



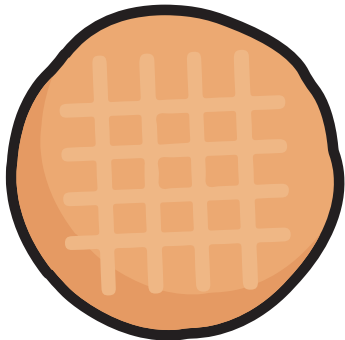
# Peanut Butter Cookies

## INGREDIENTS

- 1 Cup Peanut butter (WIC)
- 1 Cup Sugar
- 1 Egg (WIC)

## DIRECTIONS

- Mix ingredients together
- Bake at 350 degrees for 15 minutes





# Yogurt Bark

## INGREDIENTS

- 32oz of yogurt (WIC)
- 1 Cup of fruit (WIC)
- 1/2 Cup granola

## DIRECTIONS

- Spread yogurt onto sheet pan
- Add your cut fruit
- Add granola
- Freeze until solid
- Cut and enjoy!





# Lactation Smoothie

## INGREDIENTS

- 1 Banana (WIC)
- 1 1/2 Cups Strawberries (WIC)
- 2 Packets of oatmeal
- 3/4 Cup Greek yogurt
- 1 Cup milk (WIC)
- 1 Cup ice

## DIRECTIONS

- Blend until smooth!





# Macaroni & Cheese

## INGREDIENTS

- 1lb whole wheat pasta (WIC)
- 2 Cups of milk (WIC)
- 1lb cheese (WIC)
- Seasonings of your choice



## DIRECTIONS

- Cook pasta until al dente
- shred your block of cheese
- add milk, cheese and seasonings to a saucepan
- once melted cover noodles and serve



# Breakfast Quesadilla

## INGREDIENTS

- 1 whole wheat tortilla WIC
- potatoes (pan fry diced) WIC
- Shredded cheese
- 1 egg WIC
- 2 TBSP butter
- Sausage or bacon

## DIRECTIONS

- Cook sausage or bacon
- fry potatoes in 2TBSP of butter
- Scramble egg
- Assemble ingredients into tortilla and toast in skillet

