

# Nutty Fruit

## Ingredients:

1 banana  
1 apple  
½ cup raisins or dried cranberries  
½ cup peanut butter or almond butter  
3 tbsp. plain or vanilla yogurt  
1 tsp. honey or maple syrup  
1 tsp. cinnamon

## Directions:

1. Slice banana and apple into bite size pieces.
2. Mix sliced fruit with dried fruit and set aside.
3. In a separate bowl, combine peanut butter and honey and warm for 10-20 seconds in the microwave.
4. Add yogurt and cinnamon and mix until smooth.
5. Pour the mixture over the fruit and stir until the fruit is covered and serve.

This content has been provided as a free download on ParentFurther.com<sup>SM</sup>, an online resource from Search Institute®, Minneapolis, MN; 800-888-7828; www.search-institute.org. All rights reserved.



# Crunchy Fruit Salad

## Ingredients:

Mixed fruit of your choice (e.g. melons, grapes, berries, mangoes, kiwis, plums, nectarines, bananas, pears, pineapples)

## Topping:

¼ cup flour  
⅓ cup brown sugar  
¾ cup oats  
1 Tbsp. vanilla  
1 Tbsp. cinnamon  
3 Tbsp. butter, margarine, or peanut butter

## Directions:

1. Wash all fruit and chop into bite-size pieces
2. Mix together flour, sugar, oats, vanilla, and cinnamon.
3. Place butter, margarine, or peanut butter in a frying pan over medium heat until melted.
4. Place the mixture in the pan and fry over medium heat for 6 – 8 minutes or until browned, stirring frequently.
5. Sprinkle topping over individual bowls before serving, and enjoy!

This content has been provided as a free download on ParentFurther.com<sup>SM</sup>, an online resource from Search Institute®, Minneapolis, MN; 800-888-7828; www.search-institute.org. All rights reserved.



# Chocolate Delight Smoothie

## Ingredients:

2 bananas  
7 large strawberries  
1 cup low-fat or fat-free yogurt (vanilla or your favorite flavor)  
1 cup skim milk  
1 cup chocolate syrup  
15-20 ice cubes (optional)

## Directions:

Blend all ingredients in a blender. Blend in ice cubes for a delicious and healthy alternative to ice cream!

This content has been provided as a free download on ParentFurther.com<sup>SM</sup>, an online resource from Search Institute®, Minneapolis, MN; 800-888-7828; www.search-institute.org. All rights reserved.



# Easy Homemade Veggie Soup

## Ingredients:

1 Tbsp. olive or vegetable oil	2 tsp. parsley
½ onion, diced	2 tsp. sage
5 cups vegetable or chicken stock (low-sodium stock may be substituted)	2 bay leaves
2 cups water	2 carrots, sliced or diced
½ lb. dry pasta (stars, letters, or spirals are fun!)	2 celery stalks, chopped
1 Tbsp. salt (or to taste)	1-2 medium sized potatoes, diced
2 tsp. pepper	¾ cup green beans
	1 cup frozen peas (optional)
	1 cup frozen corn (optional)

## Directions:

1. Wash and prepare all vegetables and set aside.
2. In a large pot, heat diced onion in oil until translucent.
3. Add stock, water and spices, and bring to a rolling boil.
4. Add carrots and potatoes. Lower heat and continue to simmer for 20 minutes.
5. Add other vegetables and simmer for 10 minutes.
6. Add pasta and simmer for 5 – 7 minutes or to desired tenderness.

\* For extra protein, also try adding in ground beef, chicken, or white beans!

This content has been provided as a free download on ParentFurther.com<sup>SM</sup>, an online resource from Search Institute®, Minneapolis, MN; 800-888-7828; www.search-institute.org. All rights reserved.

