

PICK-WIC PAPER

RECIPES

- **PICK-A-BERRY COBBLER**
- **BANANA OATMEAL BREAD**
- **FRUIT SLUSH**
- **FRUIT SALAD**
- **FRUITY CHICKEN SALAD**

PICK-A-BERRY COBBLER

INGREDIENTS

- 2 cups raspberries, blackberries, blueberries or combination, fresh or frozen (thawed and drained)
- 1 cup white sugar
- 2 large eggs
- 1½ cups all-purpose flour
- 2 teaspoons baking powder
- ½ cup fat-free or 1% milk
- ½ cup butter or margarine, melted

DIRECTIONS

1. Wash hands with soap and water.
2. Heat oven to 425 degrees. Spray an 8-inch baking pan with nonstick cooking spray.
3. Combine berries, ½ cup sugar and 1 egg (well beaten) in pan.
4. Make topping by mixing flour, baking powder and ½ cup sugar in a medium bowl.
5. In a separate bowl, mix the other egg (well beaten), milk and melted butter. Stir gently into topping mixture. Spread over berries in pan.
6. Bake for 30 minutes.

NUTRITION NOTE

This recipe makes 8 servings. Each serving has 320 calories, 13 grams fat, 5 grams protein, 48 grams carbohydrates and 240 milligrams sodium.

Recipe Source: [Minnesota WIC Program](#)

FOOD SAFETY

Food Safety: The Main Ingredient
Cook foods to safe temperatures to kill germs. Use a food thermometer to make sure that food is done.

Source: [FDA Food Safety at Home](#)

WHY BREASTFEED?

"Breastmilk is super cheap! I've seen so many benefits to breastfeeding both of my boys. It is a miracle what our bodies can do!"

- Shania, ND WIC Breastfeeding Mom

BANANA OATMEAL BREAD

INGREDIENTS

- 1 cup oats (quick-cooking or old fashioned rolled)
- ¼ cup fat-free skim or 1% milk
- 2 large eggs
- ⅓ cup vegetable oil
- ½ cup white sugar
- 1 cup mashed ripe banana
- 1½ cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ¼ teaspoon salt

DIRECTIONS

1. Wash hands with soap and water.
2. Heat oven to 350 degrees F. Spray a loaf pan (8 or 9-inch) with nonstick cooking spray.
3. In a medium bowl, mix oats, milk, eggs, oil, sugar and banana. Let stand for at least 10 minutes.
4. In a large bowl, stir flour, baking powder, baking soda and salt. Add the oat mixture to the flour mixture and stir gently. Do not overmix. Pour mixture into loaf pan.
5. Bake for 45-50 minutes. Cool for 10 minutes before removing bread from pan.

NUTRITION NOTE

This recipe makes 12 servings. Each serving has 200 calories, 8 grams fat, 4 grams protein, 30 grams carbohydrates and 250 milligrams sodium.

Recipe Source: [Food Hero](#)

REFER TO WIC

Let friends and family know about WIC. Scan the QR code to find a WIC office near you.



FRUIT SLUSH

INGREDIENTS

- 1-2 bananas, sliced
- 1-2 cups strawberries, fresh or frozen, sliced
- 1 can (20 ounces) crushed pineapple in its own juice
- 3 cups orange juice

DIRECTIONS

1. Wash hands with soap and water.
2. Wash bananas and strawberries before preparing.
3. In a large bowl, mix all ingredients.
4. Freeze to slushy consistency.

NUTRITION NOTE

This recipe makes 16 servings. Each serving has 60 calories, 0 grams fat, 1 gram protein, 16 grams carbohydrates and 0 milligrams sodium.

FRUIT SALAD

INGREDIENTS

- 2 cups sliced strawberries
- 1 cup blueberries
- 1 cup grapes, cut in half
- 1 can (8 ounces) pineapple chunks in juice
- 6 ounces lemon yogurt*

DIRECTIONS

1. Wash hands with soap and water.
2. Wash strawberries, blueberries and grapes before preparing.
3. Drain juice from pineapple.
4. Combine all fruit in a large bowl.
5. Drizzle yogurt over fruit. Toss lightly to coat.

*Any yogurt variety can be used such as vanilla, strawberry, blueberry, etc.

NUTRITION NOTE

This recipe makes 8 servings. Each serving has 70 calories, 0 grams fat, 1 gram protein, 17 grams carbohydrates and 15 milligrams sodium.

Recipe Source: [Nutrition Matters](#)

WIC TIP

Start Simple with MyPlate

Focus on Whole Fruits: Satisfy your sweet tooth. Indulge in a naturally sweet dessert – fruit! Enjoy a fresh fruit salad, baked apples with cinnamon or a piece of fruit right out of the fridge. Check out myplate.gov for more tips.

FRUITY CHICKEN SALAD

INGREDIENTS

- 2 cans (12.5 ounces) chicken or 3 cups diced cooked chicken
- ½ cup plain yogurt
- ¼ cup mayonnaise
- 1 stalk celery, diced
- 1 small apple, diced
- 1 cup red grapes, diced (optional)
- 1 green onion, sliced
- Juice of ½ lemon
- Pepper to taste

DIRECTIONS

1. Wash hands with soap and water. Wash celery, apple and grapes before preparing.
2. Place chicken into a large mixing bowl.
3. Add remaining ingredients. Mix well until all ingredients are combined.
4. Serve on whole wheat bread with lettuce and tomato.

NUTRITION NOTE

This recipe makes 6 servings. Each serving has 330 calories, 8 grams fat, 29 grams protein, 35 grams carbohydrates and 680 milligrams sodium.

Recipe Source: Massachusetts WIC Program

MEALTIME TIPS

Let Everyone Help

Kids learn by doing. Younger ones can mix ingredients, wash produce or set the table, while older kids can help with ingredients. Everyone can help clean up. Check out myplate.gov for more tips.

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