

Cranberry Turkey Wraps

These fruity and flavorful grab-and-go wraps are quick to assemble, easy to handle, and low in calories!

Prep Time/Total Time: 15 minutes

Makes 8 servings

Ingredients:

- 1 can (11 ounces) mandarin oranges, drained
- 1 medium tart apple, peeled and diced (I like Apple Granny Smith but any apple will do!)
- 3 tablespoons dried cranberries
- $\frac{3}{4}$ cup fat-free plain yogurt
- 2 tablespoons fat-free mayonnaise (or vegenaïse)
- 8 flour tortillas (8 inches)
- 8 lettuce leaves
- 1 – $\frac{1}{2}$ pounds thinly sliced deli turkey
- 8 slices of part-skim mozzarella cheese (or any cheese you like)
- 2 tablespoons chopped pecans (optional)



Tools:

- Cutting board
- Knife
- 2 bowls
- Spoon

Instructions:

1. In a small bowl combine the oranges, apple, and cranberries
2. In another bowl combine yogurt and mayonnaise
3. Spread the yogurt/mayonnaise mixture across each tortilla
4. Layer each tortilla with lettuce, turkey, cheese, fruit mixture, and pecans
5. Roll up tightly and cut in half

Pro tip: Wilted Lettuce? Remove any brown or mushy leaves, put in a bowl of very cold water for 5-20 minutes with a few slices of citrus and a dash of salt. It will be refreshed and crispy!

Microwave Omelette in a Mug

This recipe is a go-to for a healthy protein packed breakfast in under 10 minutes!

Prep Time/Total Time: 8 minutes

Makes 1 serving

Ingredients:

- 2 Eggs
- ½ Bell Pepper, Diced
- ¼ cup Fresh Spinach
- Meat of your choice (ham, bacon bits, cooked sausage)
- Salt, to taste
- Pepper, to taste



Tools:

- Cutting board
- Knife
- Fork
- Microwaveable Mug
- Microwave

Instructions:

1. Wash the bell peppers and spinach with water
2. Cut the bell pepper in half and scoop out (and discard) the seeds and stem
3. Cut the bell pepper into small square pieces
4. Crack eggs into a microwaveable mug and throw away the shell
5. Add a pinch of salt and pepper and whisk with a fork
6. Add the remaining ingredients and stir with the fork
7. Cook for 1.5-3 minutes, making sure the egg doesn't bubble over. Stir halfway through the cooking process
8. Enjoy!

Pro tip: You can cook bacon in a microwave! Simply line a microwaveable plate with a paper towel, put the bacon on the paper towel, and then cover the bacon with more paper towels. Cook the bacon for on high until crispy (around 3-4 minutes).

Pumpkin Pie Smoothie

Nothing screams fall like Pumpkin! This smoothie is a great protein-packed option for a meal or snack on the go!

Prep Time/Total Time: 5 minutes

Makes 1 serving

Ingredients:

- 1 frozen Banana
- 1 cup Pumpkin Puree
- ½ Cup Plain Greek Yogurt
- ½ Cup Milk (any milk works, dairy/non-dairy)
- 1 Teaspoon Pumpkin Spice
- ½ Teaspoon Vanilla Extract
- Pinch of Salt
- Ice (if needed)



Tools:

- Blender
- Spatula or Spoon
- Cup

Instructions:

1. The night before making the smoothie, peel the banana and place in the freezer in a Ziplock bag
2. Combine all ingredients (including frozen banana) in a blender
3. Process until smooth
4. If ingredients are too thick, add more milk. If ingredients are too runny, you can add some ice
5. Pour into a glass and sip away!

Pro tip: You can make your own Pumpkin Pie Spice with Cinnamon, Ground Cloves, Allspice, and Nutmeg!



- Spinach comes in three different varieties: savoy, semi savoy, and flat-leaf
- Spinach is loaded with nutrients and antioxidants
- Because spinach grows better in cooler temperatures, common spinach doesn't grow well mid-summer
- Spinach is one of the best plant-based sources of iron. It also has a lot of protein, making it a popular food for vegetarians
- Spinach is believed to have many health benefits including skincare, eyesight, stronger bones, stronger muscles, and anti-cancerous benefits

Facts about Pumpkin:

- Pumpkins are actually a fruit, and they're also squash!
- Pumpkins are 90% water, which makes them a low-calorie food
- Every single part of a pumpkin is edible. Yep, that includes the yellow-orange flowers that bloom on the pumpkin vine!
- Each pumpkin has about 500 seeds. You guessed it—they're edible too!
- There are more than 45 different varieties of pumpkin. They range in color like red, yellow, and green with names like Hooligan, Cotton Candy, and Orange Smoothie
- The state of Illinois grows the most pumpkins. It harvests about 12,300 acres of pumpkins annually

