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NO COOK RECIPES

This institution is an equal opportunity provider. Funded by the USDA Supplemental Nutrition Assistance Program (SNAP).

Recipes that do not require cooking can be quite convenient!

Yogurt Parfait

Combine fresh fruit, yogurt, and crushed cereal. This provides calcium, vitamins, and carbohydrates for energy.

Overnight Oats

Soak plain oatmeal with milk, and a little bit of sweetener in a cup or bowl. Cover and refrigerate.

Chia Seed Pudding

Add 2 tbsp. chia seeds to 1 cup of milk and 1 tsp of sweetener. Refrigerate for at least 2 hours.

Breakfast Wrap

Spread peanut butter, yogurt, or both, in a tortilla and add apples, dried fruit, and nuts or seeds if you have them.

Sources:

<https://greatist.com/eat/easy-breakfast-ideas-that-require-no-cooking-skills#sweets>

Breakfast



Lunch

&

Dinner



Tacos (canned beans and/or canned chicken, chopped vegetables, salsa; top with plain yogurt instead of sour cream)

Cowboy Caviar: (canned beans, chopped peppers, onions, tomatoes, & lime juice; eat with tortilla chips)

English Muffin Pizza: top English muffin with tomato sauce, chopped veggies, and cheese

White Bean Summer Salad (canned white beans, chopped tomatoes, pepperoni slices in Italian dressing)

Chopped Salad (chopped deli turkey, cucumbers, red onion, cherry tomatoes on Romaine lettuce drizzled with lime juice, balsamic dressing, or vegetable oil)

Crunchy Ramen Noodle Salad: shredded lettuce, bagged broccoli slaw, canned shredded chicken, 1/2 a package of uncooked chicken flavored ramen noodles

Source: <https://www.sugarandsoul.co/crunchy-ramen-noodle-salad-recipe/>

Fruit Toast (top toasted or plain bread with cream cheese, cinnamon, and fresh berries)

Caprese Wrap (fill a tortilla with sliced fresh mozzarella cheese, slices of tomatoes, and fresh basil)

Hummus Sandwich (Hummus, Parmesan Cheese, Red Onions, Tomatoes, and Spinach)

Snack Choices

Cinnamon Oatmeal Bites (plain oatmeal, peanut butter, syrup or honey + cinnamon)

Peach Salsa: chopped peaches, yellow peppers, red onion, cucumbers, and lime juice

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Banana Sushi Rolls

Spread peanut butter or yogurt on the banana and roll in crushed cereal, nuts, or mini chocolate chips.

Fruit Salad

Sliced strawberries, bananas, and blueberries



Graham Crackers w/ Peanut Butter and Fruit

