Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM Volume 22 Number 7

Breakfast Fruit Muffins
Old-Fashioned Grilled Hamburgers
Spinach Salad
Grape Slush
Pudding Wiches
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Breakfast Fruit Muffins

1¼ cups flour
½ cup Cream of Wheat cereal (1-minute, 2½-minute or 10-minute cook time), uncooked
¼ cup sugar
1 tablespoon baking powder
2 teaspoons ground cinnamon
1 egg
1 cup fat-free milk
2 tablespoons vegetable oil
1 teaspoon vanilla
1 cup fresh or frozen fruit (blueberries, strawberries, bananas, etc.)
2 tablespoons fruit juice, any type

1. Mix flour, cereal, sugar, baking powder and cinnamon in a bowl. Set aside.
2. Beat egg, milk, oil and vanilla with a wire whisk until well blended. Add to dry ingredients and stir just until moistened. Stir in fruit. Grease the muffin pan or line with muffin papers. Spoon muffin mixture into the pan (fill each about ⅔ full).
3. Bake at 400 degrees for 18-20 minutes or until toothpick inserted in centers comes out clean. Remove from pan.
4. Brush tops of warm muffins with fruit juice. Roll in sugar. Serve warm.

Nutrition Note: This recipe makes 12 muffins. Each muffin has 100 calories with 27% calories from fat and 15 grams of carbohydrates.

Eating Together

Share some family memories you will never forget. By doing this with your children, you are creating more unforgettable memories.

Old-Fashioned Grilled Hamburgers

1 pound lean ground beef
1 egg
2 tablespoons finely chopped onion
¼ teaspoon salt
⅛ teaspoon pepper
2 tablespoons prepared barbecue sauce
4 hamburger buns
4 slices lettuce, tomato and/or cheese (optional)

1. Combine the ground beef, egg, onion, salt, pepper and barbecue sauce. Mix well and shape into four patties.
2. Place patties on the grill at a medium heat. Brush frequently with barbecue sauce. Grill until the hamburgers are done (160 degrees with a meat thermometer).
3. For each sandwich, top your burger as desired with a tomato slice, lettuce leaves, and/or a slice of cheese.

Nutrition Note: This recipe makes 4 hamburgers. Each plain hamburger has 340 calories with 35% calories from fat and 25 grams of carbohydrates.

Breastfeeding:

Nursing helps mom lose weight after baby is born. Breastfeeding requires an average of 500 extra calories per day. Breastfeeding mothers who eat a normal diet lose the extra weight they gained during pregnancy faster than moms who choose to bottle-feed.

Spinach Salad

2 tablespoons honey mustard salad dressing
1 can (11 ounces) mandarin oranges, undrained
3 tablespoons vegetable oil
3 tablespoons cider vinegar
½ teaspoon ground ginger
8 cups washed spinach leaves
2 tablespoons bacon pieces

1. Drain oranges, reserving 2 tablespoons of the liquid. Place the reserved liquid in a bowl. Add the honey mustard, oil, vinegar and ginger; beat with a wire whisk until well blended. Store-bought low-fat or fat-free honey mustard dressing may be used instead of making the dressing.
2. Place spinach leaves in a bowl. Top with oranges and bacon pieces. Drizzle with dressing.

Nutrition Note: This recipe makes 8 one-cup servings. Each serving has 130 calories with 46% calories from fat and 14 grams of carbohydrates.

Grape Slush

1/2 cup frozen grape juice concentrate, softened
1/2 cup frozen orange juice concentrate, softened
1 cup skim milk
1 cup vanilla ice cream
2 bananas

1. Combine all ingredients in a blender and blend until smooth.
2. Serve in four 8-ounce glasses.

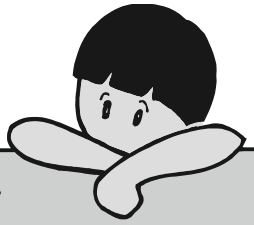
Nutrition Note: This recipe makes 4 one-cup servings. Each serving has 240 calories with 7% calories from fat and 50 grams of carbohydrates.

Pudding Wiches (Let the children help. If they can't wait for them to freeze, let them eat one and freeze the others.)

1½ cups low-fat milk
1 small package vanilla, butterscotch or chocolate instant pudding
½ cup peanut butter
24 graham cracker squares

1. Mix milk and peanut butter with an electric mixer in a large mixing bowl.
2. Add instant pudding. Stir in by hand first, then beat with mixer until thickened.
3. Put a tablespoon of thickened pudding on a graham cracker square.
4. Spread and top with another square.
5. Wrap individually in plastic wrap, or place in a single layer in a plastic container. Freeze.
6. Serve frozen.

Nutrition Note: This recipe makes 12 servings. Each serving has 160 calories with 35% of calories coming from fat (mostly the peanut butter) and 20 grams of carbohydrates.



Turn Off the TV

Create a backyard obstacle course for a toy lawn mower. If it is raining, set one up in the living room for a play vacuum cleaner.

Frozen Fruit Cups

2 bananas, sliced
1 can (11 ounces) mandarin oranges, drained
1 package (10 ounces) frozen strawberries or 1 cup sliced fresh strawberries
1 can (15 ounces) crushed pineapple
1 can (6 ounces) frozen orange juice concentrate, partially thawed

1. Combine all ingredients.
2. Line a muffin pan with paper liners. Fill each ¾ full with fruit mixture.
3. Freeze. Serve frozen as a dessert, or place on lettuce leaves and serve as a salad (peel off paper liners before serving).

Nutrition Note: This recipe makes 12 servings. Each serving has 80 calories with no calories from fat and 20 grams of carbohydrate.

Pick-WIC Paper is developed for the Special Supplemental Nutrition Program for Women, Infants and Children
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