

Brain Gain Recipe Cards



Fun No Cook Fruit Fondue

**Ingredients:**

1 cup sliced strawberries
1 cup sliced bananas
½ cup chocolate syrup
toothpicks

Directions:

Place toothpick in each slice of fruit. Dip in chocolate syrups and enjoy!



Green Monster Wrap

**Ingredients:**

1 spinach tortilla
1/8 cup salsa
¼ cup black beans
¼ cup corn
1/8 cup shredded cheese
1 tsp sour cream

Directions:

Spread salsa on bottom of tortilla. Add black beans and corn. Sprinkle with cheese. Top with sour cream.



PB & Applesauce Dip

**Ingredients:**

2 tbsp peanut butter
½ cup applesauce
¼ cup raisins
1/8 tsp cinnamon

Directions:

Mix peanut butter, applesauce, raisins and cinnamon. Use as a dip for fruit and veggies of your choice.



Monster Mash Smoothie

**Ingredients:**

1 cup 100% orange juice
1 medium banana
1 cup frozen strawberries

Directions:

Mix orange juice, banana, and strawberries in a blender. Pour in glass and enjoy!



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Bustin' Burrito

**Ingredients:**

1 corn tortilla
½ cup pinto beans
4 slices avocado
¼ cup salsa

Directions:

Put pinto beans into tortilla. Top with avocado and salsa. Enjoy!



Magic Monster Pocket

**Ingredients:**

1 pita pocket
¼ cup chopped tomato
¼ cup lettuce
¼ cup shredded cheese
½ cup shredded carrots
2 tsp. Ranch dressing

Directions:

Add tomato, lettuce and carrots into pita pocket. Top with shredded cheese and Ranch dressing.



Marsh-Monster Sweet Potatoes

**Ingredients:**

1 med sweet potato
20 mini marshmallows

Directions:

Microwave sweet potato on high for 3-4 minutes. Cut open and stuff with mini marshmallows.



Super Sweet Fruit Salad

**Ingredients:**

1 apple
1 banana
½ cup pineapple
¼ cup raisins
½ cup mini marshmallows

Directions:

Slice apple and banana. Add to bowl with pineapple, raisins and marshmallows. Mix and enjoy.



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Strawberry Split 'N Spikes

**Ingredients:**

1 cup strawberries
1 banana
1 cup non-fat vanilla yogurt
2 tablespoons slivered almonds

Directions:

Cut up strawberries and banana. Add to yogurt and top with almonds.



Monster Spuds

**Ingredients:**

1 baked potato
1 tomato
1 tbsp ketchup
¼ cup shredded cheese

Directions:

Dice tomato and mix with ketchup in bowl. Fill baked potato with mixture and top with cheese.



Crazy Carrots

**Ingredients:**

1 cup baby cut carrots
1 tsp butter
1 tsp brown sugar
¼ cup orange juice
½ tsp cinnamon

Directions:

Microwave carrots on high for 1 minute. Add butter, orange juice, cinnamon, and sugar to carrots and mix well.



Too Good Trail Mix

**Ingredients:**

½ cup granola
½ cup small pretzels
¼ cup raisins
¼ cup dried cranberries
¼ cup cashews

Directions:

Mix all ingredients into bowl. Put into small bags for an on-the-go snack!

