



三文鱼塔塔
Salmon tartare

Photo by plant selected

Healthy Recipes

Salmon Tata &
Avocado Oatmeal shake



Ingredients to be prepared

- 1.salmon fillets, diced
- 2.one avocado, cut into small pieces
- 3.one mango, cut into small pieces
- 4.quinoa, wash and set aside
- 5.mint leaves, lettuce, cucumber, blueberries, a dew figs
- 6.one bottle of oat milk

Step1

- Wash quinoa, add water and boil over high heat, then turn down the heat to about 15, you can see the germ is cooked.



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Step 2

- Cut salmon into cubes and toss with a good amount of green mustard and sashimi soy sauce.



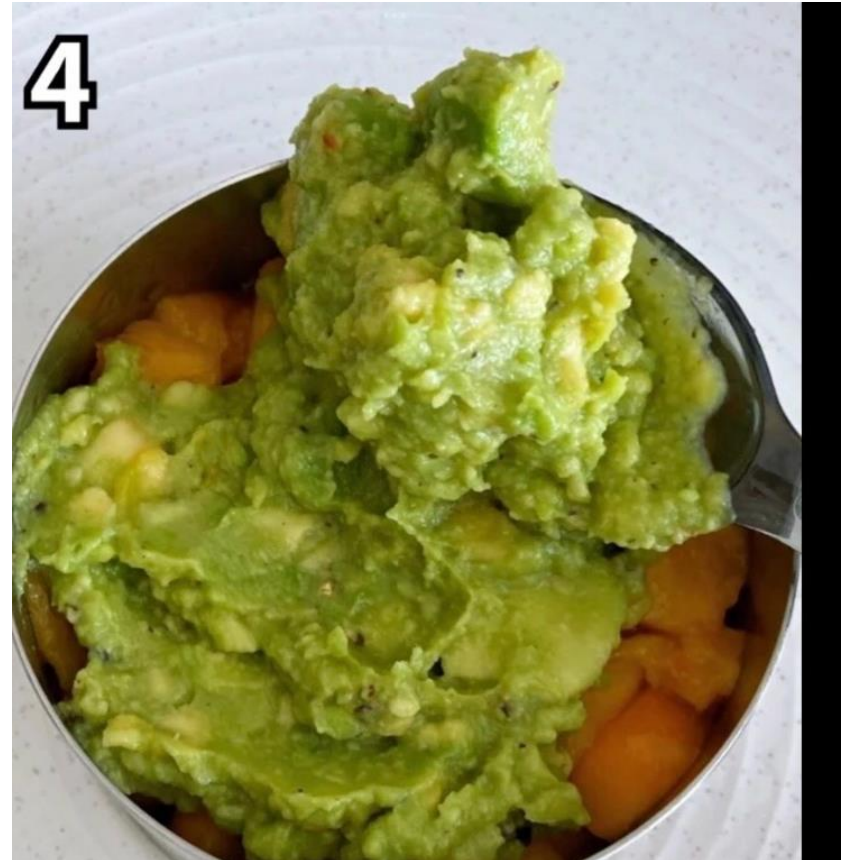
Step3

- Crush the avocado, add a few drops of lemon juice, sea salt and black pepper and mix well.



Step4

- In a round mold, put a layer of quinoa in the bottom, a second layer of diced mango, a third layer of mashed avocado, a fourth layer of diced salmon, and finally put mint leaves for decoration.





将牛油果放入搅拌机中搅打成泥

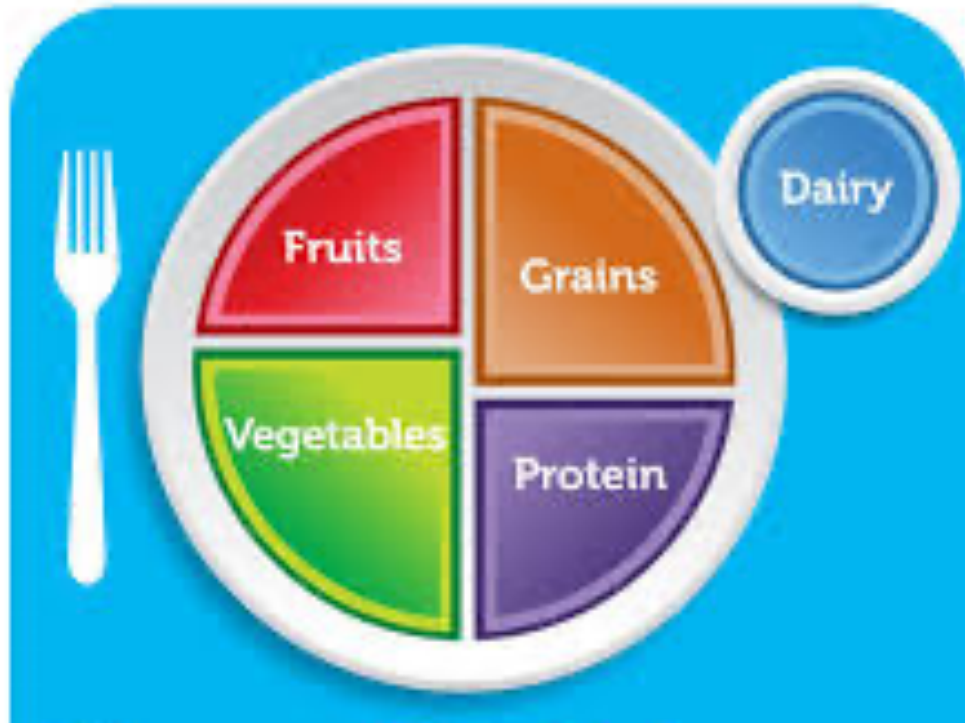


Step of Avocado Oatmeal Shake

- 1. Cut the avocado into pieces and put them in the juicer without adding water, and puree the avocado
- 2. Pour the avocado into a glass and put ice cubes
- 3. Pour in healthy oat milk and mix well

What does a balanced meal look like?

A balanced meal makes your body the most healthy!



Fruits:

What are fruits?

A fruit is a part of a flowering plant that has seeds. Some examples of fruit are apples, bananas, grapes, and watermelon.

Grains:

What are grains?

A grain is a type of grass that makes seeds. Some examples of grains are brown rice, oatmeal, and whole-wheat bread.

Vegetables:

What are vegetables?

Vegetables are the leaves, stems, roots, or other parts of certain plants. Some examples of vegetables are carrots, lettuce, and green beans.

Protein:

What is protein?

Protein helps to make your body strong. Some examples of protein are chicken, fish, and eggs.

Dairy:

What is dairy?

Dairy comes from animals. Some examples of dairy are milk, yogurt, and cheese.

What is your favorite type of fruit? _____

What is your favorite type of grain? _____

What is your favorite type of vegetable? _____

What is your favorite type of protein? _____

What is your favorite type of dairy? _____

_____ + _____ + _____ + _____ + _____

Now you have a healthy and balanced meal!

Healthy Halloween Treats: Green Apple Monsters

Materials/Ingredients:

- 3 green apples
- 3 tablespoons creamy peanut butter
- 2 ounces of sliced cheese (cheddar or colby jack both work)
- 2 tablespoons of pumpkin or sunflower seeds
- A package of candy eyes

Tip: eat within an hour of making for best results!

Prep time: 20 minutes



Instructions

**Ask an adult for help cutting the apple)

- 1.) Quarter the green apples, slice off the core and seeds. cut out a v-shape in the center of the apple to create the mouth of the monster. Repeat with each apple piece
- 2.) Spread a layer of peanut butter into the monster mouth. Repeat with each apple slice
- 3.) Press several pumpkin seeds onto the top of the mouth along the edge to make teeth. Repeat with each apple slice
- 4.) Put a triangular piece of cheese into each monster mouth
- 5.) Using the rest of your peanut butter, spread it onto the back of the candy eyes and place them on top the the apple slices.
- 6.) Eat!

Why this healthy snack?

- Apples- apples are a sweet and healthy fruit that may help with digestion, support your immune system, and even play a role in preventing cancer
- Peanut butter- it is filled with nutrients such as protein and magnesium, both of which protect the heart, manage blood sugar, and manage body weight
- Cheese- it is a good source of calcium and other nutrients such as vitamins A and B-12
- Pumpkin seeds- they are rich in antioxidants, iron, zinc, magnesium and many other nutrients





Growing Green, Eating Clean!

Did you know?
You can grow yummy fruits & vegetables yourself!



Growing your own garden is a great way to **get outside** and **eat healthy!**

How to Have a Green Thumb

There are **two ways** to get **seeds**. You can...

- 1) **Buy** a pack of seeds from a store
- OR...
- 2) **Save** the seeds after you eat some fruits or veggies!

To grow your seeds...

Step 1: Plant them in the ground somewhere with lots of sunlight. Make sure to cover them with soil, and mark it so you remember where they are!

Step 2: Water them every day.

Step 3: Wait!

Remember that fruits will sometimes take many years to grow. Vegetables are usually faster! Flowers are easy to grow fast.

Patience is important for gardening! Sometimes, seeds get too much water or sunlight and don't grow. But don't worry, try again!



Feeling hungry... make your own snack!



Ants on a Log



YOU NEED...

Celery
Peanut butter
Raisins

HOW TO MAKE!

- Step 1: Wash a piece of celery.
- Step 2: Spread peanut butter in the celery.
- Step 3: Place raisins on top, like little ants!

Teddy Bear Toast



YOU NEED...

1 Slice of Bread
Peanut butter
1 Banana
Raisins

HOW TO MAKE!

- Step 1: Toast bread.
- Step 2: Spread peanut butter on top.
- Step 3: Cut banana into slices with help from an adult.
- Step 4: Place bananas and raisins on top to make a bear face!

Fruit Salad



YOU NEED...

Any fruits you like! Examples... Apples, oranges, bananas, melons, grapes, or anything from your garden!

HOW TO MAKE!

- Step 1: Wash your fruits.
- Step 2: Slice fruits how you like them with help from an adult.
- Step 3: Add them to your bowl and enjoy!