



**JUNIOR LEAGUE OF
ST. LOUIS**

Women building better communities®



RECIPES & ACTIVITIES

2017



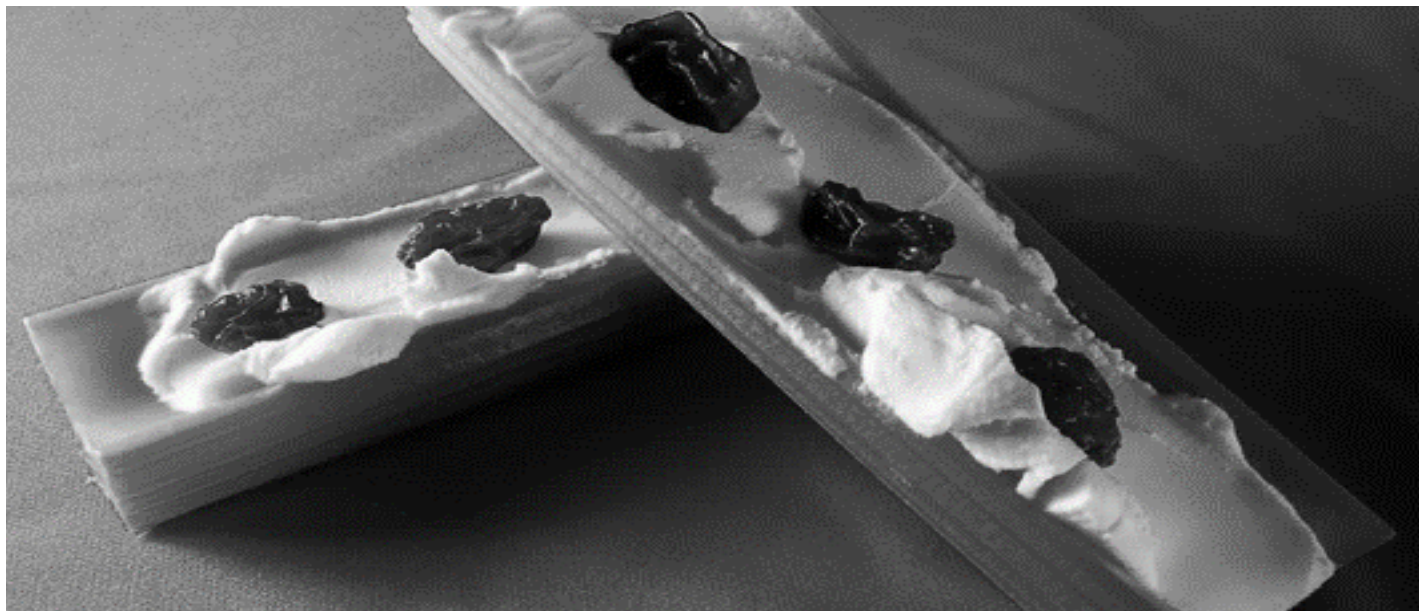
ANTS ON A LOG

INGREDIENTS

- Celery
- Peanut Butter
- Raisins

INSTRUCTIONS

1. Wash celery with cold water
2. Cut celery stalks in half and cut off the top
3. Spread peanut butter on the inside of the U-shape of the celery
4. Sprinkle with raisins





APPLE NACHOS

INGREDIENTS

- 1 apple, cut into 8 wedge pieces and cored
- ¼ cup smooth peanut butter
- ¼ cup semi-sweet chocolate chips
- Handful of chocolate chips for garnish

INSTRUCTIONS

1. Arrange apple slices on plate
2. Put peanut butter in a microwave-safe bowl. Microwave on low power for 90 seconds to melt.
3. Carefully stir peanut butter until smooth. Let cool for 5 minutes.
4. Put chocolate chips in a microwave-safe bowl. Microwave on low power for 90 seconds to melt.
5. Carefully stir chocolate chips until smooth. Let cool for 5 minutes.
6. Drizzle melted peanut butter over apple slices with a spoon
7. Drizzle melted chocolate over apple slices with a spoon
8. Sprinkle handful of chocolate chips over plate





BANANA CHIPS

INGREDIENTS

- 1 banana
- Baking sheet or pan
- Cooking spray or oil

INSTRUCTIONS

1. Preheat oven to 200 °F
2. Slice a banana into 1/8-inch-thick rounds and lay on a greased baking sheet/pan
3. Bake at 200 °F until golden (2 to 3 hours)
4. Let cool at room temperature until hard





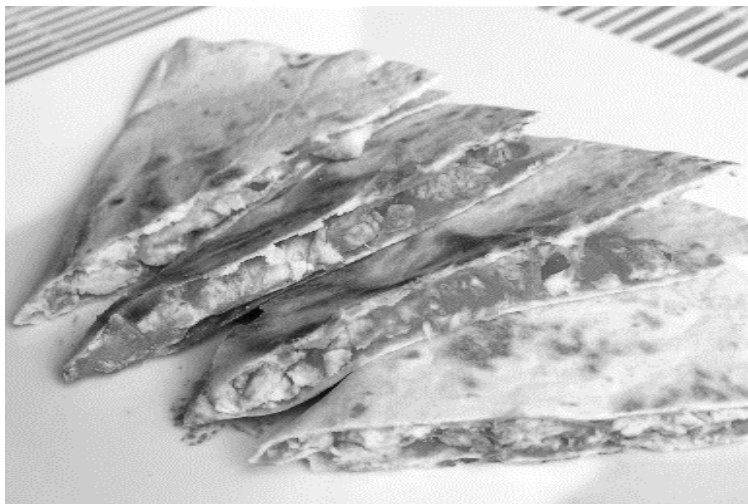
CHICKEN QUESADILLAS

INGREDIENTS

- 10-inch flour tortilla
- ½ cup shredded Monterey Jack cheese
- Non-stick spray
- ¼ cup grilled chicken breast
- Salsa
- Salt & Pepper
- Taco seasoning

INSTRUCTIONS

1. Prepare the filling: Combine chicken, salt, pepper, and taco seasoning in a bowl.
2. Prepare the pan: Spray the pan with non-stick spray, or melt ½ teaspoon butter in the skillet. Warm the pan over medium to medium-high heat.
 - Tip: The key to a crispy quesadilla is less oil/ butter in the pan, not more.
3. Add the tortilla and top with cheese: Put the tortilla in the skillet and sprinkle 1/2 cup of cheese all over.
4. Add the filling: Place chicken filling on half of the tortilla. Don't use too much or the filling will fall out. Spreading the filling over half makes the quesadilla easier to fold, and adding it as the cheese melts gives the filling time to warm if it has cooled.
5. Watch for the cheese to melt: Once the cheese starts to melt, begin lifting a corner of the tortilla and checking the underside. When the cheese has completely melted and you see golden-brown spots on the underside of the tortilla, the quesadilla is ready.
6. Fold the quesadilla in half: Use the spatula to fold the quesadilla in half, sandwiching the filling.
7. Transfer to plate and cut into wedges





CRACKER SANDWICH

INGREDIENTS

- Crackers (we like Ritz or Club)
- American cheese Slices
- Meat slices (we like turkey, ham, chicken, or roast beef)

INSTRUCTIONS

1. Place the crackers on plate, salty side down
2. Cut meat and cheese slices to fit crackers
3. Place meat and cheese slices on crackers
4. Top each with second cracker to make sandwich





ENGLISH MUFFIN PIZZAS

INGREDIENTS

- One English muffin (try whole wheat or whole grain!)
- Two tablespoons of pizza sauce
- ¼ cup reduced fat mozzarella cheese
- Your favorite toppings! Pepperoni? Onion? Turkey sausage? Bell pepper? Ham? Use anything you love!

INSTRUCTIONS

1. Preheat the oven to 400 °F
2. Carefully split the English muffin in two and toast in the toaster.
3. Place your toasted English muffin halves on a foil-lined baking sheet
4. Top the English muffin halves evenly with pizza sauce and cheese
5. Add your favorite toppings
6. Bake your pizza for 8-10 minutes or until cheese is melted and bubbling
7. Let it cool down a bit + enjoy!





YOGA

MONKEY

- To be a monkey, sit down on your bottom crisscross
- Sit up tall with your shoulders and bring your hands in front of your belly
- Breathe in and stretch one arm up to the sky
- With a quick powerful breath out, bring your hand back down
- Now switch



GIRAFFE

- Stand with one leg bent slightly to one side with the other leg leaning over but straight
- Rest your arm on your bent leg
- Lift the other arm in the air in a ballerina-style pose
- Breathe in and out slowly while you hold this pose



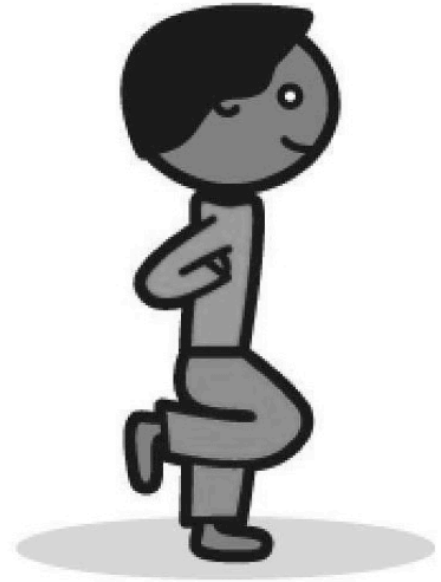
YOGA

Exercise



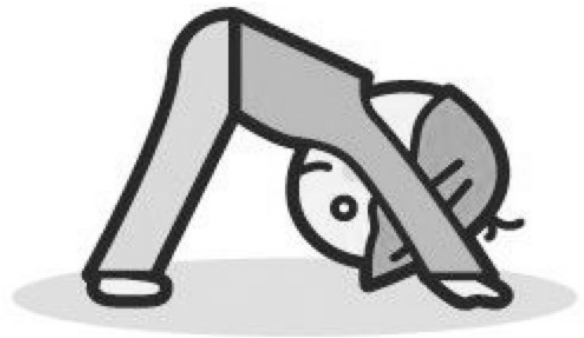
FLAMINGO

- Stand up tall
- Tuck your hands under your shoulders to make your wings
- Bend one knee and lift it up off the ground
- Try balancing like a flamingo while you count to five
- One-Two-Three-Four-Five
- Now switch sides



DOG

- Get on your hands and knees like a puppy
- Spread your fingers forward
- Dig your toes into the ground
- Take a deep breath in, and breathe out while stretching your upper torso as much as you can. Make sure that you are not touching the ground by bending your knees.
- From the side, your body should look like an upside-down letter V
- Remain in this position for a while, then come back to your hands and knees

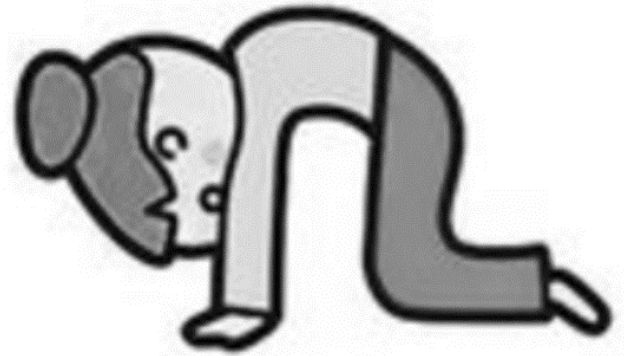




YOGA

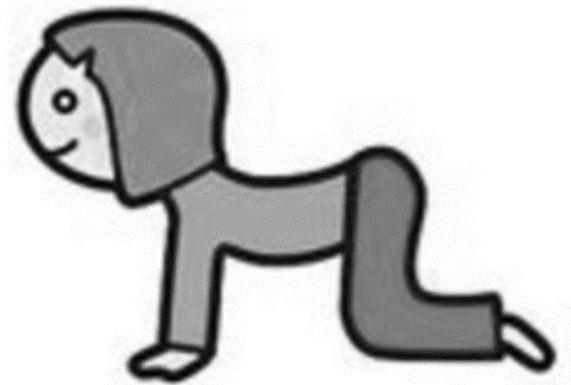
CAT

- Get on your hands and knees, making a table with your body
- Spread your fingers forward
- As you breathe out, tuck your chin in and arch your back as high as you can
- When you inhale, you can either go back to the table pose or go into the cow pose (below)



COW

- Get on your hands and knees, making a table with your body
- Spread your fingers forward
- As you inhale take a big breath in, look up to the ceiling. Curve your back, and drop your belly button
- On the exhale, you can either go back to the table pose or go into the cat pose (above)

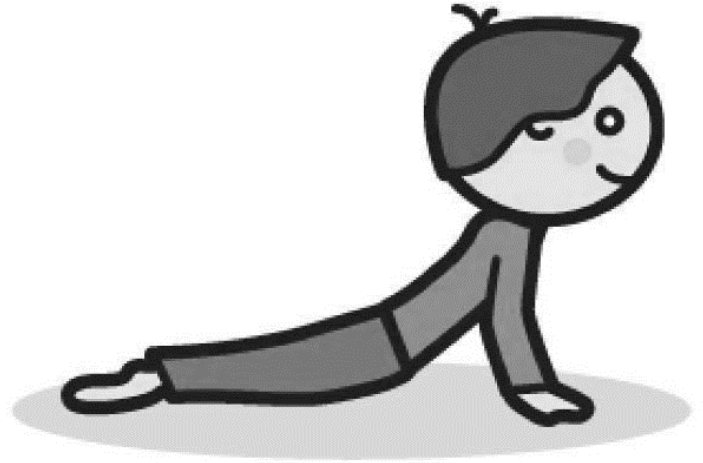




YOGA

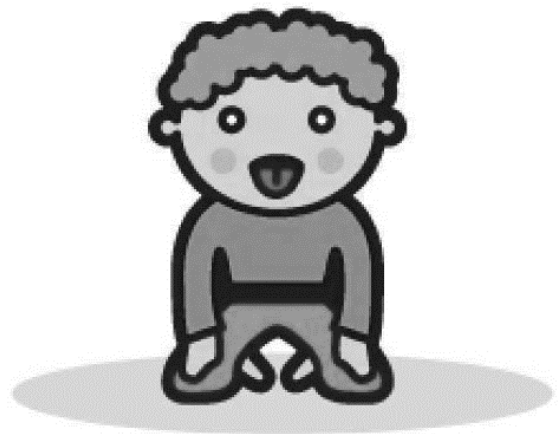
SNAKE

- Lay on your belly like a snake, leave your legs on the floor
- Bring palms flat on the floor next to your body by your chest, and bring your forehead down to the floor
- Take a deep breath in
- Lift your chest up from the ground and go “Hisssss” like a snake
- Drop your chest back down to the floor and start over



LION

- Sit down on your knees, open them up, touch your toes together
- Bring your hands forward, relax shoulders, spread your fingers either on the floor or on your knees
- Inhale, lean back
- On the exhale, “ROAAAAAAR” like a big scary lion with your tongue out



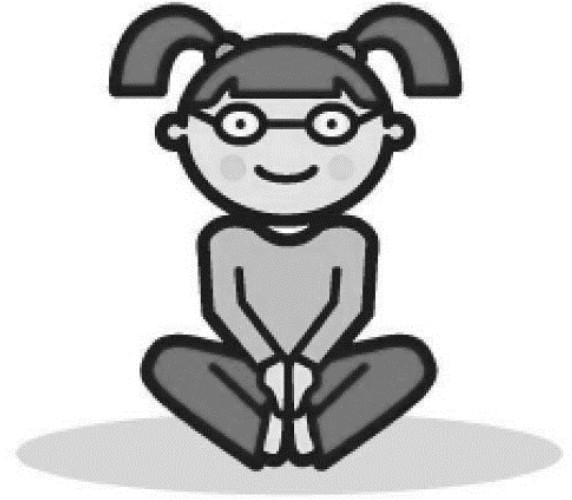
YOGA

Exercise



BUTTERFLY

- Sit down with your bottoms of your feet pressed together, and your knees to the side. Imagine that your legs are colorful wings
- Wrap your hands around your feet or put them on your hips
- Slowly flap your legs like gentle movements of the butterfly up and down. Your legs should be very small movements



TURTLE

- Sit down with your bottoms of your feet pressed together, your knees to the side
- Let your head and chest fall forward, while you put your hands on the floor
- Wiggle your turtle hands under your legs
- Lift up your head like a turtle popping out of its shell





SIMON SAYS

CARDIO EXERCISES MAKE YOUR HEART AND LUNGS STRONGER

STRENGTH EXERCISES MAKE YOUR MUSCLES STRONGER

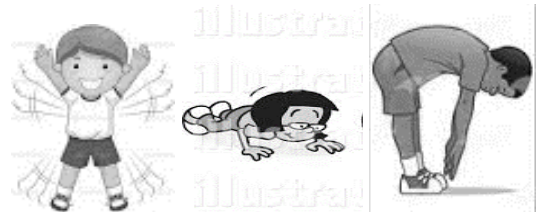
STRETCHING EXERCISES HELP YOUR BODY FEEL LOOSER AND LESS STIFF

FUN IDEA TO TRY

- During a commercial break, complete a circuit! Pick one cardio, one strength, and one flexibility exercise. Complete each 10 times, then move to the next.

CIRCUIT #1

- 10 jumping jacks
- 10 push-ups
- 10 toe touches
- Repeat the circuit until the commercial break is over.



CIRCUIT #2

- You will need a timer for this circuit!
- Run in place for 30 seconds
- 15 squats
- High knees for 30 seconds

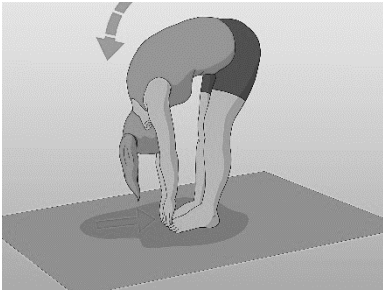




SIMONE SAYS

REACH AND TOUCH YOUR TOES

Stand with your feet together. Bend forward at the waist and touch your toes.



SHOULDER STRETCH

(10 SECONDS EACH SIDE)

Stretch your arm across your body. Hold your arm with your opposite hand.



QUAD STRETCH

(10 SECONDS EACH SIDE)

Stand on one foot and grab your foot with your hand. Then switch sides! You can hold onto the back of a chair for balance.



TRICEP STRETCH

(10 SECONDS EACH SIDE)

Stretch your arm behind your head. Grab your elbow with your opposite hand.





SIMONE SAYS

HAMSTRING STRETCH

(15 SECONDS)

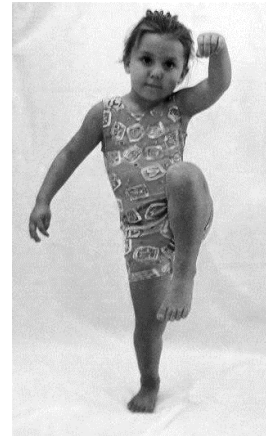
Cross one foot over the other foot. Bend forward and touch your toes.



HIGH KNEES

(20 SECONDS)

Stand with feet slightly apart. Lift up your right knee as high as it can go and raise your right arm. Quickly switch and bring your left knee up as high as it can go and raise your left arm.



RUN IN PLACE

(20 SECONDS)

Stand in place and run.



SQUATS

(1 SET OF 10)

Stand with your head facing forward. Place your feet shoulder-width apart. Sit back and down like you're sitting in an imaginary chair.





SIMONE SAYS

TOE-TOUCH KICKS

(16 TIMES ON EACH SIDE)

Bring your leg up to touch your hand with your toes. Switch legs and repeat on the opposite side.



BEAR CRAWLS

(10 CRAWLS EACH WAY)

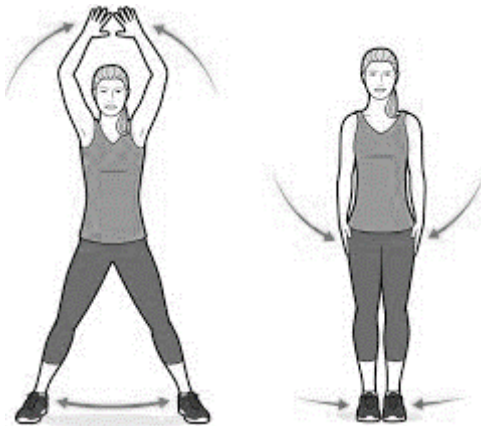
Bend over, reach hands out, touch the ground, and walk forward.



JUMPING JACKS

(15 JUMPING JACKS)

Stand with your feet together with your hands at your side. In one motion, jump your feet out to the side and raise your hands above your head. Then jump back to the starting position.



FRONT PUNCHES

(20 PUNCHES)

Take one step forward. Bring the same arm in front of your face, and then punch forward. Switch foot and arm.



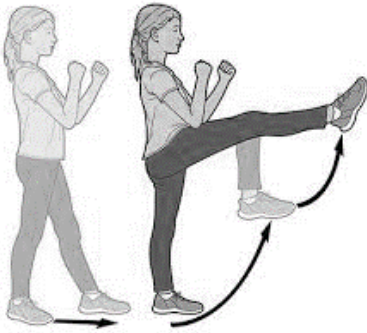


SIMONE SAYS

FRONT KICKS

(2 KICKS)

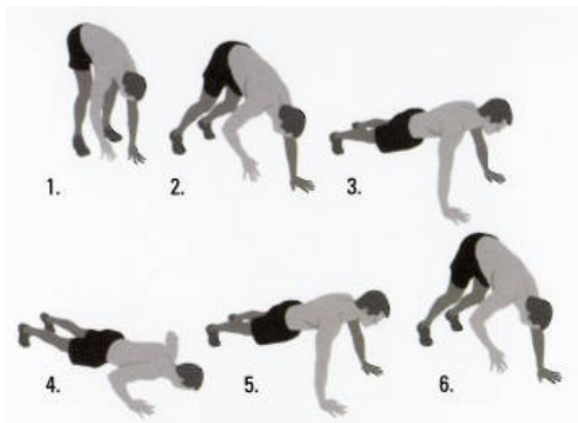
Take one step forward and kick out right leg.
Then step forward and kick out left leg.



CRAWL-OUT PUSH-UPS

(10 PUSH UPS)

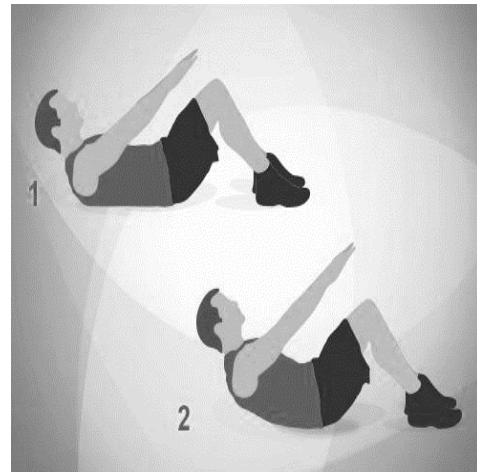
Bend over touch toes, crawl out, place arms forward, bend over and push body to ground.



CRUNCHES/CURL-UPS

(15 CRUNCHES)

Lay down. Extend your arms in front of you.
Reach for your knees, pulling your shoulders off the ground and curling forward.



BENT-ARM PLANK

(15-20 SECONDS)

Lay down on ground with your forearms on the ground. Pull your legs and torso off the ground, balancing on your toes. Make your body, from your shoulders to ankles, stiff like a table.





SIMONE SAYS

FRONT-AND-BACK MINI HOPS (10 JUMPS)

Start by squatting on your heels. Jump forward about one foot. Now jump backwards about one foot.



WINDMILLS (10 ON EACH SIDE)

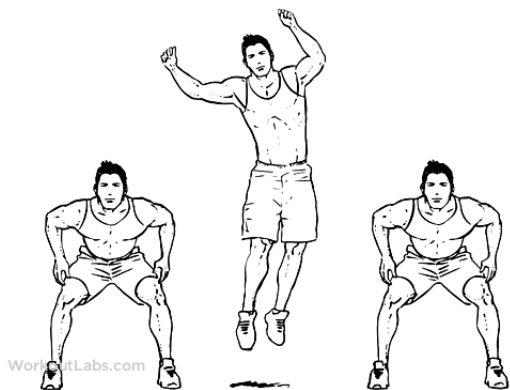
(10 ON EACH SIDE)

Stand with your feet far apart and your hands out to the side. Keeping your legs and arms straight, touch the opposite foot.



SIDE-TO-SIDE MINI HOPS (10 JUMPS)

Start by squatting on your heels. Jump to the left side about one foot. Then jump to the right side about one foot.



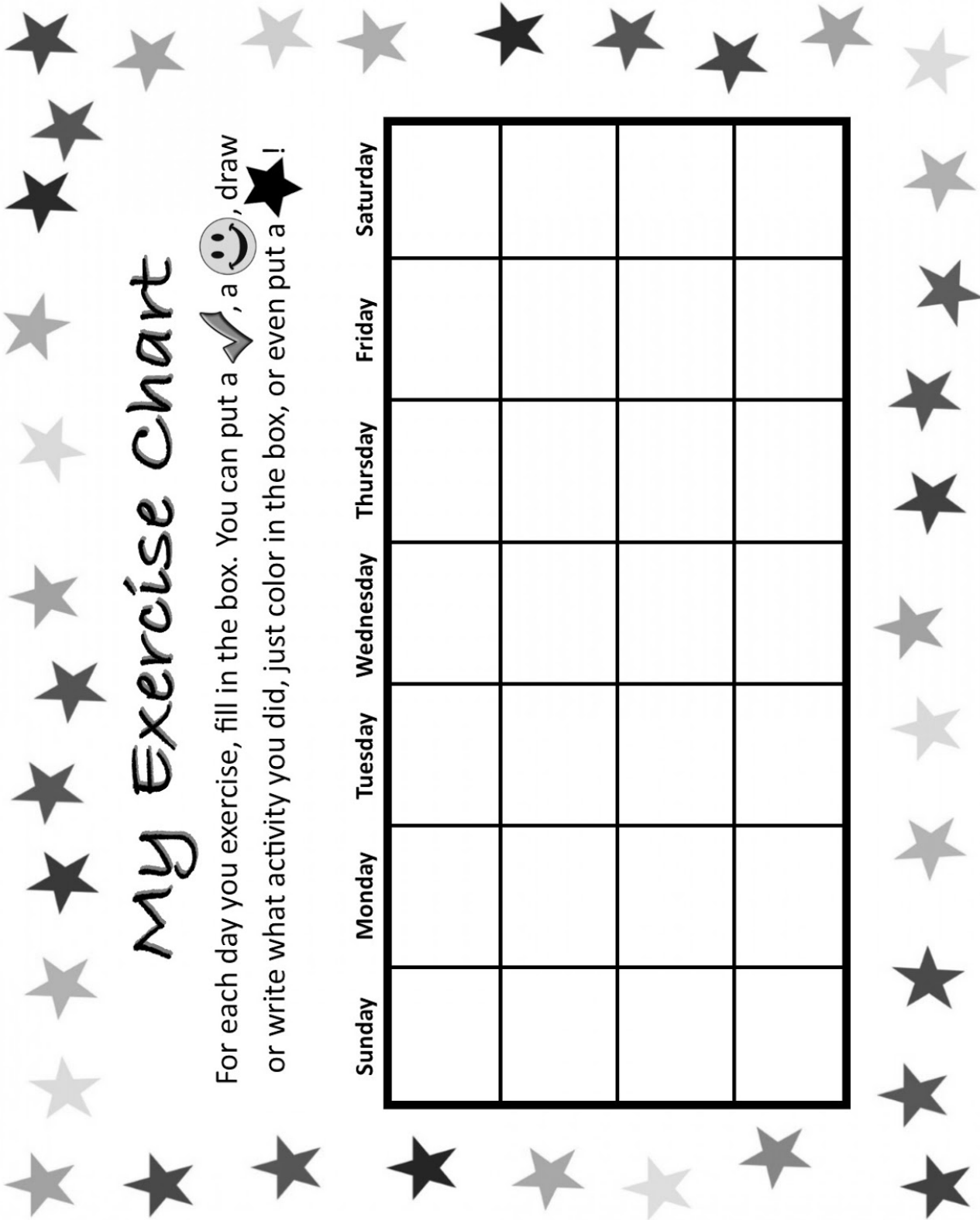
RUNNER'S LUNGE (10 ON EACH SIDE)

(10 ON EACH SIDE)

Take a step forward with your right leg and bend knee. Your left knee should touch the ground. Switch to the other leg.



EXERCISE CHART



My Exercise Chart

For each day you exercise, fill in the box. You can put a , a , draw , or write what activity you did, just color in the box, or even put a !

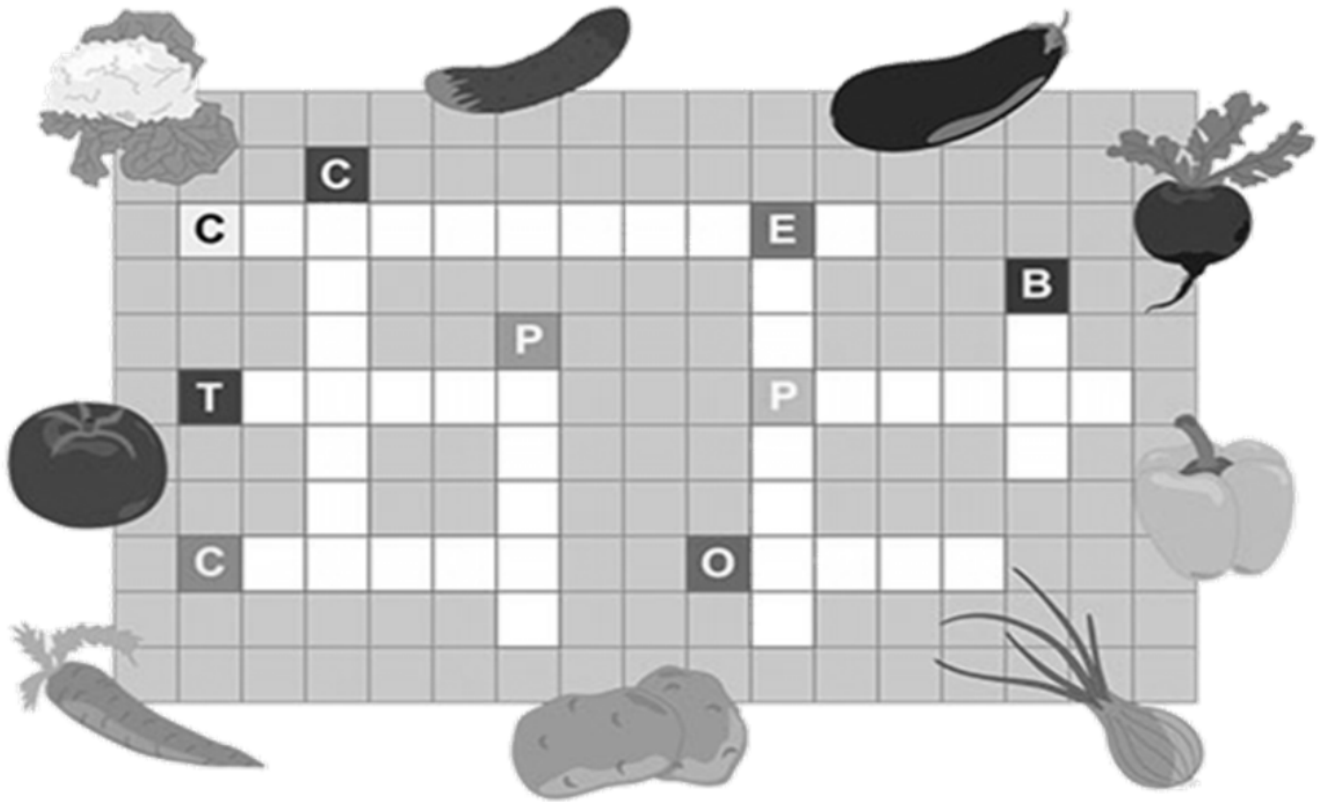
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



PUZZLE

Vegetable Crossword Puzzle

— Fill in the produce name - either across or downward. Good luck!



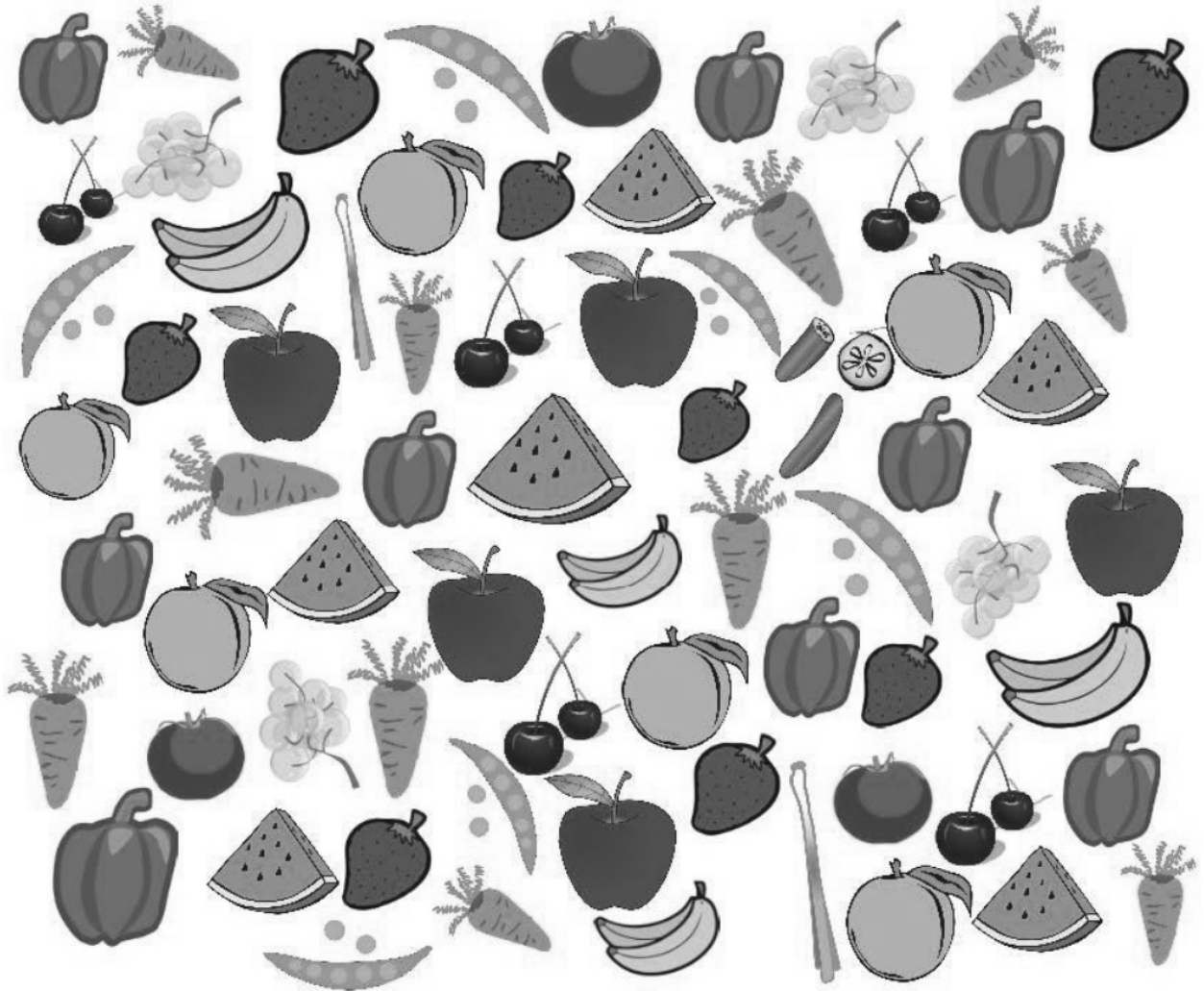
Across: 1. Cauliflower 2. Tomato 3. Carrot 4. Pepper 5. Onion
Down: 1. Cucumber 2. Potato 3. Eggplant 4. Beet



I SPY

Fruit & Vegetable I Spy

How many of each fruit and vegetable do you spy in the image below?



= _____



= _____



= _____



= _____



= _____



= _____



= _____



= _____



= _____



= _____



= _____



= _____



= _____



WORD SEARCH



APPLE
BANANA
BLACKBERRY
CANTALOUPE
DRAGONFRUIT
GRAPES
KIWI
MANGO
MELON
NECTARINE
ORANGE
PASSION
PEACH
PEAR
PINEAPPLE
PLUMB
RASPBERRY
STARFRUIT
STRAWBERRY
TANGERINE

Fruit



T A N G
L O A F
Y Q X R L L X O
K Y W Y M G M D I Z Q F G V P N G N Z R S
T L A C W A R F F B P W I X C A V X B R
S R N D J T N A C V P E W A A R G Z P A
U P J P G P S G P A S S I O N O L E S W
A M Y X C E T U O E I O K K T Y O H A B
J N A E N A M I D S H Z B A B A F R E
I O A U E C R D M P W O G R L K Y Q B R
N B P N B H F R J B I W G A O A M U Q R
F H P O A E R A U P G N C E U M W P J Y
T I L Q D B U G R R D K E P P D E I V Q
K O E Q L H I O M D B F U A E E B H G R
Q O X D P P T N M E F T C U P A X J G Q
P E P Y Q H Y F R G I C S C T P J P V A
G A L G Y Y M R T R A B A Q E M L W B E
U H U Q R Z Y U Z U N P X W N O L E M U
A S M N B E N I R A T C E N M B S O W V
I I B T P Z D T Q J Q N H A C K N P F P



WORD PUZZLE

Unscramble these letters to find a list of healthy fruits and vegetables



nabnaa



leetctu



toatom



sapegr



paech



rocn



innoo



trberwyars



MAZE

Help the chef get to the fruits in the center of the maze!

