

PLANT POWERED SUPERHEROES!

Coloring and Activity Book

Illustrated by Ana Segota



Come fly with me, up, up and away,
And I'll show you how I start my day.



For breakfast come look and see,
All the foods that power me!





At lunch it's more plants
with calcium galore,
Like all of these foods I completely adore!

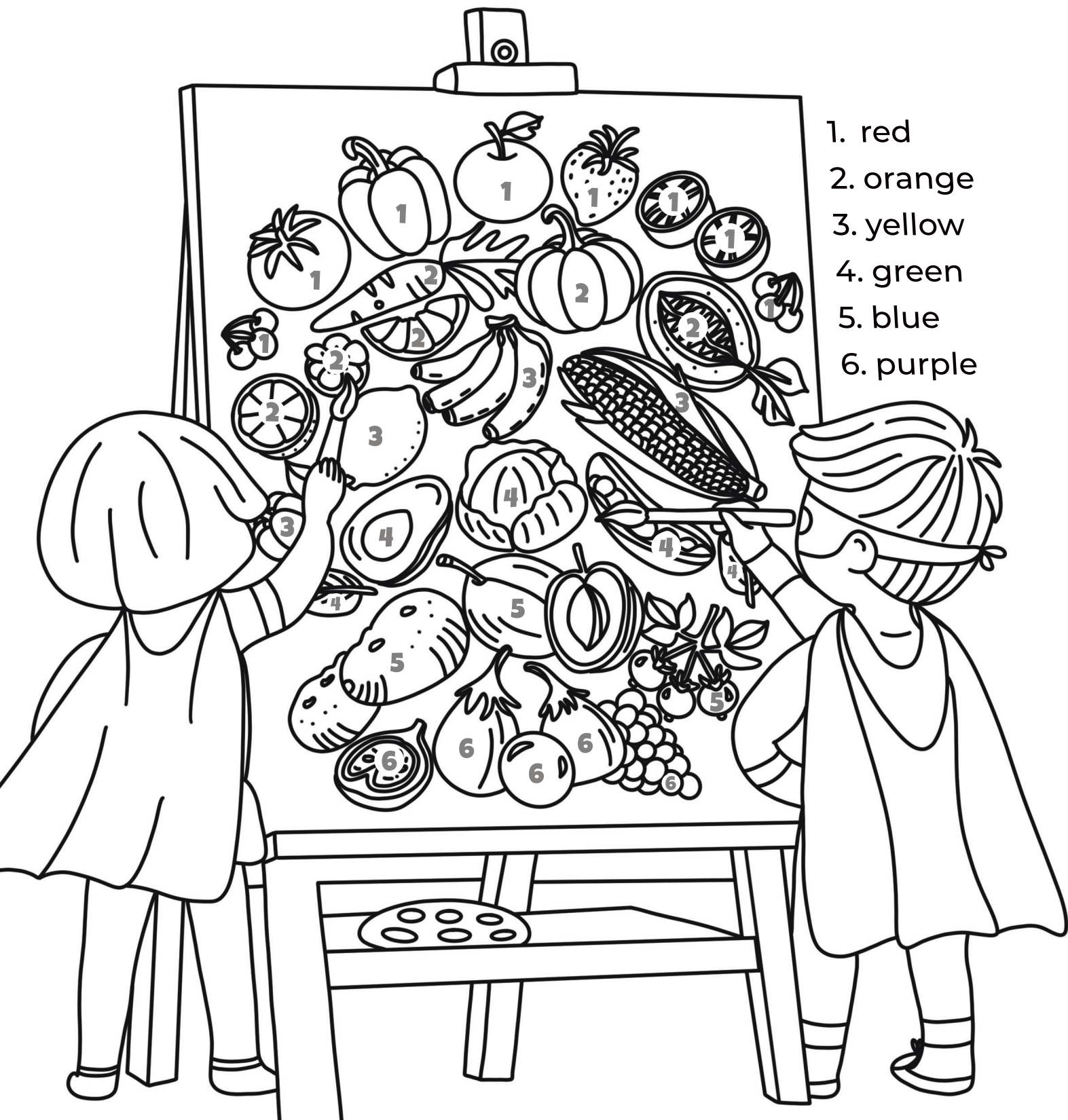
At recess we climb,
I feel so strong,
And when we race, I run for so long!



Plants help my brain feel its best,
Focused and sharp on every test!



In art class, I see colors bold and bright.
It looks like my food, a rainbow delight!



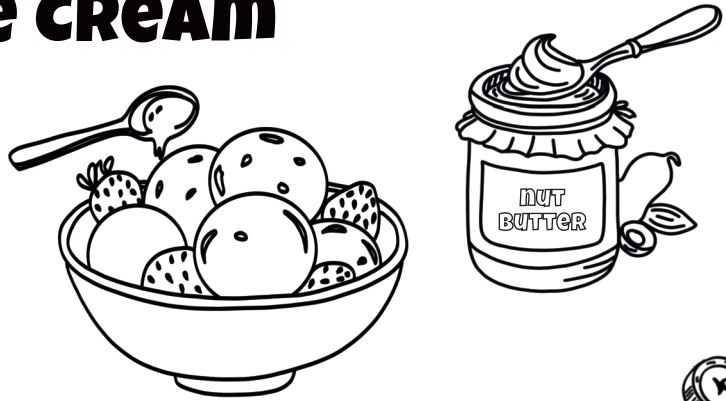
Drink your almond, oat, or soy,
Plant-based milk brings
so much joy!



HOMEMADE NICE CREAM

3 WAYS

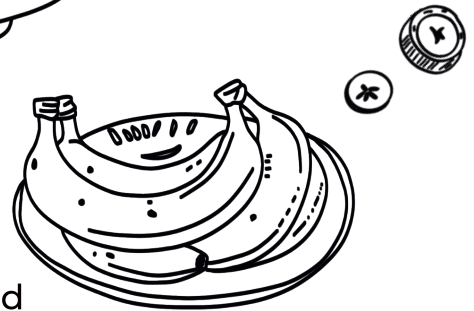
(Please ask your parents to help!)



Chocolate Banana

- 3 bananas, sliced and frozen
- 3 tbsp cocoa powder
- Plant-based milk as needed
- Peanuts or peanut butter as desired

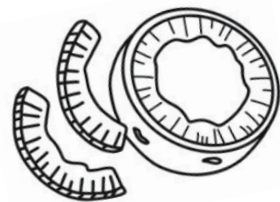
Add bananas and cocoa powder to a high-speed blender or food processor and start blending. Add splashes of plant milk as needed to aid in blending. Blend until smooth consistency. Fold in peanut butter or peanuts as desired. Serve!



Tropical

- 2 bananas, sliced and frozen
- 1 cup frozen mango or pineapple (or a blend)
- Plant-based milk as needed
- Coconut flakes as desired

Add bananas, mango, and or pineapple to a high-speed blender or food processor and start blending. Add splashes of plant milk as needed to aid in blending. Blend until smooth consistency. Fold in coconut flakes as desired. Serve!



Fall Festival

- 1 medium sweet potato– cooked, cooled, diced, and frozen
- 2 tbsp maple syrup
- 1 tsp cinnamon or pumpkin pie spice
- Plant-based milk as needed
- Pecans as desired



Add sweet potato, maple syrup, and spices to a high-speed blender or food processor and start blending. Add splashes of plant milk as needed to aid in blending. Blend until smooth consistency. Fold in pecans as desired. Serve!



WORD SEARCH PUZZLE

sources of calcium

1. tofu
2. bok choy

3. tahini
4. broccoli

5. almonds
6. brussels sprouts

7. chia seeds
8. beans

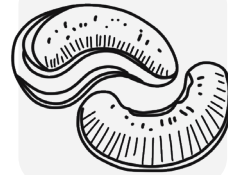
9. kale
10. oranges

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JUMBLED WORD PUZZLE



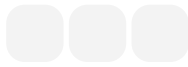
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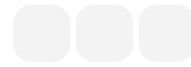
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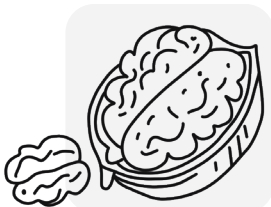
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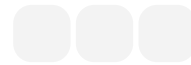
m h p e

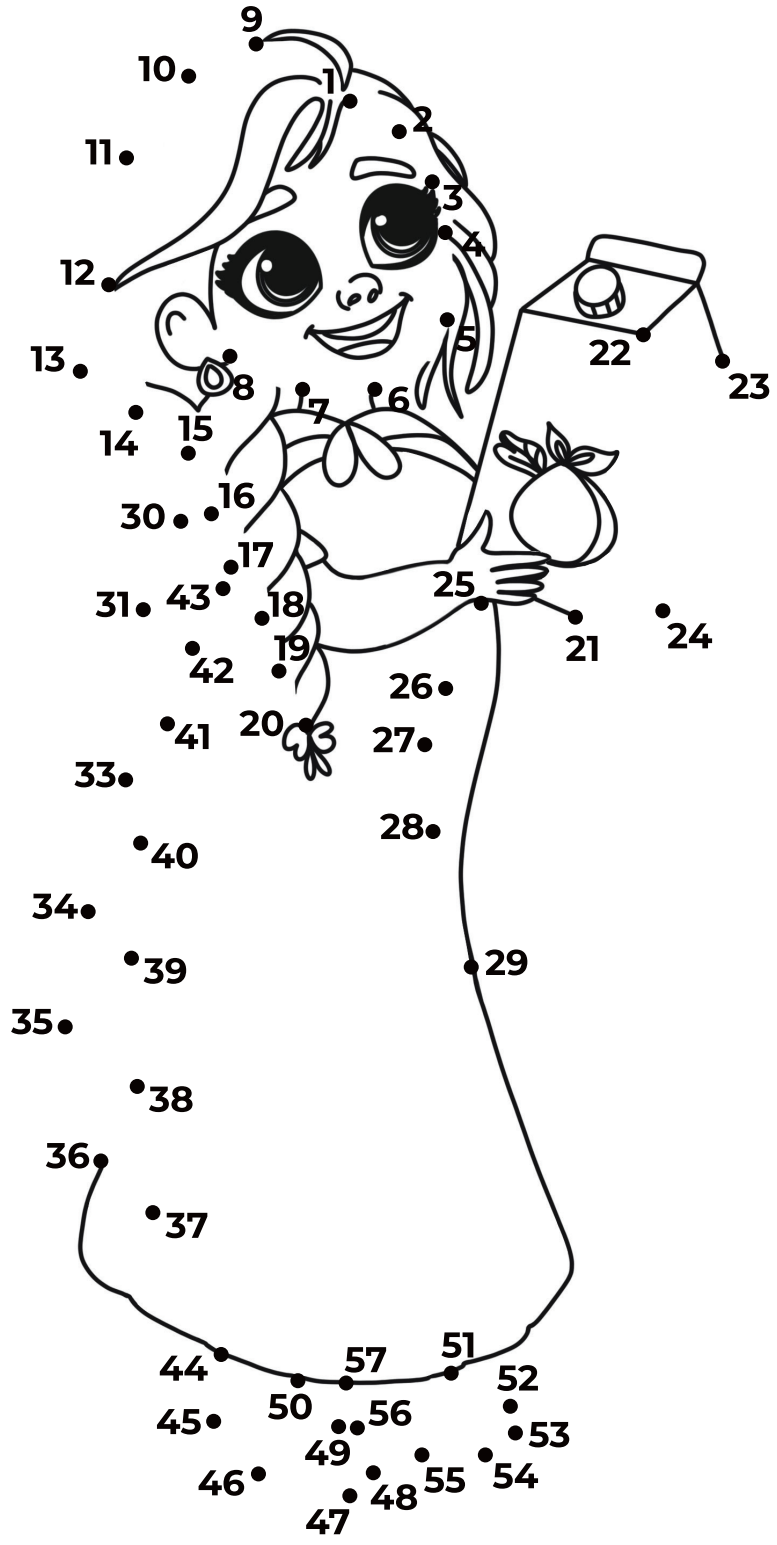


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Check out the *PLANTBASED* TREATY
plantbasedtreaty.org



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foodinaflash.net



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