

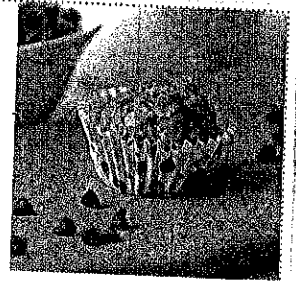
ENERGY BITES

Ingredients:

- 1 1/2 cups oats (*old fashioned or quick*)
- 1/2 cup unsweetened coconut flakes
- 1/4 cup chia seeds
- 1/4 cup mini chocolate chips
- 1/2 cup creamy peanut butter
- 1/3 cup honey
- 1 teaspoon vanilla extract

Instructions:

1. Stir all ingredients together in a medium sized bowl.
2. Cover a cookie sheet with foil or parchment paper. Drop mixture by tablespoonfuls onto the cookie sheet.
3. Refrigerate 1 hour.
4. Roll each drop of mixture into a ball. Place in an airtight container. Store in the refrigerator.



Tip:

- Use finely chopped dried cranberries, cherries, or raisins in place of the coconut flakes, chia seeds, or chocolate chips.

SERVES: 25 | SERVING SIZE: 1 energy bite | COST PER SERVING: \$0.21

Nutrition Facts

25 servings per recipe

Serving size 1 energy bite

Amount per serving

Calories 90

% Daily Value*

Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 10g	4%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 5g Added Sugars	10%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 0mg	0%
Potassium 62mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

DANCE THE DAY AWAY

Moving to music is a fun way to be active. It is a great way to spend time with friends and family.



SPEND SMART. EAT SMART.®

Berry and Greens Smoothies

Serves: 8 Cost/Serving: \$0.76 Serving Size: 8 ounces

INGREDIENTS

- 2 medium bananas
- 2 containers (6 ounces each) nonfat vanilla yogurt
- 3 cups leafy greens, washed (kale or spinach)
- 1 package (16 ounces) frozen berries
- 1 cup nonfat milk

INSTRUCTIONS

- 1 Put bananas, yogurt, and greens in the blender. Blend until smooth.
- 2 Add berries to blender. Blend until smooth.
- 3 Add milk to blender. Blend until smooth.
- 4 Serve immediately or freeze in individual servings.

TIPS

Add up to 1 cup more of nonfat milk if smoothie is too thick.

Put frozen smoothies in the refrigerator for at least 12 hours to thaw them before serving. Shake well to mix ingredients before serving.

Use half of each ingredient to make four servings if this recipe makes too much.

This is a good recipe to use over-ripe or frozen bananas.

Nutrition Facts

8 servings per recipe

Serving Size: 8 ounces

Amount Per Serving

Calories 90

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 50mg 2%

Total Carbohydrates 20g 7%

Dietary Fiber 3g 12%

Total Sugars 12g

Added Sugars NA*

Protein 4g

Vitamin D 1mcg 6%

Calcium 104mg 8%

Iron 1mg 6%

Potassium 244mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

NA* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently available for the recipe. We will be updating the information shortly.

SPEND SMART. EAT SMART.®

Chocolate Chip Zucchini Muffins

Serves: 12 Cost/Serving: \$0.19 Serving Size: 1 muffin

INGREDIENTS

- 2 cups whole wheat flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 2 teaspoons cinnamon
- 1/2 cup unsweetened applesauce
- 1/4 cup oil (canola, olive, or vegetable)
- 1/4 cup nonfat milk
- 1 banana, mashed
- 1/4 cup brown sugar
- 1 cup zucchini, washed and shredded (about 1/2 large unpeeled zucchini)
- 1/4 cup chocolate chips

INSTRUCTIONS

- 1 Preheat oven to 350°F. Lightly grease a muffin tin.
- 2 Whisk together flour, baking powder, baking soda, and cinnamon in a large mixing bowl.
- 3 Whisk together applesauce, oil, milk, banana, and sugar in a separate bowl.
- 4 Add wet ingredients to dry ingredients. Stir until just moistened.
- 5 Stir in the zucchini and chocolate chips.
- 6 Divide the mixture between 12 muffin tins. Bake until a tester (knife or toothpick) comes out clean (about 18 minutes).

Nutrition Facts

12 servings per recipe

Serving Size: 1 muffin

Amount Per Serving

Calories 160

% Daily Value*

Total Fat 6g 9%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 140mg 6%

Total Carbohydrates 26g 9%

Dietary Fiber 3g 12%

Total Sugars 9g

Added Sugars NA*

Protein 3g

Vitamin D 0.1mcg 1%

Calcium 70mg 5%

Iron 1.1mg 6%

Potassium 171mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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