Recipe Book

University at Albany
School of Public Health

**WHAT:** Recipes submitted by SPH Faculty, Staff, and Students

**WHO:** Compiled by students from HPM 531: Childhood Obesity from a Public Health Perspective

**WHY:** Healthy and easy recipes for busy students, faculty and staff!
Greetings!

Thank you for obtaining a copy of the University at Albany School of Public Health Healthy Recipe Book. This recipe book is a product of the Fall 2012 HPM 531 Childhood Obesity from a Public Health Perspective course to recognize Food Day 2012, October 24, 2012. Food Day 2012 is a “nationwide celebration and a movement for healthy, affordable, and sustainable food,” (www.foodday.org). The HPM 531 students decided on three projects to participate in Food Day 2012: A healthy food donation to a local food pantry; this healthy recipe book for the SPH community; and a healthy taste-testing with recipes from this book for the SPH community on October 24th. The HPM 531 class would like to thank the SPH community for supporting these activities, especially those faculty, staff, and students who contributed their original healthy recipes for this book. I would like to commend the HPM 531 students for their work on all the Food Day 2012 activities to raise awareness of this day and what it represents.

We hope you will enjoy this recipe book and share these recipes with family and friends!

Christine Bozlak, PhD, MPH
HPM 531 Instructor
Fall 2012

HPM 531 would like to thank the following individuals for their assistance with the production and distribution of this recipe book, as well as the other Food Day activities:

- The faculty, staff, and students who contributed recipes or supported the other Food Day activities.
- SPH leadership and staff, especially the Dean’s Office, with special recognition of the following staff: Marlene Boland, Joan Cipperly, Ellen Donovan, Dan Egan, Nicole Graham, Deborah Oriola, and Donna Perkins.
- The Department of Health Policy, Management, and Behavior, especially Dr. Ben Shaw, Linda Gauvain-McNulty, Liz Brannigan, and Jessica Giffin.

**The Fall 2012 HPM 531 students are:** Stephen Biondo, Laura Bolan, Emily Chow, Charity Corman, Jessica Dennis, Katie Greene, Christina Kappiuzathil, Sadia Sattar, Kiara Scatliffe, Raminta Strazdauskaite.

Book design by Katie Greene
Janine’s Guacamole
Janine Jurkowski

Prep time: 15 minutes
Serving size: 4-5

2 avocados, ripe if dark green and slightly mushy
3 tbsp. finely chopped onion
¼ cup chopped diced tomatoes
1 tsp. salt
1-2 crushed garlic clove(s)
Handful chopped cilantro (optional)
Juice from ½ lime

**For smoky hot flavor:** ¼ - ½ tsp. Chipotle pepper powder
**For fresh hot flavor:** ½ chopped jalapeño without seeds

• Mash avocado.
• Add other ingredients.
• Serve!

Greek Yogurt Veggie Dip
Emily Chow

Prep time: 10 minutes
Serving size: 4

1 avocado, chopped
½ cup tomatoes, chopped
½ cup cucumber, chopped
1 cup plain non-fat Greek style yogurt
½ tsp garlic, grated or finely chopped
1 tbsp fresh dill, finely chopped
Salt and pepper to taste

• Chop vegetables into small pieces to your liking.
• Mix together with Greek yogurt, dill, garlic and seasonings.
• Serve over whole wheat pita or crackers.

**Hints:** I use Fage 0% yogurt. This is also great as a dip for veggies!
Liz’s Lite Wonton Appetizers
Liz Brannigan

Prep time: 40 minutes
Serving size: 24 – 36 wontons

1 package wontons
8-10 oz. Swiss cheese, grated
6-8 slices turkey bacon, crisped & crumbled
½ cup onion, diced
¼ cup lite Mayo
¼ cup lite sour cream
1-2 small tomatoes, diced
Salt & pepper

• Mix all ingredients together except for wontons.
• Spray miniature muffin tins with PAM lightly, then place wonton squares in muffin cups and gently press the sides so they form a cup (the edges will stick up).
• Fill the cups with the mixture, bake for 12-15 minutes at 350°, cool for 5 minutes and put on rack.
• You also can freeze these, then thaw & reheat.

Hint: Find wontons in produce section with other Oriental foods.

Fromage Frais aux Fines Herbes
Mary Applegate

Prep time: 15 min + 1-2 hours to chill
Serving size: enough for a party!

1 pint cottage cheese (I recommend no-fat Cabot cottage cheese)
1 package Neufchatel cheese
1 clove garlic, crushed
4 tablespoons chopped fresh herbs – a combination of parsley, chives, and whatever herbs you like.
OR, when fresh herbs aren’t available, use 4 teaspoons of assorted dried herbs.

• Combine all ingredients in a large bowl, and blend thoroughly. This can be done by hand, but an electric mixer is easier.
• Chill well.
• Adjust seasonings to taste.

Hint: Serve as a dip for raw vegetables or as a spread on crackers.

Pita Pocket Sandwich
Laura Bolan

Prep time: 5 minutes
Serving size: 1

Wheat pita bread
Roasted red pepper hummus
1 green pepper, sliced
Cheese (any variety)
Leaf lettuce

• Spread hummus inside pita pockets.
• Add green pepper, leaf lettuce, and cheese into pita.
• Enjoy!
Heart-y Black Beans & Corn Salsa
Josy Delaney

Prep time: 10 minutes
Serving size: 7 cups

“This colorful dish is tasty, filling, healthy, very easy to make, and economical. It’s great as a come-home-starving snack with taco chips, or as a side dish to a meal. Enjoy!”

2 15 oz. cans black beans
2 15 oz. cans corn
1 15 oz. can diced tomatoes with mild green chilies
½ cup GOYA Cilantro Cooking Base
Juice of 1 lime
½ teaspoon cumin
1 medium size green pepper, chopped
Salt to taste, optional

• Rinse and drain black beans & corn.
• Place in a large bowl, add diced tomatoes and the rest of ingredients.
• Mix well.
• Cover and refrigerate for at least four hours; overnight is best for full flavor.
• Stir a couple of times during refrigeration, and before serving, to blend the seasonings.

Hint: A small jar of GOYA Cilantro Cooking Base will go a long way.
Place the remaining GOYA Cilantro Base in an ice cube tray and freeze. Remove frozen cubes and store in freezer, in zip-lock bag. Defrost as needed.

Simple Trail Mix
Jess Giffin

Prep time: 5 minutes
Serving size: up to the cook!

Dried cranberries
Almonds
Walnuts, crushed
Cashews
Peanuts, salted or unsalted
Sunflower seeds, salted or unsalted
M&M’s

• Add as much of each ingredients as you see fit- equal ratios work well.
• Toss all ingredients into a large bowl and mix together with hands.
Salads & Soups

Cherry-Arugula Salad with Goat Cheese
Michelle Cravetz

- Whisk together red wine, salt, black pepper, olive oil, and tarragon.
- In a separate bowl, combine arugula, cherries, and goat cheese.
- Toss salad lightly with dressing.
- Garnish with 1 tbsp. fresh tarragon.

Hint: Favorite goat cheese is honey-lavender fromage blanc

Pasta Salad
Christina Kappiuzhathil

- Cook the pasta according to package directions.
- Drain, and rinse under cold water.
- Place all of the ingredients into a bowl, and toss with balsamic vinaigrette dressing.
- Enjoy!

Hint: Tastes even better the next day after chilled.

Prep time: 10 minutes
Serving size: 4

1 tbsp. red wine or sherry vinegar
⅛ tsp. kosher salt
⅛ tsp. black pepper, preferably cracked black pepper
2 tbsp. extra light extra virgin olive oil
2 tbsp. fresh tarragon (less if using dried)
5-6 cups arugula
2 cups halved, pitted fresh cherries
¼ cup crumbled goat cheese

Prep time: 20 minutes
Serving size: 1-2

1 cup whole wheat pasta
½ cucumber, diced
½ cup grape tomatoes, halved
2-3 tbsp. balsamic vinaigrette dressing

Optional:
¼ cup olives
½ cup cooked chicken, cubed
½ cup bell pepper, diced
Todd's Spicy Tuna Salad
Todd Rutkowski

Prep time: 10 minutes
Serving size: 4

12 oz. can of tuna
1 green onion, chopped
2 tbsp. red pepper, chopped
2 tbsp. onion, chopped
1 tsp. olive oil
1 tsp. distilled white vinegar
4 oz. plain Greek yogurt
1 tsp. spicy brown mustard
1 tsp. honey
1 tsp. Sriracha hot sauce
Salt & pepper to taste

• Chop green onion, red pepper, and onion.
• Add all ingredients into large bowl and mix together.

Hint: Tastes great on a sandwich, in a salad, or over pasta with cheese.

Katie’s Chickpea Salad
Katie Greene

Prep time: 10 minutes
Serving size: 2

“You can really use any vegetables in this recipe, this is my favorite version so far!”

1 can chickpeas (garbanzo beans)
1 cucumber, chopped
1 tomato, chopped
1 small can black olives, chopped
1 tbsp. olive oil OR Italian dressing

Optional:
2 hardboiled eggs- no yolk, chopped
1 tbsp parsley flakes

• Add all chopped ingredients together in medium sized bowl.
• Add olive oil OR Italian dressing.
• Add parsley flakes.
• Mix and serve!

Hint: Rinse or soak canned beans to remove excess salt.
**Bok Choy Salad**

Michelle Cravetz

Prep time: 20 minutes  
Serving size: 3-4

- 3 oz. package ramen noodle soup mix (discard flavor pack)  
- ¼ cup sunflower seeds  
- 2 tbsp. slivered almonds  
- ¼ cup raw sugar  
- 1 oz. each olive oil and cider vinegar  
- 1 tbsp. low sodium soy sauce  
- 1 baby bok choy, cut in strips  
- 3 green onions, chopped

- Crumble ramen noodles and combine with sunflower seeds, and almonds; spread on a 15 x 10 x 1" pan.  
- Bake at 350 degrees for 8-10 minutes, until golden brown. Remove from oven and cool.  
- Bring sugar, olive oil, vinegar, and soy sauce to a boil in a small saucepan over medium heat. Remove from heat and let cool.  
- Place shredded bok choy and green onions in a salad bowl. Drizzle with dressing and toss. Sprinkle with golden noodle mixture and toss. Serve immediately.

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**Vegetarian Chili**

Lana Mutters

Prep time: 1 hour  
Serving size: 4-6

- 1 can black beans, with liquid  
- 1 can chili beans, with liquid  
- 1 can kidney beans, drained  
- 4 oz. can of diced green chilies  
- 8 oz. can of tomato sauce  
- 1 small green bell pepper, chopped  
- ¾ white or yellow onion, chopped  
- 2 cloves garlic, diced  
- ½ bottle of beer  
- Splash of white vinegar  
- ½ - 1 jalapeño, finely diced  
- 2 teaspoons cumin  
- 3 teaspoons of mild chili powder  
- ½ -1 cup water  
- Olive oil

- Optional:  
  - Shredded cheddar cheese  
  - ¼ onion, diced  
  - Reduced-fat sour cream  
  - Sliced avocado  
  - Cilantro

- Sauté onion and garlic with olive oil in large pot until aromatic. Add bell pepper and jalapeño, cook a few more minutes, pepper should still be slightly crunchy.  
- Add green chilies, cumin, and chili powder. Stir and cook together for a minute or two.  
- Add tomato sauce, beer, vinegar, and water. Cook on low heat for 35 – 40 minutes.  
- Add black beans, kidney beans, and chili beans to pot, stir. Cook on low heat for an additional 15-20 minutes.
**Russian Borscht**  
Irina Khmelnitsky

Prep time: 1 hour  
Serving size: 4

- 2 small beets, fresh  
- 1 medium yellow onion, chopped  
- 1 stalk celery, chopped  
- 1 medium carrot, chopped  
- 1 medium parsnip, chopped  
- ½ small green cabbage head, finely shredded  
- 1 medium tomato, chopped  
- Fresh Dill and Cilantro (⅓ of small bunch, each)  
- 2 large garlic cloves, finely chopped  
- Juice from one small lemon  
- 1 quart water or vegetable stock  
- Salt and pepper, to taste  
- Sour cream, garnish  
- Vegetable oil, to sauté

- Peel and shred beets, squeeze juice from ⅛ lemon over beets to preserve the color, cover and set aside.  
- Individually sauté onions, celery, carrots, tomato, and parsnip, for 5 minutes. Transfer each to a bigger soup pot. Add boiling water or stock, and bring soup to boil.  
- Add shredded cabbage and simmer 20 minutes. Add beets and ¾ of chopped herbs, and cook for 5 minutes.  
- In separate pan, add ½ tsp of vegetable oil and sauté garlic to slightly gold color. Turn off heat and add garlic and remaining lemon juice to the borsch.

**Hint:** Serve with dollop of sour cream, remaining fresh herbs, and Russian style dark rye (or pumpernickel) bread.

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**Chicken Tortilla Soup**  
Nicole Malachowski

Prep time: 30 minutes  
Serving size: 4-6

- 1 jar salsa  
- 3 cups chicken broth, low sodium  
- 1 packet reduced sodium taco seasoning  
- ¼ cup water  
- 2 tbsp. cornstarch  
- Shredded chicken  
- Celery  
- Onion  
- Tortilla strips

- Mix salsa, chicken broth and taco seasoning in a pan over medium heat.  
- Mix cornstarch and water and stir until dissolved, then add to the soup to thicken.  
- Add chicken and vegetables, simmer.  
- When ready to serve, top with tortilla strips or crush tortilla chips into soup.  
- Enjoy!
**Stuffed Peppers**  
Marlene Boland

**Prep time:** 1 ½ hours  
**Serving size:** 3-6

- 1 lb. ground beef or ground turkey  
- 1 can Spanish rice (15 oz.)  
- 1 egg  
- Salt and pepper to taste  
- 1 tsp. Worcestershire sauce  
- Approx. ¼ cup rolled oats  
- 4 oz. sharp cheese, grated  
- 6 green peppers  
- 1 large can crushed tomatoes  
- Brown sugar  
- Garlic powder

- Mix first 7 ingredients together and stuff peppers.  
- Pour crushed tomatoes over all.  
- Sprinkle garlic powder and brown sugar over sauce.  
- Bake 1 ½ hours at 350 degrees.

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**Vegetable Stir Fry**  
Emily Chow

**Prep time:** 20 minutes  
**Serving size:** 4

- ½ small onion  
- 3-4 cloves garlic, finely chopped  
- 1 cup broccoli  
- 1 cup baby corn, optional  
- ½ cup red bell peppers  
- ½ cup yellow bell peppers  
- ¼ green bell peppers  
- 1 cup white button mushrooms, sliced  
- 2 tbsp. soy sauce  
- 2 tbsp. pineapple juice, canned  
- 2 tbsp. water  
- 1 tbsp. canola oil  
- Salt and pepper, to taste

- Chop vegetables into bite size pieces.  
- Mix soy sauce, pineapple juice and water, set aside.  
- Add oil to pan on medium heat and cook onions and garlic until fragrant.  
- Add broccoli, mushrooms, ½ of sauce and black pepper to pan. Cover and simmer for 3 minutes.  
- Add peppers, baby corn and remaining sauce. Cook for about 5 minutes or until tender.  
- Serve over brown rice.
**Lori's Ginger-Soy Salmon**  
Kalie Hess

Prep time: 20 minutes  
Serving size: 3

“This recipe is one that my mum (Lori Austin) makes frequently and it has been tweaked over the years. It takes only 20 minutes to make the fish and any side dishes can be prepared while the fish is cooking!”

1 lb. fresh salmon  
½ cup soy sauce  
1 tbsp. brown sugar  
1 tsp fresh chopped ginger  
½ cup onion, shallot, or green onion, finely diced  
1 tsp. garlic, minced  
½ tsp. sesame oil

- Line baking dish with foil, and place the salmon skin-down on top.  
- Mix soy sauce, brown sugar, ginger, onion, garlic, and sesame oil in a bowl.  
- Take a sharp knife and slice both lengthwise and width-wise down the meat of the salmon.  
- Take the soy sauce mixture and cover the salmon with it.  
- Cook the fish at 350 degrees for about 12 minutes, then broil for 2 minutes.

**Hint:** This meal is delicious with brown rice and a green vegetable like steamed green beans! Enjoy!

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**Vegetable Pasta**  
Stephen Biondo

Prep time: 30 minutes  
Serving size: 1

2 oz. vegetable pasta  
1 carrot, shredded  
Handful of frozen broccoli florets  
1 clove garlic, finely chopped  
¾ tsp. onion powder  
¾ tsp. garlic powder  
2 tbsp. pesto  
½ cup feta cheese (optional)  
¼ tsp. red pepper flakes (optional)

- Add pasta to pot of boiling water, cook until firmness desired. Add broccoli into pot for last 2 minutes of cooking time.  
- Drain water.  
- Put pasta and broccoli back into pan on low setting on stove.  
- Add all seasonings and mix.  
- Add feta cheese and mix.

**Hint:** feta cheese is optional, but highly recommended!
Broccoli and Eggs
Breakfast
Pascale Maximin

Prep time: 15 minutes
Serving size: 1-2

2 eggs, close to room temperature
1 cup fresh broccoli florets
1 or 2 slices of your favorite bread
½ tsp. Lea & Perrins Worcestershire Sauce
1 tsp. of Herb de Provence
½ tsp. turmeric powder
½ tsp. crushed pepper
1 medium clove garlic, diced
½ tsp. Sazon with Garlic and Onion or ½ tsp. Mrs. Dash Garlic and Herb
2 tbsp. Olive Oil, Extra Virgin

• Add olive oil to pan on low heat. In a bowl, add broccoli and all seasonings starting with Worcestershire Sauce and stir.
• Raise heat to medium and add seasoned broccoli to pan.
• Crack eggs into another bowl, lightly stir, and pour over broccoli.
• Put bread in toaster.
• Lift and spread eggs and broccoli to cook thoroughly. Turn off the heat, but leave on burner.
• After 1 minute, eggs should be 95-98% cooked through. Remove onto a plate. Add the toast and enjoy!

Hint: For the bread, I suggest Panera Bread Three Cheese Artisan Bread.

Shrimp Ceviche
Mary Riley-Jacome

Prep time: 1 ½ hours
Serving size: 3-4

1 lb. shrimp, peeled & deveined
½ cup water
2 tbsp. sweet white wine
2 tbsp. orange juice
2-3 tbsp. ketchup
½ red onion sliced thin
½ green pepper, peeled & sliced thin
1 tomato, peeled & sliced thin
Bunch of cilantro, chopped small
1 lime
1 tbsp. olive oil

• Add shrimp and water to pot, bring to boil. Add wine, orange juice, ketchup and stir. Cook only a minute or two until pink.
• Place onion, pepper, and tomato in bowl, squeeze lime over ingredients then drizzle oil on top. Mix and let sit for an hour.
• After an hour fold the veggies into the shrimp and sauce. Stir.
• Serve in small bowls. Lime to taste.

Hint: Ecuadorians' usually put popcorn on top or eat with plantain chips.
**Eggplant Parmesan**

Laura Bolan

Prep time: 35 minutes  
Serving size: 2-3

- 2 small eggplants  
- Breadcrumbs  
- 1 egg  
- Tomato sauce  
- Mozzarella cheese (or other variety)

- Cut eggplant width-wise to make 1 cm thick circles.  
- Crack egg into a small bowl and whisk. Dip each eggplant slice into egg, and cover lightly with breadcrumbs on both sides.  
- Place coated slices on baking sheet and cook at 350 degrees for about 15-20 minutes.  
- Take tray out of the oven and put a spoonful of tomato sauce on each circle, and add cheese on top.  
- Put tray back in oven for a few minutes, until cheese is slightly melted.  
- Remove from oven and let cool for a few minutes before serving!

**Hint**: Most cheeses will taste good with this, try to use low-fat versions!

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**Southwest Chicken**

Linda Gauvain-McNulty

Prep time: 1 hour  
Serving size: 4-6

- 4-6 chicken breasts  
- BBQ sauce  
- Salsa  
- Shredded low-fat cheese, Mexican mix

- Coat chicken in BBQ sauce and place in baking dish.  
- Cover with salsa and cook 350 degrees for 45 minutes or a little longer depending on thickness of chicken breasts.  
- 20 minutes before chicken is done, add the shredded cheese and continue baking.  
- Serve over rice.
Garlic Chicken
Nicole Malachowski

Prep time: 30 minutes
Serving size: 3-4

1 lb. boneless chicken, cubed
2 cloves garlic, minced
6 tbsp. margarine
6 tbsp. cornstarch
3 cups 1% milk
Salt and pepper, to taste

Hint: I like to steam broccoli and add as well!

• Brown chicken and garlic in pan.
• While chicken is browning, melt butter in saucepan.
• Once melted, add cornstarch to make a roux.
• Add pepper and simmer over low/medium heat, keep stirring until thick.
• Once sauce is at desired thickness, add the chicken and garlic and simmer on low.
• Serve over rice or pasta.

Tilapia and Spicy Zucchini
Seth Barradas

Prep time: 45 minutes
Serving size: 3-4

1 package frozen tilapia fillets, thawed immediately before
2 zucchinis, sliced thin
1 onion, sliced
1 clove garlic, minced
8 oz. white mushrooms, sliced
1 can tomato soup, reduced sodium
1 cup water
2-3 tsp. crushed red pepper
1-2 tbsp. olive oil

Hint: I always make rice with this recipe- just pour the zucchini-tomato mixture over that as well!

• Add zucchini, onion, garlic, mushrooms, tomato soup, and water to large pot, and bring to a boil. Cover and let simmer for 30 minutes.
• Add crushed red pepper and stir, turn up heat to medium.
• In separate pan, heat olive oil, and add tilapia fillets (I do 2 at a time).
• Cook on medium heat for about 3 minutes- until lightly browned- then flip to cook other side.
• Zucchini-tomato mixture is done when zucchini is soft, and onions are translucent.
• To serve, place tilapia on a plate and pour zucchini-tomato mixture over fillets.
Funky Monkey Open Faced Dessert-wich
Charity Corman

Prep time: 3 minutes
Serving size: 1

1 slice 12-grain bread
1 tbsp. almond butter (or peanut butter)
½ banana (sliced)
Honey
Mini dark chocolate chips

• Toast 12-grain bread in toaster.
• Spread almond butter on bread and top with banana slices.
• Drizzle with honey and enjoy!

Hint: To feed that occasional chocolate craving, top your sandwich with a few dark chocolate chips.

Ellen’s Carob Confection
Ellen Donovan

Prep time: 5 minutes
Serving size: Depends on size

½ cup carob powder
½ cup honey
½ cup peanut butter
½ cup sunflower seeds
½ cup sesame seeds
¼ cup wheat germ
¼ cup soy flour
Unsweetened coconut

• Combine carob powder, honey, peanut butter, and seeds.
• Add wheat germ and soy flour.
• Make mixture into balls.
• Roll in unsweetened coconut
• Chill in refrigerator.

Baked Apples
Barbara Dennis and Rita Silberman

Prep time: 25 minutes
Serving size: 18 muffins

4 large, tart apples
½ cup brown sugar
3-4 tbsp. butter
Cinnamon, ginger or nutmeg (optional)

Hint: Apples can be eaten warm or cool. A little milk poured over them is a nice addition.

• Wash apples and remove core. Don’t cut through the bottom of the apple, leave a well.
• Mix brown sugar with cinnamon (or ginger/nutmeg) to taste.
• Fill the apples with butter and brown sugar mixture.
• Place in uncovered baking dish and bake uncovered for 15 minutes.
**Healthy Muffins**  
Ernest Williams  

Prep time: 25 minutes  
Serving size: 18 muffins  

- 1 1/2 cups oats  
- 1 cup wheat bran  
- 1 cup wheat germ  
- 1 cup ground flax seed  
- 2 bananas  
- 1/2 cup vegetable or olive oil  
- 1 cup milk, regular, soy or almond  
- 1 cup brown sugar  

• In a large bowl, mix oats, wheat bran, wheat germ, and flax seeds. Set aside.  
• In a blender, mix the remaining ingredients. Pour mixture into the large bowl with the dry ingredients and stir.  
• Pour into cupcake tins and bake at 350 degrees for 18-20 minutes.

**Hint:** In lieu of bananas, try other fruit. Also try adding nuts or dried cranberries.

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**Fruity Frozen Yogurt Squares**  
Natalie Greene  

Prep time: 15 minutes  
Serving size: 8  

- 4 graham crackers  
- 6 oz. yogurt  
- Berries (optional)  

• Break graham crackers in half to make 8 squares, place on cookie sheet.  
• Evenly spoon yogurt onto squares. Top with berries if desired.  
• Put cookie sheet into freezer and wait 10-15 minutes until yogurt has hardened.

**Hint:** we always use ‘fruit on the bottom’ yogurt to make these!

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**Bozlak Family Smoothie**  
Christine Bozlak  

Prep time: 5 minutes  
Serving size: 3 cups 1% or skim milk  
1 banana  
1 cup blueberries  
3 cups ice  
1 tbsp. honey  

• Put milk, banana, blueberries, ice, and honey into blender.  
• Blend to desired consistency, and serve with a straw!