

# Healthy *Kid-Friendly* Recipes



It's good to be Blue.

Have your kids help in the kitchen with these healthy recipes!

## Peanut Butter-Banana Spirals

Resource: *Cooking Light*

### Ingredients

- ½ c. peanut butter
- ⅓ c. vanilla low-fat yogurt
- 1 Tbsp. 100% orange juice
- 2 ripe bananas, sliced
- 4 (8-inch) whole-wheat tortillas
- ¼ tsp. ground cinnamon

### Directions

1. Combine peanut butter and yogurt, stirring until smooth.
2. Drizzle orange juice over bananas; toss gently to coat.
3. Spread about 3 Tbsp. of the peanut butter mixture over each tortilla, leaving a ½-inch border.
4. Arrange about ⅓ c. banana slices in a single layer over peanut butter mixture.
5. Sprinkle cinnamon evenly over banana slices.
6. Roll up the tortilla and slice into six pieces.



## Zucchini Oven Chips

Resource: *Cooking Light*

**Yield:** 4 servings

### Ingredients

- ¼ c. dry breadcrumbs
- ¼ c. grated fresh Parmesan cheese
- ¼ tsp. seasoned salt
- ¼ tsp. garlic powder
- ⅛ tsp. pepper
- 2 Tbsp. fat-free milk
- 2½ c. sliced zucchini (about 2 small)
- Cooking spray

### Directions

1. Preheat oven to 425°.
2. Combine first five ingredients in a medium bowl, stirring with a whisk.
3. Place milk in a shallow bowl. Dip zucchini slices in milk, and dredge in breadcrumb mixture.
4. Spray a baking sheet with cooking spray. Place slices on the cooking sheet.
5. Bake at 425° for 30 minutes or until browned and crisp. Serve immediately.

