**Build your own smoothies**

1-2c liquid
Make it creamy
1 green
2 fruits

Skim or reduced fat milk, almond or soymilk, coconut milk, water, oooonut water

low fat/low sugar yogurt, any nut butter, oats

Add some flavor
(1 tablespoon):
• cinnamon, honey, maple syrup, vanilla

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**SWEET?**

All you need is a 12 cup muffin tin

- 2 fruits
- 1 green

**Base:**
2 large eggs, 1/4c oil, 1c brown sugar, 1/2c applesauce, 1 1/2c milk (skim, soy, almond, coconut), 3c old fashioned oats, 2 tsp baking soda

**GET CREATIVE!** Add in dried fruits, nuts, fruit, or chocolate chips

Fill baking cups up about ¾
Preheat oven 350F. Bake for 30 minutes.

**WARNING!** Do not use the oven without a parent or guardian around!

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**or SAVORY?**

All you need is a 12 cup muffin tin

- Base: 6 eggs, salt and pepper

**GET CREATIVE!** Add in veggies, cheese, spices

**Try these COMBOS!**
- Broccoli + onion + cheese
- Mushroom + bacon
- Peppers + onions + tomatoes
- Spinach + tomato

Fill baking cups up about ¾
Preheat oven 350F. Bake for 20-25 minutes.

**WARNING!** Do not use the oven without a parent or guardian around!
Snacks that give you ENERGY

No-Bake Oatmeal Energy Balls (makes 12)

Base:
- 1 cup dry oats: ½ old fashioned oatmeal + ½ quick cooking oatmeal
- ¼ cup peanut butter or almond butter
- ¼ cup honey

Refrigerate for at least 30 minutes then roll into ball
Store in fridge for up to a week

Make it a combo

- 2 hard-boiled eggs and handful of almonds or walnuts
- ½ cup cottage cheese with fruit
- ½ cup greek yogurt with fruit
- Medium apple with 2 tablespoons with peanut butter
- Cucumber slices with ¼ cup hummus
- Carrot sticks with ¼ cup hummus
- Low fat string cheese and handful of almonds or walnuts
- Whole grain toast with 1-tablespoon peanut butter and 1 glass fat free milk

Or Pick from ANY of these

- Apple
- Pineapple
- Strawberries
- Blueberries
- Bananas
- Melons
- Grapes
- Almonds
- Pumpkin seeds
- Low salt Popcorn
- Dark Chocolate
- Greek yogurt
- Eggs
- Low fat string cheese
- Granola
- Avocado
- Peppers
- Carrots
- Celery
- Beans
- Edamame
- Broccoli
- Hummus

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Build your own trailmix

1 cup of each, mix together and split into 7 snack bags

**Nuts:** almonds, pistachios, cashews, walnuts, peanuts, pecans

**Dried fruit:** blueberries, cranberries, banana chips, cherries, raisins

**Seeds:** sunflower seeds, flax seeds, pumpkin seeds

**Sweets:** m&ms, peanut butter chips, chocolate chips, mini marshmallows

**Grains:** regular cheerios, granola, popcorn, mini pretzels

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**nice cream?!!**

Base: 2 bananas cut into slices, place in one layer on baking sheet and freeze until hard, then transfer to Ziploc bag; when ready to eat, blend in food processor, add mix-ins and enjoy!

**Apple Cinnamon:**
- Add: 1/4c applesauce, ¼ teaspoon vanilla, ¼ teaspoon ground cinnamon

**Chocolate:**
- Add: 1 tablespoon unsweetened cocoa powder

**Peanut butter:**
- Add: 2 tablespoons peanut butter

**Pumpkin spice:**
- Add: 2 tablespoons applesauce, 1/3 cup pure pumpkin puree, ¼ teaspoon pumpkin spice

**Strawberry:**
- Add: ½ cup frozen strawberries

**Carrot cake: (use 1 banana)**
- Add: ¼ cup applesauce, 1 large carrot, 2 tablespoons raisins, 2 tablespoon chopped walnuts

**Pina colada: (use 1 banana)**
- Add: 1/3 cup canned pineapple chunks (drained), 1/3 cup light coconut milk, 2 tablespoon coconut flakes

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