

## Fruity Peanut Butter Sandwich

### **Ingredients**

2 tbsp chunky or creamy peanut butter  
1 tbsp raisins or other dried fruit  
¼ cup chopped apple  
2 tbsp any type of jam you prefer ☺  
2 slices of whole-grain bread (if desired, add 1 tbsp finely chopped dry roasted peanuts)

### **Preparation**

Spread peanut butter on one side of a slice of bread, and sprinkle with chopped apple, raisins, and peanuts, if desired. Spread your favorite jam over the remaining slice of bread, and place over the top of the peanut buttered bread. Enjoy!



*This institution is an equal opportunity provider*

## Peanut Butter and Jelly Ghosts

2 slices of whole grain bread  
1 tbsp peanut butter  
1 tbsp your choice of jelly  
2 chocolate chip semi sweet morsels per ghost  
Toast bread and spread peanut butter on one of the bread slices and jelly on the other. Sandwich the 2 bread slices together. Cut out a ghost shape with a large cookie cutter. Place 2 chocolate chips on the sandwich for the eyes.



## Vegan Hot Chocolate

### **Ingredients**

2 1/2 c vanilla soy milk  
3 tbsp white sugar  
3 tbsp cocoa powder, unsweetened  
½ tsp vanilla extract  
Pinch of ground cinnamon  
Pinch of cayenne pepper, for spice!

### **Preparation**

Combine all ingredients in a medium size saucepan and bring to a simmer over medium high heat. Once warmed, remove from heat and whisk until frothy. Top with a pinch of cinnamon for fragrance. **Pro tip:** replace the chocolate powder and sugar by simply using the chocolate soy milk in this box!

## Carrot Rice

### **Ingredients**

1 c basmati rice  
2 c water  
¼ c roasted peanuts or 2 tbsp peanut butter  
1 tbsp margarine  
1 onion, sliced  
1 tsp ginger  
¾ c grated carrots  
Salt, and cayenne pepper, to taste  
Chopped fresh cilantro, if desired

### **Preparation**

Combine rice and water in a medium saucepan. Bring to a boil over high heat. Reduce heat to low, cover with lid, and allow to steam until tender, or about 20 minutes.

While rice is cooking, grind peanuts (if using) in a blender, and set aside. Heat the margarine in a skillet over medium heat. Stir in the onion; cook and stir until the onion has softened and turned golden brown, or about 10 minutes. Stir in ginger, carrots and salt, to taste. Reduce heat to low, and cover to steam for about 5 minutes. Stir in cayenne pepper and peanut butter. When rice is done, add it to the skillet and stir gently to combine with the other ingredients. Garnish with chopped cilantro.

**Pro tip:** Just out of milk for a recipe, don't know what to do? Per 1 cup whole milk needed, replace with: 1 cup soy milk, or 1 cup rice milk, or 1 cup water or juice, or ¼ c dry milk powder plus 1 cup water, or 2/3 cup evaporated milk plus 1/3 c water



## Carrot Cake Smoothie

### **Ingredients**

1 large carrot, peeled and diced  
¼ c frozen mango chunks  
1 lg fresh peach, or ½ c canned drained peaches  
1/3 c vanilla soy milk  
1 tbsp ground cinnamon  
1 tsp ground allspice  
1 tsp ground ginger

### **Preparation**

Pulse carrot and mango together in a blender until roughly chopped. Add peach, soy milk, cinnamon, allspice, and ginger; blend until smooth.