



# Carrot Cookies

Makes 10 cookies. Prep time: 60 minutes.

## Ingredients

### Cookies

- 1 ¼ cups whole-wheat flour
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ¾ teaspoon baking soda
- ¼ teaspoon salt
- ½ cup applesauce
- ½ cup plus 2 tablespoons honey
- 1 egg
- ½ teaspoon vanilla extract
- 1 cup shredded carrots
- 1 cup rolled oats

### Frosting

- 8 ounces low-fat cream cheese
- ¼ cup honey
- 1 teaspoon vanilla extract
- 1 tablespoon carrot juice
- 1 teaspoon liquid chlorophyll
- ½ cup shredded carrots (optional)

You don't need big ears and a fluffy tail to enjoy these yummy carrot cookies!



# Carrot Cookies

## Preparation

1. Preheat the oven to 375 degrees F. Grease two baking sheets.
2. For the cookies, in a medium bowl, whisk together the flour, cinnamon, nutmeg, baking soda and salt. In a large bowl, mix together the applesauce, honey, egg and vanilla. Add the carrots, oats and flour mixture to the large bowl. Mix well.
3. Put a spoonful of batter on the baking sheet. Shape the batter into a carrot with leaves. Flatten the cookie. Make more carrot-shaped cookies with the remaining batter. Bake 14 minutes. Let cool.
4. To make the frosting, mix the cream cheese, honey and vanilla together in a bowl. Divide the mixture into two bowls. Put  $\frac{3}{4}$  of the mixture into one bowl and  $\frac{1}{4}$  of the mixture into the other bowl. Add the carrot juice to the bowl with  $\frac{3}{4}$  of the cream cheese mixture. Add the liquid chlorophyll to the other bowl. With separate spoons, stir both bowls.
5. Put the green frosting in a plastic bag. Cut off the corner of the bag. Frost the leaves. Put the orange frosting in a plastic bag. Cut off the corner of the bag. Frost the carrots. Optional: top the orange frosting with the  $\frac{1}{2}$  cup shredded carrots.
6. Chill the cookies for 10 minutes before serving.



Recipe and photos by Mighty Media, Inc., [mightymedia.com](http://mightymedia.com)

## Nutritional information per serving

| Calories | Fat  | Cholesterol | Sodium  | Carbs | Fiber | Protein |
|----------|------|-------------|---------|-------|-------|---------|
| 211      | 4 g. | 33 mg.      | 276 mg. | 41 g. | 3 g.  | 3 g.    |

The nutritional values and information provided are approximations.



## Delightful Dinodilla

Serves 1. Prep time: 30 minutes.

### Ingredients

- ¼ cup finely chopped red pepper, plus ¼ uncut red pepper for dinosaur spikes
- ¼ cup finely chopped carrots, plus ¼ cup carrot rounds for spots
- ½ teaspoon garlic powder
- 1 tablespoon olive oil
- ⅓ cup finely chopped spinach
- 2 whole wheat tortillas
- ¼ cup shredded low-fat cheddar cheese
- 1 cup cooked black beans
- ¼ teaspoon sour cream (optional)

Make your own dinosaur quesadilla and enjoy a dangerously good meal.



# Delightful Dinodilla

## Preparation

### Cook your veggies

Put the olive oil in small pan over medium heat. Stir in the chopped red pepper, chopped carrots and garlic powder. Cook the ingredients for 5 minutes. Add the spinach and cook for 5 minutes more. Mash the beans in a bowl.



### Create your dinosaur

1. Use a pair of clean scissors to cut a tortilla in half for the body.
2. Using the second tortilla, cut out matching sets of a head, neck, legs and tail.
3. Arrange one set of the dinosaur parts on a plate for the quesadilla's base layer, then top with beans, the vegetable mixture and cheese. Place the matching dinosaur parts on top of the cheese and microwave for 1 minute or until the cheese is melted.
4. Make an eye with a small dollop of sour cream topped with a black bean.
5. Add a cut carrot slice for the mouth and create feet with black beans.
6. Cut triangular spikes from the remaining red pepper and arrange them along the back of the dinosaur. Give the dinosaur spots with carrot rounds.



Recipe and photos by Mighty Media, Inc., [mightymedia.com](http://mightymedia.com)

### Nutritional information per serving

| Calories | Fat   | Cholesterol | Sodium  | Carbs | Fiber | Protein |
|----------|-------|-------------|---------|-------|-------|---------|
| 566      | 19 g. | 6 mg.       | 267 mg. | 71 g. | 30 g. | 33 g.   |

The nutritional values and information provided are approximations.



## Farm Animal Muffins

Makes 12-14 muffins. Prep time: 35 minutes.

### Ingredients

#### Muffins

- 1 ½ cups whole wheat flour
- 2 teaspoons baking powder
- ¾ cup brown sugar
- ½ teaspoon salt
- 2 teaspoons cinnamon
- ¼ cup butter
- 1 egg
- ⅓ cup milk
- ¼ cup unsweetened applesauce
- 4 teaspoons vegetable oil
- 2 teaspoons vanilla extract
- 2 green apples, finely diced

#### Decorations

- Red apple (or peach)
- Raisins
- Dried mango
- Natural red and black licorice
- Dried cranberries
- Blueberries

Invite all your favorite farm friends over for breakfast with these tasty muffins.



# Farm Animal Muffins

## Preparation

### Bake your muffins

1. Preheat the oven to 400 degrees F. Put paper liners in the muffin tin cups.
2. In a large bowl, combine the flour, baking powder, brown sugar, salt and cinnamon.
3. In a separate bowl, beat together the butter, egg, milk, applesauce, oil and vanilla.
4. Pour the wet ingredients into the dry ingredients. Stir until just combined. Gently stir in the diced apples.
5. Spoon the batter into the muffin tin cups. Fill them about two-thirds full. Bake 20 to 25 minutes or until golden brown. Remove from oven and let cool.

### Decorate your muffins

**Pig:** Cut a small oval from the red apple for the nose and two small apple cubes for the eyes. Cut two slivers from the raisins for nostrils. Cut two small triangles out of the dried mango for the ears.



**Chicken:** Cut a small triangle out of the dried mango for the beak. Cut a raisin in half for the eyes. For the comb, cut a short piece of red licorice lengthwise into six thin strips, then use a toothpick to create six holes in the muffin for the licorice strips to fit into.



**Cat:** Use a dried cranberry for the nose and a short piece of black licorice cut lengthwise into six thin strips for the whiskers. Cut a blueberry in half for eyes. Cut two triangles from the outer edge of the apple for ears.



Recipe and photos by Mighty Media, Inc., [mightymedia.com](http://mightymedia.com)

### Nutritional information per serving

| Calories | Fat  | Cholesterol | Sodium  | Carbs | Fiber | Protein |
|----------|------|-------------|---------|-------|-------|---------|
| 172      | 6 g. | 28 mg.      | 206 mg. | 27 g. | 2 g.  | 3 g.    |

The nutritional values and information provided are approximations.



## Fruit Flower Blossoms

Makes 12-14 skewers. Prep time: 35 minutes.

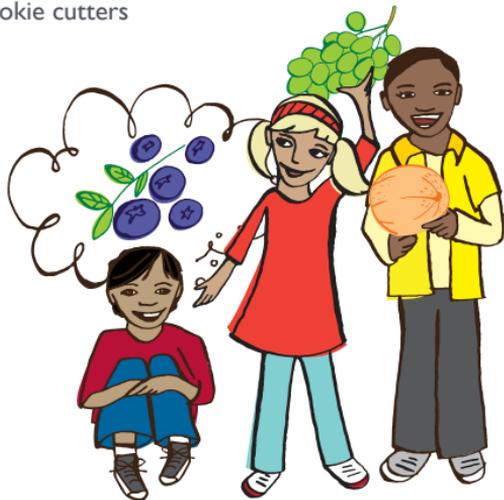
### Ingredients

- 1 watermelon
- 1 cantaloupe
- 1 honeydew melon
- 1 bunch each green and red grapes
- Handful of blueberries

### Equipment

- Wooden skewers
- Large and small sized cookie cutters

Make a pretty bouquet of flowers that tastes even better than it looks!



# Fruit Flower Blossoms

## Preparation

1. Turn the watermelon on its side. Cut a small slice off one end of the watermelon. This will make the melon stand up straight. Cut off a third of the watermelon from the other end.
2. Cut the removed end of the watermelon into ½-inch slices; cut the cantaloupe and honeydew melon into ½-inch slices. Use small and large flower cookie cutters to cut flowers from the melon slices.
3. Slide four grapes onto a wooden skewer. Slide a large melon flower onto the skewer. Slide a smaller melon flower on top. Put a grape or blueberry on the end. Make a lot of flowers from the fruit. Mix and match melons, grapes and blueberries.
4. Set the watermelon on a plate on the smaller cut end. Stick the skewers into the top of the watermelon for a fruity flower bouquet!



## Extra Credit

- You can use different kinds of cookie cutters, like hearts or stars, to make different flowers.
- Try making shapes from kiwis, strawberries or pineapples, too!

Recipe and photos by Mighty Media, Inc., [mightymedia.com](http://mightymedia.com)

## Nutritional information per serving

| Calories | Fat  | Cholesterol | Sodium | Carbs | Fiber | Protein |
|----------|------|-------------|--------|-------|-------|---------|
| 70       | 0 g. | 0 mg.       | 20 mg. | 18 g. | 1 g.  | 1 g.    |

The nutritional values and information provided are approximations.



## Funky Pizza Party

Serves 3. Prep time: 20 minutes.

### Ingredients

- 3 whole grain English muffins halves
- ½ cup pizza sauce
- 1 cup shredded mozzarella
- 1 tomato
- 1 red pepper
- 1 zucchini
- Sliced black olives
- 1 red onion
- Sliced ham
- ¼ cup shredded cheddar cheese
- Pimento-stuffed green olives
- 1 green onion
- 1 green pepper

Make your  
pizza funny,  
pretty, scary  
or silly with this  
cool mini pizza  
recipe.



# Funky Pizza Party

## Preparation

### Make your pizzas

1. Preheat the oven to 350 degrees F.
2. Slice the English muffins in half. Cover each muffin half with pizza sauce. Top each one evenly with mozzarella cheese.
3. Follow the directions below to prepare the ingredients, and decorate the muffins. Put the decorated muffins on a baking sheet. Bake for about 8 minutes. Take them out and let them cool before serving.



### Decorate your pizzas

**Tomato Crab:** Cut a circular slice from the side of the tomato for the body and cut a few thin slices of red pepper for the legs. Cut a slice of zucchini. Use a drinking straw to stamp two circles from the zucchini. Arrange the olives and zucchini for the eyes. Add a small slice of red onion for a mouth.



**Funky Face:** Cut a slice of ham into a circle. Place it over the cheese on a muffin half. Add shredded cheddar cheese for hair. Use green olive slices for eyes and use a long green onion slice for the nose. Cut a curved slice of zucchini for the mouth.



**Fantastic Flower:** Use a black olive slice for the flower center. Cut a few triangles from the red pepper for petals. Cut a strip of zucchini skin into a thin rectangle for the stem. Create a leaf shape with a piece of green pepper.



Recipe and photos by Mighty Media, Inc., [mightymedia.com](http://mightymedia.com)

### Nutritional information per serving

| Calories | Fat   | Cholesterol | Sodium  | Carbs | Fiber | Protein |
|----------|-------|-------------|---------|-------|-------|---------|
| 227      | 14 g. | 45 mg.      | 616 mg. | 13 g. | 2 g.  | 14 g.   |

The nutritional values and information provided are approximations.



# Halloween Very Veggie Skeleton

Serves 8. Prep time: 30 minutes.

## Ingredients

- 1 jicama
- 6 cauliflower florets
- 1 red pepper, sliced
- 1 orange pepper, sliced
- 1 yellow pepper, sliced
- 24 green beans
- 2 cherry tomatoes, halved
- 1 zucchini, sliced
- 1 carrot, sliced
- 5 broccoli florets
- 1 mushroom, sliced
- 2 black olives, 1 sliced, 1 diced
- ¼ cup arugula
- 1 medium pumpkin (optional)
- 1 cup hummus for dipping (optional)

## Tools

- Cutting board
- Paring knife
- Peeler
- Platter
- Bowl

This skeleton isn't scary— it's delicious! Make it and share the fun with your friends and family.



# Halloween Very Veggie Skeleton

## Preparation

### Create your skull

Cut jicama in half. Use the peeler to remove the outside layers and create a pear shape. Carve a flat spot near the bottom for the mouth and two flat spots near the top for eyes.



### Decorate your skull

Use sliced black olives for eyes and diced black olive for the nose and teeth. Arrange arugula under the jicama for spooky hair.

### Build your body

1. Arrange cauliflower florets for the spine and hips.
2. Use pepper slices for ribs.
3. Use beans and cherry tomatoes for arms and legs.
4. Add zucchini slices for palms. Make fingers out of carrot slices. Use mushroom slices for feet.



### Tip

Use some of the hummus to keep veggies in place on the platter!

### Extra Credit

Get an adult to carefully hollow out a pumpkin and put a bowl full of hummus inside as a tasty dip. You can put any leftover veggies in a dish on the side.



Recipe and photos by Mighty Media, Inc., [mightymedia.com](http://mightymedia.com)

### Nutritional information per serving

| Calories | Fat  | Cholesterol | Sodium  | Carbs | Fiber | Protein |
|----------|------|-------------|---------|-------|-------|---------|
| 131      | 3 g. | 0 mg.       | 110 mg. | 23 g. | 9 g.  | 5 g.    |

The nutritional values and information provided are approximations.



## Recharging Robot Lunch

Serves 1. Prep time: 15 minutes.

### Ingredients

- 4 slices pumpernickel bread
- ¼ cup red pepper or plain hummus
- 1 avocado, chopped
- 2 teaspoons lime juice
- ¼ cup chopped red onion or bell pepper plus one small slice
- 1 tablespoon chopped cilantro or shredded lettuce
- ¼ cup carrots, sliced into rounds
- 1 stalk celery
- 4 cherry tomatoes
- 1 small zucchini, sliced into half-circles
- 1 radish, sliced
- 2 green beans
- 2 sunflower seeds

### Equipment

- Wooden skewers

Build your own lunch robot, programmed for maximum tastiness.



# Recharging Robot Lunch

## Preparation

### Make your sandwiches

Cut two slices of bread into 3½-by-3-inch rectangles and two more into 2-inch squares. Spread hummus on one rectangle slice and one square slice. Toss the avocado, lime juice and chopped red onion or bell pepper in a bowl and spread the mixture over the hummus. Sprinkle with the cilantro or lettuce. Top with the matching bread slices to make sandwiches and place on a plate with the small sandwich (head) above the large sandwich (body).



### Decorate your robot

1. Use radish slices topped with sunflower seeds for the eyes.
2. Use the small slice of onion or bell pepper for the mouth.
3. Add a small zucchini slice and a short green bean piece for the top of the head.
4. Cut two celery sticks for the arms and use zucchini for the hands.
5. Arrange carrot rounds on the body, then slice a green bean into small rounds and place on top of the carrots.
6. Cut two short pieces of celery, then put the cherry tomatoes, celery and zucchini on the skewers for the legs and feet. Hide the skewer ends between the pieces of bread.



### Tip

Use hummus to stick the veggies to the sandwich.

Recipe and photos by Mighty Media, Inc., [mightymedia.com](http://mightymedia.com)

### Nutritional information per serving

| Calories | Fat   | Cholesterol | Sodium  | Carbs | Fiber | Protein |
|----------|-------|-------------|---------|-------|-------|---------|
| 490      | 16 g. | 0 mg.       | 640 mg. | 76 g. | 18 g. | 18 g.   |

The nutritional values and information provided are approximations.



## Rockin' Rocket Ship

Serves 1. Prep time: 10 minutes.

### Ingredients

- ¼ cup nonfat Greek yogurt
- ½ avocado, chopped
- ½ teaspoon lemon juice
- 1 lettuce leaf
- 1 slice deli turkey
- 3 slices cheddar cheese
- 2 12-inch multigrain tortillas
- 1 radish, sliced
- 1 orange bell pepper
- 1 yellow bell pepper

Take your taste buds to outer space with this yummy rocket ship sandwich!



# Rockin' Rocket Ship

## Preparation

### Make your rocket

Put the yogurt, avocado and lemon juice in a bowl and stir well. Spread the mixture on a tortilla, then top with lettuce, turkey and cheese. Roll up the tortilla, then cut off one end of the wrap to make a straight edge. Cut the other end of the wrap into a point and place on a plate. Cut two triangles from the second tortilla and place them on each side of the rocket at the bottom.



### Decorate your rocket

1. Arrange radish slices in a line for the windows.
2. Cut slices of bell peppers and arrange them for the blast-off flames.
3. Optional: cut small squares from the bell peppers for people's faces and place on top of each radish slice.
4. Cut stars and a moon out of the bell peppers and place them around the rocket.



Recipe and photos by Mighty Media, Inc., [mightymedia.com](http://mightymedia.com)

## Nutritional information per serving

| Calories | Fat   | Cholesterol | Sodium  | Carbs | Fiber | Protein |
|----------|-------|-------------|---------|-------|-------|---------|
| 470      | 21 g. | 35 mg.      | 740 mg. | 46 g. | 10 g. | 25 g.   |

The nutritional values and information provided are approximations.



## Stars and Stripes Sandwiches

Serves 3. Prep time: 30 minutes.

### Ingredients

- 1 cup strawberries
- 1 cup raspberries
- 1 banana
- 1 cup blueberries
- Light cream cheese
- 3 whole wheat bread slices
- Berry jam

Make a fun flag for the Fourth of July with some tasty stars and stripes!



# Stars and Stripes Sandwiches

## Preparation

### Prepare your ingredients

Thinly slice  $\frac{1}{2}$  cup strawberries, cut the raspberries in half and cut the banana in half lengthwise, then slice across to create half-moons. Toast three bread slices and spread a layer of cream cheese over the top of each toast slice.



### Decorate your sandwiches

**Starry Night:** On the first toast slice, form a star shape in the middle, then outline it with the cut raspberries. Fill up the rest of the toast slice with blueberries. Cut off the top of a whole strawberry and place it in the middle of the star.



**Stripes Forever:** On one edge of the second toast slice, place a row of banana slices, followed by a row of raspberries, then blueberries. Repeat the rows until the toast slice is filled.



**Land of the Free:** In the upper left-hand corner of the last toast slice, make a 3 x 2 rectangle with blueberries. Spread three horizontal lines of jam on the toast slice, then top the lines with cut raspberries.



## Extra Credit

Make a few extra fruit stars from different fruits so once you eat the strawberry star, for example, you can try the sandwich with a raspberry star, then a banana star. Yummy!

Recipe and photos by Mighty Media, Inc., [mightymedia.com](http://mightymedia.com)

## Nutritional information per serving

| Calories | Fat  | Cholesterol | Sodium  | Carbs | Fiber | Protein |
|----------|------|-------------|---------|-------|-------|---------|
| 230      | 5 g. | 10 mg.      | 240 mg. | 43 g. | 7 g.  | 4 g.    |

The nutritional values and information provided are approximations.



## Super-Duper Sandwich Faces

Serves 8. Prep time: 30 minutes.

### Ingredients

- 6 eggs
- ¼ cup low-fat mayonnaise
- ½ teaspoon mustard
- 2 tablespoons chopped green onion
- ¼ teaspoon paprika
- 3 slices whole wheat bread
- 1 radish, sliced
- 1 cucumber, sliced
- 4 black olives, sliced
- 2 green beans
- 1 baby pickle
- 1 cherry tomato
- 3 carrots
- 1 green pepper, sliced
- 1 red pepper, sliced
- 1 cup mixed salad greens

How silly can you make your sandwich? Try this fun recipe and find out!

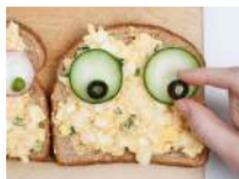


# Super-Duper Sandwich Faces

## Preparation

### Make your sandwiches

1. Put the eggs in a large saucepan and cover them with cold water. Bring the water to a boil. Boil the eggs for 3 minutes, uncovered. Cover the pan and remove it from the heat. Let it sit for 8 minutes. Remove the eggs from the pan. Cool them in the refrigerator for 30 minutes. Peel the eggs.
2. Chop five of the eggs into small pieces. Place the chopped eggs in a large bowl. Add the mayonnaise, mustard, green onion and paprika. Mix together. Spread the egg salad on the slices of bread.



### Decorate your faces

1. For the eyes, slice the remaining egg. Create three sets of eyes using a base layer of two egg slices, two cucumber slices and two radish slices. Top the eyes with black olives and green bean slices.
2. Make noses with the pickle, cherry tomato and carrot slice.
3. Make mouths with a green bean and slices of red and green peppers.
4. For hair, use mixed salad greens, short carrot slices and long carrot peelings.

Recipe and photos by Mighty Media, Inc., [mightymedia.com](http://mightymedia.com)

### Nutritional information per serving

| Calories | Fat   | Cholesterol | Sodium  | Carbs | Fiber | Protein |
|----------|-------|-------------|---------|-------|-------|---------|
| 300      | 15 g. | 385 mg.     | 430 mg. | 24 g. | 4 g.  | 17 g.   |

The nutritional values and information provided are approximations.



## Tortilla Snake Roll-Up

Serves 2. Prep time: 15 minutes active; 1 hour, 15 minutes total.

### Ingredients

- 3 spinach tortillas
- ½ cup hummus
- 1 cup spinach
- 2 carrots
- 1 tomato, chopped
- 1 avocado, chopped
- 3 slices deli turkey
- 1 cucumber, sliced
- 2 pimento-stuffed green olives
- 2 black olives

Get ready to  
rock and roll  
with this  
s-s-s-super  
roll-up  
sandwich.



# Tortilla Snake Roll-Up

## Preparation

### Prepare your ingredients

Chop one carrot into small pieces. Cut a short, flat strip from the other carrot, then use it to cut out a forked tongue. Cut the remainder of the carrot into slices. Cut small squares out of the black olives.

### Make your snake

1. On each of the three tortillas, spread the hummus, layer with spinach, sprinkle with chopped carrot, tomato and avocado, and top with a slice of turkey.
2. Fold in the sides of the tortillas and roll them up like burritos.
3. Wrap the three tortilla rolls in plastic wrap and refrigerate them for 1 hour to help them stay tightly rolled when they are cut.
4. Cut the tortilla rolls into 1-inch slices. Cut one slice in half diagonally to form a pointy tail.
5. Lay the sliced tortilla rolls on a plate in an “s” shape, including the tail and a piece for the head and insert carrot and cucumber slices between each section.
6. Create eyes with the pimento olives, add the tongue and decorate the snake’s back with black olive squares.



Recipe and photos by Mighty Media, Inc., [mightymedia.com](http://mightymedia.com)

### Nutritional information per serving

| Calories | Fat   | Cholesterol | Sodium  | Carbs | Fiber | Protein |
|----------|-------|-------------|---------|-------|-------|---------|
| 378      | 13 g. | 14 mg.      | 752 mg. | 56 g. | 16 g. | 13 g.   |

The nutritional values and information provided are approximations.