



WIC-Approved: Summer Food Recipes

Breakfast:

Peanut Butter Banana Toast

Time: 5 minutes

Ingredients:

- 1–2 slices whole wheat bread
- 2 tablespoons peanut butter
- 1 banana

Directions:

1. Place bread in a toaster and toast until lightly golden.
2. Spread peanut butter evenly across each slice while still warm.
3. Peel the banana and slice it into thin rounds.
4. Arrange banana slices on top of the peanut butter.
5. Cut in halves if serving children and enjoy!



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Creamy Fruit & Yogurt Bowl

Time: 5 minutes

Ingredients:

- 1 cup low-fat or non-fat yogurt
- ½–1 cup fresh or frozen fruit
- ¼ cup whole grain cereal

Directions:

1. Spoon yogurt into a bowl.
2. If using frozen fruit, let it sit for 2–3 minutes to soften.
3. Add fruit on top of the yogurt.
4. Sprinkle cereal over the top for crunch.
5. Stir gently if desired and serve immediately



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Egg & Veggie Scramble

Time: 10 minutes

Ingredients:

- 2–3 eggs
- 2 tablespoons milk
- ½ cup chopped vegetables (spinach, peppers, onions, tomatoes)
- 1 slice whole wheat toast

Directions:

1. Crack eggs into a bowl, add milk, and whisk until smooth.
2. Heat a small pan over medium heat and lightly grease if needed.
3. Add vegetables to the pan and cook for 2–3 minutes until softened.
4. Pour egg mixture over the vegetables.
5. Gently stir with a spatula as eggs cook, forming soft scrambled pieces.
6. Cook until eggs are fully set (about 3–5 minutes).
7. Serve warm with toasted bread.



Lunch:

Bean and Cheese Quesadilla

Time: 10 minutes

Ingredients:

- 1 whole wheat tortilla
- ½ cup canned or cooked beans (rinsed if canned)
- ¼ cup shredded or sliced cheese

Directions:

1. Heat the skillet over medium heat.
2. Spread beans evenly over half of the tortilla.
3. Sprinkle cheese on top of the beans.
4. Fold tortilla in half to cover filling.
5. Place in pan and cook for 2–3 minutes on each side.
6. Press lightly with a spatula until cheese melts and tortilla is golden.
7. Remove, let cool slightly, then cut into wedges.



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Egg Salad Sandwich

Time: 15 minutes

Ingredients:

- 2 hard-boiled eggs
- 2 tablespoons yogurt
- 2 slices of whole wheat bread
- Optional: chopped celery or peppers

Directions:

1. Peel hard-boiled eggs and place them in a bowl.
2. Mash eggs with a fork until crumbly.
3. Add yogurt and mix until creamy.
4. Stir in chopped veggies if using.
5. Spread mixture evenly onto one slice of bread.
6. Top with second slice and cut in half.



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Veggie Pasta Bowl

Time: 15 minutes

Ingredients:

- 1 cup whole wheat pasta
- 1 cup of vegetables (fresh or frozen)
- $\frac{1}{4}$ cup cheese or beans

Directions:

1. Bring a pot of water to boil and cook pasta according to package directions.
2. Add vegetables to the pot during the last 3–5 minutes of cooking.
3. Drain water and return pasta and vegetables to the pot.
4. Stir in cheese or beans until warmed through.
5. Serve immediately.



Dinner:

Veggie and Cheese Breakfast Bake

Time: 30 minutes

Ingredients:

- 6 eggs
- ¼ cup milk
- 1 cup chopped vegetables
- ½ cup cheese

Directions:

1. Preheat oven to 350°F.
2. Lightly grease a small baking dish.
3. Crack eggs into a bowl, add milk, and whisk until smooth.
4. Stir in vegetables and mix well.
5. Pour mixture into the baking dish and spread evenly.
6. Sprinkle cheese across the top.
7. Bake for 20–25 minutes, until the center is set and no longer runny.
8. Remove from oven and let cool for 5 minutes before slicing.
9. Cut into squares and serve warm.



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Simple Beans and Rice Bowl

Time: 20 minutes

Ingredients:

- 1 cup cooked brown rice
- 1 cup of beans (rinsed if canned)
- ½ cup vegetables

Directions:

1. Cook rice according to package instructions if not already prepared.
2. Heat beans in a small pot over medium heat for 3–5 minutes.
3. Warm vegetables in a pan or microwave until tender.
4. Layer rice, beans, and vegetables in a bowl.
5. Stir together before eating or enjoy layered.



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Easy Tuna and Pasta Mix

Time: 20 minutes

Ingredients:

- 1 cup cooked brown rice
- 1 cup of beans (rinsed if canned)
- ½ cup vegetables

Directions:

1. Cook pasta according to package directions and drain.
2. Place pasta back in pot over low heat.
3. Add drained tuna and vegetables.
4. Stir gently until heated through.
5. Serve warm.



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Snack Ideas:

Frozen Yogurt Fruit Cups

Time: 5 min prep + freeze

Ingredients:

- 1 cup yogurt
- ½ cup fruit of your choice

Directions:

1. Spoon yogurt into small cups or a muffin tin.
2. Add fruit on top of each portion.
3. Place in freezer for at least 2–3 hours.
4. Let sit at room temperature for a few minutes before serving.



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Banana Oat Bites

Time: 15 minutes

Ingredients:

1 ripe banana
1 cup oats
2 tablespoons peanut butter

Directions:

1. Preheat oven to 350°F or prepare a baking sheet.
2. Mash banana in a bowl until smooth.
3. Stir in oats and peanut butter until fully combined.
4. Scoop mixture into small balls or flatten slightly.
5. Place on baking sheet.
6. Bake for 10–12 minutes or chill in refrigerator for a no-bake option.
7. Let cool before serving.



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Baked Cinnamon Apples

Time: 15 minutes

Ingredients:

- 2 apples
- ½ teaspoon cinnamon

Directions:

1. Preheat oven to 350°F.
2. Wash apples, core, and slice them into thin pieces.
3. Place slices in a baking dish.
4. Sprinkle evenly with cinnamon.
5. Bake for 10–15 minutes until soft.
6. Serve warm.



Please feel free to adjust recipes to your own preference. 😊



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