



## **ACTION HERO ALLIANCE**

### **Power Lab**

Discover supernatural powers with these top-secret recipes. Be sure to check with your parents or doctor first to find out if you have any food allergies.



### **Sour Power Pops**

#### **Ingredients**

- ★ 1 cup plain non-fat yogurt
- ★ 4 tablespoons of undiluted pink lemonade

#### **Directions**

- ★ Mix together and pour into frozen pop containers or paper cups with popsicle sticks
- ★ Freeze and eat (makes 2-3 pops depending on size of container)



### **Bionic Berry Blaster**

#### **Ingredients**

- ★ 1 cup unsweetened, frozen raspberries
- ★  $\frac{3}{4}$  cup 100% orange juice
- ★  $\frac{1}{2}$  cup plain low-fat yogurt

#### **Directions**

- ★ Put all ingredients into a blender
- ★ Parent: Blend all together in a blender until smooth and serve



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### Green Dynamo Dip

#### Ingredients

- ★ ½ medium avocado, seeded and peeled
- ★ 1 cup low fat cottage cheese
- ★ ¾ cup plain, non-fat yogurt
- ★ ½ cup sliced green onions
- ★ ¼ cup shredded carrots
- ★ 1 tablespoon fresh lemon juice
- ★ ¼ cup non-fat mayonnaise
- ★ 2 cups broccoli florets
- ★ 1 cup cucumber slices
- ★ 28 melba toast rounds

#### Directions

- ★ **Parent:** Dice avocado into small pieces, toss with lemon juice, and set aside
- ★ Put cottage cheese, yogurt, and mayonnaise into bowl and mix until smooth
- ★ Add cottage cheese mixture to avocado, gently stirring in onions and carrots
- ★ Cover and chill
- ★ Serve with vegetable crudité and melba toast rounds



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**TOP SECRET**

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## Super Squashers

### Ingredients

- ★ 1 acorn squash (about 1 lb.)
- ★ 1 golden delicious apple, peeled, cored and sliced
- ★ 2 teaspoon reduced-fat margarine, melted
- ★ 2 teaspoon brown sugar
- ★ 1/8 teaspoon cinnamon
- ★ 1/8 teaspoon nutmeg
- ★ Dash ground cloves

### Directions

- ★ **Parent:** Heat oven to 350 degrees Fahrenheit
- ★ Grease a 1-quart baking dish
- ★ **Parent:** Halve squash and cut into quarters
- ★ Remove seeds from squash
- ★ Place squash, skin side up, in dish and cover
- ★ **Parent:** Bake squash for 30 minutes
- ★ In medium bowl, combine apple, butter, brown sugar, cinnamon, nutmeg, and cloves
- ★ **Parent:** Turn cut sides of acorn squash up
- ★ Top squash with apple mixture
- ★ **Parent:** Cover and bake 30 minutes longer or until apples are tender