

Breakfast Smoothies

Makes 2 servings



- ¾ cup soymilk or milk
- ¾ cup orange juice, chilled
- ¾ cup frozen unsweetened pitted dark sweet cherries, whole strawberries or peach slices
- 1 medium carrot, cut up and chilled
- ¼ cup soft tofu (fresh bean curd)
- 1 tablespoon honey (optional)

In a blender, combine above ingredients. Cover and blend until smooth.

Crunchy PB and A Wraps

Makes 4 servings

- 1/3 cup peanut butter
- 4 7-8 inch flour tortillas
- 1 cup chopped apple
- ¼ cup low-fat granola

Spread peanut butter over tortillas. Sprinkle with apple and granola. Tightly roll up tortillas. Cut in half.

Sandoodles

Makes 4 sandoodles



- 1 large red delicious apple
- 2 tablespoons seedless raisins
- 2 teaspoons creamy peanut butter
- 1 teaspoon cinnamon sugar

- Core the apple; slice into at least eight slices about ¼ inch thick
- Spread a thin layer of peanut butter on one side of an apple slice
- Sprinkle with a few raisins, then top with another apple slice
- Sprinkle the top of your sandoodle with a little cinnamon sugar

Bananas in a Blanket

Makes 2 servings



- 1 (8 inch) whole wheat or flour tortilla
- 1 tablespoon peanut butter
- 1 tablespoon strawberry fruit spread or strawberry jelly
- 2 tablespoons seedless raisins
- 1 large banana

Spread peanut butter on one side of the tortilla; spread jelly on top. Sprinkle raisins over jelly.

Peel banana and place at one end of tortilla. Roll tortilla up to cover the banana. Use a sharp knife to cut in half.