April Recipe and Nutrition Box

Hoppy Easter!

Egg and Veggie Muffins

Ingredients

- 2 cups spinach, chopped
- 1 cup mushrooms, chopped
- 1 green pepper, chopped
- 1 red pepper, chopped
- 1 onion, chopped
- 2 cloves garlic, minced
- 4 eggs
- 4 egg whites
- Dash of salt (optional)
- Cooking spray

Directions

Preheat oven to 350 degrees. Spray a skillet with cooking spray. On medium heat, cook the peppers, onion and dash of salt (optional) until veggies soften. Add spinach, mushrooms and minced garlic for just one minute. Whisk eggs and egg whites. Add veggies to eggs. Spray muffin pan and pour mixture evenly into each muffin cup. Bake for approximately 15 mins. Serve warm or refrigerate for later.

Recipe adapted from: http://showmetheyummy.com/healthy-egg-muffin-cups/)

Eggy Bread Fingers

Ingredients

- 1 egg
- 1 tbsp milk
- 2 slices whole wheat bread
- Cooking spray

Directions

Whisk egg and milk together.
Cut bread into finger sized slices.
Coat each finger with egg mixture on both sides.
Spray a skillet with cooking spray and heat. Add fingers.
Cook each side until lightly brown. Enjoy!

Recipe adapted from: http://www.eatsamazing.co.uk/recipes-tutorials/easy-recipes-for-kids-eggy-bread-fingers)

Frozen Yogurt Bites

Ingredients

- 200 g Tub of Vanilla or plain yogurt
- ¼ cup blueberries (fresh or frozen)
- ¼ cup raspberries (fresh or frozen)
- Muffin papers

Directions

Line a muffin pan with muffin papers.
Place a few blueberries and raspberries in each paper.
Spoon yogurt on each to cover. Freeze and enjoy!

Recipe adapted from: http://www.eatsamazing.co.uk/family-friendly-recipes/healthy-breakfast-ideas-recipes/15-healthy-breakfast-ideas-for-kids)

Extraordinary Easter Edibles

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https://www.google.ca/search?q=easter+fruit+ideas+pinterest&biw=1366&bih=613&tbm=isch&tbo=u&source=univ&sa=X&ved=0ahUKEwi19Jrdm6nSAhVs04MKHeNZCw4QsAQIKg)

Nutrition Note – April 2017

Eggs!

Leading up to the Easter Holiday, stores are full of chocolate and candy eggs – although hard to resist at times, we must try to keep these treats for special occasions, everything in moderation of course! While the "traditional Easter eggs" aren't always the most nutritious, real whole eggs are! Despite what you may have read or heard in the media, eggs are nutritious and can provide you with such nutrients as zinc, selenium, vitamin D and protein. Celebrate this Easter and all year round, with nutritious, fresh eggs at snack time, breakfast, lunch or dinner. Try having boiled or poached eggs with wholegrain toast for breakfast, or as an omelette with plenty of vegetables....or even in your dinner salad!

This Easter stay healthy and limit the chocolate and candy eggs as much as possible. To get children active and enjoy the fresh air, get creative. Make an "eggstra" special breakfast before they head out to enjoy a special egg hunt. Create an Easter egg hunt in your backyard; you can use stickers and toys hidden inside plastic eggs. You could also have an egg-and-spoon race for children, which will get them active and out in the fresh air. Hoppy Easter, everyone!