

A Rainbow of Fruit and Vegetable Recipes!

Nutritious Super Snacks for Extended Energy!

Blue/Purple

- * Berry Delicious: top plain low-fat yogurt with fresh blackberries and blueberries. Spoon in the fun!
- * Purple Granola: add raisins and black currants to granola. Get ready, set, and eat!

Green

- * Peanut Butter Logs: fill celery with peanut butter. Enjoy!
- * Jumping Cucumber: slice cucumbers into circles, squeeze fresh lemon juice onto cucumber circles, and sprinkle chili powder on top. Caution! The chili powder gives this dish quite a kick!

White

- * Crunchy Pears: press pear slices into low-fat granola and munch!
- * Potato Fiesta: cut a baking potato in half lengthwise. Microwave the potato and top with salsa and your favorite shredded cheese. Let the party begin!

Yellow/Orange

- * Orange and Yellow Sticks: use carrot sticks and thinly sliced yellow bell pepper sticks. Dip into low-fat ranch dressing or low fat sour cream. Enjoy this zesty treat.
- * Tropical Tangy Delight: top lime sherbet with sliced nectarines and peaches. Very refreshing.

Red

- * Very Berry Smoothie: pour a glass of low-fat milk into a blender. Add frozen cherries, strawberries, and raspberries. Secure lid and blend until smooth. Drink immediately.
- * Muffin in a Zap: top a half of a whole wheat English muffin with sliced tomatoes and Monterey Jack cheese. Top with the remaining muffin half. Heat in toaster oven until cheese melts or zap in the microwave for 20 seconds. Yummy!