

15 August 2018

# Back to School Lunchbox!

Quick & healthy ideas that will make you want to pack lunch for your kiddo!

McGro Newsletter



## 1- minute wraps!

These really do live up to their name - they are super quick and easy to make, plus the combinations are endless. They are a great way to pack whole-grains, protein, and veggies into one neat little package. This one is just 1 whole wheat/sprouted grain wrap, 3-4 slices of turkey, 1/2 an avocado, 1/4 cucumber cucumber, and spinach! For a meatless option, just replace the turkey with hummus, or smashed chickpeas/beans with some salt, pepper, lemon juice and oil!



## Night-before quesadillas

Contrary to popular belief, quesadillas don't have to be hot to be delicious. They're also a great way to sneak fruits & veggies into your kiddos' lunches. Prep them the night before, let them cool, toss them in a container and you're ready to go for the next morning. This quesadilla has cheese and apples - crispy, sweet, and salty! You can also try sprinkling some diced pepper, fresh corn kernels, and beans for a protein-packed option!



## No-bake granola bites

These little bites will satisfy a sweet tooth without processed sugar and preservatives.

What you need: 2 cups quick cooking oats, 1 cup crispy rice cereal (like Rice Krispies), 1 cup creamy peanut butter (ideally natural), 1 cup mini chocolate chips, 2/3 cup honey or agave, 2 teaspoons vanilla extract, 2 Tablespoons coconut oil. You can also add nuts, coconut, and seeds!

How to do it: Combine all the ingredients together in a large bowl until well combined. Using a tablespoon and your hands, drop rounded portions onto a lined cookie sheet. Refrigerate for 1-2 hours.

Storing: Refrigerate in an air-tight container for up to a week or freeze for several months.

## Share Items & Local Farms

Green Onion  
Basil  
Serrano Peppers  
Tomato Mix  
Avocados  
Peaches  
Pears  
1 Bonus Item



Ironwood Farm  
Vida Verde  
North Valley Organics  
Rancho de Santa Fe  
Jubilee Farm