



NBC-4 Memorial Day Recipes

Chicken Wraps

Ingredients:

1 Whole Rotisserie Chicken
Tortilla Wraps
Shredded Cheese
Lettuce
Honey Mustard

Cut slices of chicken and place on the tortilla, add shredded cheese, lettuce leaves and honey mustard. Save pieces of the leftover chicken in a plastic bag and freeze to use later for dishes like quesadillas.

Granola Bars

Ingredients:

2 cups rolled oats
½ cup of oat flour
4 tablespoons of butter, melted
¼ cup honey
1 tsp. Vanilla extract
¼ cup Whey Low (Sugar substitute)
1 cup of miniature semisweet chocolate chips
⅓ cup of ground flax seeds
⅓ cup of sliced almonds

Preheat oven to 350 degrees. Prepare a pan lined with parchment paper

In a large mixing bowl combine the oats, flour, butter, honey, almonds, flax seeds and Whey Low. Press mixture into the prepared pan.

Bake at 350 degrees for 20 minutes or until golden brown. Let cool for 2-3 hours and then cut into bars. Let bars cool completely in pan before removing or serving.

Very Berry Smoothie

Ingredients:

Assorted Berries
Vanilla Almond Milk
Milk
Honey to taste
Ice

Blend all of the ingredients and enjoy



Salmon Salad

Ingredients:

1 can of Wild Alaskan Salmon (Chinookandcompany.com)
2.5 tablespoons of mayonnaise
1 Celery stalk, copped
½ of an apple, chopped
¼ cup of chopped walnuts
Salt and Pepper to taste
Ezekiel 4:9® Bread
Romaine Lettuce
Swiss Cheese

Drain the salmon and mix it with mayo, celery, apple and walnuts. Salt and pepper to taste. Toast the Ezekiel 4:9 bread. Put a slice of cheese on the bread, add the Salmon salad and cover with a piece of lettuce, before adding the second piece of bread.

The Fluffernutter Sandwich

Ingredients:

All natural peanut butter
Marshmallow Fluff spread
Banana
High Fiber English Muffins

Toast the English muffins. Spread the peanut butter, followed by a dollop of marshmallow spread. Cut banana in circles and place on top.

Frozen Grape Kabobs

Wash grapes and place individual pieces on large toothpicks. Freeze them until ready to enjoy.

Fruit Crepes

Ingredients:

Crepes
Mixed berries or bananas
Nutella

Spread Nutella on a half of a crepe and place bananas and berries on top. Fold the crepe twice into a triangle and enjoy!