Peanut Butter Strawberry Quesadilla

Student Recipe from James Madison MS, Appleton Area School District

These quesadillas are very quick, healthy, delicious breakfast alternative. If desired, a pinch or two of cinnamon can be added to these right before the top tortilla is added. Altogether these quesadillas have a very sweet and creamy texture and are perfect for a quick breakfast.

**Ingredients:**
- 2 Tbsp peanut butter
- 2 tortillas, whole grain
- 1 banana, large
- ⅛ tsp cinnamon
- 6 strawberries
- cooking spray

**Directions:**
1. Spread 1 tablespoon peanut butter on each tortilla. Cut the strawberries into slices or coins. Cut the banana into coins.
2. Spread the strawberries & bananas onto one side of the tortilla. Top with the other tortilla. Turn the stove to medium heat.
3. Cook for ~2 minutes on each side. Transfer to plate, cut into triangles and serve.

Yield: 4 servings, 2 triangles/serving.

Chocolate Fudge Pops

Recipe adapted from: Allrecipes.com, by Kristen Feaga

I use reusable plastic popsicle molds (easy to find in the kitchen section of many stores, e.g. TJ Maxx, HomeGoods, Walmart, Target). If you can’t find popsicle molds, use Dixie cups with wooden popsicle sticks. Enjoy!

**Ingredients:**
- ½ cup sugar
- 2 ½ cups skim milk
- 2 tbsp. cocoa powder
- 1 tsp vanilla extract
- 2 tbsp. cornstarch
- reusable popsicle molds

**Directions:**
2. Pour into molds, freeze until firm, 4+ hrs.

**Tip:** Using skim milk keeps these treats fat-free; you can use milk-alternatives too, but you may lower the protein, calcium, and add more sugar.

Yield: 8 popsicles
1-2-3 Bean Dip
From: The Bold & Beautiful Book of Bean Recipes

Great for summer cookouts and barbecues! Do not unrefrigerated too long. Will keep chilled on ice!

Ingredients:
3 cups white or pinto beans, cooked*
2 tbsp. chili powder
1 tsp. garlic powder
1 tsp. onion powder

Directions:
1. Mash beans. Add seasonings and stir.
2. Serve chilled with fresh veggies or whole grain crackers, pita chips, or corn tortilla chips.
*Use ~2 cans of beans – open, drain & rinse.
Yield: 12, ¼ cup servings.

Grapesicles
From: NHLBI, Deliciously Healthy Family Meals

No popsicle mold required! Try this healthy snack on a hot summer day -- frozen grapes will pop in your mouth!

Get children involved: children can rinse the grapes, freeze them, and thread the skewers.

Note: skewers have sharp edges, so monitor younger children while eating, or take the grapes off the skewers for them. Grapes should be cut in half for children under 3 years of age to prevent choking..

Ingredients:
48 green seedless grapes, rinsed
48 red seedless grapes, rinsed
16 6-inch wooden skewers

Directions:
1. Thread six grapes, alternating colors, onto each wooden skewer.
2. Place skewers into the freezer for 30 minutes, or until frozen. Serve immediately!
Yield: 4 servings, 4 skewers//serving.