

Creamy Chicken Soup

Buttery Bunny Crackers, Annie's

Banilla Low Fat Organic Yogurt Smoothie, Stonyfield (recipe below)

Sunflower Seed/Dried Cranberry Mix
Spring Water

TIPS: Fill tummies with protein-based soups. This one is so easy: saute onions and garlic in olive oil. Then add chopped raw chicken breasts and cook in onion/garlic mix. Add can of Northern White Beans (strained), cumin, parsley flakes and sea salt. Pour in cup of rice milk. Simmer for 10 minutes. Puree with Immersible Mixer. Voila! Done. Delicious and very filling.

This yogurt smoothie offers a nice food balance. *Please see Featured Recipe.* SO FAST and yummy.

6 God-made Food Colors: (white, tan, green, red, yellow, golden)

8 Food

Groups: (vegetables, legumes, poultry, grains, fruit, dairy, seeds, water)

It has been SOoooo cold everywhere this month. Kids need warm food for lunch at school. This filling soup served with crackers is a welcomed sight for them. For kids who like chunks in their soup, save a few of the sauteed chicken bites and add them at the end. Don't forget to include a spoon!