



Food Stamp Nutrition Education Program  
A joint project of Texas AgriLife Extension,  
Texas Department of Human Services,

TEXAS A&M  
**AGRI LIFE**  
EXTENSION

# Summer Fun Food

Swisher County  
310 West Broadway  
Tulia, Texas 79088

## July 2017

### 5 Ingredients or Less Recipes

#### Banana Boats

##### Ingredients

- 1 banana with peel
- 1 Tablespoon crushed pineapple
- 1 Tablespoon coconut flakes

##### Directions

1. Leave the peel on the banana and make a deep cut down the long side through the peel and into the banana. Do not cut all the way through.
2. Slightly pull the cut apart to make a pocket in the banana.
3. Fill the pocket with crushed pineapple and top with coconut flakes.
4. Wrap the banana in foil. Place on a grill or near the coals of a campfire.
5. Heat until warm, about 5 minutes at medium high heat.
6. Carefully remove the foil packet from the heat. Let cool slightly and remove foil. The peel may be black but the inside will be warm and delicious.
7. Refrigerate leftovers within 2 hours.

##### NOTES

- Not grilling? Bake the foil packets in the oven at 350 degrees for about 15 minutes.
- Try other fillings-peanut butter, chopped nuts, other fruit, a drizzle of honey or a sprinkle of cinnamon
- Honey is not recommended for children under 1 year old.



#### Banana Bobs

##### Ingredients

- 1 large banana cut into 1/2 inch slices
- 1/4 cup low-fat vanilla yogurt
- 2 Tablespoons oat and honey granola cereal

##### Directions:

Divide the sliced banana pieces between 2 plates; Place 2 tablespoons of gurt onto each plate; Place 1 tablespoon of granola cereal onto each plate; Use fork to pick up a slice of banana and dip into the yogurt, then into the cereal.; Refrigerate leftovers within 2 hours.

NOTES: Try different flavors of yogurt.



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## 5 Ingredients or Less Recipes

### Not Your Everyday Apples

#### Ingredients:

- 3 medium apples (3" diameter)
- 3/2 cup raisins
- 2 teaspoons soft butter or margarine
- 2 teaspoons brown sugar
- 1/4 teaspoon cinnamon

#### Directions:

1. Preheat oven to 400 degrees.
2. Wash the apples and chop into small pieces
3. Mix apples with raisins, butter or margarine, sugar and cinnamon
4. Place the mixture in a baking dish and cover loosely with foil. Bake for about 20 minutes.
5. Cool slightly and enjoy!

NOTES: Try serving this recipe with vanilla yogurt.

### Apple Spice Oatmeal

#### Ingredients

- 1 apple
- 2 cups nonfat or 1 % milk or water.
- 1 cup quick cooking or old fashioned sugar rolled oats
- 1/8 teaspoon salt
- 1/8 teaspoon cinnamon
- 1 Tablespoon brown sugar
- 1/8 teaspoon nutmeg (optional)

Directions: 1. Rinse the apple, remove the core and cut into small chunks (about 1 1/2 cups); 2. Bring the water or milk to a boil in a saucepan.; 3. Add the oatmeal, salt and apple chunks. Cook over medium heat for 1 minute if using quick cooking oats or 7 to 10 minutes if using old fashioned rolled oats. Stir a couple times while cooking; 4. Remove from heat. Stir in cinnamon, brown sugar and nutmeg, if desired; 5. refrigerate leftovers within 2 hours. NOTES: To increase the apple flavor, use apple juice for all or part of the water. Mixing apple juice with milk may cause milk to curdle.

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Sincerely,

*Calley Bunnels*

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. The Better Living for Texans and Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status.

## Types of Apples Here are some common types:

Type	Taste	Best Use
 Braeburn	Juicy yet firm and crisp	Eating fresh or baking
 Fuji	Firm, crisp, tart, and slightly sweet	Eating fresh or baking
 Gala	Crisp and sweet	Eating fresh
 Golden Delicious	Sweet, mellow flavor	Eating fresh or baking
 Granny Smith	Tart and juicy	Eating fresh or baking
 Red Delicious	Crunchy and mildly sweet	Eating fresh



### **Texas A&M AgriLife Extension Service** **MONTHLY Educational Programs**

#### PROGRAMS

#### Car Seat Class

Wednesday

July 19, 2017

at 2:00 p.m.

Safe Riders Car Seat Distribution Program

2:00 p.m., Extension Office (219 SE 2nd)

Pre-Registration Required

Call 995-3726