



UPCOMING CLASSES:

- Healthy Snacks and Breakfast

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# Kids Up Front

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## Powerful Protein and Dairy Delights

Chefs created three high protein and delicious recipes last week! Students made yogurt parfaits and home-made strawberry frozen yogurt using low fat yogurt and ants on a log with home-made peanut butter. In just a few minutes, unsalted roasted peanuts were ground down in a food processor until an all natural peanut butter was made. Please see the back page to try these simple summer snack ideas at home.

By Becky Adams, Nutritionist



## Nutrition Activity

Each recipe sampled was packed with protein. Chefs learned that protein repairs damaged cells, helps protect our body from sickness and helps us grow. Yogurt parfaits and frozen yogurt provided not only protein, but also 35% of the daily value of calcium per cup. Students learned that cal-

cium is vital for strong bones and teeth and is also needed for a healthy heart and muscles. Healthy protein sources include: lean beef, fish, nuts, beans & tofu. Healthy calcium sources include: low fat milk, broccoli & frozen yogurt. By Becky Adams, Nutritionist

### Notes from Chef Diana

- Wash your hands before preparing food, even if they look clean.
- Remember to also wash kitchen counter-tops.

### Yogurt Parfait Tips

- No need to follow a recipe, be creative!!



### Yogurt Parfait (Serves 1)

- 8 ounces of fat-free plain or vanilla yogurt (1 cup)
- 1/2 teaspoon vanilla extract (omit if using vanilla yogurt)
- 1/2 cup fruit, any kind, chopped
- 1/2 cup low fat-fat granola or low-fat/whole wheat cereal

1. Mix vanilla extract and yogurt if using plain yogurt.
2. Place a layer of yogurt on the bottom of a bowl or cup.
3. Cover yogurt layer with a layer of fruit and then a layer of granola. Keep layering yogurt, then fruit then granola until you finish all the ingredients.
4. Serve immediately or place in freezer for at least two hours to make a frozen yogurt snack.

	Calories	Fat	Carbohy- drates	Protein
Amount/ Serving	177 calories	<1 grams	32 grams	13 grams
% Daily Value	8%	1%	11%	

### Ants on a Log

- 1 bunch of celery
- 1 package of cream cheese or peanut butter (preferably low fat)
- 1 cup of raisins

1. Wash celery. Cut celery into about three inch long sticks.
2. Fill inside of celery with cream cheese or peanut butter.
3. Place raisins along the celery on top of the cream cheese or peanut butter so it looks like ants on a log.

	Calories	Fat	Carbohydrates	Protein
Amount/ Serving	96 calories	3 grams	18 gram	3 grams
% Daily Value	4%	4%	6%	