



KIDS

in the

KITCHEN



Shi-yo

On behalf of the Tribal Food Distribution Program, I am proud to introduce our very first **Cherokee Kids Cookbook!** This cookbook features kid-friendly recipes that can be easily prepared using ingredients available through the Tribal Foods program.

This project would not have been possible without our wonderful young models—**Blair Owle, Alahni Evans, Ilawi Huskey, Tsiya Huskey, and CC Rowland.** We extend our heartfelt thanks to them and to their parents for their support and for allowing them to be a part of this special project.

A special thank you also goes to our talented and creative staff members—**Rose James, Amble Smoker, Michael Pellicone, Alexis Smith, and Lucian Davis—**for their time, dedication, and assistance in bringing this cookbook to life.

We hope you enjoy using this cookbook and creating delicious meals with your family. Thank you for your support, and happy cooking!

Sgi!

Amelia Owle-Arkansas
DHP OJJ NGE
Tribal Foods Manager



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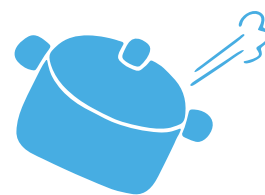


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safe cooking



Cooking is a lot of fun but it can also be dangerous and have long lasting consequences.

You must always take care to be safe when cooking.



- Use oven gloves when handling hot pans, trays, or bowls.
- Don't put hot pans or trays directly onto the counter or table. Use a heat-proof mat, board or the top of the unheated stove.
- When you are stirring food on the stove top, grip the handle firmly to steady the pan.
- When cooking on the stove, turn the pan handles away from the heat and in a direction that those walking by won't get hooked on them and knock them down. Ensure that young children can't pull the hot pan or pot down by turning the handle away from the ledge.
- Take extra care on any step you see the **red warning triangle**.
- Ask for an adult for help when you see the **green warning triangle**.

Kitchen hygiene before you start to cook:

- Tie back your hair.
- Always wash your hands before you start cooking and after handling raw meat.
- Wash all fruits and vegetables.
- Use separate cutting boards for meat and vegetables.
- Keep your cooking area clean and have a cloth or paper towel ready to wipe up any spills.
- Keep meat and fish in the refrigerator until you need them and always take care to cook them thoroughly.
- Store cooked and raw food separately.

Getting started

- Ask an adult if it is okay to cook something. Look for the green and red labels that could tell you if you need adult help.
- Read the recipe before you begin.
- Tie your hair back and wash hands.
- Gather all the ingredients and equipment before you begin!



equipment



Measuring Cup



Whisk



Knife



Frying Pan



Spatula



Ladle



Mixing Bowl



Rolling Pin



Oven Mitt



Cooking Pot



Cutting Board



Peeler

Prep:
10 minutes

Cooking:
20 minutes

Makes:
8 pancakes



Fluffy Pancakes

Ingredients

- 1 lb of mixed berries (frozen or fresh)
- 6 Tablespoons of granulated sugar
- 1 teaspoon vanilla extract
- 2/3 cup milk
- 1 egg, lightly beaten
- 2 tablespoons melted butter
- ¾ cup all purpose flour
- 1 tablespoon baking powder

Equipment

- Mixing bowl
- Whisk
- Measuring cups
- Measuring spoons
- Spatula
- Frying pan





1. Place the berries, 2 tablespoons of sugar, and vanilla extract in a pan and bring to a boil. Simmer for 3-5 minutes and set aside.



2. Whisk the milk, egg, and butter in a liquid measuring cup. Sift the flour, 4 tablespoons of sugar, baking powder, and a pinch of salt into a separate bowl. Beat the wet ingredients into the dry



3. Heat a nonstick pan over medium heat. Add a little oil to the pan and spoon in 2 tablespoons of the mixture per pancake. Cook for 2-3 minutes.

Remember:

You need a guardian
or a guardian's
permission to use the
stove



4. Once bubbles appear, flip the pancakes over and cook for another 2 minutes. Keep the pancakes in the oven while you make the rest.

Prep:
5 minutes

Cooking:
3 minutes

Makes:
2 eggs



Scrambled Eggs

Ingredients

- 2 large eggs
- 1/8 teaspoon kosher salt (see note)
- 2 tablespoons (1 ounce; 30 ml) milk (optional)
- 1 spray of olive oil
- Freshly ground black or white pepper

Equipment

- Mixing bowl
- Whisk
- Frying pan
- Measuring spoons
- Spatula





1. In a small bowl, beat eggs with salt and milk (if using).



2. In a nonstick skillet, Spray pan with olive oil. Add eggs and cook, stirring and scrambling gently with a silicone spatula, until large, fluffy curds form and eggs are fully cooked through, about 3 minutes.



3. Season with pepper and serve.

Nutrition Facts

Servings Per Recipe 1

Serving Size 2 eggs

Calories 179

	% Daily Value *
Total Carbohydrate 1g	0%
Protein 13g	26%
Total Fat 13g	17%
Saturated Fat 6g	30%
Cholesterol 382mg	127%
Sodium 383mg	17%
Calcium 59mg	5%
Iron 2mg	11%

Nutrition information is calculated by a registered dietitian using an ingredient database but should be considered an estimate.

Add veggies or cheese toppings to mix up the recipe. Put the veggies in before you cook the eggs and the cheese in right before its done.

Prep:
10 minutes

Servings:
1

Yield:
1 cup

Total Time:
6 hours



Blueberry-Banana Overnight Oats

Ingredients

- ½ cup unsweetened coconut milk beverage
- ½ cup old-fashioned oats (see Tip)
- ½ tablespoon chia seeds (Optional)
- ½ banana, mashed
- 1 teaspoon maple syrup
- Pinch of salt
- ½ cup fresh blueberries
- 1 tablespoon unsweetened flaked coconut (Optional)

Equipment

- Mason jar
- Measuring spoons
- Measuring cup



Blueberries, sweet banana and creamy coconut milk combine to turn everyday oatmeal into the best vegan overnight oats! Make up to 4 jars at once to keep in the fridge for quick grab-and-go breakfasts throughout the week.



1. Place cut up banana into the jar and mash it up.



2. Combine coconut milk, oats, chia seeds (if using), banana, maple syrup and salt in a pint-sized jar and stir.



3. Top with blueberries and coconut, if desired. Refrigerate overnight.

Tip:

People with celiac disease or gluten sensitivity should use oats that are labeled “gluten-free,” as oats are often cross-contaminated with wheat and barley.

To make ahead: Refrigerate for up to 1 day.

Originally appeared:
EatingWell.com,
September 2018

Nutrition Facts

Serving Size 1 1/2 cups

Calories 285
Total Fat 6g
Saturated Fat 3g
Sodium 148mg
Total Carbohydrate 57g
Dietary Fiber 7g
Total Sugars 20g
Added Sugars 4g
Protein 6g
Vitamin C 12mg
Calcium 84mg
Iron 2mg
Potassium 452mg

Prep:
10 minutes

Servings:
1

Yield:
1 cup

Total Time:
6 hours



Apple-Cinnamon Overnight Oats

Ingredients

- ½ cup old-fashioned rolled oats
- ½ cup unsweetened almond milk
- ½ tablespoon chia seeds (Optional)
- 1 teaspoon maple syrup
- ¼ teaspoon ground cinnamon
- Pinch of salt
- ½ cup diced apple
- 2 tablespoons fruit and nut mix

Equipment

- Mason jar
- Measuring spoons
- Measuring cup





1. Combine $\frac{1}{2}$ cup oats, $\frac{1}{2}$ cup almond milk, $\frac{1}{2}$ cup chia seeds (if using), 1 teaspoon maple syrup, $\frac{1}{4}$ teaspoon cinnamon and pinch salt in a pint-sized jar and stir. Cover and refrigerate overnight.



2. Before serving, top with $\frac{1}{2}$ cup apple and 2 tablespoons pecans, if desired.

To make ahead:

Prepare through Step 1 and refrigerate for up to 4 days.

Nutrition Facts

Serving Size 1 1/2 cups

Calories 215
 Total Fat 4g
 Saturated Fat 1g
 Sodium 232mg
 Total Carbohydrate 41g
 Dietary Fiber 6g
 Total Sugars 11g
 Added Sugars 4g
 Protein 6g
 Vitamin C 3mg
 Calcium 262mg
 Iron 2mg
 Potassium 249mg

Servings:
1

Yield:
1 cup

Total Time:
8 hours



Pumpkin Overnight Oats

Ingredients

- ½ cup rolled oats
- ⅓ cup unsweetened almond milk or milk
- 3 tablespoons pumpkin puree
- 2 teaspoons pure maple syrup
- ½ teaspoon vanilla extract
- ¼ teaspoon ground cinnamon
- Pinch of salt
- Toasted pumpkin seeds or pecans, for garnish

Equipment

- Mason jar
- Measuring spoons
- Measuring cup





1. Combine oats, milk, pumpkin, maple syrup, vanilla, cinnamon and salt in a pint-size jar; stir well. Cover and refrigerate overnight.



2. To serve, top with pumpkin seeds or fruit and nut mix, if desired.

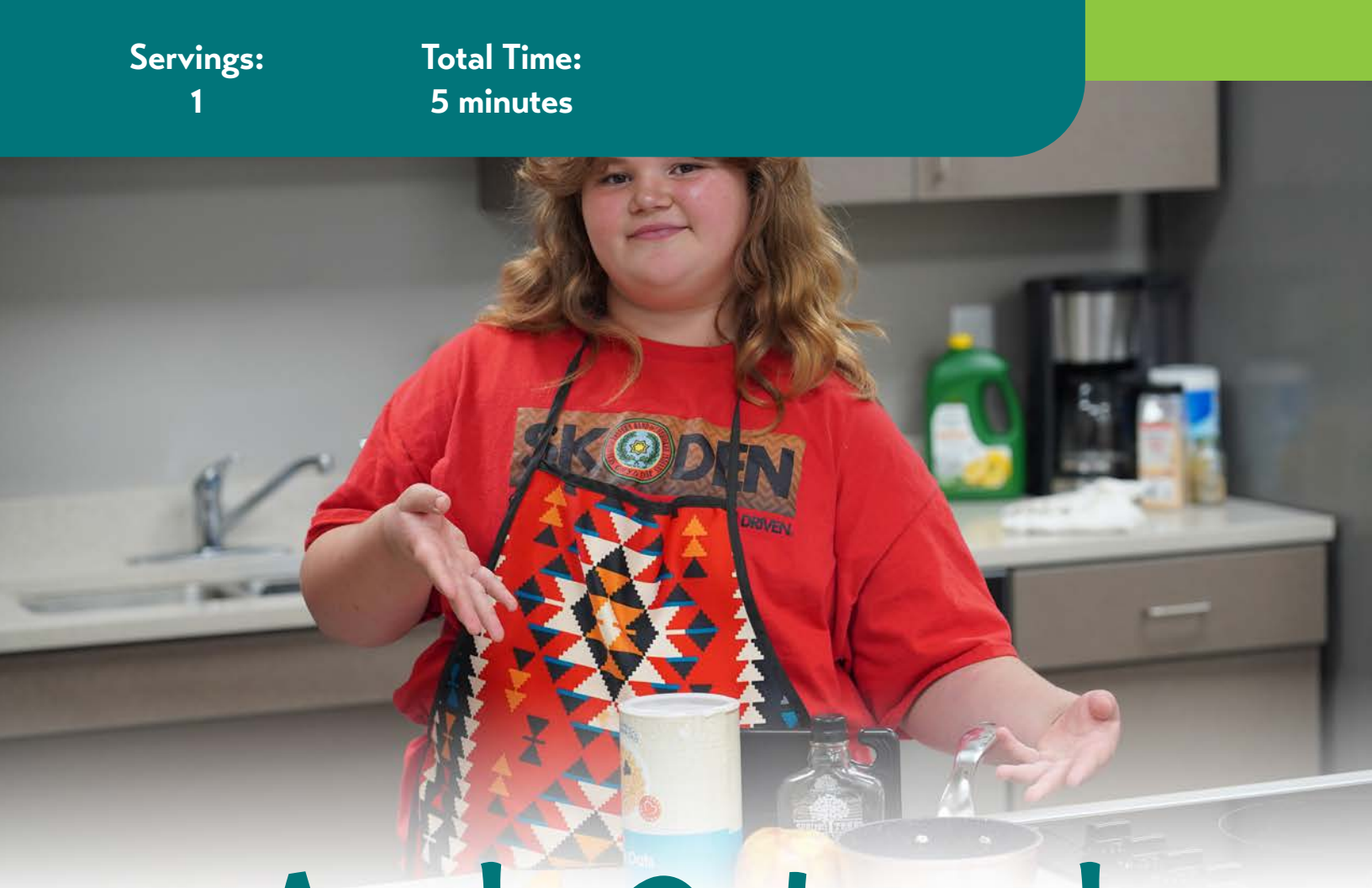
Nutrition Facts

Serving Size 1 jar

Calories 218
Total Fat 4g
Saturated Fat 1g
Sodium 351mg
Total Carbohydrate 41g
Dietary Fiber 6g
Total Sugars 11g
Added Sugars 8g
Protein 6g
Vitamin C 2mg
Calcium 201mg
Iron 2mg
Potassium 290mg

Servings:
1

Total Time:
5 minutes



Apple Oatmeal

Ingredients

- 1 $\frac{1}{4}$ cup of water
- $\frac{1}{2}$ cup of oats
- $\frac{1}{4}$ teaspoon of cinnamon or nutmeg
- 1 apple
- 1 tablespoon of maple syrup or honey

Equipment

- Knife
- Cutting board
- Sauce pan
- Measuring spoons
- Measuring cup



Directions (stove top)



1. Dice apple into small pieces.



2. Put all water into a small saucepan, add apple, and cinnamon, and bring it to a boil.



3. After apple boils for 2 minutes, add $\frac{1}{2}$ cup of oatmeal.



4. Cook for 1 more minute and add maple syrup.



5. Add fruit and nut mix and enjoy.

Nutrition Facts - Calories 262 | Protein 8g | Fat 3.6g | Carbohydrates 69g

Servings:
3

Total Time:
5 minutes



BLT Wraps

Ingredients

- 3 tortillas
- 6-9 slices of bacon (for a cooking free wrap use sliced turkey or left over chicken)
- 1 tomato
- Lettuce
- 2-3 tablespoons mayonnaise
- 1 teaspoon Ranch seasoning
- 1 teaspoon mustard
- 1 avocado sliced

Equipment

- Frying pan
- Knife
- Strainer
- Measuring spoons
- Cutting board





1. Preheat a skillet to medium-high heat and put the slices of bacon in the pan. Turn after a couple of minutes and cook until the bacon is brown and crispy.



2. Take out of the pan and drain on a paper towel.



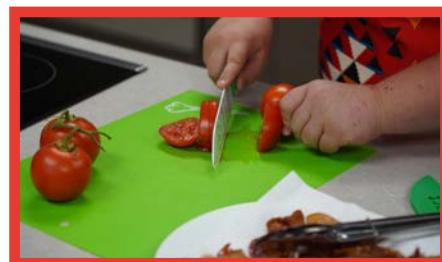
3. Wash 1 or 2 lettuce leaves and drain in a strainer to remove the excess water.



4. Then take a small bowl and add the mayonnaise, ranch seasoning and mustard (or just mayo). Stir until all the ingredients are well combined.



5. Take a tortilla and spread about 1 tablespoon of the mayonnaise mixture on the tortilla. Add one or two lettuce leaves on the mayonnaise.



6. Slice the tomato in thin slices. Put 3 slices of tomato on the lettuce before you add 2-3 slices of crispy bacon on top.



7. Add thin slices of avocado to make this BLT taste even better.

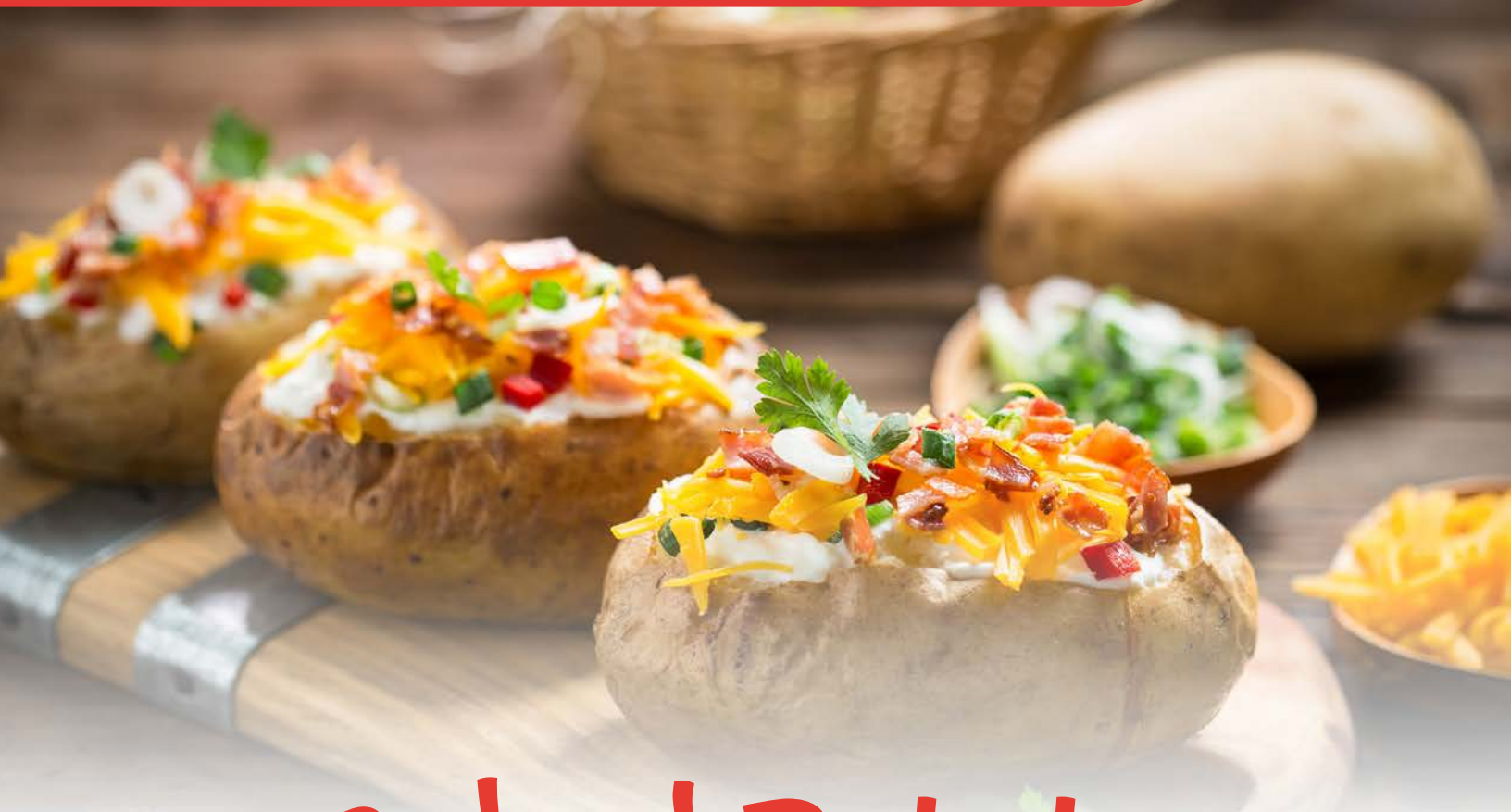
Nutrition Facts

Serving Size 1

Calories 539
 Total Fat 36g
 Saturated Fat 8g
 Trans Fat 0g
 Unsaturated Fat 26g
 Cholesterol 40mg
 Sodium 1023mg
 Carbohydrates 37g
 Fiber 7g
 Sugar 2g
 Protein 18g

Servings:
4

Total Time:
1 hour



Baked Potato

Ingredients

- 4 medium russet potatoes

Optional toppings

- Shredded cheese
- Sour Cream
- Bacon cooked and finely chopped
- Green onion
- Broccoli
- Salsa
- Cottage cheese
- Jalapenos
- Spinach

Equipment

- Fork
- Knife
- Cutting board





1. Preheat the oven to 450 degrees. Scrub the potatoes under running water, then dry them completely.



2. Poke each potato with a fork and place them directly on the oven rack. Bake for 45 minutes to one hour.



3. To check for doneness, pierce the center with a knife. If it's soft, they're done.



4. Add toppings of your choice. We recommend picking one heavier fat item and one veggie item. For example: Broccoli and Cheese, Bacon and Jalapenos, Spinach and Sour Cream, Salsa and Sour Cream. The choices are endless. You can cook a sweet potato the same way!



Servings:
4

Total Time:
15 minutes



Mexican Quesadillas

Ingredients

- 4 medium flour tortillas (about 8" wide)
- 1 (15oz) can refried beans (or about 1 1/2 cups homemade refried beans)
- 1 cup shredded cheese (cheddar, Monterey Jack, or a blend)
- Mixed diced vegetables like shredded spinach, tomatoes, onions, peppers
- 1 tablespoon olive oil or butter

Equipment

- Frying pan
- Cutting board
- Knife





1. Dice up your vegetables.



2. Heat pan and add butter and olive oil it, to prevent sticking.



3. Assemble Quesadillas: Spread 1/3 cup of refried beans over one half of the tortilla. Sprinkle with 1/4 cup shredded cheese.



4. Sprinkle diced vegetables.



5. Flip the quesadilla after the bottom of the tortilla is golden brown. Remove it once it is cooked on both sides and repeat with the remaining quesadillas.



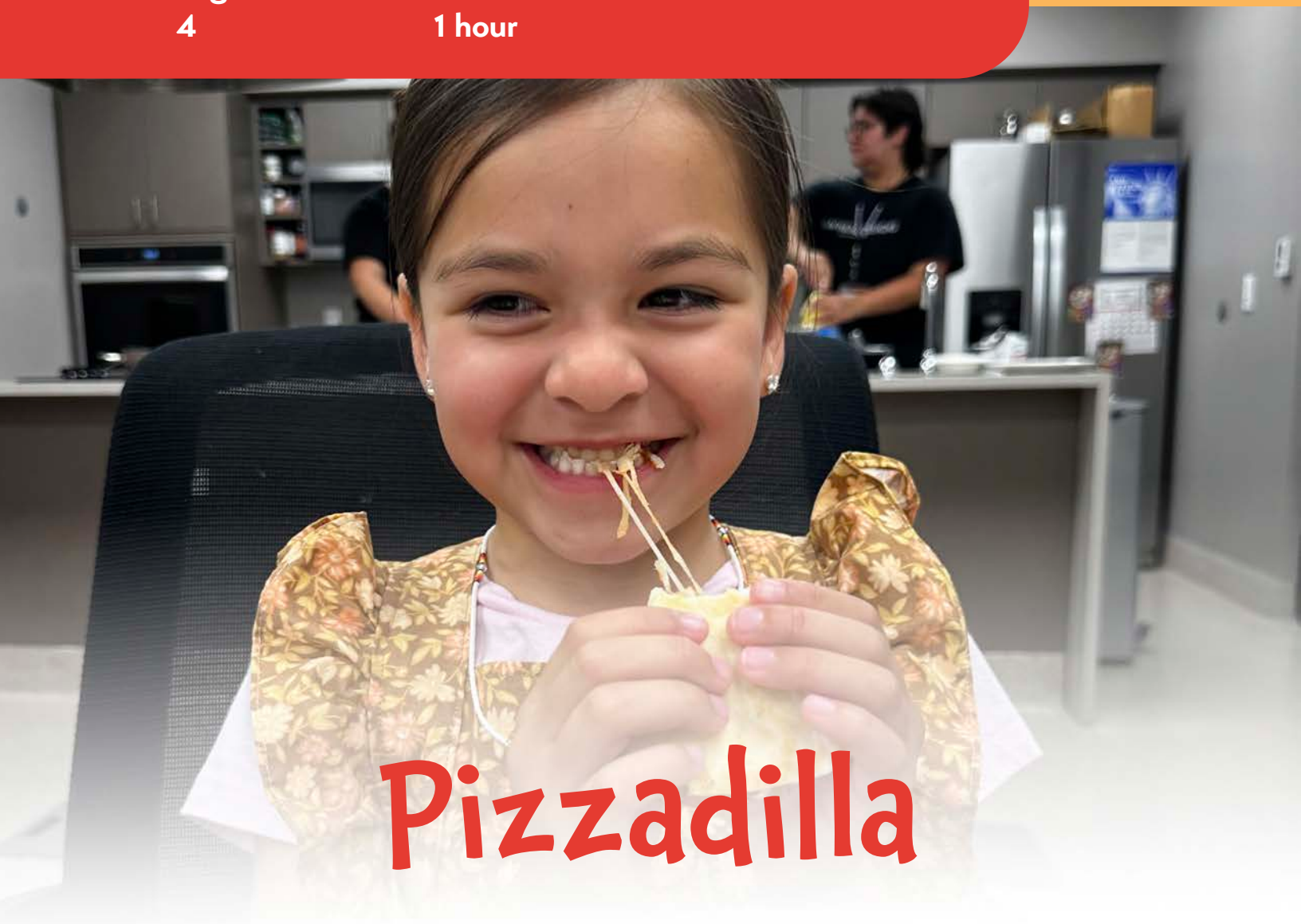
Nutrition Facts

Serving Size 1 quesadilla

Calories 320
 Sugar 2g
 Sodium 650mg
 Fat 15g
 Saturated Fat 7g
 Unsaturated Fat 6g
 Trans Fat 0g
 Carbohydrates 33g
 Fiber 4g

Servings:
4

Total Time:
1 hour



Pizzadilla

Ingredients

- 2 cups shredded cheese cheddar or mozzarella
- 4 flour tortillas 8-inch
- 1 cup pizza sauce
- 0.5 cup sliced pepperoni optional
- Diced vegetables of choice

Equipment

- Large Skillet
- Spatula





1. Heat a large skillet over medium heat.



2. Place one tortilla in the skillet. Spread 1/4 cup of pizza sauce over the tortilla.



3. Sprinkle 1/2 cup of cheese and a few slices of pepperoni on top. Add your vegetables of choice.



4. Place another tortilla on top and cook until the bottom is golden brown, about 2-3 minutes.



5. Carefully flip the pizzadilla and cook the other side for another 2-3 minutes or until the cheese is melted.



6. Remove from the skillet and repeat with the remaining ingredients.

Nutrition Facts

Serving 200g
 Calories 120kcal
 Carbohydrates 120g
 Protein 120g
 Fat 120g
 Saturated Fat 120g
 Polyunsaturated Fat 120g
 Monounsaturated Fat 120g
 Trans Fat 120g
 Cholesterol 120mg
 Sodium 120mg
 Potassium 120mg
 Fiber 120g
 Sugar 120g
 Vitamin A 120IU
 Vitamin C 120mg
 Calcium 120mg
 Iron 120mg

Servings:
4

Cook Time:
1 hour



Chicken Fingers

Ingredients

- ¼ cup all-purpose flour
- 1 teaspoon of paprika or ranch seasoning
- 2 eggs
- 1 cup of panko breadcrumbs
- 2 boneless, skinless chicken breasts cut into strips.

Equipment

- 3 Mixing bowls
- Frying pan
- Knife
- Cutting board
- Measuring cup
- Measuring spoons
- Baking sheet





1. Preheat the oven to 375. Mix the flour and paprika in a bowl and season.



2. Beat 2 eggs in a second bowl.

Nutrition Facts

Serving Size 4

Calories 387
 Total Fat 22.3g
 Saturated Fat 5g
 Cholesterol 231mg
 Sodium 113mg
 Carbohydrates 9.3g
 Fiber 0.3g
 Sugar 0.5g
 Protein 22.1g
 Vitamin D 18mcg
 Calcium 35mg
 Iron 2mg
 Potassium 195mg



3. Bread crumbs in a third bowl.



4. Dip the chicken in the flour bowl, then the egg bowl, then the breadcrumbs and bake for 20-25 minutes.



Servings:
4

Cook Time:
1 hour



Sweet Potato Fries

Ingredients

- 2 tablespoons of olive oil
- 2 Sweet Potatoes
- 2 Tablespoons olive oil
- 2 teaspoons dried herbs
- 1 tablespoon of cornmeal

Equipment

- 3 Mixing bowls
- Frying pan
- Knife
- Cutting board
- Measuring cup
- Measuring spoons
- Baking sheet





1. You can peel the potatoes if you like, but you don't have to. Then cut the potatoes into $\frac{1}{4}$ inch sticks and soak in cold water (this will remove some of the starch and make them crispy) for 1 hour. Drain and pat dry with a kitchen towel.



2. Preheat the oven to 425 and mix the herbs and cornmeal together.

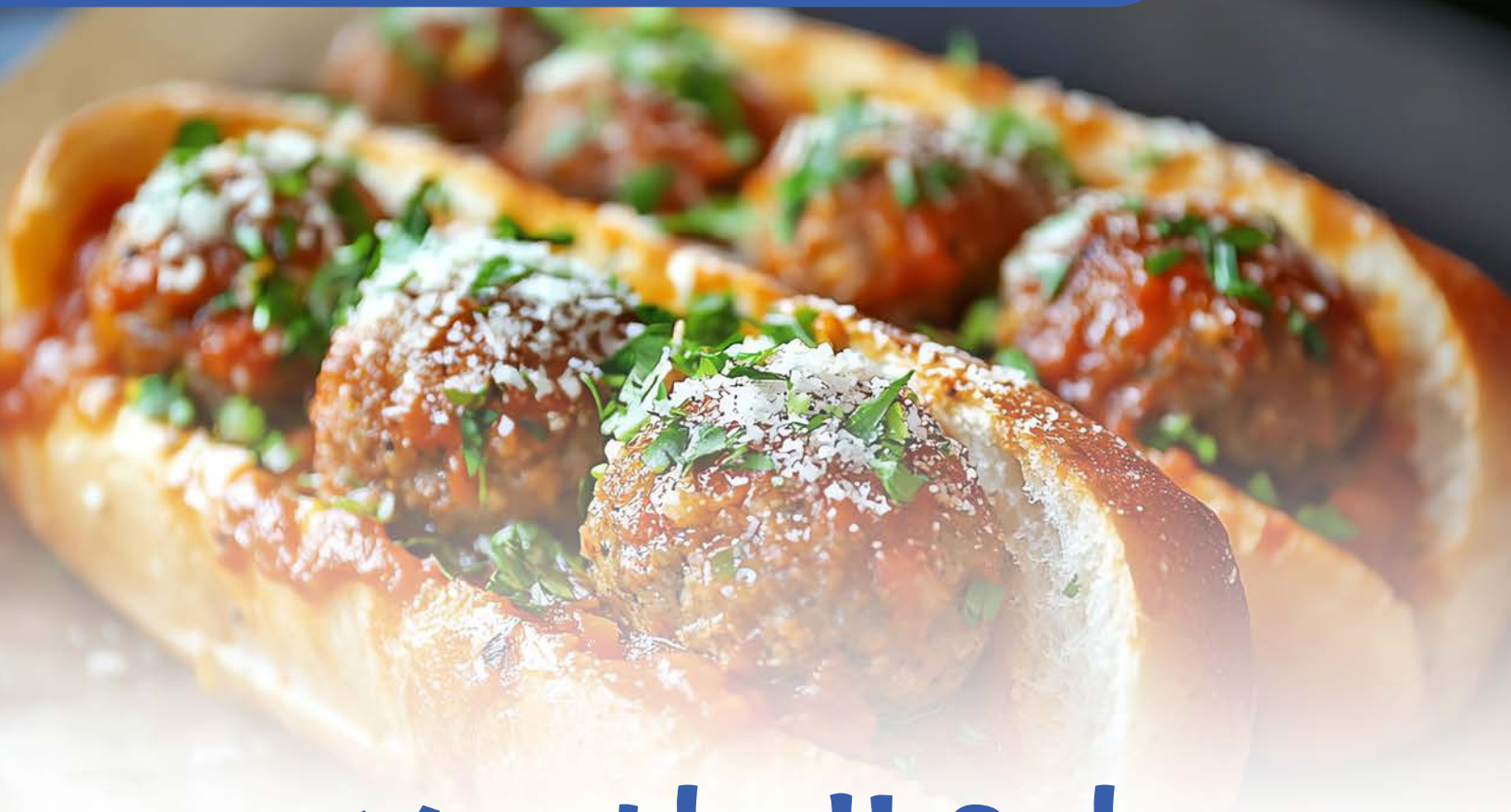


3. Drizzle olive oil over the potatoes and the cornmeal/herb mixture. Toss to coat and spread out on a non stick baking sheet. Bake in the oven for about 30 minutes, turning once, until crispy. Sprinkle with sea salt and serve.

Nutrition Facts - Calories 250 | Protein 2.8g | Fat 12.7g | Saturated Fat 1.8g
 Cholesterol 0mg | Sodium 13mg | Carbohydrates 33.2g | Dietary Fiber 3.9g | Sugar 0.4g
 Vitamin D 0mcg | Calcium 10mg | Iron 1mg | Potassium 480mg

Servings:
24 meatballs

Cook Time:
20 minutes



Meatball Sub

Ingredients

- ½ pound of ground beef
- ½ pound of ground pork
- 2 tablespoons of parmesan cheese
- 1 teaspoon of dried oregano
- 1 tablespoon of bread crumbs
- 1 egg lightly beaten
- 2 teaspoons of olive oil
- 1 Italian Loaf of bread cut lengthwise
- 1 cup of pasta sauce
- Meatballs from above recipe
- 4 slices of cheese or use shredded cheese

Equipment

- Mixing bowl
- Frying pan
- Measuring cup
- Measuring spoons



Directions for Meatballs



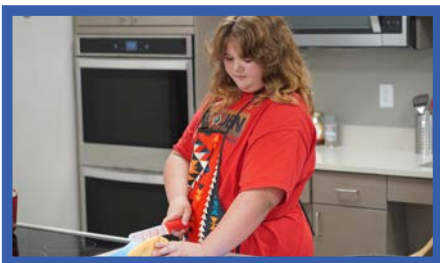
1. Place all ingredients into a bowl and mix to combine.



2. Roll the mixture into 24 balls and cook in a pan over medium heat until browned and cooked through the center.

Nutrition Facts - Calories 390 | Total Fat 31g | Saturated Fat 12g | Cholesterol 91mg
Sodium 617mg | Total Carbohydrate 5g | Dietary Fiber 1g | Protein 21g
Vitamin C 4mg | Calcium 62mg | Iron 2mg | Potassium 349mg

Directions for Meatball Sub



1. Lightly toast both sides of bread in the broiler. **THIS COOKS SUPER FAST. KEEP A GOOD EYE ON THE BREAD.**



2. Spread a layer of pasta sauce and cheese over one half of the bread.



3. Arrange the meatballs on top and broil for 2 minutes.



4. Return to the broiler for 2-3 minutes. Place the other half of the bread on top and serve.

Nutrition Facts

Calories 681
Carbohydrates 40g
Protein 33g
Fat 43g
Saturated Fat 22g
Cholesterol 121mg
Sodium 1609mg
Potassium 645mg
Fiber 2g
Sugar 10g
Vitamin A 1440IU
Vitamin C 9mg
Calcium 492mg
Iron 12.7mg

Nutrition information provided is an estimate and will vary based on cooking methods and brands of ingredients used.

Servings:
4

Cook Time:
15 minutes



Chicken Noodle Soup

Ingredients

- 6 ½ cups chicken stock. We recommend “Better than Bouillon”
- 4 spring onions sliced
- 1 teaspoon of soy sauce
- 9 ounces of cooked egg noodles
- 2 carrot cut into thin strips
- 2 stalks of celery cut into small chunks
- 1 tablespoon of minced garlic
- 2 cups of leftover chicken, shredded or cubed

Equipment

- Cooking pot
- Soup ladle
- Knife
- Cutting board
- Measuring cup
- Measuring spoons





1. Place the broth, onions, garlic, and soy sauce into a large pot and bring to a boil. Reduce to simmer.



2. Add the noodles, carrots, and celery into the pot and simmer for another two minutes (if you choose to add uncooked pasta that's ok but add another cup of broth).



3. Stir in the chicken and simmer until the noodles and vegetables are tender.



4. Ladle and ENJOY!

Nutrition Facts

	% Daily Value *
Calories 298	
Total Fat 11g	14%
Cholesterol 98mg	33%
Carbohydrate 23g	8%
Fiber 1.7g	6%
Sugar 8g	16%
Sodium 749mg	33%
Protein 25g	50%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your

Servings:
4

Cook Time:
15 minutes



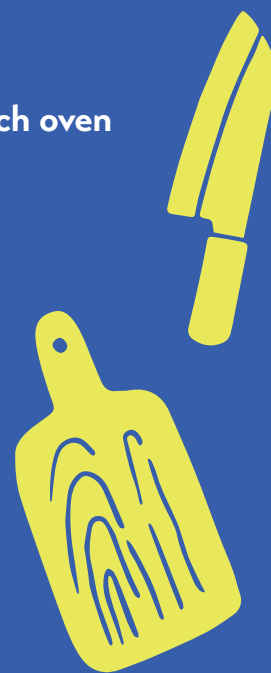
Cauliflower Fettuccine Alfredo

Ingredients

- 2 tbsp butter
- 1 onion finely chopped
- 3 garlic cloves crushed
- 3 cups cauliflower cut into florets
- 1 cup stock
- 1 cup milk
- pinch of nutmeg
- salt and pepper to taste
- 1 cup grated Parmesan cheese
- (1lb) pasta cooked + cooking water reserved

Equipment

- Cooking pot or dutch oven
- Blender
- Knife
- Measuring cup
- Measuring spoons
- Cutting board





1. In a large pot or Dutch oven, melt the butter over medium high heat.



2. Add the onion and garlic and allow to cook until soft and translucent.



3. Add the cauliflower, stock and milk then season with nutmeg, salt and pepper.



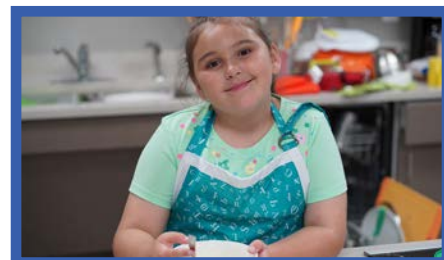
4. Allow to simmer until the cauliflower is tender, approximately 10 minutes.



5. Transfer the sauce to a blender (or use a stick blender) and blend until smooth. You might need to add a splash more milk or stock, depending on the desired thickness.



6. Return the sauce to the pan and add the cheese. Allow the Parmesan to melt into the sauce.



7. Add cooked pasta and a splash of the pasta cooking water and toss to combine. Serve topped with more Parmesan.

Nutrition Facts

Calories 412kcal
 Carbohydrates 70g
 Protein 16g
 Fat 9g
 Saturated Fat 2g
 Polyunsaturated Fat 2g
 Monounsaturated Fat 3g
 Cholesterol 4mg
 Sodium 536mg
 Potassium 447mg
 Fiber 3g
 Sugar 6g
 Vitamin A 520IU
 Vitamin C 39mg
 Calcium 204mg
 Iron 2mg



Servings:
4

Cook Time:
5 minutes



Fruit Sundae!

Ingredients

- 8 small scoops of yogurt
- 4 small scoops vanilla ice cream
- A variety of fresh fruits, such as strawberries, apples, oranges, mango, kiwi, raspberries. The amount depends on the size of the glasses or bowls you are using
- Nuts (optional)
- 2 2/3rds cups strawberries (frozen or fresh)
- Squeeze of lemon juice 1 tsp of powdered sugar

Equipment

- Sharp knife
- Cutting board
- Sieve (only if you want the strawberry sauce texture free and without seeds, if you like it thicker, no need to strain)
- Blender or food processor
- Ice cream scoop (this makes larger scoops, but a spoon can also work)
- 4 sundae glasses (clear glass cups make it look pretty but are also not needed)



1. First make the strawberry sauce. Slice the strawberries in half and then puree them in a blender or food processor until they are smooth with no lumps.



2. Press the strawberry puree through a sieve, using the back of the spoon to remove the seeds. Stir in a little lemon juice and powdered sugar to sweeten.



3. Put a scoop of the yogurt into the glass and add a spoonful of strawberry sauce. Add some fruit and a scoop of vanilla ice cream.



4. Add more sauce and fruit and then top the sundae with a scoop of yogurt and a sprinkling of nuts. Repeat to make 3 more sundaes.

Servings:
1

Cook Time:
5 minutes

Berry Good Banana Split

Ingredients

- 1 Banana peeled
- 1/2 cup Vanilla Yogurt low-fat
- 1 tablespoon Granola low-fat
- 1/2 cup Blueberries or of Strawberries or of Raspberries

Equipment

- Sharp knife
- Cutting board
- Measuring cups
- Measuring spoons
- Serving bowls





1. Cut the banana in half lengthwise.



2. Spoon yogurt into a bowl.



3. Place the banana halves on both sides of the yogurt.



4. Top yogurt with granola and berries. Enjoy!



Servings:
6

Cook Time:
6 minutes

Freeze Time:
1 hour



Banana Snickers

Ingredients

- 3 Bananas
- Peanut butter
- Peanuts
- Chocolate syrup

Equipment

- Sharp knife
- Cutting board





1. Peel the bananas, then cut each half longways.



2. Put peanut butter on each slice of banana then drizzle with chocolate.



3. Sprinkle peanuts on top and place in the freezer for 60 minutes. Enjoy!!!



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1. mail: Food and Nutrition Service, USDA
1320 Braddock Place, Room 334
Alexandria, VA 22314; or
2. fax: (833) 256-1665 or (202) 690-7442; or
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The following are suggestions and best practices, as always please consult your pediatrician or primary care provider if you have any questions.

Brought to you by Tribal Foods Distribution, EBCI PHHS,
and EBCI Communications

This cookbook is an initiative of the Eastern Band of Cherokee
Indians. This material was funded by the USDA's FDPIR grant and
the EBCI's Food Distribution Program, part of the Public Health and
Human Services Division of the EBCI. For more
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