



# Rox the Fox's Recipe Collection



[www.HealthyOxfordArea.com](http://www.HealthyOxfordArea.com)



## 3-ingredient Banana Pancakes

# Healthy Eating Rox!

### Ingredients

- 2 medium ripe bananas
- 2 large eggs
- 4 tablespoons flour
- Optional : cinnamon, chocolate chips, blueberries, or other mix-ins

Serves: 3  
Serving size: 2  
pancakes

### Directions

1. In a large bowl, mash bananas with a fork. Add eggs and flour and mix to combine. Add any additional mix-ins.
2. Heat a nonstick griddle on medium heat and spray with cooking spray
3. Pour 1/3 cup of batter into the pan and cook for 3-4 minutes. Flip and cook for another 1-2 minutes
4. Repeat for the rest of the batter. Top with syrup, nut butter, or whipped cream and additional fruit and enjoy



Bananas are a great source of potassium, vitamin B6, vitamin C, and magnesium! These healthy banana pancakes will surely be a hit for the entire family!

Adapted from [feelgoodfoodie.com](http://feelgoodfoodie.com)



# Healthy Eating Rox!



## Pineapple Salsa

### Ingredients

- 1 - 15oz can black beans, drained
- 1 - 12oz jar salsa
- 1 - 15oz can corn, drained
- 1 - 20oz can pineapple tidbits, undrained

### Directions

1. Mix and enjoy!



This salsa is great because it is delicious, but it also is packed with protein from the beans and sweetness from the pineapple



# Healthy Eating Rox!



## Fruit Kabobs

### Ingredients

- Any variety of fruits you like
- Skewers

### Directions

1. Take some fruit and cut it up in any shape you like
2. Put in skewers and enjoy!



Fruit is an amazing source of vitamins and minerals. They are very healthy and taste really sweet and good.





# Healthy Eating Rox!

## Caprese Kabobs

### Ingredients

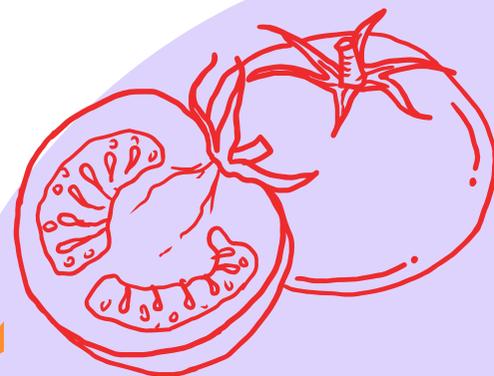
- Cherry or grape tomatoes
- Basil leaves
- Mozzarella pearls
- Balsamic glaze
- Toothpicks

### Directions

1. Layer a tomato, basil leaf, and mozzarella pearl on a toothpick.
2. Drizzle with balsamic glaze. Repeat as desired.



Tomatoes are a great source of Vitamin C, Folate, and Potassium. The mozzarella is a good source of protein and fat to keep you full!





# Banana Tortilla Roll-Ups

# Healthy Eating Rox!

## Ingredients

Serves: 1

## Directions

- 1 tortilla
- 2 tablespoons peanut butter (or another nut butter)
- 1 banana
- 1 tablespoon honey
- Cinnamon
- optional : granola, chopped nuts, hemp seeds

1. Spread peanut butter on the tortilla and place banana in the middle
2. Sprinkle with cinnamon and drizzle with honey
3. Top with granola, chopped nuts, or any additional toppings
4. Roll tortilla around the banana and chop into slices and enjoy!

Bananas are a great source of potassium! Paired with a high-fiber tortilla and nut butter, this makes for a fun, delicious, and nutritious snack for any age!





# Fruit & Yogurt Bark

# Healthy Eating Rox!

## Ingredients

Serves: 4

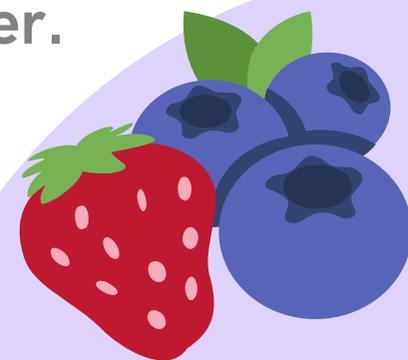
## Directions

- 2 cups vanilla greek yogurt
- 1 cup fruit of choice, sliced (bananas, apples, blueberries)
- ½ cup granola
- ¼ cup chocolate chips, melted
- ¼ cup peanut butter, melted
- optional : chopped nuts

1. Spread yogurt thinly on parchment-lined baking sheet
2. Top with fruit, granola, and nuts
3. Drizzle with peanut butter and chocolate
4. Freeze for 2 hours and break into pieces. Store in an airtight container in the freezer.



Greek yogurt is high in protein! Fruit adds micronutrients and carbohydrates with the addition of granola to keep you energized!



# Healthy Eating Rox!



## Apple Nachos

### Ingredients

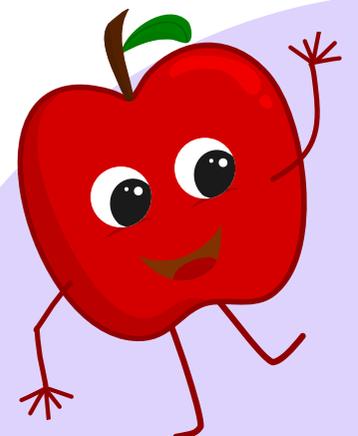
Serves: 1-2

### Directions

- 1 large apple, sliced
- 2 tablespoons peanut butter (or any other nut butter), melted
- 1/4 c granola
- cinnamon to taste
- Optional : chocolate chips, chopped nuts

1. Spread out apple sliced on a plate, sprinkle with cinnamon and drizzle with peanut butter
2. Top with granola, chocolate chips, nuts, or any other desired toppings and enjoy!

Apples are a great source of vitamins and minerals like Vitamins C, A, B1, B2 and B6, calcium, phosphorus, magnesium, potassium, and iron.





# Healthy Eating Rox!

## Healthier Chicken Salad

### Ingredients

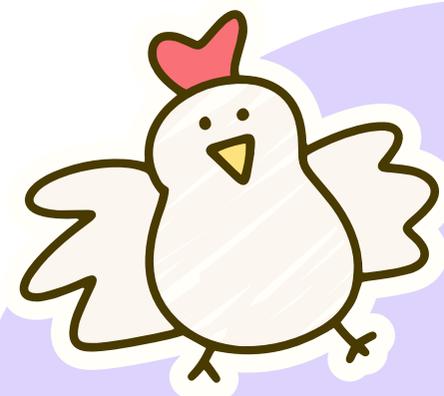
- 2.5 c cooked shredded chicken
- 3 stalks celery, chopped
- 1/2 c red onion, chopped
- 1 c grapes, chopped
- 3/4 c plain greek yogurt
- 1/4 c mayonnaise
- Season with salt, pepper, and garlic powder to taste.

Serves: 4

### Directions

1. Combine shredded chicken, yogurt, mayonnaise, celery, onion, and grapes in a large bowl. Mix well.
2. Taste and adjust seasonings as needed.
3. Store in an airtight container in the fridge!

This chicken salad is high in protein to keep you full! Add it to bread to make a sandwich or enjoy with crackers! It's perfect to have and take on the go!



# Healthy Eating Rox!

## Easy Chocolate Mug Cake

### Ingredients

- 2 tablespoons flour
- 2 tablespoons milk of choice
- 1.5 tablespoons sugar
- 1 tablespoon cocoa powder
- 1 teaspoon melted coconut oil
- 1.4 teaspoon baking powder
- 1/4 teaspoon vanilla extract
- Optional: dark chocolate chips, chopped nuts

Serves: 1

### Directions

1. In a microwave-safe coffee mug, mix together flour, cocoa powder, sugar, and baking powder.
2. Whisk in milk, vanilla, and coconut oil until a batter forms. Fold in desired mix-ins.
3. Microwave on high for about 60 seconds or until the top of the cake no longer looks wet.
4. Let cool for 2 minutes and enjoy!

This mug cake takes less than 10 minutes to make from start to finish! Use dark chocolate chips or dark cocoa powder for added antioxidants!





## Sunflower Butter Powerballs

# Healthy Eating Rox!

### Ingredients

- 1 cup dried oatmeal
- 1 T vanilla protein powder (optional)
- 2/3 cup coconut
- 1 / 2 cup chocolate chips
- 1/2 cup sunbutter 1/3 cup honey
- 2 T ground flex seeds 1 tsp vanilla

### Directions

1. Mix, turn into balls and enjoy!

Prepare these in advance for an easy snack that will give you a boost!



# Healthy Eating Rox!

## Pizza Quesadillas

### Ingredients

- 1 tortilla
- 3 tablespoons marinara/tomato sauce
- 1/2 c shredded mozzarella cheese
- Optional toppings : pepperoni, spinach, cherry tomatoes, bell peppers, etc.

Serves: 1

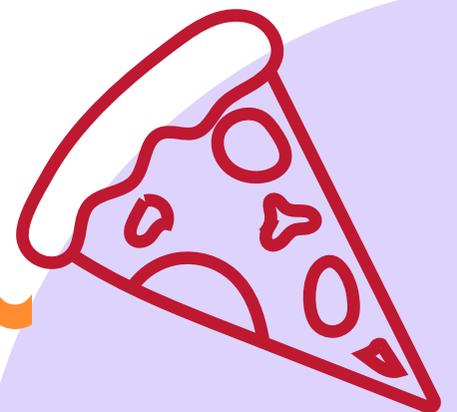
### Directions

1. Spread tomato sauce on tortilla. Top with cheese and desired toppings.
2. Fold tortilla in half and toast in a non-stick skillet until golden brown and cheese is melty. About 3-4 minutes each side
3. Remove from heat. Cut into triangles and enjoy!



Using a whole-grain tortilla will help to add fiber to this easy meal! The cheese and pepperoni act as protein sources. Fiber and protein help to keep you full!

Adapted from [homemademastery.com](http://homemademastery.com)





# Healthy Eating Rox!

## Cheese Quesadillas

### Ingredients

Serves: 1

### Directions

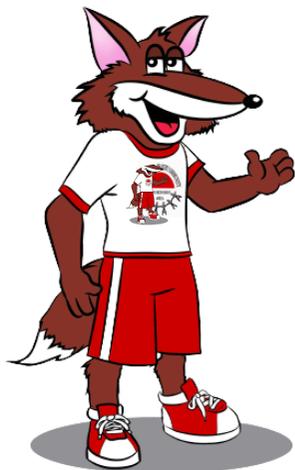
- 2 teaspoons olive oil
- 2 8- inch flour tortillas
- $\frac{3}{4}$  cup finely shredded cheddar cheese

#### Optional Toppings

- 2 tablespoons salsa
- 1 tablespoon Greek yogurt
- 2 teaspoons chopped fresh cilantro
- Chopped chicken breast

1. Heat a large skillet over medium heat. Add olive oil.
2. When the olive oil is fragrant add a tortilla to the pan and sprinkle the cheese evenly over the tortilla. Top the shredded cheese with the second tortilla.
3. Let the bottom tortilla crisp up until golden brown (3-4 minutes) and then carefully flip the quesadilla over with a spatula. Repeat until the second tortilla becomes crispy and golden brown and remove from heat.
4. Cut the quesadilla into fourths and top the quesadilla with your favorite toppings.

Greek yogurt is a good source of calcium, which is essential for maintaining strong bones and teeth. Consuming an adequate amount of calcium can help prevent osteoporosis and other bone-related conditions.



# Healthy Eating Rox!

## Chia Seed Pudding

### Ingredients

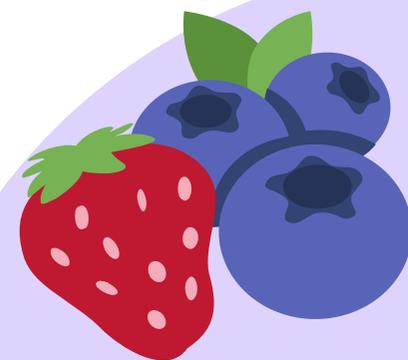
- 2 tablespoons chia seeds
- ½ cup milk of choice
- 1 tablespoon honey or maple syrup

Serves: 1

### Directions

1. Combine all ingredients in a small jar or airtight container. Store in the fridge for at least 2 hours or overnight. Top with berries or any other desired toppings and enjoy!

Chia seeds are high in fiber so this makes for a healthy pre-made breakfast. If you don't like the texture - try blending your chia seed pudding before blending!



# Healthy Eating Rox!



## Homemade Guacamole

### Ingredients

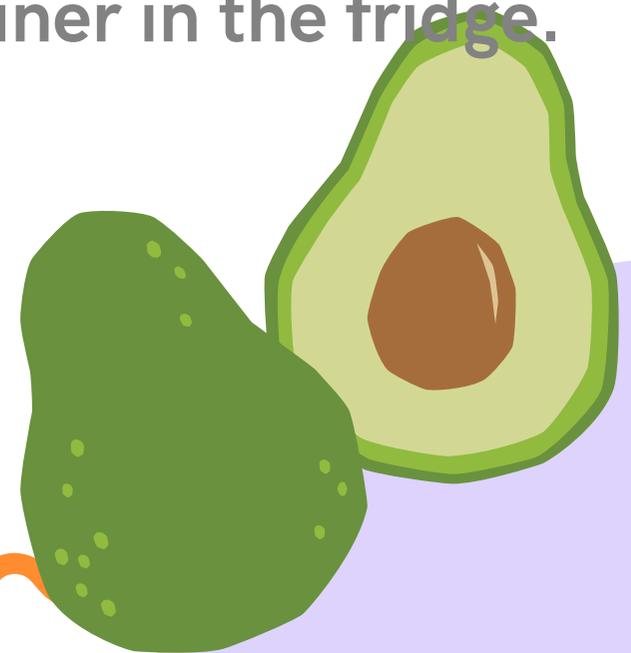
- 2 avocados, mashed
- 1/2 cup salsa
- 2 tablespoons lime or lemon juice
- Salt, pepper, onion powder, garlic powder to taste
- Optional: 2 tablespoons chopped cilantro

### Directions

1. Mash avocados with a fork and mix in salsa, lime/lemon juice, seasonings, and cilantro.
2. Store in an airtight container in the fridge.



Avocados are a great source of healthy fats, as well as micronutrients like potassium, folate, magnesium, and more!



# Healthy Eating Rox!



## Strawberry Banana Green Smoothie

### Ingredients

- 1 banana
- 1 cup spinach
- 1/2 cup greek yogurt (vanilla works best)
- 1 cup frozen strawberries
- 1 cup milk of choice

Serves: 1

### Directions

1. Add all ingredients into a blender. Blend until smooth and enjoy!



Sneaking spinach and other vegetables into smoothies is a great way to increase your intake! Plus, you can't even taste them! Spinach is a great source of iron!

# Healthy Eating Rox!

## Homemade Granola

### Ingredients

- 4 cups rolled oats
- 1.5 cups raw nuts of choice (walnuts, almonds, pecans, etc.)
- 1/2 cup maple syrup or honey
- 1/2 cup melted coconut oil (or other oil, or butter)
- 1 teaspoon vanilla extract
- 1 teaspoon salt & cinnamon

Yield: 8 cups  
Servings: 16

### Directions

1. Preheat oven to 350 degrees Fahrenheit and line a baking sheet with aluminum foil or parchment
2. In a large bowl, combine all ingredients and mix well.
3. Spread evenly on baking sheet and bake for 20-25 minutes, stirring halfway through.
4. Allow to cool completely before enjoying. Store in an airtight container.

Homemade granola is full of healthy ingredients and is not packing with sugar like the ones you may buy at the store!





# Healthy Eating Rox!

## Cornbread

### Ingredients

- 1 C. baking mix
- 1 C. yellow cornmeal
- 2/3 c. sugar
- 1 egg
- 1/3 C. vegetable oil or applesauce
- 1 c. milk
- 9-inch round cake pan

Serves: 8-12

### Directions

1. Preheat oven to 400 degrees and grease the cake pan.
2. Mix dry, then wet ingredients. Combine and put into pan.
3. Bake for 20-25 minutes



This is a great way of sneaking some vegetables (corn) into a delicious treat that can be eaten alone or in combination with a dish!



# Healthy Eating Rox!



## Chicken Chili

### Ingredients

- 16 oz can red chili beans
- 15.25 oz can black beans, drained
- 15.25 oz can corn, drained
- 14.5 oz can of diced tomatoes, with chili seasoning
- 12.5 oz can cooked chicken breast, diced
- 11.5 oz can V-8 juice
- 1.25 oz package of chili seasoning mix

### Directions

1. Drain the corn and the black beans. Add the rest of the ingredients and stir to combine.
2. Cook on medium heat until thoroughly heated.



Chicken chili is an incredible source of many vitamins, minerals, and protein from the chicken. The recipe is also super easy to make!



# Healthy Eating Rox!



## Almond Joy Stuffed Dates

### Ingredients

- 6 pitted medjool dates
- 3 tablespoons almond butter
- 2 tablespoons coconut flakes
- 3 tablespoons chocolate chips, melted

Serves: 3  
Serving Size:  
2 dates

### Directions

1. Combine almond butter and coconut flakes in a small bowl
2. Stuff the almond butter mixture into each date, distributed evenly
3. Drizzle with melted chocolate and freeze until chocolate is firm
4. Store in the freezer and enjoy!



Dates are a unique fruit known for they're caramel-like sweetness in flavor! They are high in fiber and antioxidants making this a healthy sweet treat!



# Healthy Eating Rox!

## Tuna Burgers



### Ingredients

- 15 oz canned tuna
- 1 Tbsp. olive oil
- 3/4 C. bread crumbs
- 1 large egg
- salt, pepper, chives, paprika, parsley to taste

**Serves: 4**  
**Serving Size:**  
**1 burger patty**

### Directions

1. Combine drained tuna, bread crumbs, olive oil, eggs, and spices in a bowl.
2. Divide and form into 4 patties.
3. Cook patties in an oiled skillet for 3-5 minutes on each side until golden brown.
4. Serve as desired!



Tuna provides lean protein, along with iron, potassium, and selenium! While we typically get vitamin D from the sun, tuna is one of the food sources of this important vitamin!





# Crispy Roasted Chickpeas

# Healthy Eating Rox!

## Ingredients

- 2 cans chickpeas, drained and rinsed
- 3 Tbsp. vegetable or olive oil
- Optional spices to taste: salt, pepper, paprika, garlic powder, onion powder, cumin, harissa

Serves: 9  
Serving Size: 1/3 C.

## Directions

1. Preheat oven to 400 degrees.
2. Pat drained and rinsed chickpeas dry.
3. In a bowl, toss chickpeas with oil and desired spices.
4. Spread on a baking sheet. Roast 20-35 minutes, shaking the pan every 10 minutes.



Chickpeas are a great source of fiber and folate! Use crispy chickpeas on top of salads and bowls, in wraps, or as a crunchy snack.

Adapted from [themediterraneandish.com](http://themediterraneandish.com)



# Healthy Eating Rox!

## Overnight Oats

### Ingredients

- 1/2 C. oats
- 1/2 C. preferred milk
- 1/4 C. Greek yogurt
- 1 Tbsp. chia seeds
- 1 Tbsp. honey or maple syrup
- 1/4 tsp. vanilla
- Mix-ins of choice!

Serves: 1  
Serving Size:  
1 bowl

### Directions

1. Place the ingredients into a bowl or container and mix.
2. Layer optional mix-ins on top, such as fruit, nuts, or chocolate chips. Don't mix until you're ready to eat!
3. Cover the container and refrigerate overnight.



Oats are a whole grain and provide heart-healthy fiber. They are an affordable, versatile pantry staple!



# Healthy Eating Rox!



## Turkey Apple Sausage

### Ingredients

- 1 lb. lean ground turkey
- 1/2 apple, finely minced
- 1/2 tsp. garlic powder, italian seasoning, paprika, salt
- 1/4 tsp. black pepper
- 1-2 Tbsp. cooking oil

Serves: 12  
Serving Size:  
1 patty

### Directions

1. In a bowl, combine ground turkey, diced apple, and spices.
2. Use wet hands to form mixture into patties.
3. Heat skillet and add oil, then add patties. Cook 4-5 minutes per side or until browned.
4. Repeat as needed until all patties are cooked.



Apples add a hint of sweetness and extra vitamins and minerals to this lean protein option!





# Ham or Turkey Pinwheels

# Healthy Eating Rox!

## Ingredients

- 4 slices of deli ham or turkey <sup>1</sup>
- 1 tbsp mayo
- 1 Slice of cheddar cheese
- 2 Slices of Tomato
- 2 Leaves of Lettuce
- 1 Tortilla

Serves: 1  
Serving Size:

## Directions

1. Heat tortilla on stove or microwave for 1 minute (makes rolling easier!)
2. Spoon out on 1tbsp of mayo on tortilla
3. Add the protein, cheese and veggies
4. Roll tortilla into a log shape
5. Slice the log until you get 4-5 slices
6. Enjoy!



This quick and easy snack is not only delicious but nutritious! Meets 4 out of the 5 food groups!

# Healthy Eating Rox!



## Pasta Salad

### Ingredients

- 1lb of tri color rotini
- 1 cup of Italian dressing (bottled is fine)
- Parmesan Cheese
- Pepper and Italian seasoning.
- Veggies like tomatoes, cucumber, spinach, onion, broccoli, ect

Serves: 6  
Serving Size:  
1 cup

### Directions

1. Boil pasta according to directions on the box, drain when done.
2. Rinse pasta with cold water and place in a bowl.
3. Add Italian dressing, seasonings and your choice of vegetables and combine.
4. Top off with parmesan cheese
5. Eat right away or place in fridge to chill



A great way to add essential vitamins and minerals to your pasta!





# Healthy Eating Rox!

## Soft Tacos

### Ingredients

**Serves: 8**  
**Serving Size:**  
**single taco**

### Directions

- 1lb. Ground beef (90/10)
- 1 tbsp. olive oil
- 1 tsp. minced garlic (or 1/4 tsp garlic powder)
- 1/4 tsp. onion powder
- 1tbsp. chili powder
- 1tsp. cumin
- 1/2 tsp. salt
- 1/2 tsp oregano
- 1/2 C. tomato sauce
- 8 mini tortilla (corn or flour)
- Optional toppings: lettuce, tomatoes, salsa, shredded cheese

1. Heat oil and fully cook ground beef. Drain out excess fat after cooking.
2. Place all spices (garlic to oregano) and tomato sauce in with the meet. Mix until well combined and warm.
3. Scoop approximately 1/4 C. of meet on tortilla and place optional topic on top.
4. Enjoy



A nutritious and easy go to meal for those busy days.

# Healthy Eating Rox!



## Banana Muffins

Serves: 12

Serving Size: 1 muffin

### Ingredients

- 4 bananas (1 1/3 C. mashed)
- 1 large egg
- 1 Tbsp vanilla
- 3 Tbsp brown sugar
- 2 Tbsp granulated sugar
- 1 tsp ground cinnamon
- 1 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 1 1/2 C. all purpose flour
- 2 Tbsp melted unsalted butter

### Directions

1. Preheat oven to 350 degree F
2. Grease or line muffin pan
3. Combine mashed banana through cinnamon in a bowl well.
4. In a separate bowl combine baking powder through flour together. Once mixed, add in banana mixture and stir until just combined.
5. Poor melted butter into the mixture. Do NOT over mix.
6. Scoop batter equally into muffin pan (12 muffins)
7. Cook in oven for 18-25 minutes



Healthier alternative  
for regular banana  
muffin with less  
added sugar!

Adapted from [tastesbetterfromscratch.com](http://tastesbetterfromscratch.com)

# Healthy Eating Rox!



## Buffalo Chicken Dip

Serves: 6

Serving Size: 1/3 C.

### Ingredients

- 2 C. cooked, shredded chicken
- 1/2 C. buffalo sauce
- 1 C. nonfat greek yogurt
- 1/2 C. low-fat cottage cheese
- 2 C. cheddar cheese divided
- Optional dippers: tortilla chips and veggies.

### Directions

1. Preheat oven to 400.
2. Mix all ingredients (only 1C. cheese) until thoroughly combined.
3. Pour dip into an 8×8 baking dish. Sprinkle remaining 1C. of cheese on top.
4. Bake at 400 for 25 mins.
5. For crispier topping turn the oven to broil the last 2 minutes of cooking.
6. Serve with chips or veggies of choice.



Quick, high protein game day dip!

Adapted from [thecleaneatingcouple.com](http://thecleaneatingcouple.com)

# Healthy Eating Rox!



## Cucumber Tea Sandwiches

Servings: 32 tea sandwiches  
Serving Size: 4 sandwiches

### Ingredients

- 16 slices of white bread, crusts removed
- 2 cucumbers or 1 english cucumber
- 8 oz cream cheese, softened
- 1 tablespoon minced dill, dried or fresh
- 1 tablespoon thinly sliced chives, dried or fresh
- 1 tablespoon lemon juice
- 1/4 teaspoon garlic powder
- 1/4 teaspoon kosher salt
- cracked black pepper, to taste.

### Directions

1. Peel the cucumber(s) and slice into 1/8 inch thin slices
2. In a large bowl, beat the cream cheese, dill, chives, lemon juice, garlic powder, and kosher salt using a hand mixer.
3. Spread about 1 tablespoon of the cream cheese mixture onto each slice of bread.
4. Layer the cucumber slices on half of the bread and then top them with the remaining bread slices to make a sandwich.
5. Use a sharp bread knife to cut each of the sandwiches into quarters.



A light, refreshing,  
and fun snack!

Image source:  
<https://www.themediterraneanandish.com/cucumber-sandwich-recipe/t>

Adapted from bellyfull.net

# Healthy Eating Rox!



## Pesto Sauce

Servings: 5 servings  
Serving size: ¼ cup

### Ingredients

- 1 cup of broccoli
- ½ cup of grated parmesan
- ⅔ cup of extra virgin olive oil
- 3 large or 5 small basil leaves
- 1 tbsp of lemon juice
- salt and pepper to taste

### Directions

1. Steam broccoli until it is fork tender. Can use fresh or frozen broccoli.
2. Add broccoli and other ingredients to blender.
3. Blitz until smooth.
4. To make pesto pasta simply mix a few spoonfuls of pesto into your favorite cooked pasta.
5. Pesto can be stored in a sealed jar or container in the fridge for 3 days, or in the freezer for up to 3 months.



Quick and easy way to add extra veggies!