

# Made From Scratch Foods On The Go

When you're headed out for a busy day, the last thing you want to worry about is what you're going to eat. Try one of these on-the-go recipes to help you get through the day.

## Overnight Oat Parfaits

### Ingredients:

- 3 c. frozen mixed berries
- 2 c. pineapple
- 1 tsp. lemon juice
- 4 c. rolled oats
- 2 1/2 c. cashew milk
- 3 tbsp. honey
- 1 tsp. ground cinnamon
- Yogurt, for topping
- Granola, for topping

### Instructions:

1. In a mixing bowl, combine the mixed berries, pineapple, and lemon juice; set aside.
2. In another mixing bowl, combine oats, cashew milk, honey, and cinnamon and let stand for about 10 minutes.
3. Using four 16-ounce or eight 8-ounce clear containers with lids (or mason jars), add an even layer of the pineapple-berry mixture to the bottom of each. Next, fill each container halfway with the overnight oat mixture, then top with more fruit. Refrigerate overnight. In the morning, top with a dollop of yogurt and a sprinkle of granola.



**Nutrition facts | Servings:** 6

**Per serving | Calories:** 316 **| Fat:** 5 g **| Saturated Fat:** 1 g **| Fiber:** 8 g **| Carbs:** 65 g **| Protein:** 9 g **| Sodium:** 74 mg

**Did you know** making substitutions to recipes can be simple and save you a trip to the store? For example, with this recipe, if you don't have lemon juice on hand, you can substitute it with orange or lime juice. No honey, you can use maple syrup or light or dark corn syrup.

## Cinnamon-Raisin Breakfast Mix

### Ingredients:

- 1/4 c. sugar
- 1 tsp. ground cinnamon
- 1/4 c. margarine
- 1 1/2 c. square, whole-grain corn cereal
- 1 1/2 c. square, whole-grain rice cereal
- 1 1/2 c. square, whole-grain wheat cereal
- 1/2 c. raisins or dried cranberries

### Instructions:

1. In a small bowl, mix sugar and cinnamon; set aside.
2. In a large microwavable bowl, microwave butter uncovered on high for about 40 seconds, or until melted.
3. Stir in cereals until evenly coated. Microwave uncovered for 2 minutes, stirring after 1 minute.
4. Sprinkle half of the sugar mixture evenly over the cereals; stir. Sprinkle with the remaining sugar mixture; stir.
5. Microwave uncovered for 1 minute.
6. Stir in raisins or dried cranberries. Spread on paper towels to cool.



**Nutrition facts | Servings:** 10 **| Serving Size:** 1/2 cup

**Per serving | Calories:** 165 **| Fat:** 4 g **| Saturated Fat:** 1 g **| Fiber:** 2 g **| Carbs:** 25 g **| Protein:** 2 g **| Sodium:** 210 mg

**Make ahead tip:** Scoop 1/2 cup portions in sealable bags to keep your breakfast mix fresh and ready to go! Add yogurt and a banana for extra protein.

Looking for great-tasting, healthy dishes? WebMD's recipes make it easy to meet your nutritional needs. Each recipe includes step-by-step instructions, nutritional information, healthy ingredients, and helpful preparation tips to make delicious meals.

## Hummus Veggie Wrap

### Ingredients:

- 1 flavored wrap or tortilla
- 1/3 c. hummus
- 2 slices cucumber, *sliced lengthwise*
- Handful of fresh spinach leaves
- Tomato, *sliced*
- 1/4 avocado, *sliced*
- Fresh alfalfa or broccoli sprouts
- Fresh microgreens
- Basil leaves, *if desired*

### Instructions:

1. Spread the hummus on the bottom 1/3 of the wrap, about 1/2 inch from the bottom edge but spreading out the side edges.
2. Layer the cucumber, spinach leaves, tomato slices, avocado slices, sprouts, microgreens, and basil. Top with mixed greens, alfalfa, and micro greens, and season with salt and pepper.
3. Fold the wrap tightly, tucking in all of the veggies with the first roll, then rolling firmly to the end. Cut in half and enjoy.



### Nutrition facts | Servings: 1

Per serving | Calories: 309 | Fat: 17 g | Saturated Fat: 3 g | Fiber: 9 g | Carbs: 32 g | Protein: 10 g | Sodium: 520 mg

**Did you know** avocados may help increase levels of heart-protective HDL cholesterol and decrease levels of oxidized LDL cholesterol, a type of cholesterol that's significantly associated with the accumulation of plaque along artery walls? Additionally, the high potassium and magnesium content of avocados is beneficial for blood pressure regulation. Keeping blood pressure at a healthy level is critical for heart disease prevention.

## Mediterranean Chicken and White Bean Salad

### Ingredients:

- 1 c. skinless cooked chicken, *diced into 1/2 in. pieces*
- 1 can 15.5 oz, low-sodium white beans, *drained and rinsed with cold water*
- 1 cucumber, *peeled and diced into 1/2 in. pieces*
- 1/4 red or white onion, *chopped into 1/2 in. pieces*
- 2 tbsp. vegetable oil
- 1/4 c. lemon juice
- 1 tbsp. dried basil or parsley leaves
- 1/4 tsp. salt
- 1/4 tsp. black pepper

### Instructions:

1. Put everything in the bowl and gently toss.
2. Serve right away, or cover and refrigerate for up to 2 days.



### Nutrition facts | Servings: 4 | Serving Size: 1 cup

Per serving | Calories: 297 | Fat: 11 g | Saturated Fat: 2 g | Fiber: 8 g | Carbs: 31 g | Protein: 20 g | Sodium: 288 mg

**Mix-it-up options:** Instead of chicken, try two (5 oz) cans of tuna in water. Instead of white beans, try great northern, chickpea, cannellini, or navy beans. Add in chopped tomatoes or avocado.