



TROPICAL BANANA PUDDING

This classic banana treat will magically transform your party into a real island adventure!

Ingredients:

- 1 1-ounce package instant banana pudding mix
- 8 strawberries
- Optional: Chocolate shavings for garnish

Directions:

1. Prepare banana pudding according to package directions. If using a mixer or food processor, have an adult do this step.
2. Chill pudding in the refrigerator, about 2 hours.
3. Wash strawberries. Have an adult remove green strawberry "crowns," and cut strawberries in half lengthwise.
Top chilled pudding with strawberries.
4. Optional: Garnish pudding with chocolate shavings.

Makes 4 servings.



REMINDER: Ask parents if their children have any food allergies.

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ALEX'S RAINFOREST SMOOTHIE

This party beverage is yummy, full of vitamins, and is sure to keep everyone cool!

Ingredients:

- 1 1/2 cups frozen mango, cut into chunks
- 1 1/2 cups frozen pineapple, cut into chunks
- 6 ounces plain low-fat yogurt
- 2 cups low-fat milk
- 1 kiwi, peeled and sliced for garnish
(Your favorite adult can do this for you!)



Directions:

1. Have an adult place all ingredients in a blender or the work bowl of a food processor, and blend until smooth.
2. Pour into glasses and garnish with kiwi slices.
3. Serve cold.

Makes 4 servings.

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MAX'S CRAZY CUTOUT SANDWICHES

Break out all your fun-shaped cookie cutters and mix and match bread colors to make this fun, finger food recipe.

Ingredients:

- 4 slices of dark whole-wheat bread
- 4 slices of light whole-wheat bread
- 4 1-ounce slices cheddar cheese
- 8 ounces low-sodium sliced ham
- 4 to 6 lettuce leaves

Directions:

1. Place two slices dark whole-wheat bread and two slices of light whole-wheat bread on a clean work surface.
2. Divide cheese, ham, and lettuce among bread.
3. Top with remaining bread slices.
4. Using a leaf-shaped cookie cutter, cut out leaf-shaped sandwiches and arrange on a serving dish. Alternatively, you can also use a heart-shaped cookie cutter to cut out sandwiches. Have an adult cut the hearts in half to make leaf-shaped sandwiches.

Makes 6 to 8 servings.



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"RUSSO-TOUILLE" (NOT RATATOUILLE)

This delicious recipe is full of protein, and is low in sugar and sodium. Have an adult put together this bite-sized treat for all to enjoy!

Ingredients:

- 1 pound lean ground turkey
- 1/2 cup red onion, minced
- 2 teaspoons fresh thyme
- 1/2 cup shredded non-fat mozzarella cheese
- 1 large egg white
- 2 medium zucchini, thinly sliced
- 2 medium yellow summer or crookneck squash, thinly sliced
- 2 medium Japanese eggplant, thinly sliced
- 2 medium tomatoes, thinly sliced
- 1/4 cup crispy breadcrumbs (like those used for frying)
- 2 teaspoons olive oil
- 1 1/2 pounds purple potatoes
- Salt and pepper to taste



Directions on next page...

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"RUSSO-TOUILLE" (con't)

Directions:

Preheat oven to 350°.

1. Spray a muffin tin with non-stick vegetable cooking spray.
2. Spray a baking sheet with non-stick vegetable cooking spray.
3. Place turkey in a medium bowl and add onion, 1 teaspoon thyme, cheese, egg white, salt, and pepper. Mix well to combine. Firmly press mixture into bottom of muffin tins.
4. Layer slices of zucchini, yellow squash, eggplant, and tomatoes on top of the turkey mixture.
5. Mix together the breadcrumbs, olive oil, the remaining teaspoon of thyme, salt, and pepper.
6. Sprinkle mixture on top of tomatoes and bake until breadcrumbs are golden brown and turkey is cooked through, about 35 to 40 minutes.
7. Meanwhile, peel purple potatoes and cut into 1/4-inch sticks. Place in a small bowl of cool water to keep from turning brown.
8. When "monkey-touille" is done, remove from oven and set aside to cool.
9. Increase oven heat to 400°.
10. Drain purple potato sticks and pat dry with paper towels.
11. Sprinkle with salt and pepper and place on prepared baking sheet. Bake until potatoes are cooked through, 14 to 18 minutes.
12. Serve "monkey-touille" with purple potato sticks.

Makes 5 to 6 servings.

"Russo-touille" recipe, page 2 of 2

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JUSTIN'S ISLAND WRAP UPS

An adult should handle all the preparation and cooking, but let the kids at the party participate in this fun food by encouraging them to wrap their own lettuce wraps!

Ingredients:

- 2 teaspoons olive oil
- 1 cup mushrooms, sliced
- 1/2 cup carrots, finely diced
- 1 pound ground chicken breast
- 1 1/2 tablespoons low-sodium soy sauce
- 6 green onions, sliced
- 1 head limestone, Bibb, or butter lettuce
- Salt and pepper to taste
- 2 cloves garlic, minced, optional
- 1/4 cup mint, chopped, optional



Directions:

1. Heat olive oil in a large non-stick skillet over medium-high heat.
2. Add mushrooms and cook for 2 to 3 minutes until golden.
3. Add garlic (optional) and carrots and cook mixture for 1 more minute.
4. Add ground chicken and cook (breaking up any large pieces with a wooden spoon) until cooked through, about 5 minutes.
5. Add soy sauce, mint (optional), and green onions.
6. Season with salt and pepper.
7. Serve with lettuce leaves for wrapping.

Makes 4 to 6 servings.

REMINDER: Ask parents if their children have any food allergies.



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ISLAND GETAWAY JICAMA SALAD

All natural ingredients in this salad, plus the great crunch of jicama and celery, make this salad cool and crisp.

Ingredients:

- 1 medium jicama, peeled and sliced into thin sticks
- 4 stalks celery, thinly sliced
- 2 medium carrots, peeled and cut into thin sticks
- 6 green onions, thinly sliced
- Juice from 1 lime
- 1 tablespoon cilantro, chopped



Directions:

1. Have an adult cut all the ingredients above.
2. Place all ingredients in a medium bowl and stir to combine.

Makes 6 to 8 servings.

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CARIBBEAN GRILLED PINEAPPLE SALSA

This salsa tempts with a tangy-sweet combo: Cucumber helps mellow the flavor of the pepper a bit to suit kids' palates, while the pineapple just gets sweeter with a little stove-top treatment. It's also the perfect complement to our Cuban Roast Pork Sandwiches.

NOTE: Due to the slicing and cooking required, this recipe is intended to be prepared by an adult.

Ingredients:

- 1/2 pineapple, peeled, cored and sliced
- 1/4 cup red bell pepper, diced
- 1/4 cup cucumber, diced

Directions:

1. Place a cast iron grill pan over high heat. Add pineapple and cook for 1 to 2 minutes per side. Remove from heat and let cool slightly.
2. Combine bell pepper and cucumber in a medium bowl.
3. Dice pineapple and add to bowl. Stir to combine.

Makes 8 servings.



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CUBAN ROAST PORK SANDWICHES

Cubans love their roast pork sandwiches for their tangy flavor and succulent, pull-apart meat. Consider making this dish ahead of time and keeping it warm within a foil-covered dish in an oven set to low, or in a slow-cooker. Our Grilled Pineapple Salsa is a great complement to this sandwich, drawing out its tangy flavor even more.

NOTE: Due to the cooking required, this recipe is intended to be prepared by an adult.

Ingredients:

- 1 1/2 teaspoons paprika
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons ground black pepper
- 3/4 teaspoon garlic powder
- 2 tablespoons fresh lime juice
- 2 1-pound pork tenderloins
- 8 whole-wheat rolls, sliced

Directions:

1. Preheat oven to 450°.
2. Place a rack inside a baking dish and set aside.
3. In a small bowl mix together paprika, cumin, salt, black pepper, garlic powder, and lime juice. Rub mixture thickly over surface of tenderloins.
4. Tie tenderloins together with kitchen twine to secure, tucking thin ends of tenderloin inside so they don't cook too fast.
5. Place tenderloin on rack in prepared baking dish. Cook for 25 minutes.
6. Remove from oven and cover with foil. Let rest for 10 to 15 minutes before slicing.
7. To serve, slice pork thinly and place on wheat rolls.

Makes 8 servings.

REMINDER: Ask parents if their children have any food allergies.



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WATERMELON PEACHIE BEACHIE SORBET

Your party guests will be chillin' after a few bites of this refreshing, natural sorbet.

Ingredients:

- 1 pound frozen, pre-sliced peaches (fruit only-no sugar added)
- 3 cups watermelon, cut into chunks (Your favorite adult can do this for you!)

Directions:

1. Have an adult place frozen peaches and watermelon in the work bowl of a food processor or blender.
2. Blend until mixture is mostly smooth.
3. Place in an airtight container and freeze until solid enough to scoop.

Makes 4 servings.



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SUMMER VACATION SLUSHIE

This red and natural slushie is sure to fuel your guests for their magical island party — whether it's actually in the sand or right there in your own home! Your favorite adult can whip up this yummy drink in no time!

Ingredients:

- 1 cup cranberry raspberry juice
- 4 cups ice
- 6 cups watermelon, cut into chunks

Directions:

1. Place ice and cranberry raspberry juice in a blender and blend until mostly smooth.
2. Add watermelon and blend until smooth. Serve immediately.



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STONE OF DREAMS MELON SALAD

This healthy melon ball salad captures the sunny colors of a warm tropical day. Be sure to have an adult do all the cutting.

Ingredients:

- 1 small seedless watermelon, cut in half
- 1 cantaloupe, cut in half
- 1 honeydew melon, cut in half

Directions:

1. Using a melon baller, scoop melon flesh into melon balls.
2. To make melon bowls: Using a large metal spoon, scrape out remaining inside of melons to smooth out. Cut a small slice from the bottom of each melon half so that they sit without rocking. If you like, you can decorate the edge of the melon bowls by cutting zigzags into it.
3. Fill melon bowls with melon balls and serve. Or place melon balls in parfait glasses to serve.

Makes 6-12 servings.



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PIGS IN A BEACH BLANKET

Your favorite adult can make this great party snack that will have kids squealing with delight!

Ingredients:

- 5 ounces whole-wheat pizza dough
- 4 fat-free turkey hot dogs, halved

Directions:

1. Preheat oven to 375°. Spray a baking sheet with non-stick cooking spray.
2. On a clean work surface, roll out pizza dough to an even thickness and cut into eight 3-inch squares.
3. Wrap each hot dog half into a dough blanket and place on prepared baking sheet.
4. Bake until hot dogs are heated through and dough is golden brown.

Makes 4 to 8 servings.



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SECRET SPELL BAKED CHEESE PUFFS

Serve these when they're warm and fluffy and to jump start your island adventure! Be sure to have an adult make this for you!

Ingredients:

- 1 2/3 cups whole-wheat flour
- 2 tablespoons granulated sugar
- 1/2 teaspoon salt
- 1 0.2-ounce packet active dry yeast
- 3/4 cup low-fat milk, warm
- 3 tablespoons butter, melted
- 1 large egg, lightly beaten
- 1 cup all-purpose white flour
- 1/2 cup cheddar cheese, grated



Directions:

1. In a large bowl, mix the whole-wheat flour, sugar, salt, and yeast.
2. Add warm milk, melted butter, and egg. Beat with an electric mixer until smooth.
3. Add all-purpose flour, mixing until smooth.
4. Dough will be very soft. Cover with a clean kitchen towel and place in a warm spot. Allow to rise until dough has doubled in bulk, about 50 to 60 minutes.
5. Meanwhile, lightly spray a muffin tin with olive oil cooking spray and set aside.
6. Grease hands with a little oil. Mix in cheddar cheese into the dough.
7. Divide dough and place into prepared muffin tin. Allow to rise until dough begins to pop over the top of the muffin tin, about 50 to 60 minutes.
8. Preheat oven to 400°, then bake rolls for 15 to 20 minutes or until golden brown.

Makes 12 rolls.

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SUN AND SURF VEGETABLE TRAY

Due to the slicing and cooking required, this recipe is intended to be prepared by an adult.

Ingredients:

- 1 ear corn, husk and silk removed
- 10 green beans
- 16 sugar snap peas or snow peas
- 1 small zucchini or yellow squash
- 1/2 cup small pear tomatoes



Directions:

1. Bring a medium pot of water to a boil over high heat. Add green beans and cook for 2 minutes. Remove with a slotted spoon and drain under cool running water.
2. Add corn to pot and cook for 2 minutes. Remove and drain under cool running water until cool enough to handle.
3. Cut kernels from corn cob and scatter along the bottom of a serving tray or dish to make the "sand."
4. Cut 1 round slice from the end of the zucchini or yellow squash for the "sun" and place at the top of the serving tray.
5. Make a palm tree on either side of the serving tray with green beans for the trunk and sugar snap peas or snow peas for the leaves.
6. Using a vegetable peeler, cut the zucchini or yellow squash into long, flat strips. Cut the strips in half lengthwise. Fan strips between the two palm trees to make the "hammock."
7. Place pear tomatoes on the hammock.

Makes 4 to 6 servings.

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