Take Less. Share More. Recycle Always.

RECIPE OF THE WEEK: MINI PIZZA

I need help from an adult

Ingredients: english muffin, cheese, ham, broccoli, marinara sauce, pizza toppings (optional)
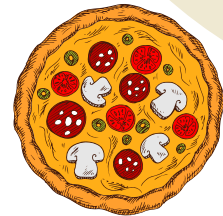
Directions: Preheat oven to 400°F. Spread marinara sauce on top of the english muffin and then cover with cheese. Add your favorite pizza toppings and bake for 8 minutes (or until cheese is completely melted)

YUM OR YUCK?

Color in the "thumbs up" or the "thumbs down" to let us know if you liked the recipe!

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Name _____

RECIPE OF THE WEEK:
BERRY MUG MUFFINS

I can do this by myself!

Ingredients:
1 egg white, 2 tbsp honey, 1/4 cup flour, 1/2 tsp nutmeg, 1/2 tsp baking powder, 3 tbsp Maine blueberries

Directions:
In a microwave-safe mug, mix together egg whites and honey. Slowly add each of the dry ingredients and mix well. Then, mix in blueberries and place the mug in the microwave. Heat for 90 seconds and enjoy!
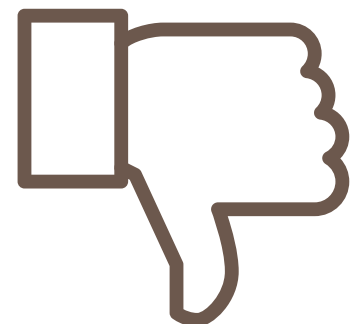
YUM OR YUCK?

Color in the "thumbs up" or the "thumbs down" to let us know if you liked the recipe!

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Name _____

RECIPE OF THE WEEK: BLUEBERRY-BANANA ICE CREAM

I need help from an adult

Ingredients:
1 banana
1/4 cup blueberries

Directions:

With a butter knife or fork, slice a banana into thin pieces and freeze for 2-3 hours. Once the banana slices are frozen, place them into a food processor or blender with fresh blueberries and blend together until smooth. Enjoy with other toppings or alone as a healthy treat!

YUM OR YUCK?

Color in the "thumbs up" or the "thumbs down" to let us know if you liked the recipe!

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RECIPE OF THE WEEK: YOGURT-COVERED PRETZELS

I can do this by myself!

Ingredients:

1 yogurt cup, any flavor (6oz)
1 cup powdered sugar
pretzels

Directions:

In a medium-sized bowl, mix together the yogurt and sugar. Use a fork to dip the pretzels in the mixture and place on a lined baking tray. Place tray in a dry, warm area for 2-3 hours until yogurt hardens. Store in an air-tight container and enjoy!

YUM OR YUCK?

Color in the "thumbs up" or the "thumbs down" to let us know if you liked the recipe!