

# Kenya

## Watermelon Shake

Serves 4 (serving size: 1/2 cup)

1 serving provides 1/2 cup Fruits group

### Ingredients

- 6 large ice cubes
- 2 cups seedless pieces of watermelon
- 1 tablespoon sugar or honey

### Directions

1. Place the ice cubes in the blender or food processor.
2. Mix the ice until crushed.
3. Add the watermelon and blend for 1 minute or until the shake is slushy.
4. Add the sugar or honey and blend for about 10 seconds.
5. Pour the slush into four tall glasses. Enjoy!

### Variation:

*Pour the slush into ice cube trays or shallow pans and freeze until slightly frozen. Scoop into serving dishes and serve immediately.*

## NO-OVEN RECIPE

### Nutrition Facts

Serving Size 1/2 cup (78g)  
Servings Per Container 4

Amount Per Serving

Calories 30      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 0mg      0%

Total Carbohydrate 8g      3%

Dietary Fiber 0g      0%

Sugars 7g

Protein 0g

Vitamin A 8%      • Vitamin C 10%

Calcium 0%      • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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## Frozen Banana Pops

Serves 1 (serving size: 1 pop)

1 serving provides  $\frac{1}{2}$  cup Fruits,  $\frac{1}{2}$  cup Milk,  $\frac{1}{2}$  oz. Meat & Beans groups

### Ingredients

- $\frac{1}{2}$  banana
- 1 container low-fat flavored yogurt
- $\frac{1}{4}$  cup crushed cereal flakes
- $\frac{1}{4}$  cup peanuts, crushed
- 1 popsicle stick
- Wax paper

### Directions

1. Roll half banana in low-fat flavored yogurt.
2. Roll in crushed cereal flakes.
3. Roll into nuts.
4. Insert a popsicle stick in the cut end of the banana half.
5. Wrap up the pop in wax paper.
6. Freeze until hard.

## NO-OVEN RECIPE

### Nutrition Facts

Serving Size 1 pop (131g)  
Servings Per Container 1

Amount Per Serving

**Calories** 180      **Calories from Fat** 50

% Daily Value\*

**Total Fat** 6g      **9%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 75mg      **3%**

**Total Carbohydrate** 31g      **10%**

Dietary Fiber 2g      **8%**

Sugars 18g

**Protein** 5g

Vitamin A 2%      • Vitamin C 20%

Calcium 10%      • Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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# Kenya

## Banana in a Blanket Serves 1 (serving size: 1/2 tortilla)

### Ingredients

- 1/2 (6-inch) whole-wheat tortilla
- 1 tablespoon smooth reduced-fat peanut butter, low-fat cream cheese, or part-skim ricotta cheese
- 1 tablespoon crunchy nutty nugget cereal
- 1/2 medium banana

1 serving provides 1/2 oz. Grains, 1/2 cup Fruits groups

*Bananas contain carbohydrates as well as potassium, which makes them the fruit of choice for many athletes.*

### Directions

1. Place tortilla on a plate.
2. Spread peanut butter, cream cheese, or ricotta cheese evenly on the tortilla.
3. Sprinkle cereal over peanut butter, cream cheese, or ricotta cheese.
4. Peel banana half and slice.
5. Place banana on the tortilla and roll the tortilla. Then squeeze and eat.

## NO-OVEN RECIPE

### Nutrition Facts

Serving Size 1/2 tortilla (96g)  
Servings Per Container 1

Amount Per Serving

**Calories** 190    **Calories from Fat** 60

% Daily Value\*

**Total Fat** 6g    **9%**

Saturated Fat 1.5g    **8%**

Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 230mg    **10%**

**Total Carbohydrate** 32g    **11%**

Dietary Fiber 3g    **12%**

Sugars 9g

**Protein** 6g

Vitamin A 2%    • Vitamin C 10%

Calcium 0%    • Iron 6%

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	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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## Sensational Rice Cake Faces

Serves 1 (serving size: 1 rice cake)

1 serving provides 1/2 oz. Grains, 1 oz. Meat & Beans groups

### Ingredients

- 1 rice cake
- 1 tablespoon peanut butter or ricotta cheese spread
- 2 or more of the following:
  - apple wedges
  - carrot curls
  - banana slices
  - cucumber slices
  - raisins
  - coconut, shredded
  - strawberries

### Directions

1. Spread peanut butter or cheese on rice cake.
2. Make a face. Example:
  - Eyes – banana
  - Nose – strawberry
  - Mouth – apple slice
  - Hair – coconut/raisins
3. Eat immediately.

NO-OVEN RECIPE

### Nutrition Facts

Serving Size 1 rice cake (38g)  
Servings Per Container 1

Amount Per Serving

Calories 170      Calories from Fat 60

% Daily Value\*

Total Fat 6g      9%

Saturated Fat 1.5g      8%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 150mg      6%

Total Carbohydrate 24g      8%

Dietary Fiber 1g      4%

Sugars 3g

Protein 5g

Vitamin A 0%      • Vitamin C 0%

Calcium 0%      • Iron 2%

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	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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