

iViva Health! Eat well, feel great.

Come bien, siéntete bien.



1 cup apple sauce,

unsweetened

The Joy of Breakfast Volume 3

4 servings / 1 serving = about 1 cup / calories 132 Preparation:

Blenderless Smoothie

Ingredients: 2 cups plain, low-fat yogurt 1. In a large mixing bowl, add yogurt, vanilla extract, orange

1 teaspoon vanilla extract juice, and apple sauce. 1 cup 100% orange juice

*

*

* * *

* * 2. Mix well with a whisk and serve chilled. Tip: Chill ingredients the night before.



iViva Health distric

VEGETABLES O FRUTAS Y VERDUR

Whole Wheat Almond Pancakes

4 servings / 1 serving = 2 small pancakes / calories 180

© 2019 Copyright. Goldsbury Foundation.



Preparation: 1. In a large bowl, combine the almond flour, baking powder,

and salt. Whisk together.

Ingredients: 2 cups whole wheat flour, sifted (or try 1 cup whole

- wheat flour + 1 cup almond flour) 1 teaspoon baking powder ½ teaspoon salt
- ½ teaspoon ground cinnamon
- ½ cup non-fat plain Greek yogurt
- ½ cup fat-free milk ¼ cup canola oil
- Optional toppings: fresh berries and chopped pecans
- yogurt, and canola oil and mix well. Add the egg mixture to the dry ingredients and combine. Let sit for 15 minutes.

*

*

*

batter onto the skillet. Flatten lightly with the scoop and cook until the bottom is lightly browned. Flip and continue to cook until the other half is lightly browned.

2. In a separate bowl, beat the eggs well. Add the milk,

3. Heat a nonstick skillet or griddle over medium heat. Spray

with cooking spray and using a ¼ cup scoop, pour pancake

- Remove from heat and continue with the rest of the batter. 4. Sprinkle with cinnamon and serve with optional fresh berries and chopped pecans.
- © 2019 Copyright. Goldsbury Foundation.

1. Preheat the oven to 375°F. Grease a mini-muffin pan with

mixture by folding in gently until just combined. Do not over

4. Divide the batter among the muffin cups. Bake until a toothpick

inserted in 1-2 muffins comes out clean, about 10 minutes. Let

cool for 2-3 minutes before removing from the pan.

Prepare your own sweet potato puree by roasting sweet potatoes until softened. Scoop out the flesh and enjoy as a

1. In a small pot, add milk and heat over medium low heat

until small bubbles start to rise to the top. Be careful



1 3/4 cups whole wheat flour

1 tablespoon baking powder

cooking spray.

Sweet Potato Muffins

16 servings / 1 serving = 2 mini muffins / calories 130

mix; the batter should not be smooth.

puree or add to muffins or pancakes. © 2019 Copyright. Goldsbury Foundation.

2. In a large bowl, whisk together the whole wheat flour, baking 1 teaspoon ground nutmeg powder, salt, cinnamon and nutmeg.

1 teaspoon ground 3. In a separate bowl, whisk together the eggs, milk, sugar, sweet cinnamon potato puree, canola oil, and vanilla. Add this to the flour

*

*

*

*

In The Kitchen

2 large eggs, beaten 1 cup low-fat milk

½ teaspoon salt

- ⅓ cup brown sugar
- 1 cup sweet potato puree
- ¼ cup canola oil
- 1 teaspoon vanilla

Ingredients:

alternative

1 cup low-fat milk or

unsweetened milk

1 teaspoon ground

2 teaspoons honey

2 servings / 1 serving = 1 cup / calories 300 Preparation:

Banana Nut Oatmeal

not to scorch the bottom, so stir gently. cinnamon, or to taste 2. Add cinnamon and honey and whisk to combine with

½ cup rolled oats 3. Add rolled oats and bring to a simmer. Stir gently and

- 1 banana, peeled and sliced ¼ cup chopped walnuts or pecans (optional)

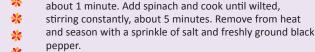
- cook until oats are cooked, 5-7 minutes. During the last minute of cooking, add banana and walnuts and warm through. *
- *
- * v.sanantonio.gov/VivaHealth © 2019 Copyright. Goldsbury Foundation.

1. Prepare spinach: heat 1 tablespoon oil over medium heat

in a large sauté pan. Add garlic and cook until softened,

2. Cook eggs in the remaining oil, and cook until desired

3. Toast the bread. Mash avocado on each piece of toast and



Egg, Spinach, and Avocado Toast 4 servings / 1 serving = 1 slice toast with one egg / calories 270

1/2 large avocado 4 slices whole wheat bread,

Ingredients:

2 tablespoons extra-virgin

2 garlic cloves, grated or finely chopped

1 bunch spinach, washed

and cut into bite-sized

olive oil, divided

- salt and freshly ground black pepper, to taste

1/4 teaspoon salt

Ingredients:

Offer a variety

of fruits such as: 1 kiwi

½ cup raspberries ½ cup sliced strawberries ½ cup blueberries

16 small cubes of pineapple,

about the size of 1

tablespoon each 16 kiwi wedges

1 tablespoon walnuts, chopped (optional)

32 small grapes

whole wheat sandwich

thins or English muffins, split in half

½ teaspoon black pepper

½ tablespoon canola or

extra-virgin olive oil

*

*

Preparation:

doneness.

12 servings / 1 serving = 1 egg "muffin" or two mini "muffins" / calories 140 Ingredients: Preparation: 12 eggs

*

*

*

*

*

*

*

cooking spray.

pepper and set aside.

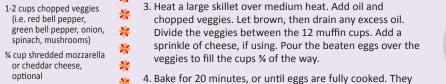
divide the spinach amongst the 4 slices of toast. Top the * spinach with 1 egg. Season with salt and pepper. *

© 2019 Copyright. Goldsbury Foundation.

1. Preheat oven to 350°F. Spray a 12 cup muffin tin well with

2. In a large bowl, beat the eggs well. Season with salt and





should be set when removed from the oven.

5. Let cool for a few minutes, then use a knife to loosen the

2. In a small bowl, combine the low-fat cream cheese with

edges before popping the muffins out. Cool and store in

the refrigerator for up to 3 days, or freeze and reheat in a

© 2019 Copyright. Goldsbury Foundation. **Fun Fruit Pizza**

microwave or toaster oven.

4 ounces low-fat plain cream the vanilla extract and honey. Stir well to combine. cheese, softened 3. Spread about a tablespoon of the cream cheese on top of ½ teaspoon vanilla extract each sandwich round. ½ tablespoon honey *

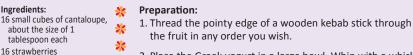
4. Top with a variety of fruits.

1. Toast each round lightly.

Preparation:

© 2019 Copyright. Goldsbury Foundation.

Rainbow Fruit Skewers with Cinnamon Yogurt



whisk to combine.

of the yogurt and sprinkle with walnuts. For the yogurt: 1 cup plain non-fat or low-fat Greek yogurt 1 teaspoon vanilla extract (optional) 1 teaspoon ground cinnamon

*

© 2019 Copyright. Goldsbury Foundation.

3. Once the skewers are prepared, serve with 2 tablespoons



San Antonio Healthy

CITY OF SAN ANTONIO METROPOLITAN HEALTH DISTRICT





www.sanantonio.gov/VivaHealth









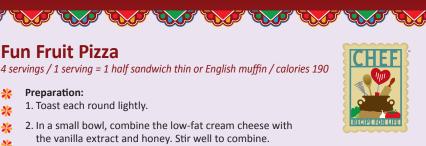














8 servings / 1 serving = 2 skewers + ¼ cup of yogurt / calories 260 2. Place the Greek yogurt in a large bowl. Whip with a whisk or fork until velvety. Add the vanilla and cinnamon and

(210) 207-2722