



## Grab and Go Eats.

Simple, tasty, healthy and quick meals. Parent approved, no oven required, use a butter knife to cut, easy to find ingredients.

### Breakfast

#### Pancake in a mug

1 serving

You will need:

Mug that can be used in the microwave, spoon, butter knife, measuring spoons & cups

Ingredients:

1 Tablespoon of Butter, 1/3 cup of pancake mix (just add water version), 3 Tablespoons of water

Instructions:

1. Put 1 Tablespoon of butter into microwavable mug. Microwave for 20 seconds or until butter is melted.
2. Add to melted butter in mug, 1/3 cup of pancake mix and 3 Tablespoons of water.
3. Mix well
4. Microwave for 1 minute 30 seconds
5. Remove from microwave, top with syrup and enjoy!
6. Other toppings : Blueberries, strawberries, chocolate chips

### Lunch

#### Pizza Roll-up

You will need: Plate

Ingredients:

8inch (or medium) tortilla, mozzarella cheese stick, pepperoni or salami, pizza

(or spaghetti) sauce

Instructions:

Lay tortilla on plate, layer pepperoni or salami on tortilla (enough to cover tortilla), place cheese stick on one end of tortilla and roll it tightly. Dip into pizza sauce and enjoy!

### **Lunch Meat Roll-up**

You will need: Plate

Ingredients:

Slice of ham or turkey lunch meat

Cheese stick or a slice of cheese (mozzarella, cheddar whatever is in the fridge)

Instructions:

Wrap the meat around the cheese stick or the slice of cheese.



### **Berry Smoothie**

You will need:

Blender, cups, spoon or spatula

Ingredients:

1 cup frozen strawberries, 1 cup frozen blueberries, 1 cup of yogurt (regular, almond, greek any will work)

Instructions:

Add all ingredients to the blender and blend until smooth. Pour into cups and enjoy!



### **Frozen Yogurt Bites**

You will need:

a cupcake tin, cupcake liners, fork or spoon

Ingredients:

1 cup of fruit of choice, cut into small pieces, 1 cup of yogurt of choice.

Place the cupcake liners in the tin.

Add fruit to a bowl, using a fork or the back of a spoon, mash the fruit until it is smashed.

Stir yogurt in with fruit and mix until combined.

Put 2 tablespoons of the fruit and yogurt mixture in each cupcake liner.

Put the cupcake pan in freezer to set for at least 2 hours before eating.



### Rice Bowl (2 servings)

You will need: Bowl, Microwave

Ingredients: \* Use what you have on hand. These can be customized to your liking.

Pouch of microwaveable rice, 1 cup of chicken (rotisserie, grilled etc.), black beans, cheese, salsa, sour cream, guacamole, lettuce

Microwave rice (follow directions on pouch) **Be careful when removing from microwave and opening package. The rice will be hot and steam can burn.** To the bowl add  $\frac{1}{2}$  of the pouch of rice, top with chicken, beans, salsa, cheese, sour cream, guacamole and lettuce.



### Becky's quick microwave brownies

You will need: 8 x 8 Microwave safe pan (pyrex), bowl, mixing spoon, measuring spoons, measuring cups, microwave

Ingredients: Spray oil, vegetable oil or butter, cocoa powder, sugar, eggs, vanilla, flour, salt

Mix in bowl:

1/3 cup oil or butter (melted)

4 Tablespoons cocoa powder

2/3 cup sugar

2 eggs

1 teaspoon vanilla

Add in: 2/3 cup flour and  $\frac{1}{2}$  teaspoon salt

Use spray oil to grease pan.

Mix together and place in an 8 inch square greased pyrex pan. Microwave 4 minutes \*will vary based on microwave. If still gooey, microwave an additional minute.

### **Banana Split Pudding Parfait**

You will need: Cup about 8 ounces, butter knife, spoon

Ingredients: Premade Vanilla pudding cup, banana, peeled and sliced, 3 strawberries cut into slices, whipped cream, maraschino cherries

In a small (8 ounce) cup add a layer (half of the pudding cup) of pudding. Add a layer of banana, and strawberry. Top with the rest of the pudding, add whipped cream, a drizzle of chocolate sauce and a cherry.