

Take Control encourages you to take control of your health and choose healthy foods.

Take Control includes delicious, easy recipes. Try the weekly recipes at home!



Fruit Parfait

Serves 1

Flavored yogurt can have a lot of added sugar. Choosing plain yogurt and adding your own fresh or frozen fruit makes for a healthy breakfast, snack or dessert.

Ingredients

- 1/2 cup of low-fat Greek or plain yogurt
- 1/4 cup of fruit
- 1/4 cup of whole grain cereal
- Dash of vanilla (optional)
- Dash of cinnamon (optional)

Directions

Top yogurt with fruit and cereal. You can also add a dash of vanilla or cinnamon.

NUTRITION FACTS

Calories 125
Total Fat 2g
Saturated Fat 1g
Carbohydrates 22g

Sodium 130mg
Dietary Fiber 1g
Sugars 14g
Protein 6g

Banana Pancakes

Serves 1

NUTRITION FACTS

Calories 173
Total Fat 5g
Saturated Fat 1.6g
Carbohydrates 28g
Sodium 70mg
Dietary Fiber 4g
Sugars 15g
Protein 1g

Ingredients

- 1 overripe banana
- 1 egg
- 1/4 teaspoon baking powder
- 1/4 cup frozen fruit
- Dash of vanilla (optional)
- Dash of cinnamon (optional)

Directions

1. Mash banana with hands or a fork.
 2. Add egg and baking powder. Mix well.
 3. Heat skillet to medium-high heat.
 4. Spray with non-stick cooking spray.
 5. Pour 2–3 tablespoons. Keep pancakes small for easier flip.
 6. Flip when edges brown.
 7. Heat fruit in small skillet until warm, stirring occasionally. Serve over pancakes.
- You can also add a dash of vanilla or cinnamon before cooking.*

