

What You Will Need

Joey Panda and His Food Allergies Save the Day by Amishi S. Murthy, MD and Vivian Chou, MD

Equipment:

9" x 13" baking pan
Allergy-safe cooking spray
Large mixing bowl
Large spoon for mixing
Knife for cutting
Paper plates or napkins for serving

Ingredients:

Brown sugar
Canola oil
Molasses
Salt
Vanilla
Water
Flax seed meal
Sunflower butter
Sunflower seeds (without hulls)
Rolled oats

Other Possible Activities:

All Belong Circle Game

This game can take many forms, but is designed to teach about inclusion and nutrition! Have children form a circle, facing the center. Upon catching a small ball, each participant will say "My name is Lily, and my favorite vegetable is Lettuce, and I toss the ball to Max!" Lily tosses the ball gently to Max, who then says his name and a fruit or a vegetable that starts with M.

If Max can't think of a fruit or vegetable that starts with M, then he passes the ball to his left, and that player says "Max likes Mushrooms, I'm Dena and I like dates!" Dena could also say "dried fruit" or delicious apples, so be as flexible with the rules as you like. Younger children might want to just call out a healthy food when they catch the ball – if starting letters are too challenging.

Instruct players to toss the ball to someone who hasn't had it yet, to encourage all children getting a chance to speak and toss. For help with ideas, here are some lists:

- <http://thingsbeginningwith.com/category/fruits>
- <http://thingsbeginningwith.com/category/vegetables>

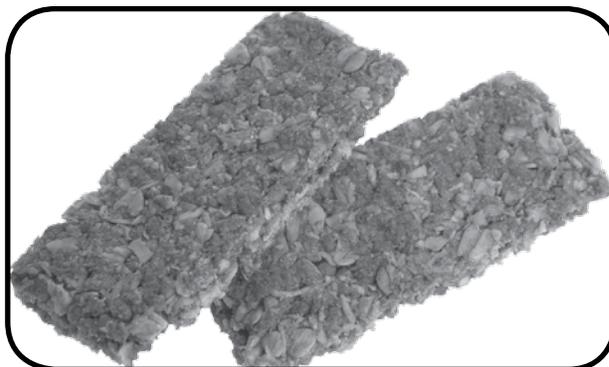


Nut Free Granola Bars

Makes 24 bars (but yields 48 “taste-size” portions)

Ingredients:

- 2/3 cup brown sugar
- 1/3 cup canola oil
- 2 tablespoons molasses
- 1/4 teaspoon salt
- 1 teaspoon vanilla
- 1/4 cup water
- 1/3 cup flax seed meal
- 2/3 cup sunflower butter
- 1/4 cup rice protein powder, optional
- 1/3 cup sunflower seeds
- 3 cups rolled oats



Directions:

1. Preheat oven to 350 degrees.
2. Spray a 9” x 13” pan with safe cooking spray, or lightly oil pan with canola oil.
3. In a mixing bowl, combine the brown sugar, oil and molasses; mix well. Add the salt, vanilla, water, sunflower butter, protein powder (if desired); mix well. Mix in the oats and sunflower seeds.
4. Pour mixture into prepared baking pan and press firmly into the bottom of the pan.
5. Bake at 350 degrees for 18 – 20 minutes. Remove from the oven and allow to cool completely.
6. When completely cooled, cut into squares and serve, or keep in an airtight container (they will keep for about a week).

Nutrition facts: One bar provides 150 calories, 9 grams fat, 2 grams carbohydrate, 7 grams sugar, 3 grams protein (without optional protein powder), 25 mg. sodium. For a “taste” portion, nutrients would be approximately half of listed levels.

Nutrition Facts

Serving Size (34g)
Servings Per Container 24

Amount Per Serving

Calories 150 Calories from Fat 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 16g **5%**

Dietary Fiber 2g **8%**

Sugars 7g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 4%

*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	300mg
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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