

SAMMIE & SAX

Fun, Food, & Fantastic Ideas Booklet!



Let's Play!

With food !!

Contents

Recipes

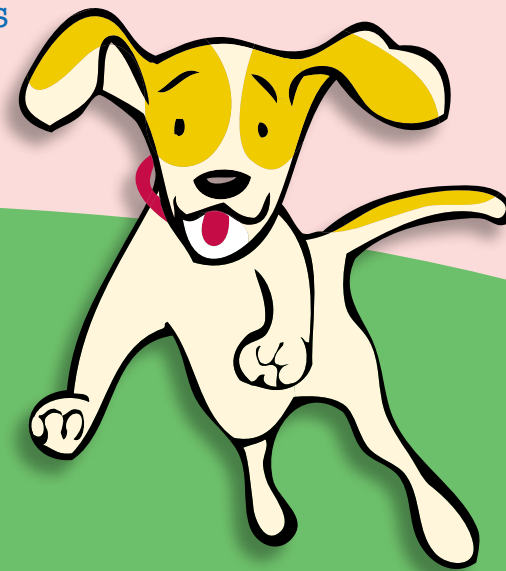
3. Mighty-Making Green Monkey Smoothie
4. Yummy Banana Bread Muffins
5. Lip-Smacking Frozen Fruit Salad
6. D.I.Y. Super Simple Shrimp-Filled Soft Tacos

Activities

7. Adventure Maze
8. Coloring Page
9. Placemat
10. Placemat craft project

Resources

11. Online
12. Family Outings



Mighty-Making Green Monkey Smoothie

This smoothie is a great way to drink your vegetables! It is so packed with good nutrition you'll be ready to zoom around on your bike or climb on monkey bars!

Ingredients

- 1 cup cold water
- ¼ cup finger carrots
- 4 leaves of green kale, ribs removed
- 1 cup cucumber, skin on, cut into big chunks
- 1 cup (or one small) Granny Smith apple, cut into big chunks
- 2 tablespoons instant sugar-free banana cream pudding (such as Jell-O)
- 1 packet (or ¼ teaspoon) stevia
- 1 cup crushed ice

Directions

1. Add water then each ingredient one at a time into a blender with its top on and the center hole open.
2. Add crushed ice. Blend until smooth.
3. Serve immediately. Divide evenly for 2- 8 ounce servings or 1-16 ounce serving.

Serves 2



Yummy Banana Bread Muffins

This is a great recipe for kids who love mixing, mashing and measuring. These Yummy Banana Bread Muffins are filling and satisfying because of the whole wheat flour, fresh banana, apple sauce and plain Greek yogurt used. And by using far less sugar they do not trigger the need for more sugary sweets as so many pre-packaged treats do. These muffins are great on their own or included as part of a meal.

Ingredients

1 cup flour, unbleached
1 cup white whole-wheat flour
½ cup Truvia Baking Sugar Blend
1 teaspoon baking soda
¼ teaspoon salt, coarse Kosher
2 eggs, large
1 ½ cup banana, ripe and mashed (3 large)
⅓ cup Greek yogurt, low fat and plain
¼ cup apple sauce, unsweetened and organic
1 teaspoon vanilla extract
Cooking Spray

Directions

1. Combine flours, sugar, baking soda, and salt in a medium bowl. Make a well in center of flour mixture.
2. In a separate bowl beat eggs with a whisk. Next add mashed banana, yogurt, apple sauce and vanilla, stirring with the whisk.
3. Add the egg mixture to the flour mixture, stirring until moist.
4. Spoon batter into muffin cups sprayed with cooking spray. Fill $\frac{2}{3}$ full.
5. Bake at 375 degrees for 25 minutes or until muffins spring back when touched lightly in the center.
6. Let muffins sit in tin for 10 minutes. Promptly remove muffins and serve. These muffins keep well for a few days in the refrigerator or weeks in the freezer.

Serves: 12.

Serving size: 1 muffin.

Calories per serving: 128

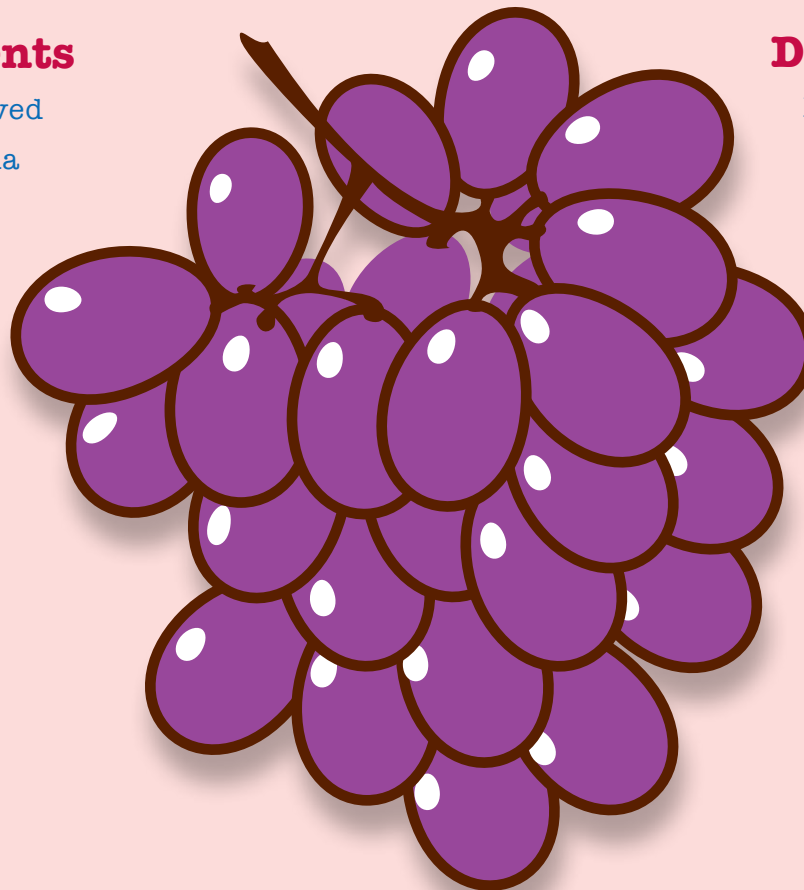


Lip-Smacking Frozen Fruit Salad

With this Frozen Fruit Salad there is no refined sugar added; the sweetness comes from the fruit juices. It is visually interesting and has a great texture and taste. It is a recipe you can do ahead and have handy in your freezer for a lunch or dinner.

Ingredients

- 1½ cups seedless red grapes, halved
- 1½ cups sliced ripe banana
(about 3 bananas)
- 1½ cups orange sections
(about 2 oranges)
- 1½ chopped fresh pineapple
(you can also use canned
chunks in natural juices)
- 1¾ cups pineapple juice
- ½ cup thawed orange juice
concentrate



Directions

1. Combine all ingredients in a large bowl.
2. Pour into a 13 x 9 inch baking dish. Cover and freeze 4 hours or until firm.
3. Let stand at room temperature 30 minutes or until slightly thawed before serving.
4. Cut into squares for serving.

Yield: 8 servings.
Enjoy!

D.I.Y. Super Simple Shrimp-Filled Soft Tacos

Do-it-Yourself meals are super fun and easy to do. Put all the toppings and the shrimp mixture in bowls with spoons so each person can pick and choose the rainbow of colors they want to include on their tacos. Keep the tacos warm by keeping them covered with the foil on a plate at the table next to the toppings. Sammie and Sax love Taco Night...and so does Rhubarb!

Ingredients

- 1 teaspoon olive oil
- 1 teaspoon minced garlic
- 1 package (16 ounces) frozen pepper and onion stir-fry mix
- ½ teaspoon ground cumin
- ½ teaspoon chili powder
- 1 pound already cooked-and-peeled shrimp
- 8 small (6-inch) low-carb whole wheat tortillas (La Tortilla Factory)
- Salt and black pepper to taste

Toppings

- Shredded lettuce, generously applied
- Chopped avocado, ¼ per person
- Greek yogurt, plain, 2 tablespoons per person
- Shredded mozzarella, 1 tablespoon per person
- Picante sauce, 2-4 tablespoons per person

Directions

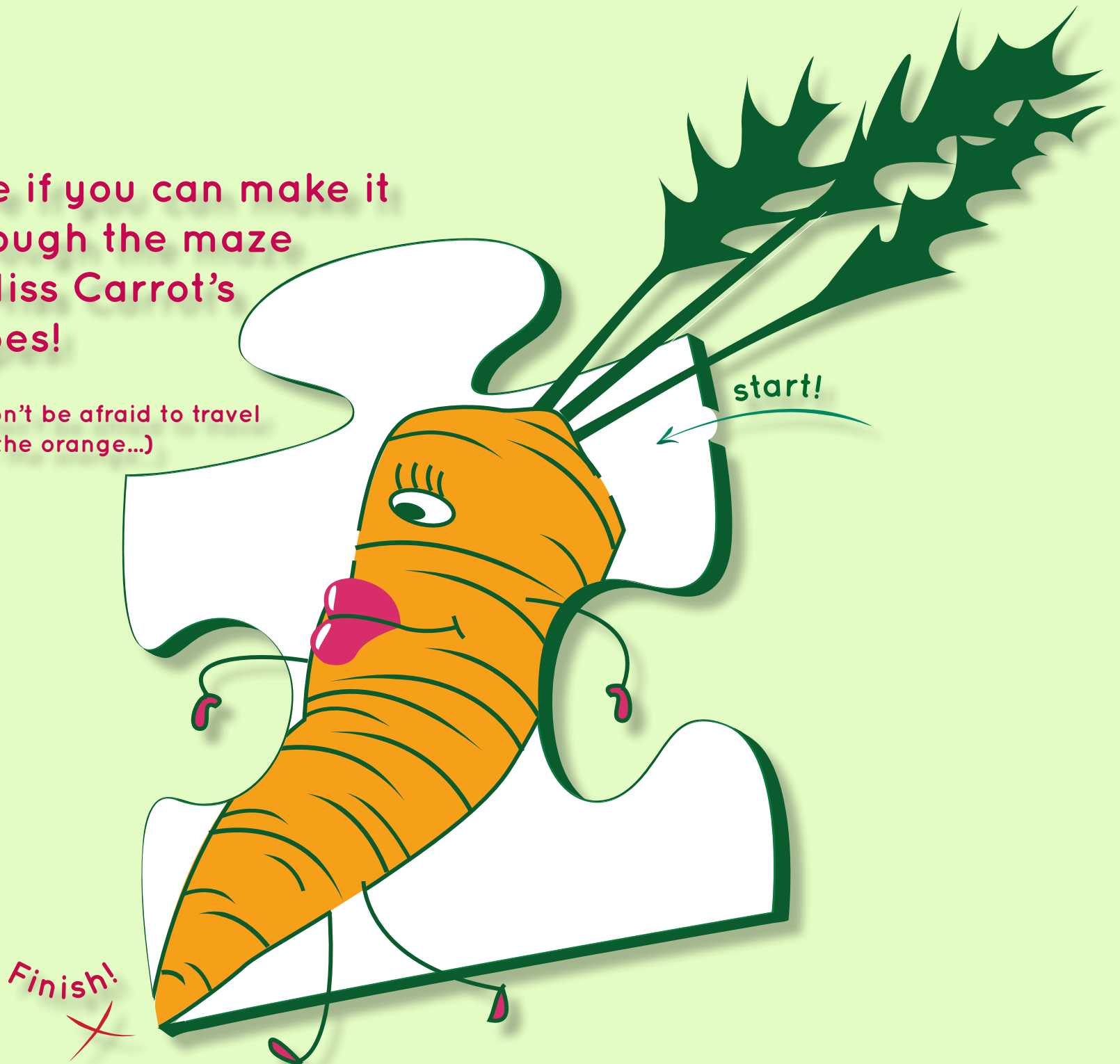
1. Spray 12-inch nonstick skillet with cooking spray. Add oil. Heat over medium heat.
2. Add garlic and cook 30 seconds.
3. Add frozen pepper and onion stir-fry mix and raise heat to high.
4. Add cumin and chili powder and stir well.
5. Cook until vegetables have thawed, 3 to 4 minutes, stirring frequently.
6. Add shrimp and cook until just heated through, about 2 minutes.
7. Wrap tortillas in aluminum foil and heat in oven until warmed through.
8. Remove shrimp mixture from heat and season with salt and pepper.
9. Place shrimp mixture in a bowl with a serving spoon. Place all toppings in their own individual bowls with their own serving spoons. Place tortillas on a plate. Arrange everything in the middle of the table so everyone can serve themselves.

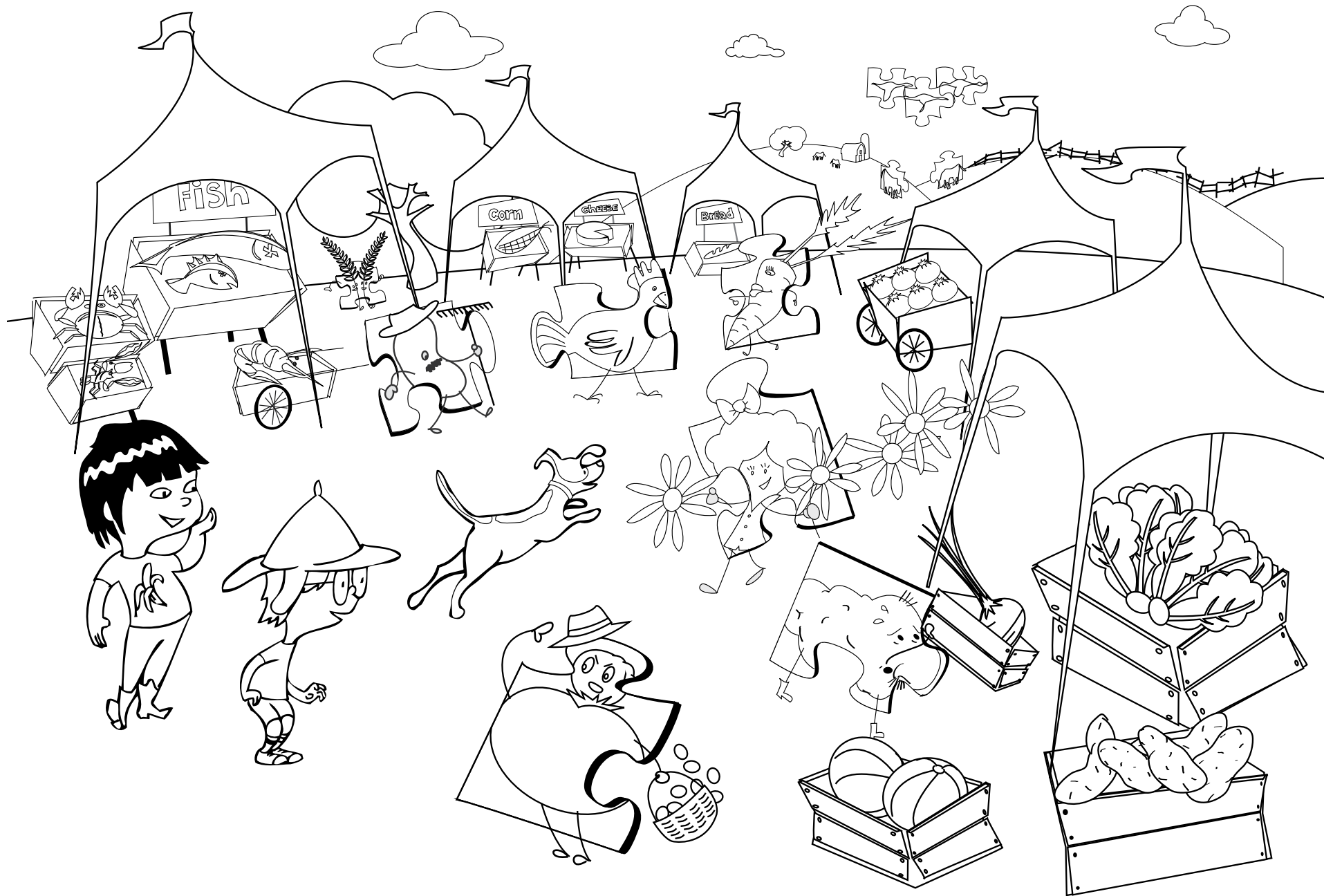
Serves 4; 2 tortillas per person.

To complete the meal, serve with the Lip-Smacking Frozen Fruit Salad.

See if you can make it
through the maze
of Miss Carrot's
stripes!

(hint: don't be afraid to travel
outside the orange...)





Print out this page for coloring fun!

Grain

Protein

Fruits & Veggies

Winning Combination

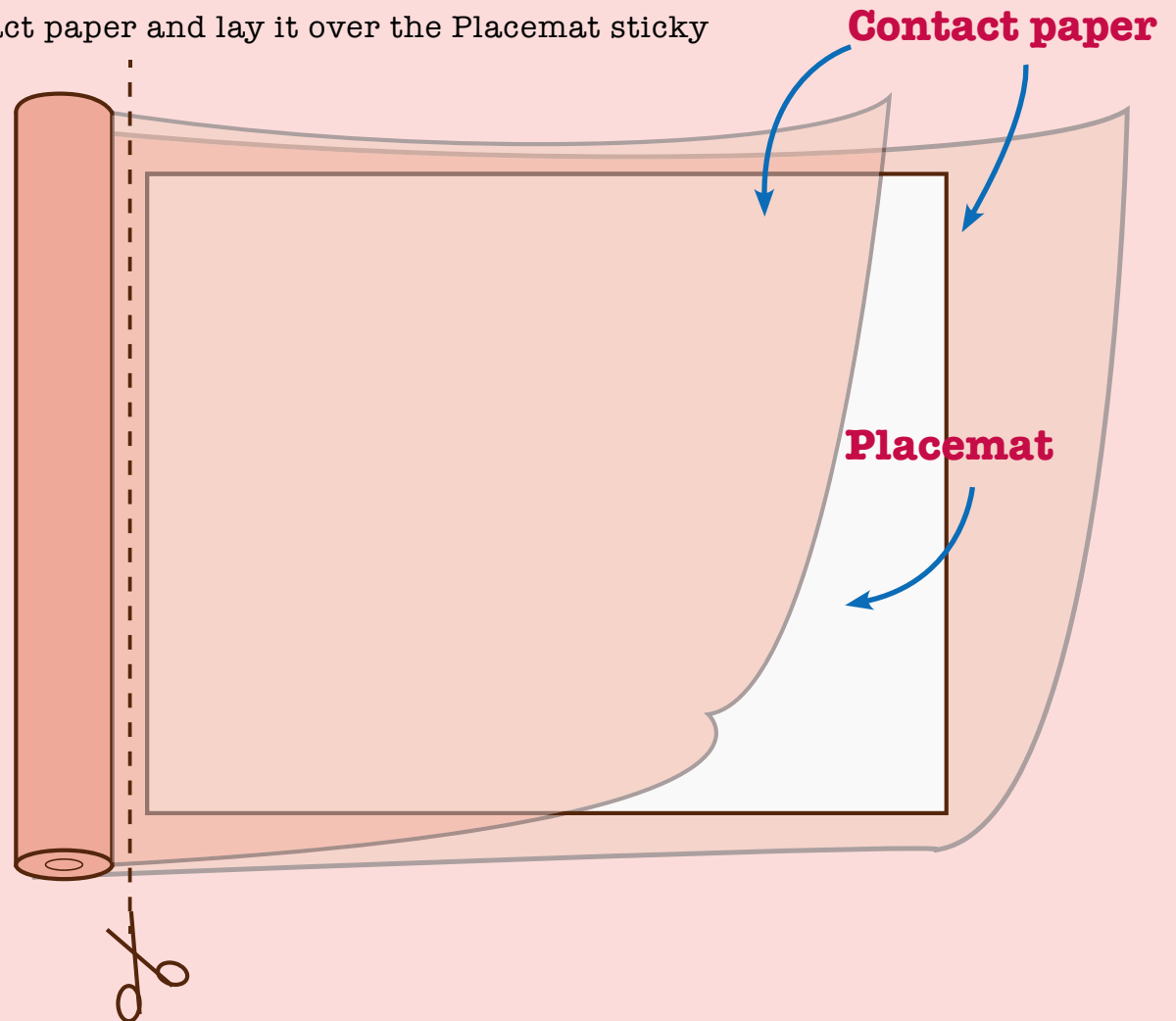


Turn the previous page into a spill-proof Placemat!

1. Print your Placemat out in full color on your home printer.
2. Roll out a sheet of clear contact paper (shelf paper) about 13 inches long, adhesive side up.
3. Carefully lay your Placemat on the contact paper face down.
4. Smooth all the air bubbles out.
5. Roll out another sheet of contact paper and lay it over the Placemat sticky side down.
6. Be sure to cover all edges. Stick them together well. Smooth out air bubbles.
7. Cut evenly around edges.
8. Enjoy!

Supplies:

Clear Contact paper
Printed Placemat
Scissors





is Swedish for LIVELY, VIBRANT, or VIVID and is our wish for your life. It's for everyone who wants a beautiful, yet subtle way to improve and control their food environment.

Our mission is to provide an answer to the current health crisis escalated by the obesity epidemic. The world has forgotten that eating well and living in a healthy environment can be beautiful, exciting, and fun.

We have created a suite of patented tableware that guides the user to put the right portions of food on their plates. Our goal is to provide portion control tools that make living a vibrant, balanced, and healthy life simple to do and easy to embrace.

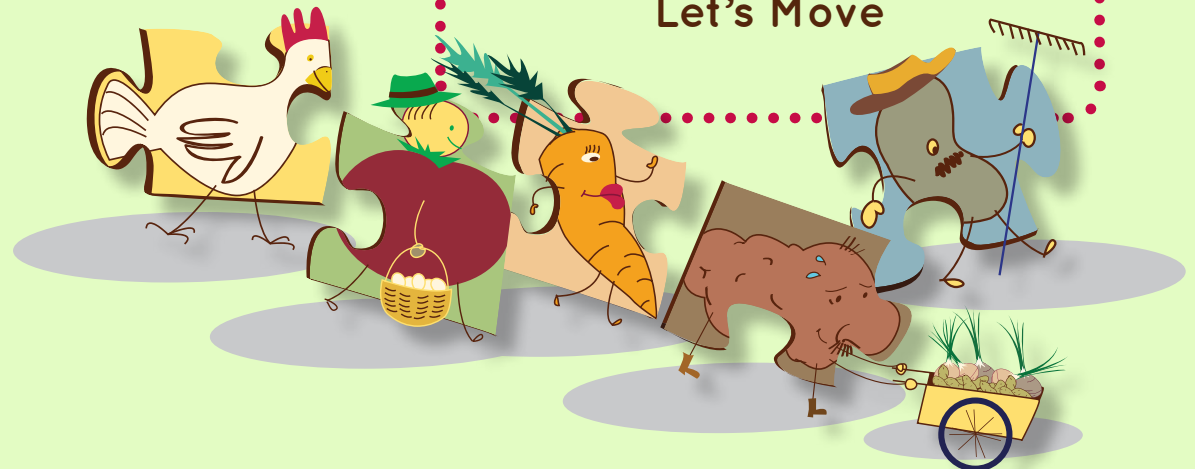


is all about helping children discover nutritious eating habits and a healthy lifestyle.

Online resources for healthy recipes and fun activities:

Continue the adventure of Sammie and Sax by finding more healthy and tasty recipes to make a balanced meal and live a healthy lifestyle.

- Kidliga Home Page
- KidsHealth
- Nourish Interactive
- Super Healthy Kids
- Kidnetic
- Kids Eat Great
- Kids Eat Right
- Let's Move



Rhubarb's suggestions for fun healthy activities that are food, gardening or farm animal related

Sammie and Sax love going on adventures. There are many places where you can go on adventures in your own community. Check out the ideas below and then think of more places you know where you can go visit, volunteer and have fun being healthy and active! Don't forget to take your family and friends too!



- Community Garden
- Community Food Bank
- Community Food Kitchen
- Farmers' Market
- Rodeo-Stock Show
- Natural History Museum
- Orchard
- Picking Garden
- Greenhouse
- Botanic Garden
- Bee Farm
- Dairy Farm



HEY! Stop Picking us!





LivligaHome.com
P.O. BOX 18102
Boulder, Colorado 80308
720.340.8127

twitter: www.twitter.com/LivligaHome
facebook: www.facebook.com/LivligaHome
blog: www.blog.LivligaHome.com
pinterest: www.pinterest.com/LivligaHome
Instagram: www.instagram.com/LivligaHome

© 2020 VisualQs, LLC