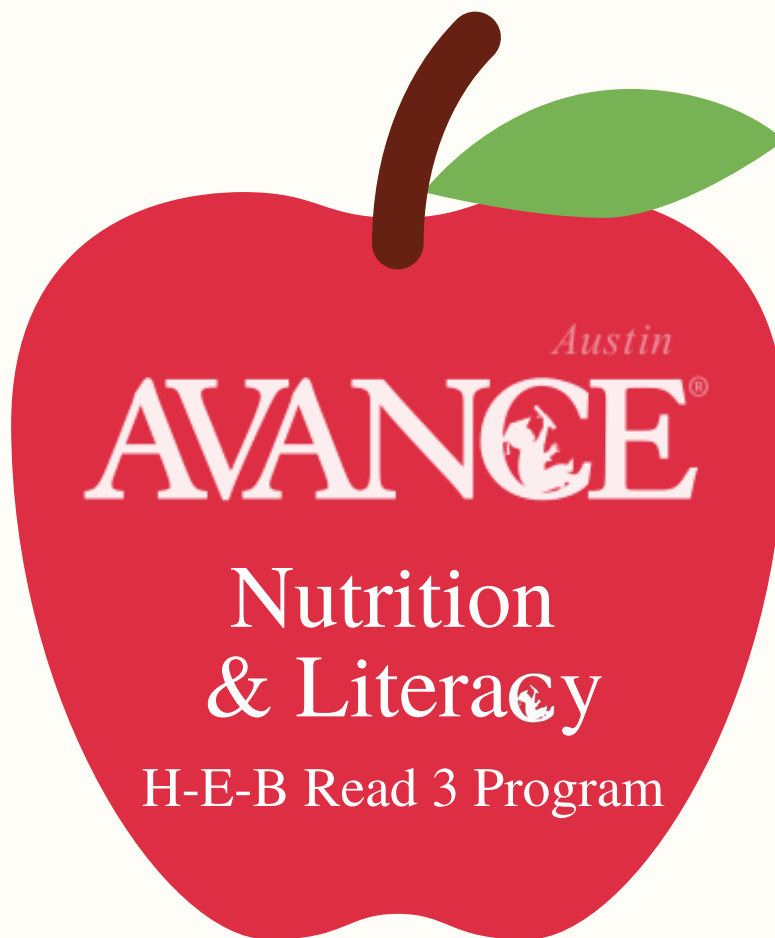


NUTRITIOUS SUMMER SNACK

# Recipes

[www.avanceaustin.org](http://www.avanceaustin.org)



## OUR MISSION:

AVANCE breaks the cycle of inter-generational poverty through innovative, two generation education and support for families with young children.



## NUTRITIOUS SUMMER SNACK

# Apple Turkey Wraps

### YOU WILL NEED:

- 1 pkg. H-E-B Whole Wheat Tortillas
- 1 pkg. H-E-B Cream Cheese
- 1 pkg. H-E-B Turkey Lunch Meat  
(Optional: Smoked Peppered flavor)
- 1 bag H-E-B Baby Spinach leaves
- 2 Green Apples

### DIRECTIONS:

Heat Tortilla in microwave to warm  
(Optional: Can be served cold).

Cut apple into about 8-10 slices.

Spread 1-2 Tablespoons of cream cheese  
onto tortilla.

Place 1 slice of turkey, 5 spinach leaves,  
and 3 slices of apple onto tortilla with  
cream cheese.

Roll up and enjoy!



### NUTRITION FACTS

- Total Calories: 150
- Total Fat: 2.5 g.
- Saturated Fat: 1 g.
- Cholesterol: 10 mp.
- Sodium: 500 mg.
- Total Carbohydrates: 23 g.
- Dietary Fiber: 4 g.
- Sugars: 5 g.
- Protein: 10 g.

## NUTRITIOUS SUMMER SNACK

# Easy Trail Mix

### YOU WILL NEED:

- 1 cup H-E-B cereal - any flavor  
(Oats & More with Honey adds a sweet and crunchy mix)
- 1 cup H-E-B raisins
- 1 cup H-E-B Nuts - any variety  
(Roasted Almonds, Unsalted Sunflower Kernels, & Lightly Salted Peanuts add a great taste)
- 2 cups Marshmallows

### DIRECTIONS:

Mix all ingredients in a large bowl, portion out to 1/4 cup portions and Enjoy!



### SERVING SIZE

Makes: 8 Adult  
Servings  
(1/2 cup each)



NUTRITIOUS SUMMER SNACK

# Melon y Calabacita Pico de Gallo

## YOU WILL NEED:

2 cups cantaloupe, diced  
1 cut calabacita, diced  
1/2 cup red bell pepper, diced  
1/4 cup poblano & onion, diced  
1/4 cup cilantro, chopped  
2 limes, juiced  
H-E-B Unsalted Tortilla Chips

## DIRECTIONS:

Dice all the produce into small pieces and chop cilantro.

Combine in a medium bowl with lime juice and salt to season.

For best flavor, chill for 2 hours.

Serve with H-E-B Unsalted Tortilla Chips or with any dish to add flavor and mild spice and Enjoy!



## SERVING SIZE & SHOPPING TIPS

Makes: 8 Adult  
Servings  
(1/2 cup each)

Fresh produce in season provides the best flavor and will cost less.

## NUTRITIOUS SUMMER SNACK

# Chewy Chocolate Chip Cookies

### YOU WILL NEED:

- 1 1/2 cups H-E-B Baker's Scoop Whole Wheat Baking Mix Flour
- 1 tsp Hill Country Fare Baking Powder
- 1/3 cup H-E-B Canola Oil
- 1 cup H-E-B Brown Sugar, Packed
- 1/2 cup H-E-B Real Egg Whites
- 1/2 cup Hill Country Fare Quick Oatmeal
- 1/2 cup Hill Country Fare Semi Sweet Chocolate Chips

### DIRECTIONS:

Heat Oven to 350 degrees. Line 4 cookie baking sheets with H-E-B Parchment Paper and set aside.

Grind oats in a blender or food processor. Transfer to a medium bowl and stir in flour, baking soda and set aside.

Whip canola oil and brown sugar using an electric mixer on high speed for 2 minutes.

Beat in eggs, on medium speed (about 1 min).

Drop dough by rounded teaspoons onto an ungreased cookie sheet. Decorate each cookie with 3 semi sweet chocolate chip cookies.

Bake for at least 15 mins and enjoy!



### PREP/BAKE TIME

Prep Time: 15 mins

Bake Time: 15 mins  
(For a crispier cookie, bake 4 additional mins.)

Makes: About 1-2 dozen, depending on size of dough.

## NUTRITIOUS SUMMER SNACK

# Aguas Frescas with Frozen Berries

### YOU WILL NEED:

- 1 bag (16 oz) H-E-B Mango, Papaya, & Strawberry Frozen Fruit
- 1 bottle (33.8 oz ea) Plain Sparkling Water
- 1 bottle (32 oz) Unsweetened Pineapple Juice
- 1/4 cup Fresh Mint Leaves
- 2 Limes, Thinly Sliced
- 4 cups Ice Cubes
- Drinking cups
- Large Punch Bowl

### DIRECTIONS:

Combine all ingredients in a large punch bowl and stir.

Pour into a cup and enjoy!

### DID YOU KNOW?

Aguas Frescas is a traditional drink made with fruits, sugar, and water. Sometimes flowers and spices are used as well.



### SERVING SIZE

**Makes:**  
8 Adult Servings

(Adult Servings:  
1 cup ea, and Child  
Servings: 1/2 cup ea)