



Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

SNOWFLAKE TORTILLAS

6, 6-inch flour tortillas
Nonstick cooking spray
6 teaspoons white sugar

Preparation

1. Preheat oven to 400 degrees F.
2. Wash hands with soap and water.
3. Wrap 1-2 tortillas in a damp towel and microwave for 10 seconds, until warm and easy to fold.
4. Fold tortillas into fourths, like a pie wedge. Then cut shapes into the fold, with a pair of clean scissors, making sure not to cut all the way through. (Like you would cut a paper snowflake.)
5. Spray nonstick cooking spray onto a baking pan or cookie sheet. Unfold tortillas and place on baking sheet. Spray tops with more nonstick cooking spray.
6. Sprinkle 1/2 teaspoon white sugar on each snowflake.
7. Bake for 6-9 minutes, until snowflakes are crisp and the sugar is shiny
8. Let snowflakes cool before enjoying.

Nutrition Facts

Servings per Recipe: 6.00

Calories 100.00, Fat 1.00gm ,Total Carbohydrates 20.00 g, Protein 2.00 g

HOME MADE SODA POP

Club Soda or Sparkling Water
100% fruit juice concentrate (any flavor)

Preparation

1. Wash hands with soap and water
2. Add ice to glass
3. Add 1-2 tablespoons of fruit juice concentrate to glass
4. Pour club soda or sparkling water over ice and juice
5. Stir and enjoy!

STRAWBERRY YOGURT BARK

2 cups light vanilla yogurt

1 cup fresh or frozen (no sugar added) strawberries, sliced or ¼ cup strawberry jam

30-40 small pretzel sticks, broken into smaller pieces or ½ cup cereal (oat o's or chex)

2 tablespoons mini chocolate chips

Preparation

1. Wash hands with soap and water.
2. Gently strawberries under cool running water.(if using fresh berries)
3. Line a baking pan or cookie sheet with aluminum foil.
4. Spread yogurt onto foil to about ¼-inch thick.

Sprinkle sliced strawberries,(or spoon jam randomly) pretzel pieces, (or cereal) and mini chocolate chips on yogurt.

Freeze for 2 to 3 hours or until completely frozen solid.

Remove from freezer and break bark into smaller pieces with sharp knife. Eat immediately or place back in freezer before bark begins to thaw. Store in a freezer-safe container or bag.

Nutrition Facts Servings per Recipe: 6.00 Calories 110.00 Fat 2.00 g Sodium 55.00 mg Total Carbohydrates 19.00 g Fiber 1.00 g Protein 4.00

Eat.Move.Save Illinois

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