

## The VeggieFruitables™ Favorite Recipes

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



These are the very favorite recipes of the VeggieFruitables™ featuring a fruit and vegetable.

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

Read the VeggieFruitables™ stories at [YourNutritionConnections.com](http://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™ Salads.*

- |                                   |                            |
|-----------------------------------|----------------------------|
| 1½ cups old fashioned rolled oats | 1 cup canned pumpkin       |
| 1¼ cups all purpose flour         | ½ banana, thinly sliced    |
| ½ cup packed brown sugar          | 2 Tbsp molasses            |
| 1 tsp baking powder               | ½ cup skim milk            |
| ¾ tsp baking soda                 | 2 Tbsp canola oil          |
| 1½ tsp pumpkin pie spice          | 1 egg white, whisked       |
| ½ cup pecan chips                 | 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.



## Broccoberry™ Salad

*Broccoberry™ 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
- ¾ cup sliced celery ribs
- ½ cup slivered almonds plus 2 tsp sugar
- Fresh dill or dried (3 Tbsp chopped fresh or ½ tsp dried)
- Raspberry Vinaigrette Dressing or poppy seed dressing

1. Clean broccoli, spinach, and strawberries according to the directions with each character at [YourNutritionConnections.com](http://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™



*Spinach and grape love this recipe. This recipe is also fun to serve a kabobs. Take a bamboo skewer and alternative the ingredients. Spray with Wishbone Spritzer. Kids love the Raspberry.*

- 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
- 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.