



Healthy Birthday Choices

Birthdays are to be celebrated. That doesn't mean you need to eat cake and ice cream. Here are some healthy alternatives that will make every child feel just as special on their big day!

Rainbow Pancakes

You will need: CACFP pancake mix*, food coloring, 1/4 cup of Greek vanilla yogurt

Directions: Make pancake batter accordingly. Divide mix into 4-6 separate batches. Add a couple drops of food coloring into each batch to make a rainbow of colors. Lightly coat pan with cooking spray and heat on medium. Pour batter onto pan (about 2 tbsp for each pancake). Cook until bubbles burst, flip and cook for another 2 minutes. Serve with a spoonful of Greek yogurt on top.



Frozen Berry Pops

You will need: 2 cups berries of choice (strawberries, blueberries, and/or blackberries), 2 tbsp of honey or agave, 2 cups of Greek vanilla yogurt

Directions: Blend the berries in a food processor or blender on high speed until nearly liquefied into a smoothie-like consistency. Pour the thick berry liquid into a large bowl. Stir in the honey. Add the yogurt and very gently mix everything together. Pour mixture evenly into each popsicle mold. Freeze for an 4-6 hours; for best results freeze overnight.



Fruity Banana Split

You will need: 3 bananas, 1-1/2 cups of low-fat vanilla yogurt, 2 cups of cubed fruit and berries of choice (strawberries, blueberries, pineapple, mango and/or blackberries)

Directions: Cut the bananas in half lengthwise and then again, you should have four total slices from each banana. Add a 1/4 cup of yogurt to each bowl, then add a banana slice to either side and top with fruit mixture.



Banana Muffins

You will need: 2 cups oats, 3 bananas, 2 eggs, 3/4 cup pitted whole dates, 1 tsp baking soda

Directions: Preheat oven to 350 degrees. Grease a muffin tin. Mix all ingredients in a blender or food processor until smooth. Pour batter into muffin tin. Bake for 15-20 minutes.

