



What's For Lunch?

Recipe card

Recipe

Fruit Salade

From the kitchen of:

JGT

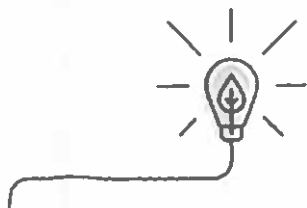
Ingredients:

Instructions:

<p>APLES Strawberies Watermelon rasberies</p>	<p>Wash apples Strawberies Watermelon and rasberies Put All of them and Pete in a Bowl and stre and Add lemon Juice and Sugar and Just a little bit of honey</p>
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Recipe The Squash soup
From the kitchen of: Griffin Field

Ingredients:

onions garlic
ginger curry
cumin
chicken broth
butter nut saush
carrots milk
cream
butter

Instructions:

cook onions and spices
add broth and vegetables

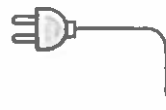
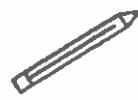
cook for 15 minutes
then pureed until smooth

Stir in cream and milk

done!!!



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Fruit Kabob

From the kitchen of:

Emma McCurdy

Ingredients:

Instructions:

strawberry
honeycrisp apple
blue berry
Kabob stick

1. get your fruits and wash them.
2. get your kabob stick.
3. take your fruits and cut them.
4. take your kabob stick and put your cut up fruit on it.
5. eat your fruit kabob.



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Recipe card

Fruit salad

Recipe

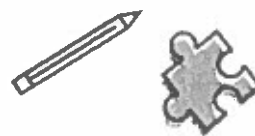
From the kitchen of:

Ingredients:

Instructions:

Strawberry's
 blue berry's
 raspberry's
 Apples
 Pears
 Plum's

Wash Fruit
 Chop Fruit
 Put fruit in a bowl
 and eat





What's For Lunch?

She

Recipe card

Recipe

Fruit and yogurt parfaits

From the kitchen of:

Ingredients:

Instructions:

Fox Hill Yogurt
 sliced strawberries
 blueberries
 honey

Pour 1 cup of
 yogurt in a bowl
 top yogurt with
 $\frac{1}{4}$ cup strawberries
 and $\frac{1}{4}$ blueberries
 drizzle with
 1 tsp honey
 Enjoy





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Recipe card

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From the kitchen of:

Ingredients:

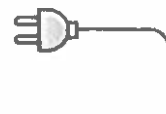
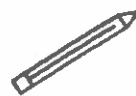
Farmers Local Milk
Frozen strawberries
Frozen blackberries
Frozen raspberries
Frozen blueberries
Farmers yogurt

Instructions:

1/2 cup of Farmers
Local milk 1/2 cup
of Frozen strawberries
1/2 cup Frozen
rasberries 1/2
cup of Frozen
blueberries 1/2
cup of Farmers
Local yogurt
blend all together
and eat



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Recipe yogurt parfait
From the kitchen of: Lacey

Ingredients:

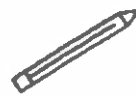
strawberries
blueberries
apples
fox hill yogurt

Instructions:

1. Chop Strawberries and apples.
2. Put yogurt in a Bowl
3. Put Strawberries, blueberries and apple in the Bowl
4. EAT Now!



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Lora

What's For Lunch?

Recipe card

Recipe

~~Smoothie~~

Vegetable Scramble

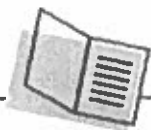
From the kitchen of:

Lora Luchuk

Ingredients:

Instructions:

<ul style="list-style-type: none"> - Eggs, Beaten 	<p>Heat 1 tbs. of butter over ^{1.} medium heat in a skillet</p>
<ul style="list-style-type: none"> - Spinach 	
<ul style="list-style-type: none"> - Onions, Chopped 	<p>Add onions and pepers ^{2.} Sauté for 5 min. or until soft.</p>
<ul style="list-style-type: none"> - Bell pepers, Chopped 	
<ul style="list-style-type: none"> - Feta cheese, (Cholmestead Crumbled Cheese) 	<p>Add Spinach and Cook ^{3.} for 1 min.</p>
	<p>^{4.} Pour eggs over vegetables</p>
	<p>Stir with a spatula at until eggs are almost Cooked. Sprinkle feta over top. Cook 1 more min. Serve.</p>



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Josie

Recipe Smoothies

From the kitchen of:

Ingredients:

Instructions:

Strawberries
Blue berries
ice
milk

1 Wash your berries,
2 Put all of your ingredients in the blender
3 Then blend
4 enjoy your smoothie



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Recipe

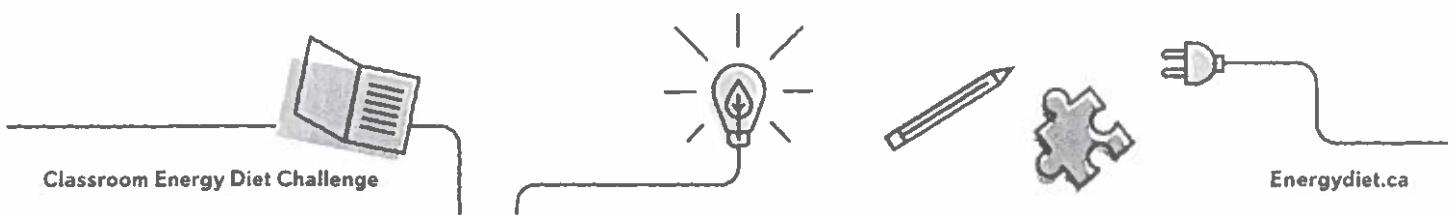
From the kitchen of:

Smoothies
Chloe Devoe

Ingredients:

Instructions:

<p>scribble You need:</p> <ul style="list-style-type: none"> bleu berries raspberries strawberries foxHill Yogurt and milk 	<p>You need a blender ^{mixer}, put the bleu berries in the blender ^{mixer} add the raspberries, add the strawberries, add the foxHill Yogurt and last ad the milk. Mit mixer ^{Mix} them all in the blender ^{mixer}. And at last you can <u>drak</u> it.</p>
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Recipe Gluten Free Pancakes

From the kitchen of: Jordan

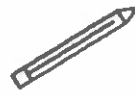
Ingredients:

Instructions:

<ul style="list-style-type: none"> • 1/2 cup Valley Kitchen Pancake Mix 	<p>① In a bowl mix the Pancake mix with the cinnamon, apple sauce, eggs and milk.</p>
<ul style="list-style-type: none"> • 1/2 tsp cinnamon 	<p>② Pour the batter onto the frying pan.</p>
<ul style="list-style-type: none"> • 2tbsp Local unsweetened apple sauce 	<p>③ Flip when the edges of the pancake start to appear firm. Finish cooking.</p>
<ul style="list-style-type: none"> • 1 large egg 	<p>④ serve with your favourite local pure maple syrup.</p>
<ul style="list-style-type: none"> • 1/3 cup milk or water 	
<ul style="list-style-type: none"> • 2tbsp Local maple syrup 	
<ul style="list-style-type: none"> • taste oil for the pan or griddle 	



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What's For Lunch?

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Omelette

From the kitchen of

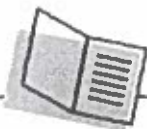
ALFIE

Ingredients:

Instructions:

eggs
MUSHROOMS
cheese
chives
TOMATOES

Pour egg into
pan. Add your
shredded cheese
and veggies.
Leave in pan
and turn
once. Once egg is
cooked serve
and eat.



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