

MEALS ON THE MOOVE

SCHOOL-APPROVED MEALS

MARCH

BLENDERLESS SMOOTHIE: CINNAMON ROLL

- 1 cup vanilla yogurt
- ½ cup apple juice, unsweetened, chilled
- ¼ tsp cinnamon, ground
- ½ cup applesauce, unsweetened, chilled

Don't have a blender? Don't despair, place all ingredients into large glass and whisk together until combined. If you want a more frozen treat, place in freezer for 30 minutes.

BUFFALO CHICKEN PARFAIT

- 8 ounces yogurt, plain, fat-free
- ½ teaspoon onion powder
- ¼ tsp garlic, granulated
- ¼ tsp. pepper, black, ground
- ½ tsp. chives, freeze-dried
- ½ tsp parsley, dried
- 3 ounces chicken, diced, cooked
- 1 tablespoon hot sauce

Yogurt parfaits can be more than fruit and granola!

Begin with yogurt and stir in spices. Place 4 ounces in cup; add cooked chicken that has been tossed in hot sauce, top with cheese or serve with celery and carrot stick dippers.

OMELET IN A MUG

- 1 large egg
- 2 egg whites
- 2 tablespoons Cheddar cheese
- 2 tablespoons fully cooked ham
- 1 tbsp. green bell pepper (or other color)
- Salt and pepper to taste
- Cooking spray

Spray mug with cooking spray. Combine all ingredients in mug. Microwave on high for 30 seconds, stir, repeat until done.

OVERNIGHT OATMEAL

- ¼ cup yogurt, low-fat strawberry
- ¼ cup milk, low-fat or fat-free
- ½ cup berries, frozen, unsweetened
- ⅓ cup oats, quick cooking, dry

Combine all ingredients in a cup or jar. Stir to mix thoroughly. Cover and refrigerate several hours or overnight. Top each cup with 1 oz. of vanilla yogurt and 1 tbsp. berries.

