Field Goal Fruit Salsa

Yield: 3 cups (12 servings)

Ingredients:
- 2 medium Granny Smith apples
- 1 1/2 cups blueberries, diced
- 2 kiwi, peeled and diced
- 1 orange
- 2 tablespoons packed brown sugar
- 2 tablespoons apple jelly or apricot jam

Directions:
1. Peel, core and slice apples. Coarsely chop apple slices. Dice strawberries and kiwi. Place in small bowl.
2. Zest orange to measure 1 teaspoon zest. Juice orange to measure 2 tablespoons juice. Add orange zest, juice, brown sugar and jelly to fruit mixture; mix gently. Refrigerate until ready to serve.
3. Spoon into serving bowl. Serve with Baked Cinnamon Chips (recipe below).

Recipe from Pampered Chef

Recipe for Crunchy Cinnamon Chips

Yield: 12 servings

Ingredients:
- 12 whole wheat flour tortillas
- 2 tablespoons cinnamon
- 2 cups sugar
- Small bowl of water

Directions:
1. Preheat oven to 350°F.
2. Line a cookie sheet with parchment paper and set aside.
3. Combine cinnamon and sugar in a small bowl and set aside.
4. Cut tortilla into triangles.
5. Dip tortilla triangles into water and then immediately into cinnamon and sugar mixture.
6. Place on cookie sheet and bake for 15 minutes or until crisp.

Roary wants you to remember:

Eat Healthy - Fuel Up with Breakfast Every Day!

Eat More of the Four!
1. Fat-free or low-fat milk and dairy products
2. Fruits
3. Vegetables
4. Whole Grains

Get Up and Play for at least 60 Minutes Each Day!

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Roary Wraps

**Sriracha Chicken Salad Wrap**
Yield: 5 servings – 1 wrap each

Ingredients:
- 3/4 cup dried, fat-free Greek yogurt
- 1/2 teaspoon Sriracha hot sauce
- 3/4 cup light mayonnaise
- 1/2 cup reduced-calorie mayonnaise

Directions:
1. Place yogurt in bowl and mix with Sriracha hot sauce, garlic, onion, and oil. Mix thoroughly.
2. Stir in Sriracha mixture before covering and refrigerating until ready to serve.

**Hummus Veggie Wrap**
Yield: 5 servings – 1 wrap each

Ingredients:
- 1/4 cup Hummus
- 2 cups strawberries
- 2 cups raspberries, drained
- 2 cups cherries
- 1/4 cup dried cranberries

Directions:
1. Place 1 tablespoon of yogurt mixture down in the center of a flour tortilla. Add 1/2 cup of strawberries, raspberries, and cherries on top. Roll wrap and cut in half. Serve chilled.

**Huddle Up Parfait**
Yield: 1 parfait

Ingredients:
- 1/2 cup whole milk
- 1/2 cup strawberry yogurt
- 1/2 cup blueberries

Directions:
1. Place yogurt in a plastic cup. Add fruit mixture and yogurt with strawberries and blueberries on top. Top with Golden Grahams. Garnish with apples.
2. Serve cold with 1/2 cup of strawberry sauce. Place blueberries in the bottom of a parfait cup. Add fruit mixture and yogurt with strawberries and blueberries on top. Top with Golden Grahams. Garnish with apples.

Food service quantity recipes are available by request.