allergy/sensitivity statement above each list of ingredients.
- Keep Foods Safe! Keep all perishable ingredients cold in a refrigerator or a cooler with ice or frozen cold packs.

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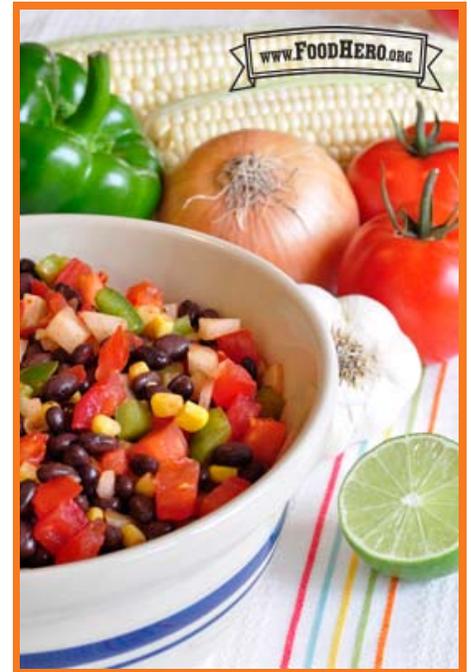
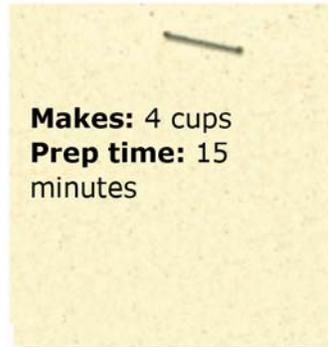


Farmers Market Salsa



Ingredients

- 1/2 cup **corn** (canned and drained, frozen, or fresh cooked)
- 1 can (15 ounces) **black beans**, drained and rinsed
- 1 cup fresh diced **tomatoes**
- 1/2 cup diced **onion**
- 1/2 cup **green pepper**, seeded and diced (about 3/4 a small pepper)
- 2 Tablespoons **lime juice**
- 2 cloves **garlic**, finely chopped or 1/2 teaspoon garlic powder
- 1/2 cup **picante sauce**



Directions

1. Combine all ingredients in a large bowl. Chill until serving time.
2. Drain before serving.
3. Refrigerate leftovers within 2 hours.

This recipe video was created by the [Oregon Farm Direct Nutrition Program](http://www.OregonFarmDirectNutritionProgram.org).

Notes

- One large ear of corn makes about 1 cup of cut corn.
- Serve with fresh vegetables or Food Hero Baked Tortilla Chips.
- Cook your own dry beans. One can (15 ounces) is about 1 1/2 to 1 3/4 cups drained beans.

For tasty, healthy recipes that fit your budget, visit www.FoodHero.org!

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Nutrition Facts

Serving Size 2 tablespoons and 1/2 cup vegetables (112g)
Servings Per Container 1

Amount Per Serving

Calories 40 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

 Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 115mg **5%**

Total Carbohydrate 8g **3%**

 Dietary Fiber 3g **12%**

 Sugars 3g

Protein 1g

Vitamin A 90% • **Vitamin C 15%**

Calcium 4% • **Iron 2%**

*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

Farmers Market Salsa



Serving Size: ¼ cup

The ingredients below will be enough to make the Food Hero recipe 2 times, which will make **32 servings**.

This recipe does not contain eggs, milk, nuts, wheat or soy. The ingredients may be gluten free. When food allergies or sensitivities are a concern, always read ingredient labels carefully.

Keep all perishable ingredients cold in a refrigerator or a cooler with ice or frozen cold packs.

Ingredients Needed for 32 Servings	Who Will Bring It
1 can (15 ounces) corn OR 1 bag (10 ounces) frozen corn OR 1 large ear of corn, fresh cooked and cut from cob	
2 cans (15 ounces each) black beans	
2 large tomatoes OR 3 medium tomatoes	
1 medium onion	
1 medium green bell pepper	
2 limes OR 1 bottle (2.5 fluid ounces) lime juice	
4 cloves garlic OR 1 teaspoon garlic powder (any size container)	
1 container (16 ounces) prepared salsa	
Vegetables to dip: Provide about ½ cup of pieces per student. Examples are celery, cucumber, bell pepper, jicama, sweet potato, lettuce leaves or others.	

Supply List

For Prep

- Cutting board
- Knife
- Can opener
- Strainer
- Measuring cups and spoons
- Mixing bowl
- Mixing spoon

For Serving & Eating

- Serving platter or bowl for vegetables
- Tongs or gloves for serving vegetables
- ¼ cup measure for portioning salsa
- Plates (one per student)



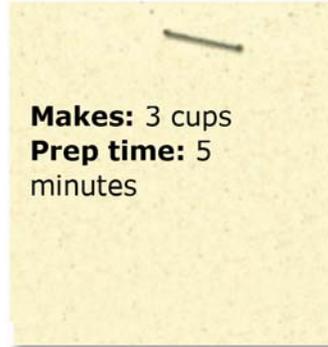
Pumpkin Fruit Dip



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Ingredients

- 1 can (15 ounce) **pumpkin** (about 1 ³/₄ cups cooked pumpkin)
- 1 cup low-fat **ricotta cheese** or **plain yogurt** or low-fat **cream cheese**
- ³/₄ cup **sugar**
- 1 ¹/₂ teaspoons **cinnamon**
- ¹/₂ teaspoon **nutmeg**



Directions

1. In a large bowl, combine pumpkin, ricotta cheese or yogurt or cream cheese, cinnamon and nutmeg. Add sugar a little at a time to reach desired sweetness. Stir until smooth.
2. Refrigerate leftovers within 2 hours.



Notes

- Serve with apple slices, bananas or grapes.
- Try using a mixture of ricotta, yogurt, or cream cheese.
- For a smoother texture, use a hand mixer or food processor to mix ingredients.

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Nutrition Facts

Serving Size 2 tablespoons (32g)	
Servings Per Container 26	
Amount Per Serving	
Calories 40	Calories from Fat 5
<small>% Daily Value*</small>	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 25mg	1%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 1g	
Vitamin A 40%	• Vitamin C 0%
Calcium 2%	• Iron 0%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
<small>Calories: 2,000 2,500</small>	
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
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

Pumpkin Fruit Dip



Serving Size: ¼ cup

The ingredients listed below will be enough to make the Food Hero recipe 2 times, which will make **26 servings**.

This recipe does not contain eggs, nuts, wheat or soy. The ingredients may be gluten free. When food allergies or sensitivities are a concern, always read ingredient labels carefully.

Keep all perishable ingredients cold in a refrigerator or a cooler with ice or frozen cold packs.

Ingredients Needed for 26 Servings	Who Will Bring It?
2 cans (15 ounces each) pumpkin	
2 containers (15 ounces each) low-fat ricotta cheese OR 4 containers (5.3 ounces each) plain yogurt OR 2 containers (8 ounces each) low-fat cream cheese OR any combination that measures 2 cups total	
1 ½ cups granulated sugar (any size container)	
1 Tablespoon cinnamon (any size container)	
1 teaspoon nutmeg (any size container)	
Fruit to dip: Provide about ½ cup per student. Examples are strawberries, apple slices, pears, grapes, pineapple, mango or others.	

Supply List

For Prep

- Mixing bowl
- Measuring cups and spoons
- Mixing spoon
- Rubber scraper

For Serving & Eating

- Platter or bowl for fruit
- ¼ cup measure for portioning dip
- Tongs or gloves for serving fruit
- Plates (one per student)

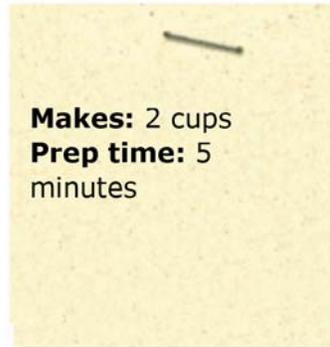


Ranch Dip



Ingredients

- 1 cup low-fat **cottage cheese**
- 1 cup low-fat plain **yogurt**, depending on thickness desired
- 1/2 teaspoon **salt**
- 1/4 teaspoon **pepper**
- 1/2 teaspoon **garlic powder** or 2 cloves garlic, minced
- 1/2 teaspoon **onion powder**
- 2 sprigs of **parsley**, chopped or 1 teaspoon dried parsley flakes



Directions

- For a **chunky dip**, mix cottage cheese, yogurt and seasonings of your choice in a bowl.
For a **smoother dip**, mash cottage cheese with a fork before adding yogurt and seasonings.
For a **smooth dip**, blend all ingredients in a blender.
- Refrigerate leftovers within 2 hours.

Notes

- Serve with fresh vegetables or [Food Hero Baked Tortilla Chips](#).

For tasty, healthy recipes that fit your budget, visit www.FoodHero.org!

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Nutrition Facts

Serving Size 2 tablespoons with 1/2 cup vegetables (113g)
Servings Per Container 1

Amount Per Serving

Calories 40 **Calories from Fat 5**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 210mg **9%**

Total Carbohydrate 7g **2%**

Dietary Fiber 2g **8%**

Sugars 4g

Protein 3g

Vitamin A 90% • **Vitamin C** 10%

Calcium 6% • **Iron** 2%

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		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

Ranch Dip

Serving Size: ¼ cup

The ingredients listed below will be enough to make the Food Hero recipe 4 times, which will make **32 servings**.



This recipe does not contain eggs, nuts, wheat or soy. The ingredients may be gluten free. When food allergies or sensitivities are a concern, always read ingredient labels carefully.

Keep all perishable ingredients cold in a refrigerator or a cooler with ice or frozen cold packs.

Ingredients Needed for 32 Servings	Who Will Bring it?
2 containers (16 ounces each) low-fat cottage cheese	
1 quart (32 ounces) low-fat plain yogurt	
2 teaspoons salt (any size container)	
1 teaspoon ground black pepper (any size container)	
2 teaspoons garlic powder (any size container) OR 8 cloves garlic	
2 teaspoons onion powder (any size container)	
Small bunch (8 sprigs) fresh parsley OR 4 teaspoons dried parsley (any size container)	
Vegetables to dip: Provide about ½ cup of pieces per student. Examples are carrots, celery, bell pepper, pea pods, sweet potato, kohlrabi, jicama, lettuce leaves or others.	

Supply List

For Prep

- Mixing bowl
- Fork or Blender
- Measuring cups and spoons
- Rubber scraper or spoon
- Cutting board, vegetable peeler and knife for vegetables

For Serving & Eating

- Platter or bowl for vegetables
- ¼ cup measure for portioning dip
- Tongs or gloves for serving vegetables
- Plates or bowls (one per student)



Yogurt Fruit Dip

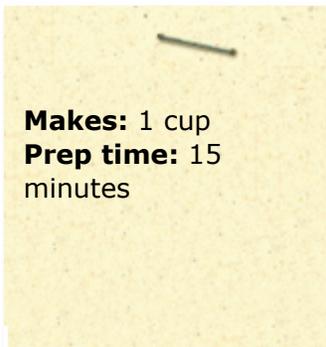


Ingredients

- 1 cup nonfat **plain yogurt**
- 1 teaspoon **vanilla**
- 1/2 teaspoon **cinnamon**
- 1 teaspoon **brown sugar**

Directions

1. In a bowl, combine yogurt, vanilla, cinnamon, and brown sugar. Mix well.
2. Serve with sliced apples or other fruit.
3. Refrigerate leftovers within 2 hours.



Makes: 1 cup
Prep time: 15 minutes



For tasty, healthy recipes that fit your budget, visit [www.FoodHero.org!](http://www.FoodHero.org)

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Nutrition Facts

Serving Size 2 Tbsp (30g)
 Servings Per Container 8

Amount Per Serving

Calories 20 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 3g **1%**

Dietary Fiber 0g **0%**

Sugars 3g

Protein 2g

Vitamin A 2% • Vitamin C 0%

Calcium 6% • Iron 0%

*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

Yogurt Fruit Dip

Serving Size: ¼ cup

The ingredients listed below will be enough to make the Food Hero recipe 8 times, which will make **32 servings**.



This recipe does not contain eggs, nuts, wheat or soy. The ingredients may be gluten free. When food allergies or sensitivities are a concern, always read ingredient labels carefully.

Keep all perishable ingredients cold in a refrigerator or a cooler with ice or frozen cold packs.

Ingredients Needed for 32 Servings	Who Will Bring It?
2 quarts (64 ounces) plain yogurt	
9 teaspoons vanilla (any size container)	
4 teaspoons cinnamon (any size container)	
8 teaspoons brown sugar (any size container)	
Fruit to dip: Provide about ½ cup fruit pieces per student. Examples are strawberries, apple slices, pears, grapes, pineapple, mango or others.	

Supply List

For Prep

- Mixing bowl
- Measuring spoons
- Mixing spoon
- Rubber scraper
- Cutting board, vegetable peeler and knife for fruit

For Serving & Eating

- Serving plate or bowl for fruit
- ¼ cup measure for portioning dip
- Tongs or gloves for serving fruit
- Plates (one per student)



Cowboy Salad



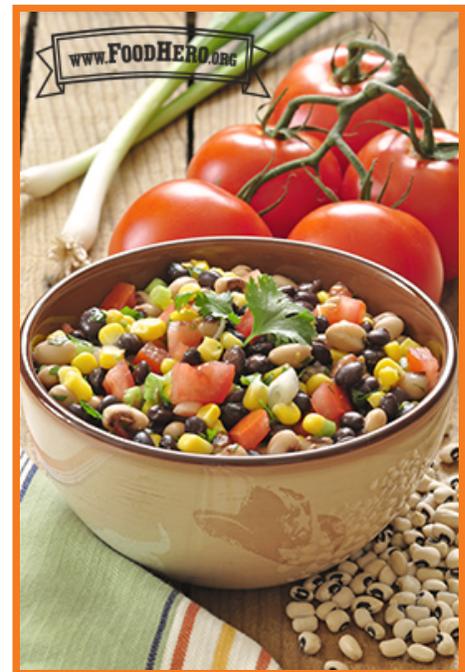
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Ingredients

- 2 cans (15 ounces) **black-eyed peas** or **black beans** (try a mix, or other types)
- 1 1/2 cups **corn** (canned and drained, frozen, or fresh cooked)
- 1 bunch **cilantro**
- 1 bunch **green onions** (5 green onions)
- 3 medium **tomatoes**
- 1 **avocado** (optional)
- 1 Tablespoon **canola** or **vegetable oil**
- 2 Tablespoons **vinegar** or **lime juice**
- 1/2 teaspoon each **salt** and **pepper**



Makes: 8 cups
Prep time: 20 minutes



Directions

1. Drain and rinse the black-eyed peas (or black beans) and corn.
2. Finely chop the cilantro and green onions.
3. Dice the tomatoes and avocado.
4. Combine all veggies in a large bowl.
5. Mix oil, vinegar or lime juice, salt and pepper together in a small bowl.
6. Pour oil mixture over salad ingredients and toss lightly.
7. Refrigerate leftovers within 2 hours.

Notes

- Use as a filling for tacos, burritos or wraps, on a burger, over a baked potato, or as a snack with tortilla chips.
- Try adding other vegetables such as sweet or hot peppers, cucumber or zucchini.
- Freeze extra lime juice to use later.
- Cook your own dry beans. One can (15 ounces) is about 1 1/2 to 1 3/4 cups drained beans.

For tasty, healthy recipes that fit your budget, visit www.FoodHero.org!

Nutrition Facts

Serving Size 1/2 cup (105g)
Servings Per Container 15

Amount Per Serving

Calories 60 **Calories from Fat 10**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 310mg **13%**

Total Carbohydrate 11g **4%**

Dietary Fiber 3g **12%**

Sugars 1g

Protein 3g

Vitamin A 2% • Vitamin C 10%

Calcium 2% • Iron 6%

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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

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Cowboy Salad

Serving Size: ¼ cup

The ingredients below will be enough to make the Food Hero recipe 1 time, which will make **32 servings**.



This recipe does not contain milk, eggs, nuts or wheat. The ingredients may be gluten free. When food allergies or sensitivities are a concern, always read ingredient labels carefully.

Keep all perishable ingredients cold in a refrigerator or a cooler with ice or frozen cold packs.

Ingredients to Bring for 32 Servings	Who Will Bring It?
2 cans (15 ounces each) black-eyed peas or black beans (or other type of beans)	
1 can (15 ounce) whole kernel corn OR 1 bag (10 ounces) frozen corn OR 2 large ears of fresh corn, cooked and cut from the cob to make 1 ½ cups	
1 bunch cilantro	
1 bunch green onions (5 onions)	
3 medium tomatoes	
1 avocado (optional)	
1 Tablespoon vegetable oil from any size container	
2 Tablespoons vinegar OR lime juice from any size container OR 1 lime	
½ teaspoon salt (any size container)	
½ teaspoon pepper (any size container)	
Optional to scoop: Provide ½ cup vegetable pieces OR ½ ounce whole grain crackers, pita bread or baked tortilla chips per student.	

Supply List

For Prep

- Strainer for canned beans and corn
- Bowl for draining and rinsing
- Cutting board
- Knives
- Measuring cups
- Measuring spoons
- Large mixing bowl
- Spoon for mixing
- Rubber scraper

For Serving & Eating

- ¼ cup measure for portioning
- Plates or bowls (one per student)
- Spoons or forks (one per student)



Creamy Fruit Salad



Ingredients

- 1 cup drained **pineapple** chunks
- 1 large **apple**, chopped (3 1/4" diameter)
- 1 **banana**, sliced
- 1 **orange**, chopped
- 3/4 cup low-fat **piña colada yogurt**



Makes: 4 cups
Prep time: 10 minutes

Directions

1. Put pineapple chunks in a medium mixing bowl.
2. Prepare apples, banana and orange as directed and add to bowl.
3. Add yogurt to bowl and mix gently with a spoon until fruit is well coated.
4. Refrigerate leftovers within 2 hours.



Notes

- For a different taste, try adding different fruits like grapes, blueberries or peach slices.
- Try other flavors of low-fat yogurt.

For tasty, healthy recipes that fit your budget, visit www.FoodHero.org!

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Nutrition Facts

Serving Size 1/2 cup (99g)
Servings Per Container 8

Amount Per Serving

Calories 70 **Calories from Fat 5**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 16g **5%**

Dietary Fiber 2g **8%**

Sugars 13g

Protein 1g

Vitamin A 4% • **Vitamin C 30%**

Calcium 4% • **Iron 0%**

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	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

Creamy Fruit Salad

Serving Size: ½ cup

The ingredients below will be enough to make the Food Hero recipe 4 times, which will make **32 servings**.



This recipe does not contain eggs, nuts, wheat or soy. The ingredients may be gluten free. When food allergies or sensitivities are a concern, always read ingredient labels carefully.

Keep all perishable ingredients cold in a refrigerator or a cooler with ice or frozen cold packs.

Ingredients to Bring for 32 Servings	Who Will Bring It?
2 cans (20 ounces each) pineapple chunks in 100% juice	
4 large OR 5 small to medium apples	
4 bananas	
4 oranges OR 1 can (15 ounces) mandarin oranges in light syrup	
1 quart (32 ounces) low-fat yogurt OR 4 containers (5-6 ounces each) low-fat yogurt, any flavor	

Supply List

For Prep

- Can opener
- Strainer
- Knives
- Cutting board
- Mixing bowl
- Rubber scraper

For Serving & Eating

- ½ cup measure for portioning
- 6-ounce cups or bowls (one per student)
- Spoons or forks (one per student)



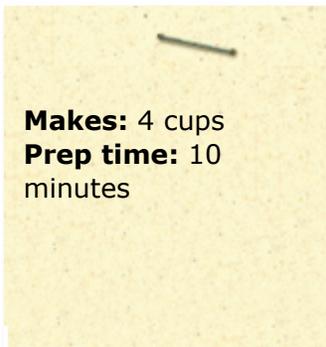
Tropical Carrot Salad



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Ingredients

- 2 cups shredded **carrots** (2 to 3 carrots)
- 1 cup unsweetened **pineapple tidbits**, drained
- 3/4 cup **raisins**
- 1/4 cup low-fat **mayonnaise** or low-fat **plain yogurt**
- 1/4 cup **sunflower seeds** or **slivered almonds**



Makes: 4 cups
Prep time: 10 minutes



Directions

1. In a medium serving bowl, combine carrots, pineapple and raisins.
2. Stir in mayonnaise or yogurt and nuts or seeds. Cover and refrigerate until serving.
3. Refrigerate leftovers within 2 hours.

Notes

- Save leftover pineapple and juice in the refrigerator for a few days, or freeze for longer storage.
- Leftover pineapple can be used in smoothies, fruit salads and more. See FoodHero.org for recipes.

For tasty, healthy recipes that fit your budget, visit www.FoodHero.org!

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Nutrition Facts

Serving Size 2/3 cup (101g)
Servings Per Container 6

Amount Per Serving

Calories 140 **Calories from Fat 35**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 115mg **5%**

Total Carbohydrate 26g **9%**

Dietary Fiber 3g **12%**

Sugars 21g

Protein 2g

Vitamin A 120% • Vitamin C 8%

Calcium 4% • Iron 6%

*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

Tropical Carrot Salad

Serving Size: ½ cup

The ingredients below will be enough to make the Food Hero recipe 4 times, which will make **32 servings**.



This recipe does not contain wheat. The ingredients may be gluten free. When food allergies or sensitivities are a concern, always read Ingredient labels carefully.

Keep all perishable ingredients cold in a refrigerator or a cooler with ice or frozen cold packs.

Ingredients to Bring for 32 Servings	Who Will Bring It?
8 large carrots (2 1/4 lb.) to make 8 cups grated	
2 cans (20 ounces each) pineapple tidbits OR pineapple chunks in 100% juice	
3 cups raisins (17 ounces) from any size container	
1 cup low-fat mayonnaise from any size container OR 1 cup (8 ounces) low-fat plain yogurt from any size container(s)	
1 cup (4 ounces) sunflower seeds OR slivered almonds, from any size container	

Supply List

For Prep

- Grater for carrots
- Strainer for pineapple
- Bowl to catch pineapple juice
- Measuring cups
- Large mixing bowl
- Mixing spoon
- Rubber scraper

For Serving & Eating

- ½ cup measure for portioning
- 6-ounce cups or bowls (one per student)
- Forks (one per student)



Blueberry Tofu Smoothie



Oregon State University

Ingredients

- 3/4 cup frozen **blueberries**
- 1 ripe **banana**
- 1 cup **vanilla soy milk**
- 3 ounces **silken tofu**
- 1/2 cup **orange juice** (juice from 1 orange)
- 1 teaspoon **lime juice**



Makes: 4 cups
Prep time: 5 minutes

Directions

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



Notes

- Add 2-3 more teaspoons of lime juice for more tartness.
- Freeze extra lime juice to use later.
- Can use almond milk instead of milk

For tasty, healthy recipes that fit your budget, visit [www.FoodHero.org!](http://www.FoodHero.org)

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Nutrition Facts

Serving Size about 1 cup (171g)
Servings Per Container 4

Amount Per Serving

Calories 90 Calories from Fat 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 16g **5%**

Dietary Fiber 2g **8%**

Sugars 10g

Protein 3g

Vitamin A 4% • Vitamin C 25%

Calcium 10% • 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

Blueberry Tofu Smoothie

Serving Size: ½ cup

The ingredients below will be enough to make the Food Hero recipe 4 times, which will make **32 servings**.



This recipe does not contain eggs, nuts, wheat or milk (unless dairy milk is substituted for soy milk). The ingredients may be gluten free. When food allergies or sensitivities are a concern, always read ingredient labels carefully.

Keep all perishable ingredients cold in a refrigerator or a cooler with ice or frozen cold packs.

Ingredients to Bring for 32 Servings	Who Will Bring It?
1 bag (16 ounces) frozen blueberries	
4 ripe bananas	
1 quart (32 fluid ounces) vanilla soy milk OR dairy milk	
1 container (12 ounces) silken tofu	
1 container (16 fluid ounces) orange juice OR 4 ounces frozen orange juice concentrate (1/3 of a 12 ounce can) plus 1½ cups water	
1 lime OR 1 bottle (2.5 fluid ounces) lime juice	

Supply List

For Prep

- Blender
- Measuring cups and measuring spoons
- Rubber scraper

For Serving & Eating

- 6-ounce cups (one per student)



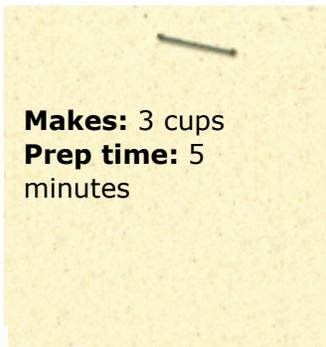
Peach and Carrot Smoothie



Oregon State University

Ingredients

- 1 medium **banana**, peeled fresh or frozen
- 1 cup frozen **carrots**
- 1 can (15 ounce) **peaches**, undrained



Makes: 3 cups
Prep time: 5 minutes

Directions

1. Combine all ingredients in a blender or food processor including the juice or syrup from the canned peaches.
2. Blend until smooth.
3. Serve immediately.
4. Refrigerate or freeze leftovers within 2 hours.



Notes

- Juice or syrup can be replaced with $\frac{3}{4}$ cup water and sweetener of your choice.
- Canned carrots work too! Drain them before adding.
- Try using fresh carrots but cook them first.

For tasty, healthy recipes that fit your budget, visit www.FoodHero.org!

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Nutrition Facts

Serving Size 1 cup (204g)
Servings Per Container 3

Amount Per Serving

Calories 150 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 37g **12%**

Dietary Fiber 3g **12%**

Sugars 30g

Protein 1g

Vitamin A 120% • Vitamin C 20%

Calcium 2% • Iron 2%

*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

Peach and Carrot Smoothie

Serving size: ½ cup

The ingredients below will be enough to make the Food Hero recipe 5 times, which will make **30 servings**.



This recipe does not contain milk, eggs, nuts, wheat or soy. The ingredients may be gluten free. When food allergies or sensitivities are a concern, always read ingredient labels carefully.

Keep all perishable ingredients cold in a refrigerator or a cooler with ice or frozen cold packs.

Ingredients to Bring for 30 Servings	Who Will Bring It?
5 medium bananas	
2 bags (16 ounces each) frozen carrots OR 3 bags (10 ounces each) frozen carrots OR 5 cans (14.5 ounces each) sliced carrots OR 2 pounds fresh carrots, cooked until soft	
5 cans (15 ounces each) peaches in 100% juice or light syrup	

Supply List

For Prep

- Blender
- Can opener
- Measuring cup
- Rubber scraper

For Serving & Eating

- 6-ounce cups (one per student)

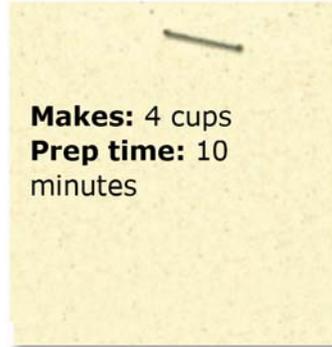


Popeye Power Smoothie



Ingredients

- 1 cup **orange juice**
- 1/2 cup **pineapple juice**
- 1/2 cup low-fat **plain** or **vanilla yogurt**
- 1 **banana**, peeled and sliced
- 2 cups fresh **spinach leaves**
- 2 cups **crushed ice**



Directions

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



Notes

- For a thicker smoothie, use frozen fruit.
- Use any type of juice.

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Nutrition Facts

Serving Size about 1 cup (166g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from 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 C 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
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	

Popeye Power Smoothie

Serving Size: ½ cup

The ingredients below will be enough to make the Food Hero recipe 4 times, which will make **32 servings**.



This recipe does not contain eggs, nuts, wheat or soy. The ingredients may be gluten free. When food allergies or sensitivities are a concern, always read ingredient labels carefully.

Keep all perishable ingredients cold in a refrigerator or a cooler with ice or frozen cold packs.

What to Bring for 32 Servings	Who Will Bring It?
1 quart (32 ounces) 100% orange juice (see next ingredient to use a pineapple-orange juice blend)	
3 cans (6 fluid ounces each) 100% pineapple juice OR To replace both the orange and pineapple juices: 7 cans (6 fluid ounces each) OR 1 can (46 fluid ounces) plus 1 can (6 fluid ounces) 100% pineapple-orange juice blend	
1 quart (32 ounces) low-fat plain or vanilla yogurt OR 3 containers (5-6 ounces each) low-fat plain or vanilla yogurt	
4 bananas	
1 container (10 ounces) fresh baby spinach	
8 cups crushed ice from any size container	

Supply List

For Prep

- Blender
- Liquid measuring cups
- Rubber scraper

For Serving & Eating

- 6-ounce cups (one per student)

Un-beet-able Berry Smoothie

Serving Size: ½ cup

The ingredients below will be enough to make the Food Hero recipe 4 times, which will make **32 servings**.



This recipe does not contain eggs, nuts, wheat or soy. The ingredients may be gluten free. When food allergies or sensitivities are a concern, always read ingredient labels carefully.

Keep all perishable ingredients cold in a refrigerator or a cooler with ice or frozen cold packs.

Ingredients to Bring for 32 Servings	Who Will Bring It?
1 can (46 fluid ounces) OR 6 cans (6 fluid ounces each) 100% pineapple juice	
1 quart (32 ounces) low-fat OR nonfat vanilla yogurt	
2 packages (16 ounces each) frozen strawberries, whole or sliced, unsweetened OR 1 ½ pounds fresh strawberries	
12 ounces frozen blueberries OR 1 pint container fresh blueberries	
2 cans (14.5 ounces each) sliced or diced beets OR 1 package (10 ounces) frozen sliced or diced beets	

Supply List

For Prep

- Blender
- Measuring cups
- Strainer for beets
- Container for holding beet juice
- Rubber scraper

For Serving & Eating

- 6-ounce cups (one per student)



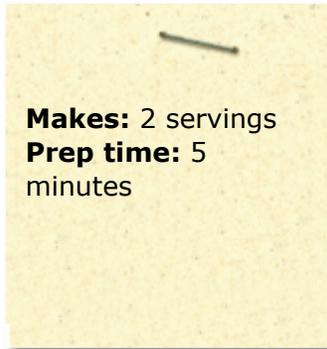
Banana Bobs



Oregon State University

Ingredients

- 1 large **banana** cut into ½ inch slices
- ¼ cup low-fat **vanilla yogurt**
- 2 Tablespoons oat and honey **granola cereal**



Makes: 2 servings
Prep time: 5 minutes



Directions

1. Divide the sliced banana pieces between two plates.
2. Place 2 tablespoons of yogurt onto each plate.
3. Place 1 tablespoon of granola cereal onto each plate.
4. Use fork to pick up a slice of banana and dip into the yogurt, then into the cereal.
5. Refrigerate leftovers within 2 hours.



Notes

- Try different flavors of yogurt.

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Nutrition Facts	
Serving Size about 8 "bobs" (101g)	
Servings Per Container 2	
Amount Per Serving	
Calories 100	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	8%
Sugars 11g	
Protein 2g	
Vitamin A 2%	• Vitamin C 10%
Calcium 4%	• Iron 2%
*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	

Banana Bobs

Amounts Per Serving: ½ banana, 2 T. yogurt, 1 T. granola

The ingredients below will be enough to make the Food Hero recipe 15 times, which will make **30 servings**.



This recipe does not contain eggs. When food allergies or sensitivities are a concern, always read ingredient labels carefully.

Keep all perishable ingredients cold in a refrigerator or a cooler with ice or frozen cold packs.

Ingredients to Bring for 30 Servings	Who Will Bring It?
15 large bananas	
1 container (32 ounces) low-fat vanilla yogurt OR 6 containers (5-6 ounces each)	
1 container (8 ounces) granola OR 2 cups granola from any size container OR ½ recipe Food Hero Skillet Granola	

Supply List

For Prep

- Cutting board
- Knife

For Assembling & Eating

- 1 Tablespoon measure for portioning granola
- 1/4 cup measure for portioning yogurt (fill it about half full for the 2 Tablespoon serving)
- Spoon or rubber scraper to remove yogurt from measure
- Plates or bowls (one per student)
- Forks (one per student)

Do-It-Yourself Trail Mix

Serving Size: 1/2 cup

The ingredients below will be enough to make the Food Hero recipe 3 times, which will make **30 servings**.



This recipe may contain multiple allergens. When food allergies or sensitivities are a concern, always read ingredient labels carefully.

Ingredients Needed for 30 Servings	Who Will Bring It?
1 small package square-type whole grain cereal* OR 3 cups.	
1 small package o-type whole grain cereal* OR 3 cups.	
1 small package puff-type whole grain cereal* OR 3 cups.	
20 ounces (1 ¼ pound) dried fruit OR 3 cups.	
1 package (3 ounces or larger) mini pretzels OR 3 cups.	
1 package (7 ounces) small nuts OR 1 ½ cups. If there are nut allergies, replace with sunflower seeds or additional cereals or dried fruit.	

* Check the nutrition facts label for cereals with not more than 6 grams of sugar per ounce. Look for cereals that contain fiber and that list whole grains as the main ingredient.

Supply List for Assembling all ingredients at once

For Prep

- Large mixing bowl
- Mixing spoon

For Serving & Eating

- ½ cup measure for portioning
- 6-ounce cups, plates or bags (one per student)

OR Supply List for Student Assembly Line and Eating

For Prep

- 6 bowls (one per ingredient)

For Assembling & Eating

- 6 Tablespoon measures (one per bowl)
- 6-ounce cups, plates or bags (one per student)

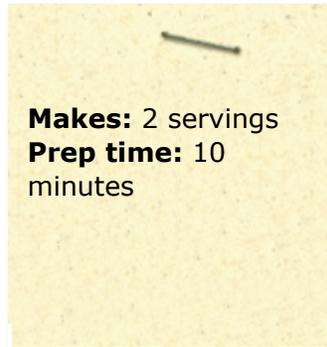


Fruit Pizza



Ingredients

- 1 **English Muffin** (try whole grain)
- 2 Tablespoons reduced fat or fat-free **cream cheese** (see notes)
- 2 Tablespoons sliced **strawberries**
- 2 Tablespoons **blueberries**
- 2 Tablespoons crushed **pineapple**



Directions

1. Split open the English muffin and toast the halves until lightly browned.
2. Spread cream cheese on both halves.
3. Divide the fruit between the two muffin halves and arrange on top of cream cheese.
4. These are best when served soon.
5. Refrigerate leftovers within 2 hours.



Notes

- Use any combination of fruit for topping the pizza.
- No cream cheese? Try peanut butter or sunflower seed butter.
- Make your own **whipped** cream cheese for easy spreading. Use an electric hand mixer to gradually beat 4 tablespoons of milk into 8 ounces of cream cheese. To make it fruit flavored, add any chopped, soft fruit (fresh, canned, or frozen) while beating. Store in a covered container in the refrigerator.

For tasty, healthy recipes that fit your budget, visit www.FoodHero.org!

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Nutrition Facts

Serving Size one half muffin with fruit (81g)

Servings Per Container 2

Amount Per Serving

Calories 120 Calories from Fat 30

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 190mg **8%**

Total Carbohydrate 19g **6%**

Dietary Fiber 3g **12%**

Sugars 7g

Protein 4g

Vitamin A 2% • Vitamin C 15%

Calcium 10% • Iron 6%

*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

Fruit Pizza



Serving Size: one half muffin/sandwich thin

The ingredients listed below will be enough to make the Food Hero recipe 15 times, which will make **30 servings**.

This recipe may contain multiple allergens. When food allergies or sensitivities are a concern, always read ingredient labels carefully.

Keep all perishable ingredients cold in a refrigerator or a cooler with ice or frozen cold packs.

Ingredients to Bring for 30 Servings	Who Will Bring It?
3 packages of 6 English muffins OR 2 packages of 8 sandwich thins	
2 packages (8 ounces each) whipped cream cheese OR 3 containers (5-6 ounces each) low-fat vanilla yogurt OR 2 packages (8 ounces each) reduced fat cream cheese	
1 pound (16 ounces) strawberries, fresh	
10 ounces blueberries (fresh or frozen)	
1 can (20 ounces) OR 2 cans (8 ounces each) crushed pineapple or pineapple chunks in 100% juice	

Supply List

For Prep

- Knives (splitting muffins, slicing strawberries)
- Cutting board
- Can opener
- 3 Bowls for holding fruit

For Assembling & Eating

- Knives for spreading cream cheese or yogurt
- Spoons for adding/arranging fruit
- Plates (one for each student)



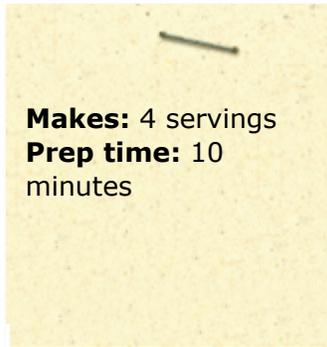
Hoppin' Pear Salad



Oregon State University

Ingredients

- 2 cups shredded **lettuce** or **spinach**
- 4 **pear halves**, fresh or canned
- 1/2 cup **cottage cheese**
- 8 pieces **sliced almonds**
- 12 **raisins**



Makes: 4 servings
Prep time: 10 minutes



Directions

1. Place about 1/2 cup shredded lettuce on each plate.
2. Place one pear half on the lettuce, cut side faced down.
3. On the narrower end of each pear, make a rabbit face: Poke two pieces of sliced almonds into the pear to make ears. Arrange two raisins for eyes and one for the nose.
4. Place 2 Tablespoons of cottage cheese at the opposite end of each pear half to make a tail.



Notes

- Optional: Add a miniature carrot or two for the bunnies to snack on.
- Look in the bulk food section of the store to buy only the amount you need of raisins or sliced almonds.

For tasty, healthy recipes that fit your budget, visit www.FoodHero.org!

Nutrition Facts			
Serving Size 1 Bunny (139g)			
Servings Per Container 4			
Amount Per Serving			
Calories	90	Calories from Fat	10
% Daily Value*			
Total Fat	1g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	115mg		5%
Total Carbohydrate	17g		6%
Dietary Fiber	4g		16%
Sugars	11g		
Protein	5g		
Vitamin A	30%	Vitamin C	15%
Calcium	4%	Iron	2%
*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	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	• Carbohydrate 4 • Protein 4

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Hoppin' Pear Salad

Serving Size: 1 pear half with greens

The ingredients listed below will be enough to make the Food Hero recipe 8 times, which will make **32 servings**.



This recipe does not contain eggs or soy. When food allergies or sensitivities are a concern, always read ingredient labels carefully.

Keep all perishable ingredients cold in a refrigerator or a cooler with ice or frozen cold packs.

What to Bring for 32 Servings	Who Will Bring It?
2 heads romaine or leaf lettuce OR 2 bags (8 ounces each) baby spinach	
8 cans (15 ounces each) pear halves in 100% juice OR 16 fresh ripe pears	
2 containers (16 ounces each) low-fat cottage cheese OR 1 container (32 ounces) low-fat cottage cheese	
1 bag (4 ounces) sliced almonds OR 1 cup sliced almonds from any container If classroom is nut free, a whole wheat snack cracker could be broken to look like bunny ears	
1 box (12 ounces) raisins OR 6 boxes (1 ounce each) OR 1/3 to 1/2 cup from any container	

Supply List

For Prep

- Cutting board
- Knife (for cutting lettuce or spinach and if using fresh pears)
- Towel or salad spinner for drying romaine or spinach
- Can opener (if using canned pears)
- Strainer for draining pears
- vegetable peeler (if using fresh pears)

For Assembling & Eating

- Tongs for salad greens
- 1 Tablespoon measure for portioning cottage cheese
- Plates (one for each student)
- Forks (one for each student)

Pear Quesadillas

Serving Size: 1 wedge (equal to half of 1 tortilla)

The ingredients listed below will be enough to make the Food Hero recipe 4 times, which will make **32 servings**.



This recipe does not contain egg or nuts. When food allergies or sensitivities are a concern, always read ingredient labels carefully.

Keep all perishable ingredients cold in a refrigerator or a cooler with ice or frozen cold packs.

Ingredients to Bring for 32 Servings	Who Will Bring It?
16 whole wheat tortillas, 6 to 8 inch across	
1 pound (16 ounces) grated cheese OR 1 pound block of cheese to grate (try cheddar, jack or pepper jack)	
3 cans (15 ounces each) sliced pears in 100% juice or light syrup OR 8 medium fresh pears	
2 large bell peppers (red or green)	
4 green onions OR 1 small onion (red, yellow or sweet)	

Supply List

For Prep

- 2 Cutting boards
- Electric skillet or griddle
- Measuring cups
- Measuring spoons
- Strainer for canned pears
- Grater if using block cheese
- Paper towels
- Knife
- Spatula

For Assembling & Eating

- Knife to cut quesadillas
- Plates (one per student)



Yogurt Parfait



Oregon State University

Ingredients

- 4 **bananas**
- 24 ounces low-fat **vanilla yogurt**
- 2 cups low-fat **granola**

Directions

1. Peel and chop bananas.
2. Take half of the fruit and split it between the bottom of six cups or bowls.
3. Take half of the yogurt and split it between each cup or bowl, placing it on top of the fruit.
4. Sprinkle each cup with 1/4 cup granola.
5. Repeat layers.
6. Refrigerate leftovers within 2 hours.



Makes: 6 cups
Prep time: 10 minutes



Notes

- Drizzle with honey and top with chopped nuts.
- Try other fruits, such as strawberries, apples, oranges, etc. (Use 2 cups fruit for the recipe.)
- Use different flavors of yogurt, such as lemon or strawberry, or plain for less sugar.
- Honey is not recommended for children under 1 year old.

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Nutrition Facts

Serving Size 1 cups (226g)
 Servings Per Container 6

Amount Per Serving	
Calories 290	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 80mg	3%
Total Carbohydrate 58g	19%
Dietary Fiber 5g	20%
Sugars 29g	

Protein 10g

Vitamin A 2% • Vitamin C 15%
 Calcium 20% • Iron 8%

*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

Yogurt Parfait

Serving size: 1 parfait (about ½ cup)

The ingredients listed below will be enough to make the Food Hero recipe 2 ½ times, which will make **30 servings**.



This recipe does not contain eggs. When food allergies or sensitivities are a concern, always read ingredient labels carefully.

Keep all perishable ingredients cold in a refrigerator or a cooler with ice or frozen cold packs.

Ingredients to Bring for 30 Servings	Who Will Bring It?
10 medium bananas	
2 containers (32 ounces each) low-fat vanilla yogurt	
1 box (20 ounces) granola OR 5 cups granola from bulk bin OR 1 recipe Food Hero Skillet Granola	

Supply List

For Prep

- Cutting board
- Knife

For Assembling & Eating

- 2 Serving bowls (fruit, granola)
- Measures for serving:
 - fruit (1/4 cup)
 - yogurt (1/4 cup)
 - granola (1 Tablespoon)
- Spoon or rubber scraper may help with yogurt
- 6-ounce or 8-ounce cups (one for each student)
- Spoons (one for each student)