1. Tropical Wake-Up Smoothie
½ cup frozen fruit (banana, pineapple, or peach)
1 cup yogurt (tropical flavor)
¼ cup orange juice
- Mix all ingredients in a blender until smooth.

2. Hula Bagel
1 bagel, sliced
1/3 cup ricotta cheese
¼ cup crushed pineapple, drained
Dash of nutmeg
- Combine ricotta cheese, crushed pineapple, and nutmeg.
- Spread mixture on bagel slices.

3. Banana Roll-Up
½ banana
2 teaspoons natural-style peanut butter
1 teaspoon honey
1 tablespoon wheat grain
2 tablespoons nugget-type cereal
1 teaspoon allspice or pumpkin spice
- Spread peanut butter on banana until covered.
- Drizzle honey over banana and peanut butter.
- Mix wheat germ, nugget cereal, and allspice together.
- Roll the peanut butter covered banana in the wheat germ mix.

4. Strawberry Yogurt Frappe
7 frozen strawberries
1 cup strawberry yogurt
¼ cup milk (liquid)
Dash of vanilla extract
- Mix all ingredients in a blender until smooth.

5. Pita Chili Melt
½ large whole wheat pita bread
½ cup canned pinto beans
2 tablespoons grated cheddar cheese
1 tablespoon diced green chili
- Put beans, cheese, and chili into pita bread.
- Microwave until cheese melts.

6. Submarine Cheese Melt
1 deli-style roll
2 tablespoons light Italian dressing
1 oz American cheese
1 oz Swiss cheese
Green leaf lettuce, shredded
¼ tomato, sliced
- Open roll into an open-faced butterfly.
- Spread dressing.
- Add cheese on each part of the roll.
- Microwave until cheese starts to melt. While microwaving, chop lettuce and tomato.
- Add the lettuce and tomato to cheese melt.
Note: This is one of my favorites.

7. Tortilla Pinwheels
2 leaves green lettuce
2 thinly sliced pieces of deli-cut turkey
½ sliced tomato
1 whole wheat tortilla
- Place lettuce on tortilla.
- Add turkey for the next layer, followed by the sliced tomato.
- Roll up like a burrito.
- Insert 4 toothpicks to prevent from unrolling. Then slice into 4 pinwheels (each will have a toothpick).
Note: This elegant but simple recipe can also be used for quick appetizers.

8. Peanut Butter Banana Shake
1 cup milk
1 tablespoon chunky, natural-style peanut butter
1 teaspoon vanilla
1 frozen banana (best to freeze in thin slices)
- Using blender, blend the milk, frozen banana slices, and vanilla
- While blending, add peanut butter. Blend until smooth.
9. Mexican Pita Pizza
1 small whole wheat pita
2 tablespoons tomato sauce
¼ cup canned pinto beans, drained and mashed
1 oz mozzarella cheese, grated
Dash oregano
- Spread tomato sauce on pit bread.
- Add pinto beans.
- Sprinkle with cheese.
- Top lightly with oregano.

10. Cottage Raisin Toast
1 slice raisin bread
¼ cup cottage cheese
1 teaspoon raisins (or 1 mini box)
Dash of cinnamon
- Toast bread.
- Spread cottage cheese on bread.
- Sprinkle raisins and cinnamon.

11. Abba Zabba
1 whole wheat tortilla
2 teaspoons peanut butter
2 tablespoons applesauce
1 tablespoon raisins
Dash of cinnamon
- Warm tortilla (optional).
- Spread remaining ingredients down the center of tortilla.
- Roll up tortilla.

12. Quesadilla
1 oz cheddar cheese, grated or sliced
1 tablespoon salsa
1 teaspoon cilantro
1 whole wheat tortilla
- Place cheese, salsa, and cilantro on tortilla.
- Heat until melted in microwave or broiler.

13. Zippy Turkey Hoagie
1 deli-style roll
2 tablespoons light Italian dressing
1 slice deli turkey breast (about 1 oz)
1 oz cheese
Green leaf lettuce
- Spread light dressing on roll.
- Layer turkey and cheese.
- Add lettuce.

14. Quick Pizza
1 whole wheat English muffin
1 oz grated or sliced mozzarella cheese
2 tablespoons tomato sauce
1 teaspoon Italian herbs
- Spread tomato sauce on both slices of English muffin.
- Sprinkle Italian herbs.
- Place cheese on bread.
- Microwave until cheese is melted.

15. Fiesta Bean Burrito
⅛ cup vegetarian refried beans
1 tablespoon salsa
1 teaspoon chopped cilantro (optional)
1 whole wheat tortilla
- Spread beans over tortilla.
- Sprinkle on remaining ingredients.
- Heat in microwave until warm (approximately 40 seconds).
- Roll tortilla and mixture into a burrito.

16. Peanut Butter Melt
1 slice whole wheat bread
½ banana
2 teaspoons peanut butter
- Toast bread (optional).
- While bread is toasting, slice banana.
- Spread peanut butter on toast and cover with banana.