GRAPEFRUIT & ROSEMARY INFUSED WATER

PREP TIME: 10 minutes

COOK TIME: 0

SERVING SIZE: 1 quart

SERVES: 4

INGREDIENTS

Ice

1 fresh sprig rosemary

¼ red or pink grapefruit, cut into thin slices

1 quart regular water

PREPARATION

1. Fill a mason jar, pitcher or carafe with ice, grapefruit and rosemary.
2. Fill to the top with water. Enjoy immediately.
3. Refill with more water and ice until fruit flavor is gone.
4. Makes 1 quart plus refills.

OPTIONAL PREPARATION

Use sparkling water in place of regular water

Nutrition Facts

4 servings per container

Serving size **1 cup**

Amount per serving

Calories **15**

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 10mg	**0%**
Total Carbohydrate 3g	**1%**
Dietary Fiber 1g	**4%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 0g	
Vitamin D 0mcg	0%
Calcium 35mg	2%
Iron 1mg	6%
Potassium 42mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

SOURCE

www.wholefully.com

Recipe modified by CHOICES Nutrition Education Program

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PLÁTANO EN UNA MANTA

TIEMPO DE PREPARACIÓN: x minutos

TIEMPO PARA COCINAR: x minutos

TAMAÑO DE PORCIÓN: 1 blanket

PORCIONES: 1

INGREDIENTES

½ (6 pulgadas) tortilla de trigo integral

1 cucharada mantequilla de cacahuete reducida de grasa

½ plátano mediano

1 cucharadita jarabe de arce o miel

1 cucharada cereal crujiente de pepita de nuez o granola

PREPARACIÓN

1. Coloque tortilla sobre un plato. Esparcir la mantequilla de cacahuete lisamente sobre la tortilla. Rociar el cereal sobre la mantequilla de cacahuete.
2. Pelar y colocar el plátano sobre la tortilla y enrollar la tortilla. Lloviznar encima con el jarabe de arce o miel.

Opcional: Adornar encima con más cereal.

Nutrition Facts

servings per container

Serving size **(907g)**

Amount per serving

Calories **45**

	% Daily Value*
Total Fat 1g	**1%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 35mg	**2%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 4g	**14%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 1g	
Vitamin D 0mcg	0%
Calcium 126mg	10%
Iron 2mg	10%
Potassium 154mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FUENTE (O ADAPTADA DE)

fruitsandveggiesmorematters.org

Receta modificada por CHOICES Programa Educativo de Nutrición

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