

Healthy Living Challenges - April Meeting

Officer: Greyson Braden

As a reminder, this year, we are looking at two aspects: eating healthy and moving our bodies/brains.

Both the recipes and the physical challenges below are optional, but we would love to see as many people as possible participate. When you complete either activity, please take a picture of yourself with the item and email it to 4h. The names of those members that participate will be entered into a drawing that will be conducted at the next club meeting. If you do both activities, your name will be entered twice. I ask that you send your photos no later than one week before the meeting so that I have enough time to look them over and write your names out for the drawing.

April Meeting Challenges - Photos due Monday, May 11th

**LAST CHANCE TO ENTER THIS YEAR**

Theme: **Americana**

Physical Challenge: **Go on a bike ride**

Recipes: **Americana Smoothie & Red, White and Blue Banana Bread**

Recipe Option 1 - Beginning Baker



**Americana Smoothie**

[Basic Fruit Smoothie](#)

**Ingredients**

- 1 quart strawberries, hulled
- 2 fresh peaches - peeled, pitted, and sliced
- 1 banana, broken into chunks
- 2 cups ice
- 1 cup orange-peach-mango juice

**Directions**

1. Gather all ingredients.
2. Combine strawberries, peaches, and bananas in a blender; blend until smooth.
3. Add ice and pour in juice; blend again to desired consistency.
4. Enjoy!

## Recipe Option 2 - Culinary Creator (Advanced)



### **Americana Banana Bread** [Healthy Red, White and Blue Banana Bread](#)

#### **Ingredients**

2 cups of whole wheat flour  
1 cup of oats  
2 eggs  
1 cup of milk. You can use buttermilk. Plant based should be OK.  
2 medium very ripe bananas  
1/2 - 1 cup sliced strawberries  
1/2 - 1 cup blueberries  
2/3 cup of melted coconut oil. Avocado oil or butter should also work.  
2 teaspoons baking powder  
1/4 teaspoon of baking soda  
1 teaspoon of cinnamon  
1/2 cup sugar or sweetener of choice\*\*  
Pinch of salt  
Butter or Cooking Spray  
Cream Cheese to top.

#### **Directions**

1. Preheat oven to 350 degrees.
2. Grease 9x5 Loaf Pan or Mini Pans.
3. Mash bananas. My youngest uses a potato masher and loves it.
4. Add and whisk - oil, milk, eggs and sugar with the bananas.
5. Combine dry ingredients.
6. Slowly add dry ingredients and whisk.
7. Fold in berries.
8. Bake for 50 - 60 minutes or until the top is golden brown. I like to start checking at 45 min. This will depend on oven and material/ size of dish used. Mini loaves will be about half the time.