

# Snack Foods for Children

**Ants on a Log** – Celery sticks filled with peanut butter and topped with raisins

**Banana Split Salad** – Slice bananas lengthwise. Top with a scoop of cottage cheese. Pour fruit cocktail over the top.

**Bunny Food** – Combine grated carrots with raisins and a bit of honey and serve on crackers.

**Fancy Sandwiches** – Cut bread into shapes with cookie cutters and spread with favorite toppings.

**Make-a-Face Sandwich** – Cut bread into a circle. Spread with peanut butter. Make “hair” and “eyes” with raisins, carrots, apple slices, coconut, etc.

**Party Mix** – Mix 2 cups dry cereal (Chex, Cheerios, etc.) and 1 cup small pretzel sticks. Stir in 1/4 cup melted butter or margarine. Place on cookie sheet and sprinkle with parmesan cheese. Bake at 250° F. for 30 minutes, stirring occasionally.

**Roll-up Salad** – Spread a lettuce or cabbage leaf with peanut butter. Place a celery or carrot stick in the middle. Roll up the leaf with the carrot or celery in center.

**Treasure Logs** – Lay a piece of sandwich cheese on a thin slice of lean sandwich meat. Roll into a log. Lay on plate with loose end down. Chill or serve immediately.

## Other Snack Food Ideas

### Orange Delight

1/3 cup frozen orange juice concentrate	3/4 cup of water
Honey or sugar (small amount)	1/2 banana (or other equivalent fruit)
1/4 cup powdered milk	Ice

Mix in blender. The more ice you add the slushier it becomes. Makes 1 to 2 servings.

### Purple Cow

2 to 3 tablespoons frozen grape juice concentrate    2/3 cup cold milk

Gradually stir 2 to 3 tablespoons frozen grape juice concentrate into about 2/3 cup cold milk. Always pour concentrate slowly into milk, while stirring. Makes 1 serving.



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## The Power Shake

1 cup chilled pineapple juice  
1/3 cup nonfat dry milk powder  
1 cup cracked ice  
1 teaspoon sugar  
1/2 cup frozen unsweetened strawberries

Make just before serving. Blend all ingredients in a blender at high speed until thick and foamy, about 30 seconds. Pour into glasses. (If desired, other fruits may be substituted for strawberries.) Makes 2 servings.

## Fruit Flavored Gelatin

1 package of unflavored gelatin  
1 cup heated juice  
(use orange, pineapple, or grape juice)  
1 cup cold fruit juice (use 100% juice)  
Sliced fruit (optional)

Sprinkle unflavored gelatin on 1/4 cup cold juice and allow a few minutes soften. Heat one cup fruit juice and add to the softened gelatin to dissolve it. Add remaining juice. Place in refrigerator until set. Makes 6 to 8 servings.

## Fruitsicles

Fruit juice  
Paper cups  
Popsicle sticks

Pour any fruit juice into small paper cups. Before completely frozen, place a popsicle stick in standing position in the center of each cup. Return to freezer. Let stand at room temperature a few minutes before serving.

## Carrot Slices

3-4 carrots  
1/2 cup orange juice

Scrub and slice carrots into 1/2-inch pieces. Place in 1-quart saucepan and add orange juice (use approximately 1/2 cup to each 1 cup of sliced carrots). Cover pan and simmer carrots over medium heat until tender. Cool, drain off juice, slice carrots, and place in a dish to serve as finger food. Save cooking juice, chill, and serve as a drink. Makes 4 to 6 servings.

## Carrot Cookies

1/2 cup shortening  
1 cup grated raw carrots  
1 cup honey  
2 eggs, well beaten  
2 cups flour  
2 teaspoons baking powder  
1/4 teaspoon baking soda  
1/4 teaspoon salt  
1/2 teaspoon cinnamon  
1/2 teaspoon nutmeg  
2 cups quick-cooking oatmeal  
1 cup raisins  
1 cup chopped nuts

Combine flour, baking powder, baking soda, salt, cinnamon, nutmeg, oatmeal, raisins, and nuts. In a large bowl, cream shortening; stir in carrots, then honey and eggs; gradually stir in the dry mix. Drop from teaspoon onto greased baking sheet. Flatten slightly and bake at 350° F for 10 minutes, or until lightly browned. Makes about 6 dozen small cookies.

## Cheese Puffs

1/2 pound grated cheese  
1 1/2 cups of flour

1 stick of margarine

Mix all ingredients together. Roll dough into balls about the size of marbles. Place on cookie sheet or in baking dish. Bake at 350° F for 15 minutes.

## Soft Pretzels

2 envelopes yeast  
3 cups warm water  
2 tablespoons sugar  
8 cups flour

2 teaspoons salt  
2-3 eggs, beaten  
Coarse salt

In a large mixing bowl, dissolve yeast in warm water. Mix in sugar, flour, and salt. Knead. Give each child a ball of dough to roll and twist into any shape. (Alphabet letters are fun for new readers!) Lay on greased cookie sheets. Brush with beaten egg and sprinkle with coarse salt. Bake in 425° F oven for 12 to 15 minutes.

## Peanut Butter Logs

1 cup honey or syrup  
3 cups crisp rice cereal  
1 cup chunky style peanut butter

Some chopped peanuts  
1 cup powdered (instant) dry milk

Blend peanut butter, honey, and powdered milk. Add cereal, crushing slightly. Shape into three logs 7 x 1 1/4 inches. Pat chopped peanuts over logs. Wrap in foil or plastic wrap. Chill.

## Banana Coconut Logs

3 bananas  
About 1/3 cup peanut butter

1/2 cup shredded coconut

Cut bananas in thirds to make 3 logs from each. Spread peanut butter on all sides of each piece of banana. Roll in coconut. Chill for about an hour before serving. Makes 9 servings.

**Variation:** At Christmas, substitute softened, reduced-fat cream cheese for the peanut butter. Mix green or red food coloring with the coconut before coating bananas.

## Quick Pizza

1 12-ounce can pizza sauce  
5 hamburger buns opened to make 10 halves  
(or 10 slices day-old bread)

1 cup grated mozzarella cheese  
Vegetable, raw, sliced or chopped  
(onions, green pepper, zucchini)

Preheat oven to 400° F. Spoon sauce onto bun halves or day-old bread. Top with vegetables. Sprinkle on mozzarella cheese. Bake for 8 to 10 minutes. Makes 10 servings.

## Cereal and Fruit Mix

1 cup raisins  
1 cup Craisins (dried cranberries) or other dried fruit  
1 cup of roasted peanuts  
1 cup of puffed wheat ready-to-eat cereal

1 cup of mini shredded-wheat cereal  
1 cup of mini pretzels  
1 cup each of other ready-to-eat,  
low-sugar cereals or other dried fruits

Combine all ingredients in a one-gallon size zip-lock bag. Making sure that the bag is tightly sealed; shake the bag to mix well. Makes 12 to 16 half-cup servings.

# What are your snack ideas?

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If you have access to the Internet, go to these sites:  
Healthy Futures Series: <http://www.ext.vt.edu/healthyfutures>  
MyPyramid Food Guide: <http://www.mypyramid.gov/pyramid/index.html>  
Food Stamps in Virginia: <http://www.dss.virginia.gov/benefit/foodstamp.html>

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