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| **Sardines on Toast**  1 package of sardines packed in oil  2 slices of whole wheat bread  2 teaspoons of butter  1 lemon wedge  **Directions**  Drain the sardines. Toast the bread to preferred doneness. Spread sardine chunks across the toast. Lightly squeeze the lemon over the sardines. |  |  | |  | | --- | | Strawberry ParfaitIngredients 1 cup of vanilla yogurt  ½ cup of strawberries (sliced)  6 Nilla wafers Directions Put 3 Nilla wafers in the bottom of a bowl. Cover with half the yogurt. Put half the strawberries on | | on the yogurt. Repeat. Place in the refrigerator for 30 minutes or eat right away. | | |  |  |  | | --- | --- | --- | |  |  | anna cain  University of Wisconsin-Stout  BS Dietetics | | |  |  | |  | | --- | |  | |  | | Easy recipes full of vitamin D | | By Anna Cain  University of WI-Stout  BS Dietetics | |  | |

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| CHEESE & VEGGIE OMELET **Ingredients**  2 eggs  1/8 cup of chopped red pepper  1/8 cup of chopped onion  ¼ cup of slice mushrooms  ¼ cup of shredded cheese  1/8 tsp. of dry parsley  1 tsp. of butter |  |  | **Omelet Directions** Scramble the eggs and set aside. Chop the pepper and onion. Slice the mushrooms.  Heat a small frying pan on medium heat. Add 1 teaspoon of butter until slightly bubbly. Add the chopped veggies and cook for 2 minutes.  Add the egg to the veggies. Cook for 1 minute. Flip the egg over. Sprinkle with the cheese and parsley. After 1 minute fold the egg in half and place on a plate. Enjoy!  **“Vitamin D is, without question, the miracle nutrient of the century.” –Mike Adams** |  |  | **Strawberry Banana Smoothie** **Ingredients**  1 very ripe banana  ½ cup of strawberry yogurt  1 ½ cups of milk  **Directions**  Place all ingredients in a blender, food processor, or smoothie maker. Mix for 30 seconds. Pour into a glass and enjoy! |