

recipe : FRUIT

from the kitchen of
Celina City Schools
Staff Members

serves

prep time

ingredients

instructions

Lots of healthy foods!

Enjoy these recipes and feel great!

notes

We hope you will try some of the recipes from our Healthy Recipe Day sponsored by the Wellness Committee. Enjoy eating healthy! Don't forget to get moving!



CRANBERRIED CASHEW CABBAGE

	calories
1/2 Head cabbage : shredded (7 cal/oz.)	150
5 Tablespoons (75g) Light Miracle Whip	100
14 g Craisins	45
7 g coarsely-chopped cashews	45

Mix together in a big bowl, cover + refrigerate a few hours or more before serving.

Add more craisins or cashews; however adjust calories accordingly. 😊 Sue Giesige
East

Orange Fluff

A. Schiwerteman
East

- 16oz. small curd cottage cheese
- 1 small box orange jello
- 1 lg can mandarin oranges, drained
- 1 8oz. tub Cool Whip Free
- 1/3 bag mini marshmallows

Mix all. Needs to sit in fridge for at least a couple of hours or make the day before.

could add nuts or pineapple

Cottage Cheese Fluff

1 container fat free
cottage cheese

1 container fat free
cool whip

1 small box sugar
free jello

Mix cottage cheese and
jello - then fold in
cool whip

0 cal of fat

deb hummer - east



I teach for all the little benefits...

* Fresh Summer Salad

Sue Stachter.
Franklin Building

10 oz Romaine lettuce & Spinach

1-15oz can mandarin oranges

2 cups sliced strawberries

1/2 cup almonds

Dressing: 1/4 cup lemon juice

1/4 cup sugar

4 teaspoons virgin olive
oil ☺☺

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16 oz. container of SMALL curd cottage cheese

1 small box of sugar free orange jello

1 can of mandarin oranges – well drained

1 tub of fat-free Cool Whip

1/3 bag of mini-marshmallows

Mandarin
Salad

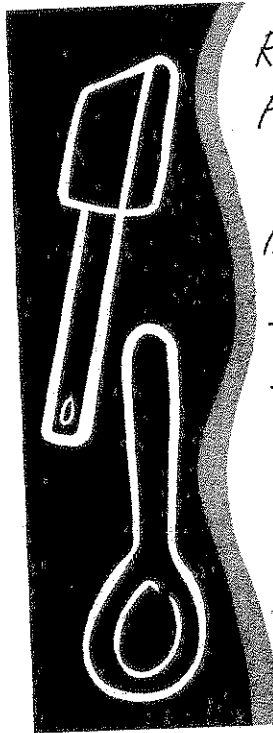
Combine cottage cheese with orange jello packet.

Mix well. Add well drained mandarin oranges and Cool Whip. Stir well.

Add mini-marshmallows. Again stir to combine all ingredients.

Refrigerate at least 2 hours before serving.

CIS.
Jenna Hodge



Recipe: Frosted Grapes Prep/Cook time: 10 min.

From the kitchen of: Deb Post Serves: _____

Ingredients: Green Seedless Grapes


pull off the stem + wash - Roll in your
choice of Sugar Free Jello.

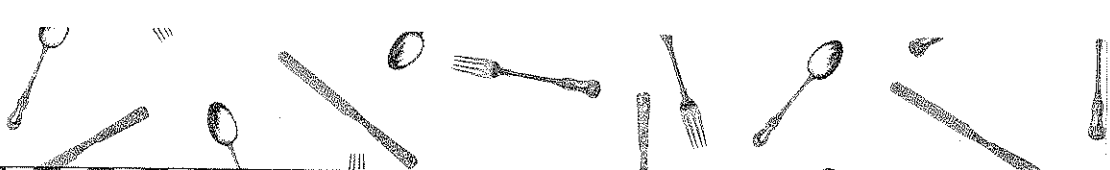
Grapes: 1 cup

110 calories Fat 0.26g Carbs 28.69g Protein 1.15g

Jello - per 1 cup of Grapes

15 calories Fat 0 Carbs 0


FIRST FEDERAL BANK
...your recipe for financial success



A Recipe For Fruit Dip

From: Kylie Rammel

Ingredients

- 1 8 oz pkg cream cheese (1/3 Less Fat)
- 3/4 cup brown sugar (lightly packed)
- 1 tsp vanilla

- ① Beat ingredients with a hand mixer on medium speed until blended well.
- ② Serve with your favorite fruit & enjoy!

Funfetti Cake Batter Dip

Kylie Homan

1 box Funfetti Cake Mix

2 cups fat free, plain Greek Yogurt

1 cup lite Cool Whip

Mix ingredients together until smooth. Keep refrigerated until serving. Serve with animal crackers, graham crackers, fruit, ect.

Nutritional Info on Back →

Calories per serving → 98

Total Fat → 2.6g

Total Carbs → 15g

Sugars → 8.1g

Protein → 1.6g

Calcium → 5.7%

Recipe for: Cottage Cheese with
Pretzels and Berries

1/2 c. cottage cheese

18 pretzels (tiny twists)

Blackberries, strawberries, raspberries, etc.
as desired.

Eat together or seperately & enjoy!



Kim Uhlenhake HS

Oven Temp:

Time:

Serves:

Rachel Schleicher
West

16 oz. container of SMALL curd cottage cheese

1 small box of sugar free orange jello

1 can of mandarin oranges – well drained

1 tub of fat-free Cool Whip

1/3 bag of mini-marshmallows

Mandarin
Salad

Combine cottage cheese with orange jello packet.

Mix well. Add well drained mandarin oranges and Cool Whip. Stir well.

Add mini-marshmallows. Again stir to combine all ingredients.

Refrigerate at least 2 hours before serving.

Fruit Medley

Shelli Hardesty

- 2 pkg - Strawberries
- 1 or 2 pkg - Blueberries
- 2 cans - 100% juice peaches
- 1 can - 100% juice pineapple
- 1 bag - Grapes
- 1 tub - lite coolwhip
- 1 sm pkg - sugar free / fat free vanilla pudding
- cut fruit - dump coolwhip on fruit -
- sprinkle dry pudding on and mix

Fresh Pineapple

1 Cup (diced) Serving Size

Calories 76

Calories from 2
fat

Total Fat .2g

Sodium 1.6mg

potassium 193.8mg

Total Carbohydrate 18.3g

Sugars 12.8g

Protein .9g

D Nutt