The VeggieFruitables™ Favorite Recipes

I'm
Broccoberry™!
Guess what
vegetable and
fruit I'm from!



These are the very favorite recipes of the VeggieFruitables $^{\text{TM}}$ featuring a fruit and vegetable.

- Applecarrotop™ and Raisin Salad
- Broccoberry[™] Salad
- Pumpkinanna™ Muffins
- Spinagrape™ Salad

Read the VeggieFruitables™ stories at YourNutritionConnections.com

Nutritious-Delicious and Easy to Make Recipes

Applecarrotop™ and Raisin Salad

Apple and carrot make such a good combination.

2 medium apples - try a tart apple like Granny Smith and a sweet apple like Red Delicious

2 carrots, washed, peeled, and shredded

½ cup raisins

1 cup vanilla low-fat yogurt

1. Wash apples. Combine all the ingredients in a medium bowl. Serve immediately.

Pumpkinanna™ Muffins

Pumpkinanna loves these muffins with pumpkin and banana (a vegetable and fruit). Serve with one of the other $VeggieFrutable^{m}$ Salads.

1½ cups old fashioned rolled oats

14 cups all purpose flour

½ cup packed brown sugar

1 tsp baking powder

34 tsp baking soda

1½ tsp pumpkin pie spice

½ cup pecan chips

1 cup canned pumpkin

½ banana, thinly sliced

2 Tbsp molasses

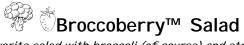
½ cup skim milk

2 Tbsp canola oil

1 egg white, whisked

Granola cereal for topping

- 1. Preheat oven to 375 degrees. In a large mixing bowl combine rolled oats, flour, brown sugar, baking powder, baking soda, pumpkin pie spice and pecan chips.
- 2. In another bowl, combine pumpkin, banana, molasses, skim milk, canola oil, and egg white.
- 3. Lightly spray a muffin pan with vegetable spray. Fill muffin cups 2/3 full. Top with 1 Tbsp granola. Bake for 15 minutes, or until toothpick inserted in center of muffin comes out clean.



BroccoberryTM loves to make her favorite salad with broccoli (of course) and strawberries. Broccoli and Strawberry are **bff**.

4 cups baby spinach and dark lettuce

2 cups broccoli crowns or florets

1 cup sliced strawberries

34 cup sliced celery ribs

Fresh dill or dried (3 Tbsp chopped fresh or ½ tsp dried) Raspberry Vinaigrette Dressing or poppy seed dressing

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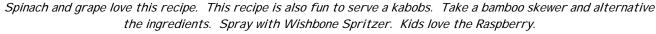
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½ cup slivered almonds plus 2 tsp sugar

- Clean broccoli, spinach, and strawberries according to the directions with each character at YourNutritionConnections.com.
- 2. Sugar coat the slivered almonds. To coat almonds, add 2 tsp sugar to a non-stick skillet along with almonds. Turn heat to medium-high and continually stir sugar and almonds together until the sugar melts and coats almonds. Remove almonds from heat and place on a plate to cool.
- 3. In a large bowl, toss together all ingredients, except dressing. Before serving, top with dressing.

SpinaGrape Salad™



4 cups baby spinach, cleaned and torn into small pieces

1 small can (10.5 oz) mandarin oranges, packed in juice

1 cup red grapes, cut in half

1 celery rib, diced

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12 cheese cubes - cheddar, Colby, or what you like

½ cup chopped walnuts

Low-fat poppyseed dressing

- 1. Divide spinach into 4 equal servings (1 cup each) and place in a bowl.
- 2. Divide the mandarin oranges, red grapes, celery rib, cheese cubes, and walnuts into equal portions and place on top of spinach portions.
- 3. Top with salad dressing.