Always ask for help from an adult if you're not used to knives, the oven, or the stove!

## Super Summer Blaster
(say this 5 times fast)

### Cool off with this amazing energy booster

**Rating:** **The Perfect Summer Treat**

### INGREDIENTS:

1 cup orange juice

½ banana

handful of strawberries—frozen are OK

the best part—chocolate frozen yogurt

### How to Make It:

- Put everything in the blender and blast away—I like mine chunky.
- Spray some whipped cream on top.

**The Avery Blaster has: calcium, fiber, carbs, and protein.**
**Not bad, sports fans!**

Makes 1 Serving

Your notes:

Make a cookbook of all of your BSG recipes ... punch holes in this side and organize in a notebook.

BSG More tasty recipes on: www.beaconstreetgirls.com

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# Super Power Sub

## A great lunch or healthy snack to keep you moving!

**Rating:** **Filling, healthy, and YUMMY ... what more could you want?**

This recipe is as healthy as Brussels sprouts but tastes as yummy as a bowl of ice cream (okay, not quite as yummy ... but definitely close!). Make a super power sub for you to enjoy as part of a nutritious lunch, or cut into slices and serve to your friends as mini turkey sub sandwich bites!

## INGREDIENTS:

1 baguette or long roll

fresh lettuce leaves

1 thinly sliced tomato

honey mustard

mayo

sliced ham

sliced turkey

cheese of your choice (optional)

## How to Make It:

- Place the bread on a plate and spread honey mustard and mayo on it.
- Put 2-3 slices of turkey and 2-3 slices of ham on top of the honey mustard.
- Take 2 pieces of crunchy iceberg lettuce (washed, of course!) and layer them on top of the turkey.
- Place 2-3 slices of tomato on the lettuce.
- Add cheese if desired.
- Close the roll into a sandwich, and take a big bite!

Your notes:

*"It's a power sub. Ham, turkey, tomato and lettuce and my favorite new spread-mayo and mustard mixed together." Avery took a huge bite and patted her stomach with great satisfaction, barely noticing the mustard dripping from the end of the sandwich.*

~ Book 2
*Bad News/Good News*

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