

1 Minute Meals



TROPICAL WAKE-UP SMOOTHIE

- ½ cup frozen fruit (banana, pineapple, or peach)
- 1 cup yogurt (tropical flavor)
- ¼ cup orange juice
- Mix all ingredients in a blender until smooth.

HULA BAGEL

- 1 bagel, sliced
- 1/3 cup ricotta cheese
- ¼ cup crushed pineapple, drained
- Dash of nutmeg
- Combine ricotta cheese, crushed pineapple, and nutmeg.
- Spread mixture on bagel slices.

BANANA ROLL-UP

- ½ banana
- 2 teaspoons natural-style peanut butter
- 1 teaspoon honey
- 1 tablespoon wheat grain
- 2 tablespoons nugget-type cereal
- 1 teaspoon allspice or pumpkin spice
- Spread peanut butter on banana until covered.
- Drizzle honey over banana and peanut butter.
- Mix wheat germ, nugget cereal, and allspice together.
- Roll the peanut butter covered banana in the wheat germ mix.

ABBA ZABBA

- 1 whole wheat tortilla
- 2 teaspoons peanut butter
- 2 tablespoons applesauce
- 1 tablespoon raisins
- Dash of cinnamon
- Warm tortilla (optional).
- Spread remaining ingredients down the center of tortilla.
- Roll up tortilla.

TUNA SALAD PITA

- ½ large pita pocket bread
- 3-½ oz water-packed tuna (or one small can)
- ¼ cup lettuce
- Dash of celery seed
- Dash of pepper
- Dash of onion powder
- Line pita bread with lettuce.
- Mix spices with tuna.
- Stuff tuna mixture into pita.
- Note: You can add mayonnaise, but this will take more time and add more calories.

PITA CHILI MELT

- ½ large whole wheat pita bread
- ½ cup canned pinto beans
- 2 tablespoons grated cheddar cheese
- 1 tablespoon diced green chili
- Put beans, cheese, and chili into pita bread.
- Microwave until cheese melts.

SUBMARINE CHEESE MELT

- 1 deli-style roll
- 2 table spoons light Italian dressing
- 1 oz American cheese
- 1 oz Swiss cheese
- Green leaf lettuce, shredded
- ¼ tomato, sliced
- Open roll into an open-faced butterfly.
- Spread dressing.
- Add cheese on each part of the roll.
- Microwave until cheese starts to melt.
- While microwaving, chop lettuce and tomato.
- Add the lettuce and tomato to cheese melt.
- Note: This is one of my favorites.



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MEXICAN PITA PIZZA

- 1 small whole wheat pita
- 2 tablespoons tomato sauce
- ¼ cup canned pinto beans, drained and mashed
- 1 oz mozzarella cheese, grated
- Dash oregano
- Spread tomato sauce on pit bread.
- Add pinto beans.
- Sprinkle with cheese.
- Top lightly with oregano.

PEANUT BUTTER BANANA SHAKE

- 1 cup milk
- 1 tablespoon chunky, natural-style peanut butter
- 1 teaspoon vanilla
- 1 frozen banana (best to freeze in thin slices)
- Using blender, blend the milk, frozen banana slices, and vanilla
- While blending, add peanut butter. Blend until smooth.

FIESTA BEAN BURRITO

- ½ cup vegetarian refried beans
- 1 tablespoon salsa
- 1 teaspoon chopped cilantro (optional)
- 1 whole wheat tortilla
- Spread beans over tortilla.
- Sprinkle on remaining ingredients.
- Heat in microwave until warm (approximately 40 seconds).
- Roll tortilla and mixture into a burrito.

COTTAGE RAISIN TOAST

- 1 slice raisin bread
- ¼ cup cottage cheese
- 1 teaspoon raisins (or 1 mini box)
- Dash of cinnamon
- Toast bread.
- Spread cottage cheese on bread.
- Sprinkle raisins and cinnamon.

STRAWBERRY YOGURT FRAPPE

- 7 frozen strawberries
- 1 cup strawberry yogurt
- ¼ cup milk (liquid)
- Dash of vanilla extract
- Mix all ingredients in a blender until smooth.

QUICK PIZZA

- 1 whole wheat English muffin
- 1 oz grated or sliced mozzarella cheese
- 2 tablespoons tomato sauce
- 1 teaspoon Italian herbs
- Spread tomato sauce on both slices of English muffin.
- Sprinkle Italian herbs.
- Place cheese on bread.
- Microwave until cheese is melted.

ZIPPY TURKEY HOAGIE

- 1 deli-style roll
- 2 tablespoons light Italian dressing
- 1 slice deli turkey breast (about 1 oz)
- 1 oz cheese
- Green leaf lettuce
- Spread light dressing on roll.
- Layer turkey and cheese.
- Add lettuce.

TORTILLA PINWHEELS

- 2 leaves green lettuce
- 2 thinly sliced pieces of deli-cut turkey
- ½ sliced tomato
- 1 whole wheat tortilla
- Place lettuce on tortilla.
- Add turkey for the next layer, followed by the sliced tomato.
- Roll up like a burrito.
- Insert 4 toothpicks to prevent from unrolling. Then slice into 4 pinwheels (each will have a toothpick).
- Note: This elegant but simple recipe can also be used for quick appetizers.

