

# Snacks That Rock!

**Breakfast Snacks** — Prepare French toast; cut it into strips; and freeze. Heat frozen strips in the microwave and dip into cinnamon-flavored applesauce or fruit-flavored yogurt. Or, spread heated, frozen pancakes with peanut butter and honey; roll up and enjoy with an ice-cold glass of milk.

**Chocolate Peanut Butter Cup** — Blend  $\frac{3}{4}$  cup lowfat chocolate milk with 1 tablespoon creamy peanut butter and a small scoop of frozen, lowfat vanilla yogurt.

**Fruit 'n Milk** — Enjoy a bowl of sliced bananas, peaches or nectarines, or berries topped with lowfat milk and a sprinkle of sugar.

**Last Night's Leftovers** — Portion leftovers into single-serve, microwave-safe containers. Reheat for snacks. (Use within two to three days.)

**Fruit Slush** — Blend  $\frac{3}{4}$  cup of frozen fruit, such as strawberries, bananas or mangos, with  $\frac{1}{2}$  cup of lowfat milk or vanilla yogurt. Sweeten with 1-2 teaspoons of sugar to taste.

**Crunchy Yogurt** — Stir 2 to 3 tablespoons of lowfat granola or other whole-grain cereal into a container of lowfat, flavored yogurt.

**Salad in a Bag** — Place greens and other cut vegetables in a zipper-lock baggie. Add shredded cheese and a small amount of lowfat salad dressing and croutons. Close and "toss." Eat the salad out of the bag with a fork.

**Pizza Party** — Spread toasted English muffins, French bread or mini bagels with prepared pizza sauce. Add kids' favorites such as peppers, onions, olives, Canadian bacon, pineapple, broccoli or spinach, and mozzarella, feta or Parmesan cheese. Cook in toaster oven at 350 degrees F until cheese melts.

**Nacho Ordinary Snack** — Sprinkle baked tortilla chips with pre-shredded cheese. Heat in the microwave oven until cheese melts. Serve with salsa for vitamin C.

**Wrap and Roll** — Roll kids' favorite cheese and lean meat in a tortilla spread with lowfat ranch dressing; cut into bite-size portions.

**Flavor the Grains** — Serve unsweetened cereal with strawberry, chocolate or even orange flavored milk.

## Bun Buggies

- 1 hoagie bun
- 1 cucumber
- 1 small carrot
- 3 pitted ripe and/or pimiento-stuffed green olives
- ¼ cup dairy sour cream dip (any flavor)
  - Vegetables cut into small pieces for dipping such as broccoli flowerets, sugar snap Peas, zucchini, cucumber, and red, green, or yellow sweet pepper
- 1 pretzel, if you like

Utensils: fork, ruler, cutting board, sharp knife, drinking straw, toothpicks, measuring cup

1. Use the fork to scoop out the center of the top of the bun, leaving about ½ inch on the sides and 1 inch on the ends.
2. On the cutting board use the sharp knife to cut four ¼ inch thick slices from the cucumber for the wheels. Use the knife to cut 2 thin carrot sticks, each about 4 inches long, for the axles. (Save any remaining cucumber and carrot and cut them up to use as vegetable dippers.)
3. About 1 or 2 inches from each end of the bun, push the drinking straw through the bun where the wheels will go to make holes for the axles. Next poke the straw through the centers of the cucumber slices. Throw away the straw. Slide the carrot sticks through the bun for axles. Attach the cucumber slices to the axles.
4. Stick a toothpick into 2 of the olives. Cut 2 slices from the remaining olive. Push a slice onto each toothpick behind the whole olive. Push the end of each toothpick into the front of the bun for headlights.
5. Fill the bun with the sour cream dip and vegetables. If you like, add a pretzel for a steering wheel.

Nutrition Facts per serving: 139 calories, 6 g total fat (0 g saturated fat), 0 mg cholesterol, 330 mg sodium, 19g carbohydrate, 2 g fiber, 4 g protein.

Star to finish 20 minutes; makes 2 servings

## Field of Greens Pizza

- 1 4 oz package (4) refrigerated crescent rolls
- ½ \* of an 8 ounce tub (about ½ cup) fat free cream cheese with garden vegetables
- 1 tablespoon milk
- Dash garlic powder
- Dash pepper
- 3 cups assorted fresh vegetables such as small broccoli flowerets, sliced carrots, cut up red, yellow, and/or green sweet peppers, quartered zucchini slices, alfalfa sprouts

\*8oz ranch dip substituted

Utensils: Baking sheet, rolling pin, ruler, hot pads, wire cooling rack, measuring spoons, small mixing bowl, wooden spoon, table knife or small metal spatula, measuring cups, clear plastic wrap, if refrigerating pizza, sharp knife or kitchen scissors

1. Turn on the oven to 375°
2. Open the package of crescent rolls and remove rolls. Carefully unroll the sheet of dough onto the ungreased baking sheet. Pinch together the perforations with your fingers. Use a rolling pin to roll the dough into an 8 inch square, or use your fingers to press the dough into an 8 inch square.
3. Put baking sheet in oven. Bake for 8 to 10 minutes or until lightly golden. Turn off oven. Use hot pads to remove the baking sheet from the oven. Place the baking sheet on the cooling rack. Let crust cool completely.
4. Put the cream cheese, milk, garlic powder, and pepper in the bowl. Stir with the wood spoon until mixed.
5. Use the table knife or metal spatula to spread the cream cheese mixture over the cooled crust.
6. Arrange the vegetables in rows on top of the pizza to look like a garden. Serve right away, or cover with plastic wrap and put in the refrigerator for up to 4 hours. To serve, use the sharp knife or kitchen scissors to cut the pizza into six rectangles.

Nutrition Facts per serving: 106 calories, 4 g total fat (1 g saturated fat), 4 mg cholesterol, 303 mg sodium, 13 g carbohydrate, 1 g fiber, 6 g protein.

## RAINBOW FRUIT KABOBS



### Ingredients:

- 1 pint Dole strawberries, washed, stems removed
- 1 (12-ounce) container Dole fresh-cut cantaloupe
- 1 (20-ounce) can Dole pineapple chunks in juice, drained; reserve juice
- 1 (12-ounce) container Dole fresh-cut honeydew melon
- 1 pound Dole purple grapes, washed
- 2 large Dole bananas, peeled

\*Note: If you can't find fresh cut produce in your local store, buy whole fruit, then wash, peel and cube it.

### Utensils:

Cutting board  
Sharp knife  
Can opener  
12 Wooden skewers (10-12 inches long)  
Large serving platter

### Directions:

1. Cut each banana into six chunks. Dip chunks in reserved pineapple juice.
2. Thread a strawberry, a cantaloupe chunk, a grape, a pineapple chunk, a honeydew melon chunk, and a banana chunk on each skewer. Add more fruit until skewer is full.
3. Set on a plate and start threading next skewer. Repeat until all skewers are filled with a rainbow of colorful fruit.
4. Lay skewers on platter; pour reserved pineapple juice over top to keep fruit from browning. Chill until ready to serve.

**Serves:** 12

## MY PYRAMID SUNDAE

### Ingredients:

- 1 whole grain waffle (bread & cereal group)
- 1 scoop of frozen yogurt (milk group)
- 1 large banana (fruit group)
- Nuts (meat, nuts group)

Topping: (makes enough for several sundaes)

Melt together:

- 1 can sweet potato (vegetable group)
- $\frac{1}{4}$  cup brown sugar
- $\frac{1}{4}$  stick margarine



### Utensils:

Cutting Board  
Knife  
Measuring cup  
Can opener  
Small pot

### Directions:

1. Layer your waffle with yogurt, bananas, and nuts.
2. Melt your topping ingredients together and put on top of layered waffle. Enjoy!

Serves: 1

## PARFAITS

### Ingredients:

- 12 ounces vanilla yogurt
- ½ cup granola cereal
- ½ cup berries (strawberries, blueberries, raspberries)
- ½ cup bananas

### Utensils:

Cutting Board  
Sharp Knife

### Directions:

1. In a mug or glass, layer yogurt, granola, banana, ending with yogurt.
2. Top with berries. Fresh berries are best, but you may use frozen.

Serves: 2

