

# Recipes

## Apple Mini Fruit Pizzas

*Serves 8*

### Ingredients

- 1 apple, sliced crosswise into 8 slices ( ¼ inch thick), seeds removed
- 8 tablespoons peanut butter
- 8 tablespoons mini chocolate chips
- 4 teaspoons chopped salted roasted pistachios
- 4 teaspoons honey



Photo courtesy of <http://www.eatingwell.com/recipe/259256/apple-mini-fruit-pizzas/>

### How to Make It

Spread each apple slice with 1 tablespoon peanut butter. Top with 1 tablespoon chocolate chips, ½ teaspoon pistachios and ½ teaspoon honey.

### Nutrition Information

- Serving size: 1 mini fruit pizza
- Per serving: 180 calories; 13 g fat(3 g sat); 3 g fiber; 16 g carbohydrates; 4 g protein; 11 mcg folate; 0 cholesterol; 12 g sugars; 9 g added sugars; 16 IU vitamin A; 1 mg vitamin C; 62 mg calcium; 1 mg iron; 43 mg sodium; 198 mg potassium
- Carbohydrate Servings: 1
- Exchanges: 2½ fat, ½ other carbohydrate

# Recipes

## Blueberry-Cabbage Power Juice

*Serves 2*

### Ingredients

- ¼ medium red cabbage, sliced
- 1 large cucumber, peeled and cut into chunks
- 1 cup fresh blueberries
- 1 large apple, cut into eighths
- Ice cubes (optional)



Photo courtesy of <http://www.eatingwell.com/recipe/252663/blueberry-cabbage-power-juice/>

### How to Make It

1. Working in this order, process cabbage, cucumber, blueberries and apple through a juicer according to the manufacturer's directions. (No juicer? See Tip.)
2. Fill 2 glasses with ice, if desired, and pour the juice into the glasses. Serve immediately.

\*\*\*No juicer? No problem. Try this DIY version of blended and strained juice instead: Coarsely chop all ingredients. First, place the soft and/or juice ingredients in the blender and process until liquefied. Then, add the remaining ingredients; blend until liquefied. Cut two 24-inch-long pieces of cheesecloth. Completely unfold each piece and then stack the pieces on top of each other. Fold the double stack in half so you have a 4-layer stack of cloth. Line a large bowl with the cheesecloth and pour the contents of the blender into the center. Gather the edges of the cloth together in one hand and use the other hand to twist and squeeze the bundle to extract all the juice from the pulp. Wear a pair of rubber gloves if you don't want the juice to stain your hands.

### Nutrition Information

- Serving size: about 8 ounces
- Per serving: 77 calories; 0 g fat(0 g sat); 0 g fiber; 18 g carbohydrates; 1 g protein; 76 mcg folate; 0 mg cholesterol; 15 g sugars; 0 g added sugars; 302 IU vitamin A; 22 mg vitamin C; 75 mg calcium; 1 mg iron; 27 mg sodium; 280 mg potassium
- Nutrition Bonus: Vitamin C (37% daily value)
- Carbohydrate Servings: 1