

Banana Dog Bites

Ingredients

- ❖ 2 bananas, peeled
- ❖ ¼ cup peanut butter, divided (you could also use almond or sunflower butter)
- ❖ 2 whole wheat tortillas

Directions

1. Place one tortilla on a flat surface and spread 2 tbsp of peanut butter on the tortilla to evenly coat
2. Place one banana near the edge of the tortilla and roll it up
3. Slice into ½ inch rounds and serve

* If your tortilla is stiff, you can put it in the microwave in between two pieces of moist paper towel and heat for 15-20 seconds or until softened

From: <http://weelicious.com/2011/02/16/banana-dog-bites/>



Creamy Parmesan Spinach Squares

Ingredients

- ❖ 20 ounces frozen chopped spinach, thawed
- ❖ 3 large eggs
- ❖ 1 cup fat-free milk
- ❖ 1 cup white whole-wheat flour
- ❖ 1 teaspoon baking powder
- ❖ 1 ½ cups (6 ounces) shredded Monterey Jack cheese
- ❖ ½ cup grated Parmesan cheese

Directions

1. Preheat oven to 350°F
2. Spray a 13 by 9 inch baking dish with non-stick cooking spray. Set aside
3. Place chopped spinach in a colander set over a sink or large bowl. Squeeze out as much excess water in spinach as possible. Set aside
4. Whisk together eggs and milk in a medium bowl. Add flour and baking powder to egg mixture. Stir to combine
5. Add cheeses and spinach. Mix until thoroughly combined
6. Transfer mixture to prepared baking dish, spread evenly
7. Bake for 35 minutes, or until firm and edges are golden brown
8. Let cool 20 minutes. Slice into 24 squares
9. Serve warm or at room temperature

From: <http://www.eatright.org/resource/food/planning-and-prep/recipes/creamy-parmesan-spinach-squares-recipe>

