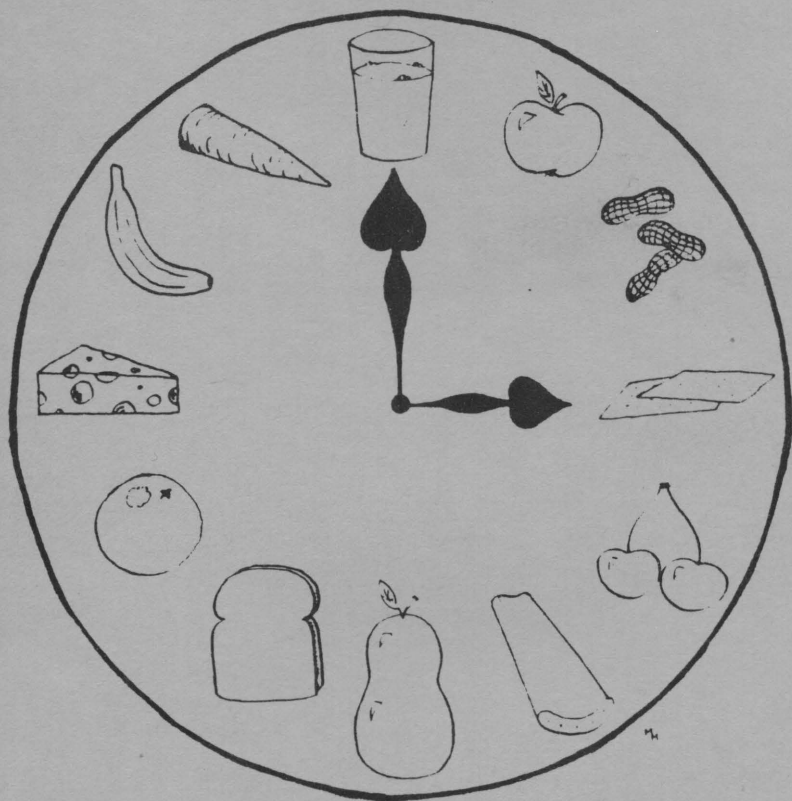


SNACK FACTS

Nutrition Month - March 1980



Prince William
Nutrition Advisory Committee

For more information call 364-9262

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SNACK FACTS

Snacking has become an American tradition. Too often, however, the snacks chosen are high in salt, high in refined sugars, high in fats and high in calories. In addition these foods tend to lack the nutrients necessary for good health, providing instead little more than "empty calories". Since a large portion of our food intake is in the form of snacks, it is essential that we choose them wisely. They should be included as a significant part of our daily nutrient allowances.

The Prince William Nutrition Advisory Committee would like to offer a number of suggestions for snacks (party and everyday) which might be incorporated in the diet. It is hoped that they will provide for delicious as well as healthful snacking!

QUICK AND EASY SNACKS

Readily accessible treats for the whole family.

Milk

- Yogurt serve plain or add a little honey, fresh fruit, wheat germ or grape nuts.
- Fruit juice. . . . 100% juice (Be careful to read the labels; some cans contain only 10% juice).
- Fresh, canned. . . (packed in juice) or dried fruit.
- Fruit and cheese . A few excellent choices would be: apples with cheddar or swiss, pears with blue or gouda, pineapples with monterey jack or colby.

Fun for children is to string toothpicks with alternating cubes of cheese and fresh fruit like apples, pears, pineapple, grapes or melon.

Cheese and crackers

- Snack mixture. . . Combine two or more of the following: raisins, dates, prunes, apricots, dried apples, almonds, pecans, peanuts, walnuts, sunflower seeds, sesame seeds, pumpkin seeds, unsweetened coconut, low sugar cereals.
- Popcorn. If hot, sprinkle with finely grated cheese or curry powder. If cold, sprinkle with cheese and place in slow oven until cheese melts, stir well.
- Fresh vegetables . Clean, cut and place in water in the refrigerator any of the following: carrots, cauliflower, broccoli, turnips, celery, peppers, radishes, green onions, mushrooms, zucchini, cherry tomatoes, sweet potato.

· BEVERAGES

Imaginative, filling and nutritious drinks to serve anytime of day.

Carrot Curler

$\frac{1}{2}$ cup milk
1/3 cup carrot juice
 $\frac{1}{4}$ cup unsweetened pineapple juice, chilled
2 teaspoons honey

Combine ingredients; mix well. Serve over ice immediately. Garnish with carrot curls, if desired.
Yield: 1 cup.

Tomato Twister

1 can (18 oz.) tomato juice, chilled ($2\frac{1}{2}$ cups)
1/3 cup shredded cucumber
1 teaspoon Worcestershire sauce
1 teaspoon lime juice
 $\frac{1}{4}$ teaspoon salt
4 drops hot pepper sauce
 $1\frac{1}{2}$ cups milk

Combine tomato juice, cucumber, Worcestershire sauce, lime juice, salt and hot pepper sauce; chill thoroughly. Strain, reserving tomato liquid. Add liquid to milk. Serve over ice immediately. Garnish with cucumber slices, if desired. Yield: 1 quart.

Frothy Fruit Juice

1 (6 oz.) can frozen juice concentrate
 $1\frac{1}{2}$ cans of water
10 ice cubes

Combine ingredients in blender, blend 10 seconds on high speed until frothy - serve immediately.

Tangy Fruit Refresher

1 cup buttermilk
 $\frac{1}{4}$ cup chilled orange juice
 $\frac{1}{4}$ cup chilled unsweetened pineapple juice
2 tablespoons sugar
1 teaspoon fresh lemon juice

Combine buttermilk, orange juice, pineapple juice, sugar and lemon juice in a blender or with electric mixer, mixing until sugar is dissolved. Serve immediately; garnish with orange twists, if desired. Yield: $1\frac{1}{2}$ cups.

Variations:

Yogurt: Substitute $\frac{1}{2}$ cup milk and $\frac{1}{2}$ cup plain yogurt for buttermilk. Add one additional tablespoon sugar.

Strawberry: Substitute $\frac{1}{2}$ cup chilled mashed strawberries to taste for orange and pineapple juice.

Grape: Substitute $\frac{1}{2}$ cup chilled unsweetened grape juice for orange and pineapple juices. Add one additional tablespoon sugar.

Apple Julep

4 cups apple juice, unsweetened
2 cups pineapple juice, unsweetened
1 cup orange juice
 $\frac{1}{4}$ cup lemon juice, freshly squeezed

Combine all ingredients and chill.

Virginia Fruit Punch

1 cup apple juice
1 cup water
1 cup grape juice
1 tablespoon lemon juice
Honey to taste

Mix all ingredients together and chill.

Banana Thick Shake

- 1 banana, peeled and sliced
- 1 cup milk
- 1 teaspoon honey
- $\frac{1}{4}$ teaspoon nutmeg
- $\frac{1}{2}$ cup cracked ice cubes

1. Put milk, honey, banana and ice cubes into a blender. Cover.
2. Blend at high speed, 30 seconds.
3. Pour into glasses and sprinkle with nutmeg.
4. Serve at once.

DIPS AND SPREADS

Festive and healthy dips, great for impromptu parties and unexpected guests.

Yogurt Cheese Dip

1/4 cup cottage cheese
1 cup yogurt, plain
1 cup finely cut celery
1/3 cup finely cut green pepper
3 tablespoons grated onion
1 tablespoon Worcestershire sauce
3/4 teaspoon salt

Mix thoroughly. Excellent with raw vegetables or chips. Makes 1-2/3 cups. Great for calorie watchers!

Fruit and Cheese Dip

1 cup cottage cheese
1 tablespoon lemon juice
2 tablespoons yogurt
1/2 cup crushed pineapple
1/4 teaspoon ginger
1/2 teaspoon cinnamon

Put all ingredients in blender until smooth. Mound in an attractive bowl and surround with fruits on toothpicks for dipping.

Mushroom Caviar

½ cup green onions, chopped, with tops
2 tablespoons butter
1 cup mushrooms, chopped
1 tablespoon lemon juice
1/8 teaspoon cayenne pepper
1/2 teaspoon salt
Paprika
2 tablespoons dill, chopped
1/3 cup sour cream or yogurt
Tomato slices

Saute the onions in the butter for one minute. Add mushrooms, lemon juice and seasonings. Saute for four minutes, stirring occasionally. Remove from heat. Stir in dill and sour cream or yogurt. Garnish with tomato slices. Serves 2.

Salmon Party Ball

2 cups salmon (1-pound can), drained
8 ounces cream cheese
1 tablespoon lemon juice
2 teaspoons onion, grated
1 tablespoon white horseradish
¼ teaspoon salt
¼ teaspoon paprika
½ cup pecans, chopped
3 tablespoons parsley, chopped

Thoroughly mix all ingredients except pecans and parsley. Roll into ball in wax paper and chill several hours. Then roll in combined pecans and parsley.

Re-chill until ready to serve. Serve with crisp raw vegetables and thin whole wheat crackers.

Colorful Harlequin Dip

2 tablespoons milk
1 - 12 oz. carton cream-style cottage cheese
1 teaspoon lemon juice
 $\frac{1}{2}$ teaspoon salt
1 teaspoon horseradish
1 medium carrot, cut in 1-inch pices
3 radishes
3 sprigs parsley

Put milk, cottage cheese, lemon juice, salt and horseradish in blender; blend until smooth. Add remaining ingredients until vegetables are chopped.

Yield: $1\frac{1}{2}$ cups.

BREADSTUFFS

Excellent for weekend snackers, something for everyone's taste.

Lemon and Molasses Bread (could be used as cake)

2½ cups whole wheat or unbleached flour
2/3 cup yogurt
1 egg
1½ teaspoons grated lemon peel
1 teaspoon baking soda
½ teaspoon cinnamon
½ teaspoon salt
½ cup molasses
¼ cup oil
¼ cup honey
1½ tablespoons lemon juice

1. Preheat oven to 350°F.
2. Sift flour twice with baking soda, salt and spices.
3. In large bowl, beat egg until bubbly.
4. Add honey, molasses, oil, lemon juice and lemon peels to beaten egg. Stir well.
5. Add some of yogurt to egg mixture. Stir well.
6. Add some of the flour to the egg mixture. Stir well.
7. Keep repeating steps 5 and 6 until all ingredients are in one bowl.
8. Grease 1 large or 2 small pans (loaf).
9. Spoon batter into pan(s).
10. Bake batter in large pan for 1 hour. Bake batter in 2 small pans 40-50 minutes or until done.

Banana Nut Loaf

2 ripe bananas
3/4 cup sugar
2 tablespoons soft shortening
1 egg
3/4 cup milk or orange juice
1 cup unbleached flour
1 cup whole-wheat flour
3/4 cup oatmeal
1/2 cup wheat germ
4 teaspoons baking powder
1 teaspoon salt
3/4 cup chopped nuts and raisins

Mash ripe bananas with a fork. Add sugar, shortening and egg, mixing well. Gradually stir in the liquid. Combine dry ingredients and add to banana mixture. Stir well. Add nuts and raisins. Bake in loaf pan in 350°F. oven for an hour or more.

Bran Muffins

1 cup whole-wheat flour
3/4 cup bran (or part wheat germ)
1/2 teaspoon salt
3/4 teaspoon baking soda
1 cup yogurt
1 egg, lightly beaten
1/2 cup honey
1 tablespoon oil
1/2 cup raisins

1. Preheat oven to 425°F.
2. In a large bowl, combine the flour, bran, salt, and baking powder.
3. Beat together the yogurt, egg, honey and oil in a 2nd bowl. Add dry ingredients and fold in with a few quick strokes. Fold in the raisins.
4. Fill oiled muffin tin, two-thirds full. Bake 15 to 20 minutes or until done. Yield: about 2 dozen 2" muffins.

Irish Soda Bread

2 cups whole-wheat flour
½ teaspoon salt
1 teaspoon baking soda
1 cup currants or raisins
1 egg, beaten
1 tablespoon honey
1 cup yogurt or buttermilk

Stir the dry ingredients together and add the raisins. Beat the honey and yogurt into the beaten egg. Gradually pour this mixture into dry ingredients. The combined mixture should be dry like a yeast bread dough. Blend well. If too dry, add more yogurt; if too wet, add more flour. Knead for about 5 minutes, then shape into a flat but round loaf. Place loaf on an oiled baking sheet; cut 2 parallel slashes in the dough about ½-inch deep. Bake at 375°F. for 25 to 30 minutes.

Rolls

Make into interesting shapes and let children spread with any choice of spreads: peanut butter and honey; peanut butter and ricotta cheese; cream cheese; cooked fruit (blended and spiced to taste), etc.

Three-grain Muffins

1/3 cup cornmeal
1/3 cup sugar
1/3 cup soy flour
1 cup whole-wheat flour
3/4 teaspoon salt
1 teaspoon baking soda
1 large egg, lightly beaten
1 cup yogurt
1/3 cup oil

Combine first 6 ingredients. Mix the egg and yogurt together lightly, stir into the dry ingredients. Stir in oil. Fill muffin tins two-thirds full, bake in 350°F. oven 20-25 minutes or until done.

Baking Powder Biscuits

Sift into mixing bowl:

1½ cups unbleached flour
½ cup whole-wheat flour
¼ cup dry milk (to increase protein)
2 teaspoons baking powder
1 teaspoon salt (scant)

Cut in 2 tablespoons shortening until mixture resembles corn meal. Add 2/3 cup milk, stirring quickly with a fork.

Add a little more flour or milk to make the dough soft and light. Knead about 20 strokes until smooth. Roll lightly 3/4-inch thick. Cut with cookie cutters to make interesting shapes. Place on ungreased sheet (close together for soft biscuits, 1-inch apart for crusty ones). Bake 12-15 minutes at 450°F. Makes 12 to 15 biscuits.

Bread Sticks

1½ cups whole-wheat flour
½ cup soy flour
1¼ cups milk
½ cup oil
2 cups wheat germ
1 tablespoon honey
1 teaspoon salt

Preheat oven to 350°F. Mix and knead all ingredients. Roll the dough about one-quarter inch thick. Cut into sticks about 5 inches long. Place on an oiled cookie sheet. Sprinkle some of the sticks with caraway seeds, some with poppy seeds, and others with sesame seeds. Bake about 35 minutes, or until golden.

Cheese Chips

- 1 stick butter or margarine, softened
- 1 cup grated cheddar cheese
- 1 cup flour (a generous cup)
- A few drops Worcestershire sauce
- 1 cup Rice Krispies

Mix first two ingredients well. Add flour and Worcestershire sauce. Mix well. (Actually hands work best!) Add Rice Krispies and mix. Roll in small balls and press to about the size of a quarter. Place on ungreased cookie sheets and bake in 350° F. oven to a very light brown. The flavor isn't as good if they are allowed to get too brown.

Peanut Butter Sandwiches

1. 1/3 cup peanut butter
 - 1 tablespoon chopped celery
 - 1 tablespoon seeds (sunflower or sesame)

Mix well. Makes 2 or 3 sandwiches.

2. 1/3 cup peanut butter
 - 1 tablespoon raisins
 - 1 tablespoon lemon juice

Mix well. Makes 2 or 3 sandwiches.

3. 1/3 cup peanut butter
 - 1 tablespoon shredded coconut
 - 1 tablespoon chopped nuts

Mix well. Makes 2 or 3 sandwiches (also good toasted!).

Apple - Peanut Butter Sandwich

Core apple. Slice across and dip in orange juice to prevent browning. Spread peanut butter on slice and top with another apple slice.

PARTY SNACKS

Nutritious snacks your children can take to school. So good they won't trade them for a candy bar!

Uncooked Taffy

$\frac{1}{2}$ cup peanut butter
 $\frac{1}{2}$ cup honey
1 cup peanuts (unsalted, right from the shell)
soy flour

Blend first three ingredients together. The peanuts may be chopped if desired, then use only enough of the soy flour to make a stiff dough. Roll it in a long roll and place on a cookie sheet; chill overnight. Cut in 1-inch long pieces.

Sesame Taffy

In blender:

1 cup sesame seeds (toasted)
 $\frac{1}{2}$ cup oil
Honey to sweeten
Vanilla and a bit of almond flavoring

Start blender and keep seeds turning down and under with rubber scraper. Let it run until mixture gets hot and looks glossy. Turn out into bowl. With rubber scraper knead up on side of bowl, squeezing out the oil. Finish kneading with hands, squeezing out the oil. Roll this dough into a log and slice.

Honey Nut Balls

1/4 cup soft butter or margarine
1/3 cup honey
2 cups wheat germ
1/3 cup chopped nuts
2 teaspoons almond extract
1 teaspoon vanilla
1 teaspoon cinnamon

Combine all the ingredients except the nuts and mix well. Form into 1/2-inch balls and roll in the nuts. Chill 2 hours. Makes about 2 dozen balls.

Molasses Dreams

1/2 cup molasses
1/2 cup peanut butter
1/2 cup dry milk
1/2 cup wheat germ

Mix all ingredients into a ball. Break off small pieces, the size of a marble, and roll in any of these ingredients: sesame seeds, unsweetened coconut, sunflower seeds or crushed nuts.

Peanut Butter Treats

1 cup peanut butter
2/3 cup honey
1 1/2 - 2 cups nonfat dry milk powder

Stir peanut butter and honey together. Add dry milk and stir well. Shape into bite-sized balls and roll in wheat germ or decorate by pressing in nuts, seeds, or diced dried fruits. Wrap and chill.

Stuffed Dates

Stuff pitted dates with walnut or pecan halves and roll in unsweetened coconut. Really simple and tasty!

Citrus Nuggets

1 pound dried fruit
Rind of 1 orange
Orange juice
 $\frac{1}{2}$ cup finely chopped nuts

Chop dried fruit and orange rind together until as fine as possible. Moisten with as much orange juice as needed to hold mixture together. Form into balls 1-inch in diameter. Roll in chopped nuts.

Raw Apple Sauce

$\frac{1}{4}$ cup water, unsweetened pineapple or apple juice
2 cups apples, quartered and cored
 $\frac{1}{4}$ cup raisins
Pinch cinnamon
Honey, if apples are tart

Put the liquid in the blender, add the apples and reduce to a pulp. Now add raisins and cinnamon and run for another minute. Add honey to taste, only if needed.

Orange Jewels

Measure $\frac{1}{2}$ cup water into medium mixing bowl. Sprinkle 2 envelopes unflavored gelatin over it and let stand for 5 minutes.

Add $\frac{3}{4}$ cup boiling water and stir until gelatin dissolves. Add 6-ounce can frozen orange juice concentrate, and stir until dissolved. Pour into 8-inch square pan. Chill 30 minutes or more. Cut into squares or fancy shapes. (Dip knife or cutter into hot water occasionally.) Makes 36 squares. (This snack may also be made with other fruit juice concentrates, except for frozen pineapple juice.)

Pumpkin Cookies

2/3 cup brown sugar
1/3 cup polyunsaturated margarine
1 egg
2 cups unbleached flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1 teaspoon cinnamon
1/4 teaspoon nutmeg
1/4 teaspoon ginger
1/2 teaspoon salt
2 cups cooked or canned pumpkin
1 cup raisins

Cream together sugar and margarine. Add egg during creaming. Combine flour, baking powder, soda, spices and salt. Stir into creamed mixture. Add pumpkin and raisins. Mix well. Drop only lightly greased baking sheet. Bake in 375°F. oven about 15 minutes.

Oatmeal and Sesame Cookies

1 cup whole-wheat flour
1/2 cup soy flour
1 cup sesame seeds
1/2 cup honey
1/2 cup oil
1/4 cup peanut butter
1/3 cup fruit juice or water
1/2 cup raisins

Preheat oven to 350°F. Combine ingredients and mix well. Drop from a tablespoon onto oiled cookie sheet and bake for 15 minutes or until golden brown.

Pumpkin Pound Cake

½ cup margarine
¾ cup sugar
2 eggs
1 cup canned or cooked pumpkin
2½ cups unbleached flour
2 teaspoons baking powder
½ teaspoon baking soda
1½ teaspoons cinnamon
¼ teaspoon each: allspice, cloves, ginger

Cream margarine and sugar. Add eggs one at a time. Stir in pumpkin. Add flour, baking powder, baking soda and spices to pumpkin mixture. Pour into greased and floured 10" tube pan (or regular loaf pan). Bake 45-55 minutes in 325°F. oven. Cool 5 minutes on rack; remove from pan and cool. Makes 16 servings.

Applesauce - Oatmeal Cake

1½ cups unsweetened applesauce
¾ cup rolled oats
1 cup raisins
½ cup butter
½ cup sugar
1 egg
1 cup unbleached white flour
¼ cup soy flour
4 tablespoons milk powder
1 teaspoon baking soda
1 teaspoon cinnamon
¼ teaspoon ground cloves

Heat applesauce, oats and raisins to just below boiling. Set aside for 20 minutes. Preheat oven to 350°F. Cream butter and sugar until very light and fluffy. Beat in the egg. Sift together the remaining ingredients. Stir dry ingredients into creamed mixture alternately with applesauce mixture. Pour into a well oiled 8 or 9-inch square pan and bake 50-55 minutes. Cool in the pan.

Hint

If you decide that you absolutely must have an icing on your cakes, try substituting honey and cream cheese sometime. Just whip the honey and softened cream cheese together until it is the consistency you like. Then pour or spread it over your cake. DELICIOUS!!!

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And Interested Individuals	

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