

RECIPE



Banana, Honey and Peanut Butter Wrap

RECIPE NAME

INGREDIENTS

- Tortilla
- Peanut butter or other nut butter
- Banana
- Honey
- Cinnamon (optional)

PROCEDURE

1. Spread a glob of peanut butter (or other nut butter) on to the tortilla
2. Peel the banana
3. Gently slice or break the banana into slices or chunks (you can also leave it whole)
4. Drizzle some honey on the banana slices
5. Sprinkle some cinnamon on the banana slices (optional)
6. Roll up the tortilla
7. Enjoy!

MYPLATE CATEGORIES



TIME TO PREPARE

3 to 5 minutes

TIME TO COOK

No cooking required!

TOOLS NEEDED

- 1 butter knife or spatula
- 1 cutting board or plate

RECIPE



Veggie and Hummus Wrap

RECIPE NAME

INGREDIENTS

- Tortilla
- Hummus of your choice
- Carrot
- Bell Pepper
- Zucchini
- Cucumber
- Spices of your choice (optional)

PROCEDURE

1. Spread a glob of hummus on to the tortilla
2. Wash and peel the veggies
3. Carefully slice the veggies (you may need an adult's help for this part!)
4. Add the veggies on top of the hummus
5. Season with spices of your choice (optional)
6. Roll up the tortilla
7. Enjoy!

MYPLATE CATEGORIES



TIME TO PREPARE

7 to 10
minutes

TIME TO COOK

No cooking
required!

TOOLS NEEDED

- 1 butter knife or spatula
- 1 sharp knife
- 1 cutting board or plate

RECIPE



Fruit Parfait

RECIPE NAME

INGREDIENTS

- Yogurt
- Fruit of your choice
- Granola, oats, graham crackers (optional)

PROCEDURE

1. Place a glob of yogurt into a bowl or dish
2. Wash the fruit
3. Carefully slice the fruit into bite-sized pieces (or leave whole)
4. Add some of the fruit to the yogurt in the bowl or dish
5. Add another layer of yogurt and top with more fruit
6. Add as many layers of yogurt and fruit as you would like
7. Sprinkle with oats, granola, or crushed graham crackers
8. Enjoy!

MYPLATE CATEGORIES



TIME TO PREPARE

4 to 6
minutes

TIME TO COOK

No cooking
required!

TOOLS NEEDED

- 1 spoon
- 1 bowl or dish
- 1 sharp knife (optional)
- 1 cutting board (optional)

RECIPE



Oven Fries

RECIPE NAME

INGREDIENTS

- Potato or sweet potato
- Olive oil
- Spices of your choice

PROCEDURE

1. Wash the potato
2. Peel the potato (optional)
3. Carefully slice potato into fry-shaped strips
4. Rinse with cold water
5. Pat potatoes dry with towel
6. In mixing bowl, combine sliced potatoes with a drizzle of olive oil and add spices
7. Mix to coat all potato slices with oil and spices
8. Lay out fries on a baking sheet. Make sure each fry touches the pan directly and they all have space
9. Place into oven at 425 degrees F for 10-15 minutes
10. After 10-15 minutes, carefully flip all the fries over
11. Place into oven again for another 10-20 minutes (sweet potato oven fries may cook faster than regular potatoes)
12. Carefully remove from the oven and let cool
13. Serve with your favorite dipping sauce and enjoy!

MYPLATE CATEGORY



TIME TO PREPARE

5 to 10
minutes

TIME TO COOK

20 to 30
minutes

TOOLS NEEDED

- Potato peeler (optional)
- Sharp knife
- Cutting board
- Mixing bowl
- Tin foil
- Baking sheet
- Oven
- Spoon or spatula

Please adapt the recipe as you would like! Find the recipe at: <https://cooking4sl.com/easy-oven-fries-recipe/>