



SNACK TASTING PARTY RECIPES

BANANA ROLL

12 servings

Ingredients:

- 6 bananas
- 1/2 cup peanut butter
- 1/2 cup coconut

What To Do:

1. Peel and cut bananas in half lengthwise or slice. Spread with peanut butter.
2. Roll in coconut and chill until served.

FRUIT SALAD

12 servings

Ingredients:

- 2 apples, chopped
- 2 oranges, peeled and split into segments
- 2 bananas, sliced
- 1/2 cup raisins

What To Do:

1. Mix fruit pieces together in a bowl.
2. Add lemon or orange juice to prevent fruit from darkening.
3. Chill and serve.

PEANUT BUTTER BALLS

8 servings

Ingredients:

- 1/2 cup peanut butter
- 1/4 cup dry milk powder
- 1 Tbsp. honey or syrup
- 1/4 cup raisins, coconut, chopped nuts, or ready-to-eat cereal (optional)

What To Do:

1. Mix first three ingredients
2. Roll into balls.
3. Optional: roll in chopped nuts, coconut, raisins, or ready-to-eat cereal.
4. Chill until served.

TUNA BURGERS

3 servings

Ingredients:

- 3 slices cheese or 2 oz. grated cheese
- 1 cup tuna or chopped chicken or turkey
- 1/4 cup chopped onion or celery
- 2 Tbsp. mayonnaise
- Dash of pepper
- 3 pieces of toast or hamburger buns

What To Do:

1. Mix all ingredients except cheese and spread on toasted buns or bread.
2. Top with cheese and broil in oven for a few minutes.

BAKED APPLES

4 servings

Ingredients:

- 4 apples
- 1/4 cup sugar (brown or white)
- 1/4 cup raisins
- Water

What To Do:

1. Preheat oven to 375 F.
2. Wash and core apples.
3. Mix together sugar and raisins.
4. Fill core area of apples with sugar mixture.
5. Place in a baking dish. Add one inch water to baking dish. Bake at 375 F. until apples are tender.

SUPER YOGURT

2 servings

Ingredients:

- 8 oz. plain yogurt
- 1/4 cup chopped fresh fruit like apples, pears, berries, or bananas
- 2 tablespoons raisins, nuts or sunflower seeds
- 1 tablespoon lemon or vanilla instant pudding mix

What To Do:

1. Mix together all ingredients.
2. Eat immediately or refrigerate.

*Other snacks may be substituted if not available or too expensive.

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