



Nutrition News



Summer Coolers

Sparkling Watermelon Cooler

- ◆ Juice of 1 lemon
- ◆ 1 cup chopped watermelon
- ◆ 2-3 tablespoons pure maple syrup
- ◆ 1 ½ cups sparkling water

Place ingredients in blender; blend until smooth; pour over ice and serve.

Emerald Smoothie

- ◆ 1 medium ripe banana
- ◆ 4 large ice cubes
- ◆ 2 ripe kiwis
- ◆ ¼ cup water, or milk substitute
- ◆ 1 cup fresh spinach

Place in blender and blend until smooth. Serve & enjoy.

Strawberry Banana Smoothie

- ◆ 1 cup milk of choice
- ◆ 4 cups frozen strawberries
- ◆ 1 cup frozen banana chunks

Place ingredients in blender in order listed.

Blend on high speed until smooth. Serve .

Blueberry Peach Smoothie

- 1 cup frozen blueberries
- 1 cup frozen peaches
- 1 cup plain Greek yogurt
- ¼ cup vanilla almond milk

Place all ingredients in a blender, blend until smooth and serve.

Mango Cucumber Salad

- ◆ 2 limes, juiced
- ◆ 1 Tbsp. honey
- ◆ ¼ cup olive oil
- ◆ 2 mangos, peeled & diced
- ◆ 1 medium jicama, peeled and diced
- ◆ 1 cucumber, sliced
- ◆ 1 red bell pepper, chopped
- ◆ Chili powder, to taste

To make the dressing, whisk together the first three ingredients.

Toss the remaining ingredients with the dressing.

Then sprinkle with chili powder to taste.



PLUMAS RURAL SERVICES

Serving People, Strengthening Families, Building Communities

www.plumasruralservices.org

This institution is an equal opportunity provider

WIC Office: 711 E. Main St. Quincy
1-530-283-4093

Questions? Ask Your WIC Staff

Katy Dyrr, R.D. - Program Manager
Carmen Lopez - Nutrition Educator
Pamela Nixon - Nutrition Assistant