



Almond Strawberry Chia Seed Pudding

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INGREDIENTS:

Almond Milk	2 cups
Fresh Strawberries	1pkg/ 16oz
Chia Seeds	1/2 cup
Honey	1/4 cup
Vanilla Extract	1 tsp

INSTRUCTIONS:

Puree almond milk and strawberries in a blender until smooth; pour into a bowl. Stir chia seeds, honey, and vanilla extract into the strawberry puree. Cover bowl with plastic wrap and refrigerate until set, about 4 hours.

Nutritional Information: Makes 4 servings

<i>(per serving)</i>	<i>1 serving</i>
Calories (k/cal)	209
Fat (g)	6.3
Carbohydrates (g)	37.2
fiber (g)	8.5
Cholesterol (mg)	0
Protein (g)	3.7



Strawberry Spinach Salad

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INGREDIENTS:

Sesame Seeds	2 tbsp
Poppy Seeds	1 tbsp
White Sugar	1/2 cup
Olive Oil	1/2 cup
Distilled White Vinegar	1/4 cup
Paprika	1/4 tsp
Worcestershire Sauce	1/4 tsp
Minced Onion	1 tbsp
Fresh Spinach - rinsed, dried and torn into bite-size pieces	10 oz
Fresh Strawberries	1 quart
Almonds, Blanched and Silvered	1/4 cup

INSTRUCTIONS

In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, olive oil, vinegar, paprika, Worcestershire sauce and onion. Cover, and chill for one hour. In a large bowl, combine the spinach, strawberries and almonds. Pour dressing over salad, and toss. Refrigerate 10 to 15 minutes before serving.

Nutritional Information: Makes 4 servings

<i>(per serving)</i>	<i>1 serving</i>
Calories (k/cal)	491
Fat (g)	35.2
Carbohydrates (g)	42.9