



# TEEN QUISIDE

efnep **teen**  
Auburn University  
Alabama Extension



The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) is an equal opportunity educator and employer. Everyone is welcome!  
Please let us know if you have accessibility needs. © 2021 by the Alabama Cooperative Extension System. All rights reserved. [www.aces.edu](http://www.aces.edu) FCS-2530

## BREAKFAST

# breakfast Fruit Fantasy Serves 1

### Ingredients

¼ cup each of three different 100% fruit juices  
Ice cubes, if available

Great juice options: apple, orange, grape, pineapple

### Directions

Pour ¼ cup of each of three fruit juices in cup. Add ice cubes, if available.

### For a Party

In punch bowl, mix juices needed for group of people. Add ice ring and float lemon or lime slices on top.



**efnep**

**teen**

**Auburn University  
Alabama Extension**

# breakfast banana split

Serves 1

## Ingredients

- ½ small banana
- ¼ cup crunchy nugget cereal or favorite oat or corn cereal
- ¼ cup low-fat flavored yogurt
- ¼ cup pineapple tidbits
- 1 tablespoon chopped nuts
- Maraschino cherries (optional)

## Directions

1. Wash banana. Cut in half and split lengthwise.
2. Sprinkle cereal over banana, reserving some for topping.
3. Spoon yogurt on top.
4. Decorate with reserved cereal, pineapple, nuts, and cherries. Other fruits and different yogurts can be used.



**efnep**

**teen**

**Auburn University  
Alabama Extension**

# granola SUNDAE

Serves 12

## Ingredients

- 2 (32 ounce) containers low-fat plain or vanilla yogurt
- 3 cups fresh or frozen fruit (strawberries, peaches, blueberries)
- 3 cups low-fat granola cereal

## Directions

1. Add yogurt to bowl and top with fruit.
2. Sprinkle granola on top.



**efnep**

**teen**

**Auburn University  
Alabama Extension**



# EGG Salad Sandwich

Serves 6

## Ingredients

6 eggs, hard-boiled, chopped  
3 tablespoons pickle relish  
¼ cup light mayonnaise  
⅓ teaspoon ground black pepper

12 slices whole wheat bread  
½ head lettuce  
1 tomato, sliced

## Directions

1. Combine eggs, relish, mayonnaise, and pepper in mixing bowl. Mash and mix well.
2. Broil or toast bread (optional).
3. Layer egg salad, lettuce, and tomato between 2 slices of bread.

## Variation

Combine in snack bag 1 egg, 1 teaspoon pickle relish, and 1 teaspoon mayonnaise with dash of pepper and salt.

1. Close bag and seal. Mix with fingers to combine.
2. Snip corner of bag with scissors and squeeze onto whole wheat crackers.



**efnep**

**teen**

**Auburn University  
Alabama Extension**

## SIDE DISH

# APPLE LIME Salad

Serves 6

### Ingredients

- 2 apples, cored and sliced
- ½ cup part-skim mozzarella cheese, shredded
- ½ cup walnuts, toasted
- 4 scallions, sliced
- ¼ cup fresh parsley
- ¼ cup lime juice
- 2 tablespoons olive oil

### Directions

1. Place apples, mozzarella, walnuts, scallions, and parsley in mixing bowl.
2. In separate mixing bowl, combine lime juice and oil. Drizzle dressing over salad and toss until well mixed.



**efnep**

**teen**

**Auburn University  
Alabama Extension**

# CORN ÷ ONION ÷ TOMATO Salad Serves 10

## Ingredients

33 ounces canned no-salt-added corn  
2 tomatoes, diced  
1 sweet onion, thinly sliced  
1 bunch cilantro, minced

2 limes, juiced  
1/3 cup rice vinegar  
1/4 teaspoon salt

## Directions

1. In mixing bowl, combine corn, tomatoes, sweet onion, and cilantro.
2. Squeeze lime juice into bowl and mix.
3. Stir in rice vinegar to taste.
4. Season with salt.
5. Cover and chill 45 minutes.
6. Stir well before serving.



**Auburn University  
Alabama Extension**

Serves 10

# Salad on a Stick

## Ingredients

10 standard cupcake liners  
10 wooden skewers  
1 head lettuce

½ medium cucumber  
4 medium radishes  
1 medium carrot

## Directions

1. Place cupcake liner on each skewer.
2. Chop lettuce into bite-size chunks.
3. Slice cucumber, radishes, and carrots.
4. Layer vegetables on skewers.
5. Serve with favorite dressing.



Auburn University  
Alabama Extension



# Waldorf Salad

Serves 4

## Ingredients

2 apples, chopped  
1 cup celery, diced  
½ cup raisins  
¼ cup walnuts, chopped

½ cup low-fat vanilla yogurt  
1 teaspoon lemon juice  
1 teaspoon sugar

## Directions

1. Combine apples, celery, raisins, and walnuts in mixing bowl.
2. In separate bowl, combine yogurt with lemon juice and sugar.
3. Add yogurt mixture to fruit mixture. Mix until coated.
4. Refrigerate until ready to serve.



Auburn University  
Alabama Extension

## MAIN DISH

# PIZZA MUFFINS

Serves 1

### Ingredients

- 1 english muffin, split open
- 2 tablespoons prepared pizza or spaghetti sauce
- 2 tablespoons grated low-fat mozzarella cheese
- Vegetables such as sliced olives, sliced mushrooms, red pepper rings, chopped onions, and broccoli florets

### Directions

1. Spread sauce on english muffin halves. Top with mozzarella cheese.
2. Add vegetables. Broil 3 to 4 minutes or until cheese is golden and bubbly.



Auburn University  
Alabama Extension

# Nacho Sandwich

Serves 2

## Ingredients

2 flour tortillas  
½ cup refried beans  
¼ cup cheddar cheese, shredded  
¼ cup lettuce, shredded  
¼ cup tomatoes, chopped  
2 tablespoons low-fat sour cream  
Salsa (optional)

## Directions

1. Fill flour tortillas with ingredients in order given.
2. Fold over one end of each tortilla and fold up.



**efnep** teen

**Auburn University  
Alabama Extension**

# TACO BOWL

Serves 12

## Ingredients

16-ounce bag baked corn tortilla chips  
4 cups dark green lettuce, shredded  
6 tomatoes  
3 cups low-fat cheese, shredded  
1 large container mild salsa

## Directions

1. Place cup of chips in bowl.
2. Top with lettuce, tomatoes, cheese, and salsa.



**efnep**

**teen**

**Auburn University  
Alabama Extension**



## SNACK

# ANTS ON A LOG

Serves 2

### Ingredients

- 1 celery stalk
- 2 tablespoons peanut butter or low-fat cream cheese
- 1 tablespoon raisins

### Directions

1. Clean celery. Set aside.
2. Fill celery with peanut butter or low-fat cream cheese.
3. Place raisins on top of peanut butter or low-fat cream cheese to make “ants.”



Auburn University  
Alabama Extension

# ANYTIME Trail Mix

Serves 5

## Ingredients

- 3 cups multigrain O-shaped cereal
- ½ cup almonds or walnuts
- 1 cup dried berries or dried fruit
- 1¾ cup pretzels

## Directions

1. Mix together.
2. Serve.



**efnep**teen

**Auburn University  
Alabama Extension**

# BERRY BOWL

Serves 1

## Ingredients

Blueberries

Blackberries

Raspberries

Strawberries

Other seasonal berries

## Directions

1. Mix all ingredients in bowl.
2. Serve.



**efnep**teen

**Auburn University  
Alabama Extension**

# FRESH Salsa

Serves 6

## Ingredients

3 tomatoes, diced  
½ cup onion, finely chopped  
2 bell peppers, finely chopped  
½ cup fresh cilantro, chopped  
½ teaspoon salt

2 teaspoons lime juice  
3 cups carrots, peeled and  
sliced into thick rounds

## Directions

1. Mix all ingredients, except carrots, in a bowl.
2. Refrigerate for at least 2 hours.
3. Serve with carrot rounds.



**Auburn University  
Alabama Extension**



# Fruit Salad on a Stick

Serves 6

## Ingredients

- 6 strawberries
- 6 chunks cantaloupe
- 6 chunks pineapple
- 3 thick slices kiwi, cut in half
- 12 blueberries
- 6 grapes
- Wooden skewers or craft sticks

## Directions

1. Thread 1 strawberry, 1 cantaloupe chunk, 1 pineapple chunk, 1 half kiwi slice, 2 blueberries, and 1 grape onto wooden skewer or craft stick.
2. Serve.



**efnep**teen

**Auburn University  
Alabama Extension**

# Fruit S'MORES

Serves 1

## Ingredients

- 2 tablespoons yogurt
- 2 whole graham crackers, broken in half
- 2 strawberries, blueberries, or bananas

## Directions

1. Spread yogurt on graham cracker squares.
2. Place fruit on top of yogurt.
3. Top with remaining graham cracker squares.



**efnep**

**teen**

**Auburn University  
Alabama Extension**

# Fruit with yogurt Orange Dip

Serves 4

## Ingredients

- ¼ cup low-fat vanilla yogurt
- 2 tablespoons orange juice
- ¼ teaspoon ground cinnamon
- 2 cups fresh fruits (apples, pears, bananas, grapes) washed, peeled, and sliced

## Directions

1. Mix yogurt, orange juice, and cinnamon in mixing bowl and stir until smooth.
2. Dip fresh fruit into yogurt mix.



**efnep**

**teen**

**Auburn University  
Alabama Extension**

# GUACAMOLE DIP

Serves 6

## Ingredients

3 ripe avocados, peeled, pitted,  
and mashed  
1 lime, juiced  
1 or 2 cloves finely minced garlic  
Pinch of salt  
Pinch of cayenne pepper

## Optional:

Diced tomatoes  
Cilantro  
Onions  
Cumin

## Directions

1. To cut avocados, run a knife from top to bottom and twist in half. Pull out and discard the pit. Using a spoon, remove flesh and place in a medium-sized bowl.
2. Cut lime in half and squeeze both halves into bowl with avocado. Add garlic, salt, cayenne pepper, and any optional ingredients. Using a fork, gently mash each avocado half a few times. Stir all ingredients together.



**efnep teen**

**Auburn University  
Alabama Extension**



# Hawaiian Delight

Serves 6

## Ingredients

- 8 ounces mandarin oranges, packed in juice
- 15 ounces pineapple chunks, packed in juice
- 2 tablespoons coconut, shredded
- 2 tablespoons pecans, chopped
- 6 ounces vanilla yogurt, low-fat

## Directions

1. Drain juice from mandarin oranges and pineapple.
2. Place fruit in big bowl.
3. Add coconut, pecans, and yogurt. Mix.



**efnep**

**teen**

**Auburn University  
Alabama Extension**

# HERB POPCORN & PRETZELS

Serves 15

## Ingredients

2 bags 94% fat-free  
microwave popcorn, popped  
16 ounces unsalted  
pretzel twists  
3 teaspoons dried parsley  
1 teaspoon garlic powder

1 teaspoon ground  
black pepper  
½ teaspoon onion powder  
½ teaspoon dried thyme  
Nonstick cooking spray

## Directions

1. In mixing bowl, toss together popcorn and pretzels.
2. In separate bowl, combine all spices.
3. Spritz popcorn and pretzels with nonstick cooking spray. Sprinkle half seasoning over mixture and shake bowl to distribute. Spritz popcorn and pretzels again. Sprinkle with remaining seasoning and shake bowl to distribute.



**efnep teen**

**Auburn University  
Alabama Extension**

# SUNSHINE bowl

Serves 5

## Ingredients

15 ounces tropical fruit salad, drained

8 ounces mandarin oranges, drained

## Directions

1. Mix and refrigerate until ready to serve.
2. Serve.



**efnep**

**teen**

**Auburn University  
Alabama Extension**

# VEGGIE PILLOWS

## Ingredients

Serves 2

1 celery stalk  
1 carrot  
½ green pepper

2 tablespoons low-fat  
ranch salad dressing  
1 slice pita bread

## Directions

1. Wash celery and chop into small pieces.
2. Wash and peel carrots and chop into small pieces.
3. Wash and chop green pepper.
4. Combine all vegetables in bowl and add dressing.
5. Cut pita bread in half and open pita pocket.
6. Stuff veggies into pocket.



**efnep**teen

**Auburn University  
Alabama Extension**



## BEVERAGE

# BANANA BERRY SMOOTHIE

Serves 4

### Ingredients

- 2 bananas, peeled
- 1 cup frozen berries
- 1 cup low-fat vanilla yogurt
- $\frac{3}{4}$  cup 1% milk
- $\frac{1}{2}$  cup ice cubes (optional)

### Directions

1. In blender, combine bananas, frozen berries, yogurt, and milk. Blend until smooth.
2. To make frostier smoothie, add a few ice cubes and blend until smooth.



**efnep teen**

**Auburn University  
Alabama Extension**

# blue crush infused water

Serves 4

## Ingredients

5 cups water

1 orange, thinly sliced

¼ cup blueberries, fresh or frozen

5 large mint leaves, torn or pinched

1 cup ice cubes (optional)

## Directions

1. In large pitcher, place desired combination of fruit or herbs.
2. Add ice and fill container with water.
3. Add additional fruit or herbs to garnish, if desired.



**efnep**teen

**Auburn University  
Alabama Extension**

# Citrus burst infused water

Serves 4

## Ingredients

- 5 cups water
- 1 orange, thinly sliced
- 1 lime, thinly sliced
- 5 large herb leaves (mint or sweet basil),  
torn or pinched
- 1 cup ice cubes (optional)

## Directions

1. In large pitcher, place desired combination of fruit or herbs. Add ice and fill container with water. Add additional fruit or herbs to garnish, if desired.
2. Serve.



**efnep**teen

**Auburn University  
Alabama Extension**

# Fruit & yogurt Shake

Serves 1

## Ingredients

- 1 medium very ripe banana, peeled
- 6 ounces pineapple juice
- ½ cup low-fat vanilla yogurt
- ½ cup strawberries, rinsed with stems removed

## Directions

1. Put banana, pineapple juice, yogurt, and strawberries in blender.
2. Blend until smooth.
3. To make frostier smoothie, add a few ice cubes and blend until smooth.



**efnep**

**teen**

**Auburn University  
Alabama Extension**



# FUZZY FRUIT COOLER INFUSED WATER

Serves 4

## Ingredients

- 5 cups water
- 2 fresh peaches, pitted, peeled, and chopped
- 2 fresh plums, pitted, peeled, and chopped
- 5 large mint leaves, torn or pinched
- 1 cup ice cubes (optional)

## Directions

1. In large pitcher, place desired combination of fruit or herbs. Add ice and fill container with water. Add additional fruit or herbs to garnish, if desired.
2. Serve.



**efnep**teen

**Auburn University  
Alabama Extension**

# THE FULK SMOOTHIE

Serves 2

## Ingredients

2 cups kale  
2 cups fresh  
or frozen strawberries

1 medium apple  
 $\frac{3}{4}$  cup water  
1 banana

## Directions

1. Remove stems from kale and tops from strawberries, if using fresh ones.
2. Slice apple into chunks, removing core.
3. Put all ingredients in blender and blend until smooth.
4. To make frostier smoothie, add a few ice cubes and blend until smooth.



**efnep**

**teen**

**Auburn University  
Alabama Extension**

# PURPLE GOW

Serves 4

## Ingredients

- 1 6-ounce can frozen grape juice
- 1 quart skim milk
- 2 cups low-fat vanilla frozen yogurt

## Directions

1. Combine all ingredients and mix well.
2. Serve.

## Variation

In snack bag, combine 1 tablespoon frozen grape juice and  $\frac{1}{4}$  cup frozen yogurt. Close bag and seal. Mix with fingers to combine. Snip corner of bag with scissors and squeeze into cup.



# Scarlet Kiss Infused Water

Serves 4

## Ingredients

- 5 cups water
- ½ cup cranberries
- 1 orange, thinly sliced
- 5 large herb leaves (mint or sweet basil),  
torn or pinched
- 1 cup ice cubes (optional)

## Directions

1. In large pitcher, place desired combination of fruit or herbs.
2. Add ice and fill container with water.
3. Add additional fruit or herbs to garnish, if desired.



**efnepteen**

**Auburn University  
Alabama Extension**



# SHAMROCK SHAKE

Serves 2

## Ingredients

- 3 bananas
- 6 cups lime sherbet
- 6 cups low-fat milk

## Directions

1. Measure milk and add to blender.
2. Wash bananas, peel, cut in half, and place in blender.
3. Measure lime sherbet and add to blender.
4. To make frostier smoothie, add a few ice cubes and blend until smooth.



**efnep**

**teen**

**Auburn University  
Alabama Extension**

# SUMMER SMOOTHIE

Serves 1

## Ingredients

- 1 cup low-fat vanilla yogurt
- 1 cup apple or pineapple juice
- 5 strawberries
- 1 banana
- 3 ice cubes (crushed)

## Directions

1. Combine all ingredients in blender.
2. Blend until smooth. Serve.



**efnep**

**teen**

**Auburn University  
Alabama Extension**

# SUMMER SQUEEZE INFUSED WATER

Serves 4

## Ingredients

5 cups water

½ cup fresh or frozen strawberries, stemmed and sliced

1 lemon, thinly sliced

5 large mint leaves, torn or pinched

1 cup ice cubes (optional)

## Directions

1. In large pitcher, place desired combination of fruit or herbs.
2. Add ice and fill container with water.
3. Add additional fruit or herbs to garnish, if desired.



**efnepteen**

**Auburn University  
Alabama Extension**

# TEEN GUIDE



The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) is an equal opportunity educator and employer. Everyone is welcome!  
Please let us know if you have accessibility needs. © 2021 by the Alabama Cooperative Extension System. All rights reserved. [www.aces.edu](http://www.aces.edu) FCS-2530