Healthy Recipes

**Orange Julius**

- 4-5 clementine tangerines (no seeds)
- 2 TBL sugar (or Stevia)
- ½ cup milk
- 1 TBL powdered eggs
- 1 tsp vanilla
- 1-2 cups ice

Blend all ingredients in high-powered blender and DRINK!

**Carrot Muffins**

- 1 cup whole wheat flour
- 1 tsp cinnamon
- 1 cup white flour
- 3 eggs
- ¾ cup brown sugar
- ½ cup canola oil
- 2 tsp baking powder
- 1 tsp vanilla
- 1 tsp baking soda
- 1 cup carrot puree
- ½ tsp salt

Mix all ingredients until moistened. Bake in 350 oven for 20 minutes or until cooked through.

Frost with 4 oz light cream cheese and 1/3 cup powdered sugar and ½ tsp vanilla blended.

Makes 12 muffins

**Peanut Butter Balls**

**Recipe #1**

- 1 cup oats
- 1 cup powdered milk
- ¼ cup honey
- ¼ cup ground flax (optional)
- ½ cup peanut butter
- chocolate chips (optional)

Mix together and roll into balls.

**Recipe #2**

- 1 cup honey
- ½ cup ground flax seeds
- 1 cup peanut butter
- any combination of chocolate chips, nuts, or dried fruit
- 3 cups oats

Mix all ingredients together and roll into balls. Chill to prevent stickiness.

For additional recipes to www.superhealthykids.com