

Purple Cow

1 1/2 C milk
1/2 C grape juice
1 sliced banana

**Place all ingredients in
blender. Mix until
smooth and frothy.
Makes 3 servings.**

Pizzas

1 english muffin split in two.

**1 Large Spoonful of spaghetti
sauce or pizza sauce.**

**Spread around on each English
muffin.**

**Sprinkle shredded cheese, olives or
any other toppings.**

Toast is toaster oven or broiler.

Pp Week Cooking

"P" Snacks

peppermints

pickles

popsicles

popcorn

pie

pineapple

pudding

potatoes

pretzels to dip into
peanut butter

peanuts

pears

peaches

potato chips

pumpkin seeds

pancakes