



**School Nutrition
Information Line**

**Need more help
with guidelines and
policies?**

**Call 1-888-547-0535
toll free to get
assistance from
the school nutrition
support team.**

**Visit the Food in
Schools website:**

**[www.gov.mb.ca/
healthyschools/
foodinschools](http://www.gov.mb.ca/healthyschools/foodinschools)**

Healthy Food Recipes

Classic Orange Smoothie

- 1 cup orange juice
- 1 banana
- 2 ice cubes or
- ½ cup crushed ice
- ½ cup vanilla yogurt



Combine all ingredients in a blender, and blend on high until smooth and creamy. Adjust flavours or thickness if needed. Makes 2 servings.

Note: Be creative and use a variety of ingredients. Try adding apple juice instead of orange or cherry yogurt instead of vanilla.

Yogurt Parfaits

- 2 cups vanilla low-fat yogurt
- 1 cup granola
- 1 cup chopped fruit (thawed frozen fruit works well)



Spoon ½ cup of yogurt in each of 4 cups. Spoon ¼ cup of chopped fruit in each cup.

Sprinkle with ¼ cup granola.

Super Veggie Wrap

- 1 cucumber, thinly sliced
- 2 small zucchinis, thinly sliced
- 2 carrots, peeled and thinly sliced
- 4 large white mushrooms, chopped
- 4 green onions, chopped
- 1 clove garlic, chopped (optional)
- 4 (10-inch) whole wheat tortillas
- ½ cup fat-free cream cheese



In a small bowl, combine cucumber, zucchini, carrots, mushrooms, green onions, and garlic.

Thinly spread 1 tablespoon cream cheese on each tortilla. Place chopped vegetable mixture evenly across the center of each tortilla.

Roll the tortilla, wrapping vegetables very tightly, forming a tube. When finished rolling, slice each tube into 1-inch wide sections to serve. Variation: Add 1 tablespoon of salsa to each wrap.

Healthy Food Recipes

Pizza Muffins

- 2 English muffins (whole-wheat, if possible)
- 1 small onion
- 4 fresh mushrooms
- 2 tablespoons canned tomato paste (no salt added)
- 2 tablespoons water
- ½ teaspoon dried oregano
- black pepper (optional)
- 4 thin slices part-skim mozzarella cheese



Slice or separate the muffins into halves and place them in a toaster or toaster oven. Toast until golden brown.

While the muffins are toasting, cut the ends off of the onion and peel away the outer skin. Chop the onion into little pieces (smaller than a raisin). Wipe the mushrooms with a damp paper towel and slice off the very end part of each stem. Slice the mushrooms thinly.

Make a tomato sauce by mixing the tomato paste, water, and oregano in a small bowl. Add a dash of black pepper for a spicier pizza. Top each muffin half with 1 tablespoon of the tomato sauce. Sprinkle with the onions and mushrooms and place a slice of cheese on top.

Place the pizzas under the broiler (of a stove or toaster oven), about 4 inches away from the heat. Broil until the cheese melts, about 4 or 5 minutes.

Fruit Pizza

- English muffins (whole-wheat, if possible)
- Low-fat cream cheese
- Sliced fruit, fresh or canned

Slice English muffins in half. Spread a thin layer of cream cheese and top with favourite fruits.

No cooking!

3-Minute Fruit Salad

- 1 can mandarin oranges packed in their own juice, drained (or 1-2 mandarin oranges, peeled and separated)
- 1 banana, sliced
- 1 red apple, chopped
- A sprinkle of raisins or blueberries

Combine and serve.

Ants on a Log



- 1 celery stick
- 1 tablespoon peanut butter
- 1 tablespoon crisp rice cereal or raisins

Spread peanut butter on celery stick. Press cereal and/or raisins into peanut butter.

The kids will love making and eating the ants!