

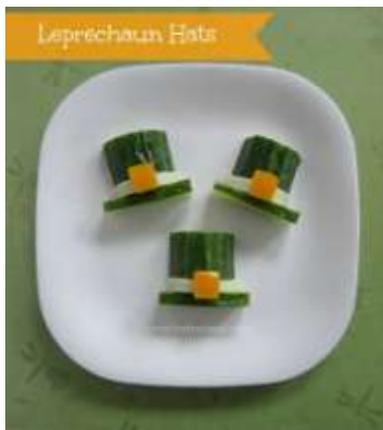


# March Recipe & Nutrition Box

## Happy Nutrition Month!



### Leprechaun Hats



#### Ingredients:

Cucumber  
Orange Pepper or cheddar cheese  
White cheese (mozza, provolone)

#### Directions:

Slice cucumber into 1 inch sections. 1 section will make 2 hats. Stand cucumber up and slice down the middle. When you lay it flat on a plate it will create the top of the hat.  
Cut orange pepper or cheddar cheese (your preference) into small squares.  
Using white cheese cut a thin strip to act as the belt on the hat.

Adapted from <http://creative-food.blogspot.ca/2013/03/leprechaun-hats.html>

### St. Patrick's Day Pancakes

#### Ingredients:

|                                       |                                |
|---------------------------------------|--------------------------------|
| 1 cup (123g) whole wheat flour        | 1 large egg                    |
| 1/2 cup (40g) quick oats              | 1 cup milk                     |
| 1/4 teaspoon salt                     | 2 tablespoons dark brown sugar |
| 2 teaspoons baking powder             | 1/4 cup Greek yogurt           |
| 1 teaspoon ground cinnamon            | 1 teaspoon vanilla extract     |
| Small drop of green gel food coloring |                                |

#### Directions:

1. Toss the flour, oats, salt, baking powder, and cinnamon together in a large bowl. Set aside. In a separate medium bowl, whisk the egg and milk together. Whisk in the brown sugar and yogurt until no lumps remain. Whisk in the vanilla until combined. Whisk in green gel food coloring.
2. Make a well in the dry ingredients and pour the wet ingredients in. Stir gently until just combined.
3. Heat a griddle or skillet and cook over medium heat.
4. Keep pancakes warm in a preheated 200F degree oven until all pancakes are cooked. Serve immediately. Pancakes taste best right after they are made. Pancakes freeze well, up to 2 months.



Adapted from <http://www.thoughtfullysimple.com/green-pancakes/> & <https://sallysbakingaddiction.com/2013/11/04/whole-wheat-oatmeal-pancakes/>

## Apple Cinnamon Yogurt Breakfast Parfait

### Ingredients:

1 ½ Cups of Yogurt  
1 tbsp honey  
1 Tsp vanilla

1 apple (cored and diced)  
¼ cup applesauce  
Cinnamon for topping

### Directions:

Stir together yogurt, honey, vanilla and cinnamon. Sprinkle ¼ of the apples on bottom of cup. Add 1/3 of the yogurt. Top with more apples, yogurt and apple sauce. Add more apples and top with cinnamon if desired.



Adapted from <https://www.kitchentreaty.com/apple-cinnamon-greek-yogurt-breakfast-parfaits/>

## Sunny-Side Up (Apples, Yogurt and Peaches)

A silly play on healthy food! Use a peach sliced in half, an apple cut into the shape of French fries, and a large spoonful of yogurt!

### Ingredients:

1 apple  
¼ peach  
2 tpb yogurt



Adapted from <https://laughingsquid.com/a-healthy-breakfast-of-yogurt-peach-and-apple-disguised-as-a-sunny-side-up-egg-and-fries/>

### Nutrition Note – March 2018

#### March is Nutrition Month

March is Nutrition Month and although all year round we, at KES, like to promote healthy eating we want to stress it even more this month. Challenge yourself and KES Club to eat healthy every day by choosing lots of colourful foods such as vegetables and fruits, cool and delicious dairy products such as milk, hard cheese and yogurts, healthy whole grains such as whole grain cereals, oatmeal and whole wheat toast, and when possible healthy proteins such as eggs, beans, peanut butter and lean meats.

This year's theme is "Unlock the Potential of Food" and this is something that many people don't always do. In your KES Clubs think of ways that you can make foods more appealing and get creative, all foods have the potential to be delicious! For instance, that "boring" oatmeal has the potential to be a hit at breakfast when you provide kids with various toppings like fruits, berries, yogurt and seeds to add to it. So, this nutrition month, unlock the potential of the foods you serve and make your Breakfast Club the place to be in the mornings!