



Nutrition News



Try These Recipes

Sneaky Veggies

Pureeing vegetables may be the secret to getting kids to consume more.

Green Smoothie

Blend:

1/2 avocado

1/2 cup spinach

half of a small banana

1/4 cup canned pumpkin

1/2 cup of either almond milk, regular milk or water

Blend in a crushed or liquid form of their daily vitamin for added nutrition.



Broccoli Grape Salad

- ◆ 1 16oz. bag broccoli florets, lightly cooked
- ◆ 1 cup halved seedless red grapes
- ◆ 3 oz. shredded Cheddar cheese
- ◆ 1/4 cup finely chopped red onion
- ◆ 1/4 cup bacon ranch dressing or your favorite.

Place broccoli in a large bowl, breaking any large florets into smaller pieces.

Add grapes, cheese, onion and dressing.

Mix well and refrigerate for 30 minutes before serving.



Corn and Zucchini Pancakes

INGREDIENTS

- 3 medium zucchini, shredded
- 3 large eggs, whisked
- 3 scallions, chopped
- 1½ cups canned, fresh, or frozen corn
- 1 cup whole-wheat flour
- ¼ teaspoon salt
- ½ teaspoon baking powder
- 1½ tablespoons oil

INSTRUCTIONS

Roll the zucchini in a dish towel and squeeze to extract the liquid.

Whisk the eggs in a large bowl until they are pale yellow.

Add zucchini, corn (drain if using canned corn), and scallions to the eggs.

Add the flour, baking powder, and salt to the egg mixture.

Mix everything until well combined.

Heat skillet and oil to medium.

Scoop ¼ cup of the mixture into the skillet and cook 5 minutes on each side.

Repeat with the remaining mixture. Serve with your favorite toppings.



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