MyPlate Roll-up

Ingredients

1 whole wheat tortilla
1 TBSP nut butter (soy or sunflower for allergies or peanut butter)
1 TBSP low-fat or non-fat vanilla yogurt
2 TBSP grated carrots
1 TBSP raisins or dried cranberries
Sprinkle of cinnamon (optional)

1) Mix nut butter and yogurt
2) Spread on tortilla & sprinkle carrots and raisins/cranberries on top
   and press lightly into the tortilla
3) Roll tortilla up, cut in ½ and enjoy or slice into pinwheels

Marty Moose Popcorn Pizzazz

Pop your favorite popcorn (air popper, stove-popped, butter free microwave) make sure it’s butter-free.

Choose from these delicious healthy options!

1) Spray popcorn w/ a butter flavor spray instead of melted butter and mix, coating all popcorn. (There are different brands; experiment and find one you like best. Refrigerated “butter” spray is best).
2) Then add one, two, or all of the following for great tasting popcorn!
   a. Squeeze lime juice over popcorn and mix; then add a sprinkle of chili powder, mix again.
   b. Sprinkle Parmesan cheese (non-refrigerated brand) over popcorn, mix and add a sprinkle of garlic powder, mix again.
   c. For an OCCASSIONAL treat; mix 2 tsp. of sugar and a shake of cinnamon; sprinkle over popcorn and mix.
Sense-able Celebration

Moose don’t use dip to eat their veggies. Marty loves to eat them just like Mother Nature makes them. Explore what he appreciates about natural vegetables. Select a few choices from the rainbow below, and use your senses to:

* **See:** What color and shape
* **Smell:** Is it sweet, strong?
* **Hear:** Does it crunch?
* **Taste:** Is it sweet, sour, bitter, salty?
* **Touch/feel:** Is it juicy, dry, crunchy, soft; Stringy, chewy?

Orange: Oranges, tangerines, carrots, dried apricots, bell pepper
Yellow or White: Bananas, cauliflower, grapefruit, bell pepper
Red: Berries, radish, tomatoes, grapes, dried cranberries
Green: Celery, broccoli, kiwi, grapes, cucumbers
Blue: Blueberries, fresh or frozen
Purple: Grapes, plums

Marty Moosetache Smoothie

**Ingredients:**
1 cup frozen blueberries or other frozen fruit
3 oz. frozen orange juice concentrate
1 ½ cup low-fat or non-fat milk
1 eight-ounce container of low-fat blueberry yogurt

**Directions:**
Measure and put all ingredients into blender. Blend until smooth with visible blue flecks from blueberry skins. Serve immediately.

Makes four 8 ounce servings.

Drink and enjoy

Mighty Moose Bean Dip

**Ingredients:**
¼ cup refried beans (vegetarian) or ¼ cup canned pinto, black or kidney beans
1 tsp. light or non-fat sour cream or plain yogurt
1 TBSP Mild salsa
Small sealable plastic bag
Baked tortilla chips or whole wheat crackers

**Directions:**
- Place beans, yogurt/sour cream and salsa in small plastic baggie.
- Seal baggie and “smoosh” all ingredients with fingers. (careful not to let it leak out of the baggie top)
- Snip corner of bag with scissors and squeeze onto chips.
- Can also increase ingredient amounts and mix in blender.

Refrigerate leftovers immediately.