# Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM Volume 25 Number 5

**Cereal Mix**
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**Cereal Mix**

5 cups of mixed cereal such as Kix, Rice Chex, Corn Chex, Wheat Chex, Cheerios, Crispix, etc.
2 tablespoons melted margarine

Cinnamon/Sugar Mix: 1 teaspoon cinnamon and 3 tablespoons sugar
Parmesan Mix: 2 tablespoons Parmesan cheese, 1 teaspoon garlic powder and ½ teaspoon salt
Ranch Dressing Seasoning Mix: ½ package dry ranch dressing mix

1. Preheat oven to 325 degrees.
2. Place cereal in a large bowl.
3. Drizzle margarine over cereal and toss with two forks.
4. Sprinkle one of the flavoring mixes over the cereal. Toss.
5. Place cereal on a baking sheet.
6. Bake for 15 minutes.

**Nutrition Note:** This recipe makes 10 servings. Each cinnamon/sugar mix serving has 90 calories, 2.5 grams of fat, and 15 grams of carbohydrates. Each Parmesan mix serving has 80 calories, 3 grams of fat, and 11 grams of carbohydrates. Each ranch mix serving has 100 calories, 2.5 grams of fat, and 12 grams of carbohydrates.

## *Eating Together*

Have each family member answer the question "What kinds of outdoor games do you like to play?"

**Fruit and Veggie Dips**

Fruit Dip – Mix 1 cup vanilla yogurt with 2 tablespoons vanilla pudding mix. Serve with fresh fruit.

Veggie Dip – Mix 1 cup plain yogurt with taco seasoning. Serve with fresh vegetables.

**Sunrise Smoothie**

1 cup low fat or fat free milk
8 ounces frozen strawberries
3 ounces orange juice concentrate (¼ of a 12 ounce can)
1 banana (frozen and cut into ¼ chunks prior to freezing)
1 cup pineapple chunks (juice-packed, drained)

1. Blend all ingredients in a blender until smooth.

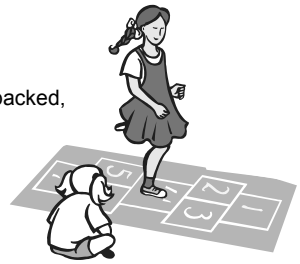
**Nutrition Note:** This recipe makes 5 servings. Each serving has 100 calories, 0 grams of fat, and 24 grams of carbohydrates.

## *Breastfeeding:*

*Why breastfeed? "I don't know why every woman wouldn't try to nurse as it is such a wonderful experience. I just love being a mom."*

*~ Natalie, WIC Breastfeeding Mom from Grand Forks, ND*

**Pineapple Carrot Salad Topper**



1 cup shredded carrots
1 can (8 ounces) crushed pineapple (juice-packed, drained)
½ cup low-fat or fat-free plain yogurt
⅓ cup chopped raisins
1 tablespoon honey

1. Mix all ingredients until well blended.
2. Refrigerate until ready to serve.

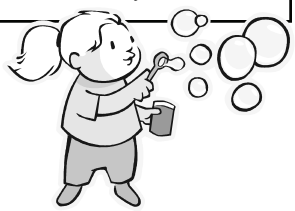
**Nutrition Note:** This recipe makes 12 servings. Each serving has 40 calories, 0 grams of fat, and 10 grams of carbohydrates.

**Orange Smoothie**

½ cup fresh or canned pineapple chunks (juice-packed, drained)
½ cup orange sections, peeled, seeded and cut in chunks
2 tablespoons orange juice
½ cup low-fat or fat-free plain or vanilla yogurt

1. Place pineapple, oranges and orange juice in a blender and puree.
2. Add yogurt and blend until smooth.

**Nutrition Note:** This recipe makes 2 servings. Each serving has 100 calories, 1 gram of fat, and 21 grams of carbohydrates.



**High-Fiber Marshmallow Treats**

5 cups crushed shredded wheat
10 ounces marshmallows
¼ cup margarine or butter

1. Place shredded wheat in a plastic bag. Crush. Continue until you have 5 cups total.
2. Melt margarine in a large glass bowl in the microwave.
3. Stir in marshmallows.
4. Microwave until marshmallows are creamy, stirring occasionally to help break them up.
5. Add shredded wheat. Stir until coated.
6. Using a spoon, drop onto wax paper or pat into a 9x13-inch pan coated with nonstick cooking spray.
7. Cool. Store in a covered container.

**Nutrition Note:** This recipe makes 15 servings. Each serving has 160 calories, 3.5 grams of fat, and 34 grams of carbohydrates.

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Special Supplemental Nutrition Program for
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North Dakota Department of Health
Division of Nutrition and Physical Activity
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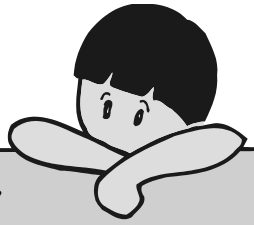
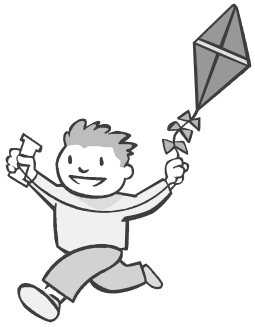


## Turn Off the TV

Enjoy some time outdoors. Go to the park and fly a kite. Blow bubbles into the air and have your children run and catch them before they pop.



**Monster Cookies**

½ cup margarine or butter
3 eggs
1 cup plus 2 tablespoons brown sugar
1 cup white sugar
1½ cups peanut butter
1 teaspoon vanilla
4½ cups oatmeal
2 teaspoons baking soda
½ cup M&M's
½ cup chocolate chips

1. Preheat oven to 325 degrees.
2. Using a very large bowl, cream the margarine, eggs, both kinds of sugar, peanut butter and vanilla.
3. Stir in the rest of the ingredients.
4. Drop onto a greased cookies sheet. Using a floured glass, slightly flatten each cookie.
5. Bake for 10-12 minutes.

**Nutrition Note:** This recipe makes 36 cookies. Each cookie has 210 calories, 10 grams of fat, and 25 grams of carbohydrates.

# GROW HAPPY FAMILIES

## Be a role model for eating smart.

Family meals are the perfect place to "walk the talk" of a delicious, nutritious eating style. Show your kids you care about your bones by drinking your milk—and improve everyone's health by serving a vegetable or two. Snack smart with lots of nutrient-rich veggies and fruit—great fuel for strong bodies and smart brains.

Thanks to "Eat Right Montana" for use of their nutrition education materials to develop this month's tip