



The Dietitian's DISH



Leisurely mornings without school might be tempting to test your kitchen skills. Let's face it – no one wants to spend all morning cooking or cleaning up the kitchen when there is sun and fun to be enjoyed! Using canned ingredients in easy recipes can help you enjoy every minute of summer.

Food insecurity is a real concern for many children during the summer months. Luckily, canned foods provide much-needed nutrients at a lower cost than fresh, frozen or dried forms – when considering price, waste, and prep time. Picked at peak ripeness and canned within hours of harvest, canned fruits and vegetables are always in season and offer consistent quality and nutrition year-round.

Make these bars for breakfast or a snack on-the-go as you enjoy the summer.

Fruit and Oat Bars

Ingredients:

- 3 cups old fashioned oats
- 2 tsp. baking powder
- 1 tsp. cinnamon
- 1/4 tsp. salt
- 1 can (15 oz.) peach halves in juice (drained well)
- 1/2 cup plain Greek yogurt
- 1/4 cup non-fat milk
- 1/4 cup canola oil
- 1/4 cup brown sugar
- 2 eggs
- 1/2 tsp. vanilla extract
- 1/2 cup chopped pecans

Directions:

- Preheat oven to 350°F. Prepare 8x8-inch baking pan with cooking spray.
- In large bowl, mix together oats, baking powder, cinnamon and salt. Set aside.
- Add drained peaches to food processor or blender. Puree until smooth. Add in yogurt, milk, oil, brown sugar, eggs and vanilla extract and pulse just until mixed.
- Add peach mixture into the bowl with the oat mixture; mix until just incorporated. Gently mix in pecans.
- Pour into baking pan and bake for 30-35 minutes or until bars are just turning golden brown. Cool in pan for 20-30 minutes before cutting into 12 bars.



Vanilla Pear Frappe

Ingredients:

- 1 can (15.25 oz.) sliced pears in 100% juice
- 1 1/2 cups 100% apple juice
- 1 container (6 oz.) low-fat or fat-free vanilla yogurt

Directions:

- Put can of sliced pears in the freezer until frozen.
- Place all ingredients in a blender and pulse on low until a smoothie consistency is achieved.
- Serves 2.

Recipe adapted from Mealtimes.org.

