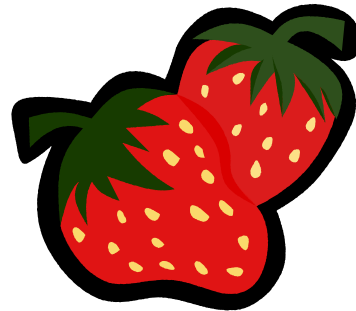


Heart Healthy Recipes for Valentine's Day

Strawberry Sweetheart Salsa

Yield: 10 servings of ¼ cup

2 cups whole strawberries, frozen
2 medium apples, cored and diced
1/4 cup honey
zest from 1 orange



Spread the strawberries on a large pan to thaw for about 30 minutes.
In a large bowl, mash the strawberries with a potato masher. Add the apples, honey, and orange zest. Stir well to blend.
Serve with Charming Cinnamon Crisps.

Reference: *Strive for Five at School!* Annapolis Valley Health Promoting Schools Program

Charming Cinnamon Crisps

Yield: 10 servings of 6 crisps

4 x 9-inch whole-wheat tortillas
1 tbsp brown sugar
1/2 tsp cinnamon



Preheat oven to 425°F.
Mix the sugar and cinnamon together.
Brush the tortillas with water; sprinkle with the sugar and cinnamon mixture. Cut each tortilla into 16 pieces.
Bake for about 5 minutes, until golden and crisp.
Serve with Strawberry Sweetheart Salsa.

Reference: *Strive for Five at School!* Annapolis Valley Health Promoting Schools Program

Bashful Banana Muffins

Yield: 12 muffins



1 cup mashed ripe bananas (about 2 medium bananas)
½ cup packed brown sugar
1/3 cup low-fat plain yogurt
3 tbsp olive oil
1 large egg
1½ cups whole wheat flour
¼ cup ground flax seed
1 tsp baking soda
1 tsp baking powder
1/8 nutmeg



Preheat oven to 350°F (180°C). Line a 12-cup muffin pan with paper liners. In a large bowl, whisk together bananas, brown sugar, yogurt, oil and egg. Add flour, flax, baking soda, baking powder and nutmeg. Stir just until blended. Spoon batter into prepared muffin pan. Bake for 18-20 minutes, or until tops are firm to the touch and a tester inserted in the centre of a muffin comes out clean.

Reference: *Bake It Up! Tasty Treats for Healthier School Bake Sales*. Ontario Public Health Association

Ravishing Raspberry Muffins

Yield: 40 muffins

2 cups oatmeal (large-flake, not instant)	1 tsp salt
4 cups 1% milk	4 eggs, beaten
1 1/2 cups all-purpose flour	2 tsp lemon zest
1 1/2 cups whole-wheat flour	¾ cup olive oil
2 cups cornmeal	1 cup brown sugar, lightly packed
1 cup ground flax seed	3 cups whole raspberries, frozen
4 tbsp baking powder	



Preheat oven to 375°F.

In a large microwave-safe bowl, combine the oatmeal and milk. Microwave on high until the oatmeal is creamy and tender, about 5–6 minutes. Cool slightly.

In a large mixing bowl, mix the flours, cornmeal, flax, baking powder, and salt.

In a separate bowl, beat the eggs. Mix in the lemon zest, oil, brown sugar, and oatmeal.

Add the liquid ingredients to the dry. Mix until the dry ingredients are moistened.

Gently fold the raspberries into the batter. Fill the lined muffin cups 2/3 full.

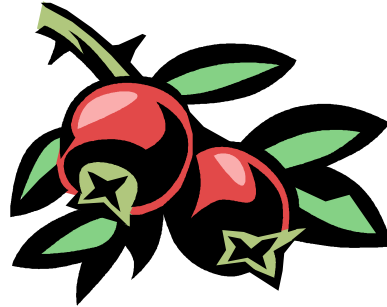
Bake for 25 minutes, until lightly browned and a toothpick inserted comes out clean.

Reference: *Strive for Five at School!* Annapolis Valley Health Promoting Schools Program

Delightfully Delicious Trail Mix

Yield: 10 cups

1 cup raisins
1 cup dried cranberries
1 cup pumpkin seeds
1 cup sunflower seeds
2 cups oat o's cereal
2 cups whole wheat cereal squares
1 cup almonds (optional)



Mix all ingredients in a large bowl and store in an airtight container for up to 2 weeks. Serve ¼ - ½ cup portions in small baggies.

Reference: *Snack Recipes and Tips*. All Things Food. Healthy Food, Healthy Kids Ontario

Cute Coconut Chewies

Yield: 24 chewies



½ cup ground flax seed
½ cup brown sugar
½ cup orange juice
1 large egg
1 tsp vanilla
½ tsp salt
½ tsp baking soda
½ cup unsweetened shredded coconut
2 cups quick oats

Preheat the oven to 350°C.

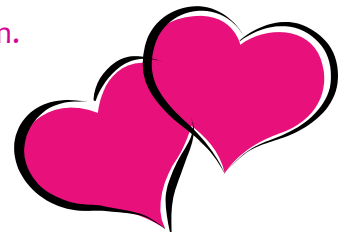
In a medium size bowl, mix the flax flour, brown sugar, orange juice, egg, and vanilla.

Add the baking soda, coconut and oats. Stir to moisten.

Scoop 2 tbsp at a time onto two baking sheets. Flatten to about 2 cm.

Bake 12 to 15 minutes.

Retrieved from Valley Flax Flour (Feb. 7, 2012): www.valleyflaxflour.com



Sweet as Sunshine Smoothie



Yield: 40 servings of ½ cup

10 cups strawberries, frozen
2 x 14-oz cans pineapple chunks, unsweetened
1 x 28-oz can sliced peaches, in natural juice
1 x 28-oz can sliced pears, in natural juice
6 cups low-fat vanilla yogurt

Allow the strawberries to thaw slightly.

Drain the canned fruit.

Combine all the fruit; blend in a blender or food processor in small batches.

Add the yogurt to the blended fruit.

Serve in cups or freeze for smoothie pops.



Reference: *Strive for Five at School!* Annapolis Valley Health Promoting Schools Program

Ruby Red Smoothie

Yield: 48 servings of ½ cup

5 cups raspberries, frozen
5 cups strawberries, frozen
4 cups 1% milk
1/2 cup wheat germ
4 cups ice cubes

Allow the frozen raspberries and frozen strawberries to thaw slightly (Completely thawed berries will make a thinner smoothie).

Combine the raspberries, strawberries, milk, wheat germ, and ice cubes and blend in a blender or food processor.

Serve in cups, topped with a frozen raspberry.



Reference: *Strive for Five at School!* Annapolis Valley Health Promoting Schools Program

Divine Fruit Dip

Yield: 8 servings of ¼ cup

1 1/2 cups 2% vanilla yogurt
1/4 cup frozen orange juice concentrate (thawed)
1/2 tsp cinnamon
1 tbsp honey

Mix all the ingredients in a bowl until well blended.
Chill and serve as a dip with frozen grapes or with any fruit of your choice.

Reference: *Strive for Five at School!* Annapolis Valley Health Promoting Schools Program

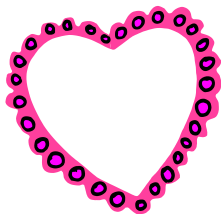
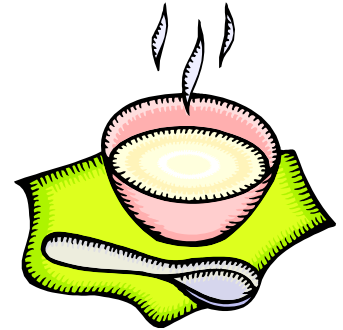


Perfect Parfaits

If you want to add some va-va-voom to your Valentine's breakfast consider custom yogurt parfaits with toppings that students can choose from. In honour of Cupid, serve pink yogurt such as strawberry or raspberry. Students can top their yogurt with red fruit like sliced strawberries, raspberries or dried cranberries, and bran cereal or granola will add a nice crunch. Consider making a tantalizing topping to add a sweet taste of fruit to the perfect parfaits.

Irresistible Oatmeal

Students will love a steamy bowl of oatmeal on a cold February morning. Try preparing a basic oatmeal and let students dish up the extra flavour. Let them choose if they want to add fruit, yogurt, cinnamon or coconut. Stirring in a spoonful of the following tantalizing toppings will also make this hot dish even more appealing.



Tantalizing Toppings

These tempting toppings are tasty on yogurt, oatmeal, granola, whole grain pancakes and waffles. They can be made ahead of time and frozen.

Sassy Blueberry Sauce

Yield: 10 servings of ¼ cup

2 1/2 cups whole blueberries, frozen
1 cup extra-fruit wild-berry fruit spread
1/4 tsp cinnamon



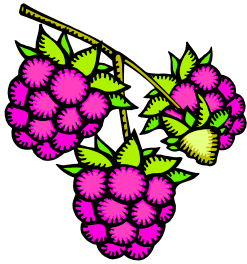
Combine the ingredients in a large saucepan and heat until the fruit spread is melted and mixed well with the blueberries.

Simmer over low heat for 10 minutes or until all the extra liquid has been evaporated.

Reference: *Strive for Five at School!* Annapolis Valley Health Promoting Schools Program

Brilliant Berry Medley

Yield: 8 servings of ½ cup



2 cups apples, diced
1 x 14-oz can pear halves in natural juice, drained and diced
3 cups whole raspberries, frozen
3 tbsp honey
1 tbsp lime juice

In a bowl, combine the raspberries, apples, and pears.

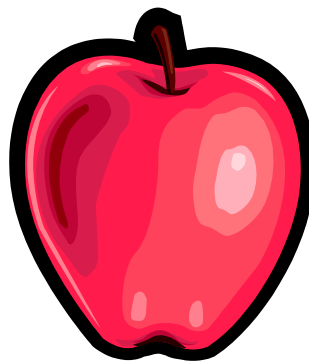
Mix the honey and lime juice. Add to the raspberries, apples, and pears.

Reference: *Strive for Five at School!* Annapolis Valley Health Promoting Schools Program

Admirable Applesauce

Yield: 16 servings of ¼ cup

3 lbs apples, washed, peeled and cored
3/4 cup water
1/4 tsp cinnamon
pinch nutmeg
1/4 cup brown sugar



Quarter the apples and place in a large saucepan with the water, cinnamon, and nutmeg. Bring the water to a boil, lower the heat, and simmer until the apples are soft.

Mash with a potato masher.

Add the sugar to the applesauce.

Reference: *Strive for Five at School!* Annapolis Valley Health Promoting Schools Program