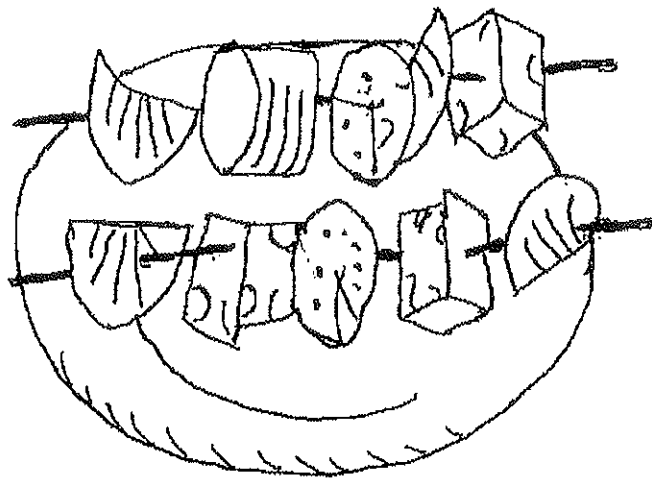


Snacks

The children at the Happy Heart's Family Child Care are having Orange Glazed Biscuits (recipe on page 166) and orange juice for their afternoon snack. They like the snacks in our book because they are different. The children like to help make the snacks. They remind us that we should scrub our hands with soap and water before we cook and before we eat.

Snacks

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Apple Merry-Go-Rounds

Snack Components:
 Meat/Meat Alternate (½ ounce)
 Grains/Breads (½ serving)

Yield: 8 servings
 Serving size: 2 apple rings with
 peanut butter & crackers

8 Servings	Ingredients	Servings
4 medium 8 Tbsp. 48	Apples* (½ per child) Peanut butter (1 Tbsp. per child) Animal crackers (6 per child)	

1. Wash apples under running water.
2. Core whole apples with apple corer.
3. Slice each apple into 4 rings.
4. Spread ½ tablespoon of peanut butter on each apple ring.
5. Stand 3 animal crackers around the edge of each apple slice.

Note: Some children prefer their apples peeled.

*Soak apples in orange juice, salt water or citrus-flavored soda so apples do not turn brown.

Snack Suggestion: Apple Merry-Go-Rounds (1 serving), water

Banana Shakes

(Made with Coffee Can Ice Cream)

Snack Components:

Milk (½ cup)

Fruit/Vegetable (½ cup)

Yield: 6 servings

Serving size: 1 cup

6 Servings	Ingredients	Servings
3 cups	Lowfat milk	
1 cup	Half & half	
½ cup	Sugar	
1 tsp.	Vanilla	
½ - 1 cup	Rock salt	
4 cups	Crushed ice	
3 cups	Mashed bananas	

1. Mix 1 cup of the milk, half & half, sugar and vanilla in a 13-ounce coffee can.
2. Place plastic lid on the can, secure with masking tape.
3. Put the smaller can into a 39-ounce coffee can; pack crushed ice in between the two cans.
4. Pour at least ½ cup rock salt evenly over the ice.
5. Place lid on the larger can.
6. Roll the can back and forth between two children for about 10 minutes. For best results, roll on a concrete surface.
7. Have an adult remove the small can and stir the ingredients.
8. Repack ice and salt between the two cans and roll 5 minutes more.
9. Remove smaller can and put ice cream in a large mixing bowl with remaining 2 cups milk.
10. Add mashed bananas to mixture.
11. Serve in cups or glasses.

Variation: Other fresh, frozen (thaw before using) or drained canned fruits may be substituted for the bananas. Fruits can be pureed or cut into small pieces according to milk shake texture desired.

Snack Suggestion: Banana Milk Shake (1 cup), ginger snaps (2)

Melanie Riblett - Central City

Fruit Crisp

Snack Component:
Fruit/Vegetable (½ cup)

Yield: 9 servings
Serving size: 1 piece

9 Servings	Ingredients	Servings
5 cups	Sliced, peeled apples, pears, peaches or apricots	
4 Tbsp.	Sugar	
½ cup	Oatmeal	
½ cup	Packed brown sugar	
¼ cup	Enriched all-purpose flour	
¼ tsp.	Nutmeg, ginger, or cinnamon	
¼ cup	Margarine	

1. Place fruit in an 8" x 8" square baking dish.
2. Stir in sugar. Set aside.
3. For topping, combine oatmeal, brown sugar, flour and spice (nutmeg, ginger or cinnamon) in a mixing bowl.
4. Cut in margarine until mixture resembles coarse crumbs.
5. Sprinkle topping over filling.
6. Bake in a **375°F** oven for **30-35 minutes** or until fruit is tender and topping is golden. Divide into 9 equal pieces.

Variations:

- **Blueberry Crisp:** Prepare as above, except for the filling: Combine 4 tablespoons sugar and 3 tablespoons all-purpose flour. Toss with 5 cups fresh or frozen* blueberries.
- **Cherry Crisp:** Prepare as above, except for the filling: Combine ½ cup sugar and 3 tablespoons all-purpose flour. Toss with 5 cups fresh or frozen* unsweetened pitted tart red cherries.
- **Rhubarb Crisp:** Prepare as above, except for the filling: Combine 1 cup sugar and 3 tablespoons all-purpose flour. Toss with 5 cups fresh or frozen* unsweetened sliced rhubarb.

*Thaw frozen fruit, but do not drain. Drain juice from canned fruit.

Snack Suggestion: Fruit Crisp (1 piece), string cheese (½ ounce), water

Fruit Kabobs

Snack Component:
Fruit/Vegetable (½ cup)

Yield: 8 servings
Serving size: 1 skewer

8 Servings	Ingredients	Servings
1 ½ tsp.	Cornstarch	
⅛ tsp.	Cinnamon	
2 Tbsp.	Lemon juice	
2 Tbsp.	Orange juice	
1 ½ Tbsp.	Honey	
2 small	Apples, cored and cut into ½" - 1" cubes	
1 (20 oz.) can	Pineapple chunks, drained	
2 medium	Oranges, peeled, sliced and cut into fourths	
2 medium	Bananas, cut into ½" slices	
8	Skewers	

1. In measuring cup, mix cornstarch, cinnamon, lemon juice, orange juice and honey to make glaze.
2. Microwave at **full power 1-2 minutes**, or until thick, stirring once or twice.
3. Alternate apple, pineapple, orange and banana pieces on skewers to fill each skewer.
4. Brush with glaze.
5. Refrigerate until ready to serve.

SAFETY NOTE: Supervise carefully while using skewers.
Plastic drinking straws make good fruit skewers.

FOOD SAFETY NOTE:
Do not feed honey to children under one year of age.

Snack Suggestion: Fruit Kabob (1 skewer), thin wheat crackers (6), water

Theresa Rybinski - Columbus

Fruit Salad

Snack Component:
Fruit/Vegetable (½ cup)

Yield: 9 servings
Serving size: ⅔ cup

9 Servings	Ingredients	Servings
1 (21 oz.) can 3 medium 2 cups 1 cup	Peach pie filling Firm bananas, sliced Fresh strawberries Seedless grapes	

1. Wash strawberries and grapes under running water.
2. Cut strawberries and grapes in fourths to prevent choking.
3. Combine all ingredients in a bowl.
4. Refrigerate until ready to serve.

Snack Suggestion: Fruit Salad (⅔ cup), oyster crackers (15), water

Fruit Shakes

Snack Components:

Milk (½ cup)

Fruit/Vegetable (½ cup)

Yield: 4 servings

Serving size: 1 cup

4 Servings	Ingredients	Servings
2 cups 3 medium 3 Tbsp.	<p style="text-align: center;">Peanut Butter Banana</p> Lowfat milk OR lowfat vanilla yogurt Bananas Peanut butter	
2 cups 1 cup 3 medium ½ tsp.	<p style="text-align: center;">Liquid Sunshine</p> Lowfat milk OR lowfat vanilla yogurt Crushed pineapple Bananas, frozen Vanilla	
2 cups 3 medium 1 cup ½ tsp.	<p style="text-align: center;">Bananaberry</p> Lowfat milk OR lowfat vanilla yogurt Bananas, frozen Strawberries or blueberries (may be frozen) Vanilla	
2 cups 2 cups ½ tsp. ½ cup	<p style="text-align: center;">Spicy Apple</p> Lowfat vanilla yogurt Chunky applesauce Cinnamon Ice cubes or crushed ice	

1. Combine ingredients in blender and blend until smooth.
2. Serve immediately.

Note: When yogurt is substituted for milk in these recipes, the snack components are meat/meat alternate (½ ounce) and fruit (½ cup).

Snack Suggestion: Fruit Shake (1 cup), Melba toast (1 slice), water

Source: Adapted from *Meals Without Squeals* with permission.

Quick Fruit Toast

Snack Components:
 Grains/Breads (½ serving)
 Fruit/Vegetable (¼ cup)

Yield: 8 servings
 Serving size: 1 slice with
 ¼ cup fruit topping

8 Servings	Ingredients	Servings
8 slices 4 ounces 2 cups	Bread, white or whole wheat Lowfat whipped cream cheese Sliced fresh fruit (choice of bananas, strawberries, peaches, kiwi etc.)	

1. Toast bread.
2. Spread with 1 tablespoon of cream cheese.
3. Arrange fresh fruit on top.

Variation:

- 2 cups of fresh vegetables may be substituted for fresh fruit; choose from chopped broccoli, cauliflower, green and red pepper, shredded carrots, peas and sliced cherry tomatoes.

Note: To make this a creditable snack: an additional ¼ cup of fruit/vegetable must be served or another component, e.g., meat/meat alternate or milk must be served.

Children may prefer vegetables partially cooked. Vegetables should be cooked only until tender crisp.

Snack Suggestion: Quick Fruit Toast (1 serving), orange juice (¼ cup)

Orange Julius™

Snack Component:
Fruit/Vegetable (½ cup)

Yield: 6 servings
Serving size: ¾ cup

6 Servings	Ingredients	Servings
1 (6 oz.) can 2 cups 2 cups ¼ cup 1 tsp.	Orange juice concentrate, thawed Lowfat milk Water Sugar Vanilla	

1. Combine all ingredients together in a blender.
2. Blend the ingredients until mixed thoroughly.
3. Serve immediately.

Snack Suggestion: Orange Julius™ (¾ cup), soft pretzel (1) recipe on page 173

Grand Fruit Sorbet

Snack Component:
Fruit/Vegetable (½ cup)

Yield: 12 servings
Serving size: ½ cup

12 Servings	Ingredients	Servings
5 cups 1 cup ½ cup	Ripe fresh fruit, diced Frozen fruit juice concentrate (any flavor) Sugar	

1. Combine fruit and fruit juice concentrate with an electric blender or a food processor. Mix until smooth.
2. Add sugar. Mix again.
3. Churn-freeze the fruit mixture in an ice cream maker following the instructions.
4. Transfer fruit mixture from ice cream maker to sealed container and store in freezer until serving.
5. To make the sorbet extra smooth, allow sorbet to stand out of the freezer for at least 30 minutes before serving.

Snack Suggestion: Fruit Sorbet (½ cup), rolled sugar cookie (1) recipe on page 164, water

Witch's Brew

Snack Component:
Fruit/Vegetable (½ cup)

Yield: 8 servings
Serving size: ½ cup

8 Servings	Ingredients	Servings
	Witch's Brew #1	
4 cups	Grape juice	
2	Cloves, whole	
1	Cinnamon stick	
¼ tsp.	Allspice	

1. Heat all ingredients in a medium-sized saucepan for **5 minutes**.
2. Remove cloves and cinnamon stick.
3. Serve hot or cold. To serve chilled, pour over ice.

8 Servings	Ingredients	Servings
	Witch's Brew #2	
3 cups	Apple cider	
1 cup	Orange juice	

1. Combine juices.
2. To serve chilled, pour over ice.

Snack Suggestion: Witch's Brew (½ cup), smiling pumpkin cookie (1) recipe on page 63

Robin Timmerman - Geneva

Cereal Snack

Snack Component:
Grains/Breads (½ serving)

Yield: 12 servings
Serving size: ⅔ cup

12 Servings	Ingredients	Servings
7 cups	O-shaped cereal or other crisp low sugar cereal	
1 cup	Raisins	
¼ cup	Margarine	
¼ cup	Light corn syrup	
½ cup	Brown sugar	
½ t sp.	Baking soda	

1. Put cereal and raisins into a large greased bowl. Set aside.
2. Combine margarine, syrup and sugar in a small saucepan.
3. Bring to a boil and cook **2 minutes**. Remove from heat.
4. Add soda. Stir well.
5. Pour over cereal mix. Mix.
6. When cereal mix is coated, pour onto a greased baking sheet.
7. Bake at **350°F** for **15 minutes**.
8. Remove from heat. Let stand **10 minutes**.
9. Separate with fork. Store in an air tight container.

Snack Suggestion: Cereal Snack (⅔ cup), apple juice (½ cup)

Cereal Slices

Make a double recipe of hot cereal. Pour half into a loaf pan for a future snack.

Snack Component:
Grains/Breads (½ serving)

Yield: 8 servings
Serving size: 1 slice

1. Prepare favorite hot cereal according to package directions for **4 servings**.
2. Rinse a 9" x 5" x 3" loaf pan with cold water to prevent the cereal from sticking to the pan.
3. Pour cooked cereal into loaf pan.
4. Cool slightly; cover and refrigerate overnight.
5. Cut into 1-inch thick slices.
6. Pan-fry in small amount of margarine until golden brown, about **10 minutes** per side.
7. Serve hot with syrup or molasses.

Note: A variety of hot cereals may be used: oatmeal, cream of wheat, grits, malt-o-meal, farina, or cornmeal mush.

Snack Suggestion: Cereal Slice (1 serving), lowfat milk (½ cup)

Rosanne Sexton - Omaha

Snack Mix

Snack Component:
Grains/Breads (½ serving)

Yield: 16 servings
Serving size: ⅔ cup

16 Servings	Ingredients	Servings
1 (12.3 oz.) box	Crispix Cereal™	
2 cups	Cheez-it Crackers™	
2 cups	Pretzels (small)	
½ cup	Margarine	
1 Tbsp.	Worcestershire sauce	
4 tsp.	Lemon juice	

1. Mix cereal, crackers and pretzels in large roasting pan.
2. In a small pan, melt margarine; add seasonings. Mix well.
3. Pour seasoning mixture over cereal mixture and stir until well coated.
4. Bake at **250°F** for **45 minutes**. Stir mixture every **15 minutes**.
5. Cool on absorbent paper towel; store in an air tight container.

Microwave: In a large microwave-safe bowl, melt margarine. Add seasonings, cereal, crackers and pretzels. Microwave on **high** for **6 minutes**. Stir every **2 minutes**.

Note: Read page 186 for microwave hints.

Snack Suggestion: Snack Mix (⅔ cup), apple cider (½ cup)

Bread Pudding

Snack Component:
Grains/Breads (½ serving)

Yield: 9 servings
Serving size: 1 piece (2½" x 2½")

9 Servings	Ingredients	Servings
5 slices 2 large 2 cups ½ cup 1 tsp. ½ tsp.	Day-old white enriched bread Eggs Lowfat milk Sugar Vanilla Cinnamon	

1. Lightly toast bread if it is not day-old.
2. Remove bread crusts and cut bread into 1-inch cubes.
3. In a mixing bowl, beat eggs.
4. Add milk, sugar and vanilla to eggs. Stir.
5. Add cubed bread to egg mixture. Stir slightly and soak for **5 minutes**.
6. Pour mixture into a lightly greased 8" x 8" baking dish.
7. Sprinkle cinnamon over mixture.
8. Bake in a **325°F** oven for **45-50 minutes** or until a knife inserted near the center comes out clean.
9. Cut into 9 equal pieces.
10. Cool slightly and serve warm or may be served cold.

Variations:

- Whole wheat, raisin or cinnamon bread may be substituted for the white bread.

Note: Bread pudding may be credited as a grains/breads component for snack only.

Snack Suggestion: Bread Pudding (1 piece), orange-pineapple juice (½ cup)

Peanut Butter Pie

Snack Component:
Meat/Meat Alternate (½ ounce)
Grains/Breads (½ serving)

Yield: 8 servings
Serving size: 1 piece

8 Servings	Ingredients	Servings
1 cup 1 quart 1 (8-9 inch)	Peanut butter (crunchy or creamy) Softened vanilla ice cream Prepared graham cracker pie crust	

1. Mix peanut butter and softened vanilla ice cream.
2. Pour into graham cracker crust. Freeze.
3. Cut into 8 servings.

Snack Suggestion: Peanut Butter Pie (1 piece), lowfat milk (½ cup)

Quick Rice Pudding

Snack Component:
Grains/Breads (½ serving)

Yield: 8 servings
Serving size: ½ cup

8 Servings	Ingredients	Servings
4 cups	Lowfat milk	
1 large	Egg, well beaten	
1 (3 oz.) pkg.	Vanilla pudding mix (not instant)	
1 cup	Uncooked instant rice	
¼ cup	Raisins	
¼ tsp.	Cinnamon	
⅛ tsp.	Nutmeg	

1. In heavy saucepan, gradually stir milk and egg into pudding mix.
2. Add rice and raisins.
3. Stir over medium heat until mixture just comes to a boil.
4. Cool 5 minutes, stirring twice.
5. Pour equal amounts of pudding into 8 serving dishes.
6. Sprinkle with cinnamon and nutmeg.
7. Serve warm or cover with plastic wrap and refrigerate.

Note: Rice pudding may be credited as a grains/breads component for snack only.

Snack Suggestion: Quick Rice Pudding (½ cup), grape juice (½ cup)

Banana Bars

Snack Component:
Grains/Breads (½ serving)

Yield: 24 servings
Serving size: 1 piece (2¼" x 2¼")

24 Servings	Ingredients	Servings
¾ cup	Margarine	
¾ cup	Sugar	
1 large	Egg	
1 ½ cups	Enriched all-purpose flour	
1 tsp.	Baking soda	
1 ½ cups	Oatmeal	
1 cup	Raisins	
1 ½ cups	Mashed ripe banana	

1. Cream margarine and sugar; add egg.
2. Sift flour and baking soda together. Add to cream mixture.
3. Add oatmeal, raisins and mashed bananas. Blend.
4. Spread into a greased 9" x 13" pan.
5. Bake at **350°F** for **20-25 minutes**.
6. Cut into 24 pieces.

Snack Suggestion: Banana Bar (1 piece), lowfat milk (½ cup)

Best Brownies

Snack Component:
Grains/Breads (½ serving)

Yield: 16 servings
Serving size: 1 piece (2¾" x 1¾")

16 Servings	Ingredients	Servings
½ cup	Vegetable oil	
¾ cup	Sugar	
2 tsp.	Vanilla	
2 large	Eggs	
⅓ cup	Chocolate syrup	
2 cups + 1 Tbsp.	Enriched all-purpose flour	
⅓ cup	Cocoa	
½ tsp.	Baking powder	
¼ tsp.	Salt	

1. Blend oil, sugar and vanilla in large mixing bowl.
2. Add eggs and chocolate syrup; beat well using spoon.
3. Combine flour, cocoa, baking powder and salt.
4. Gradually add to egg mixture.
5. Spread into a greased 7" x 11" pan.
6. Bake at **350°F** for **20-25 minutes** or until brownie begins to pull away from edges of pan.
7. Cool in pan.
8. Cut into 16 pieces.

Snack Suggestion: Brownie (1 piece), lowfat milk (½ cup)

Betty Rhine - Hershey, PA

Molding Dough Cookies

This recipe is high in fat but may be used occasionally for a children's cooking activity since it molds well.

Snack Component:
Grains/Breads (½ serving)

Yield: 48 servings
Serving size: 1 cookie (medium size)

48 Servings	Ingredients	Servings
1 (6 oz.) pkg.	Regular cream cheese, softened	
1 cup	Margarine	
1 cup	Brown sugar	
3½ cups	Enriched all-purpose flour	
1 tsp.	Salt	
2 tsp.	Vanilla	

1. Blend cream cheese and margarine together.
2. Add brown sugar, flour, salt and vanilla. Mix well.
3. Chill dough.
4. Roll out dough on floured surface until dough is ⅛" - ¼" thick.
5. Cut with cookie cutters.
6. Decorate.
7. Bake at **350°F** for **10-12 minutes**.

Variations:

- Using the above recipe, cut out circles. Place raisins, miniature M & M's™, etc. on one circle; then place another circle on top and seal edges.
- These cookies may be tinted with food coloring for the holidays. For example, orange circles with raisins or chocolate chip faces for Halloween; or color dough red and green for Christmas shapes.

Snack Suggestion: Molding Dough Cookie (1), banana shake (1 cup) recipe on page 142
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Oatmeal Cookies Deluxe

Snack Component:
Grains/Breads (½ serving)

Yield: 48 cookies
Serving size: 1 cookie

48 Servings	Ingredients	Servings
1 cup	Margarine	
½ cup	Sugar	
1 cup	Brown sugar	
2 large	Eggs	
1 tsp.	Vanilla	
½ cup	Peanut butter	
1 ½ cups	Enriched all-purpose flour	
1 tsp.	Baking soda	
3 cups	Quick cooking oatmeal (not instant)	
1 cup	Raisins	

1. Cream margarine, sugar and brown sugar together.
2. Add eggs, vanilla and peanut butter. Beat well.
3. Add flour and soda; mix well.
4. Add oatmeal and raisins; mix well.
5. Drop dough by rounded teaspoonfuls 2" apart on baking sheet.
6. Bake at **350°F** for **10-12 minutes**.
7. Cool 1 minute on baking sheet; remove to wire rack.

Snack Suggestion: Oatmeal Cookie Deluxe (1), lowfat milk (½ cup)

Easy Oatmeal Cookies

Snack Component:
Grains/Breads (½ serving)

Yield: 30 servings
Serving size: 1 bar

30 Servings	Ingredients	Servings
¾ cup	Sugar	
1 Tbsp.	Brown sugar	
3 cups	Oatmeal	
2 cups	Enriched all-purpose flour	
2 tsp.	Salt	
1 tsp.	Baking soda	
1¼ cups	Margarine	
¼ cup	Cold water	

1. Mix sugar, brown sugar, oatmeal, flour, salt and baking soda together.
2. Cut in margarine.
3. Add water.
4. Chill dough for one hour.
5. Put dough on greased 15" x 10" baking sheet. Press dough out towards corners of baking sheet; then roll with rolling pin to even out the dough.
6. Cut into 2" x 2½" bars before baking.
7. Bake at **375°F** for **12-15 minutes** until light brown.
8. Let cool. Snap cookies apart along seam line.

Snack Suggestion: Easy Oatmeal Cookie (1), chocolate milk (½ cup)

Peanut Butter Balls (No-Bake)

Snack Component:
Meat/Meat Alternate (½ ounce)

Yield: 20 servings
Serving size: 3 balls

20 Servings	Ingredients	Servings
3 cups	Dry cereal, flakes or crispies	
½ cup	Instant nonfat dry milk	
1 ¼ cups	Peanut butter	
⅓ cup	Honey	

1. Crush 1 cup of the cereal; set aside.
2. Stir dry milk, peanut butter, honey and remaining cereal together.
3. Use a rounded teaspoonful of mixture to form peanut butter balls.
4. Roll in crushed cereal to coat.
5. Store in an air tight container in the refrigerator.

Note: There are many recipes for No-Bake Peanut Butter Balls. In order to credit the recipe as a meat alternate at snack, check to see that the recipe provides 1 tablespoon of peanut butter per serving. Do not use margarine, butter or oils in peanut butter ball recipes.

FOOD SAFETY NOTE:

Do not feed honey to children under one year of age.

Snack Suggestion: Peanut Butter Balls (3), apple slices (½ cup), water

Valerie Sieburg - Springfield Theresa Rybinski - Columbus Willie DuLaney - Omaha

Smiling Pumpkin Cookies

Snack Component:
Grains/Breads (½ serving)

Yield: 30 cookies
Serving size: 1 cookie

30 Servings	Ingredients	Servings
2 cups	Enriched all-purpose flour	
1 Tbsp.	Baking powder	
1 tsp.	Cinnamon	
1 tsp.	Nutmeg	
½ tsp.	Ginger	
1 cup	Margarine	
1 cup	Brown sugar	
2 large	Eggs	
1 cup	Pumpkin	
1 tsp.	Vanilla	
1 cup	Raisins	

1. Lightly coat 2 baking sheets with non-stick spray.
2. In medium bowl, sift together flour, baking powder, cinnamon, nutmeg and ginger; set aside.
3. In a large mixing bowl, cream margarine and brown sugar together.
4. Beat in eggs.
5. Add the pumpkin and vanilla. Beat well.
6. Add flour mixture and blend with pumpkin batter for one minute.
7. Drop dough by tablespoonfuls 2" apart on baking sheet.
8. Lightly press in raisins to form a face.
9. Bake at **350°F** for **15 minutes**. Cool.

Variation:

- Substitute currants for raisins to form a face.

Snack Suggestion: Smiling Pumpkin Cookie (1), lowfat milk (½ cup)

Rolled Sugar Cookies

Snack Component:
Grains/Breads (½ serving)

Yield: 32 servings
Serving size: 1 cookie

32 Servings	Ingredients	Servings
¾ cup	Sugar	
3 cups	Enriched all-purpose flour	
2 tsp.	Baking powder	
1 tsp.	Baking soda	
1 tsp.	Salt	
1 cup	Margarine	
2 large	Eggs	
4 Tbsp.	Lowfat milk	
1 tsp.	Vanilla	

1. Sift sugar, flour, baking powder, baking soda and salt together.
2. Cut margarine into flour mixture as if making pie crust.
3. Add eggs, milk and vanilla. Mix well.
4. Divide dough in half.
5. Chill dough for **30 minutes**.
6. Roll out half of dough on floured surface to ⅛" thick.
7. Cut with cookie cutters.
8. Decorate with sprinkles or cinnamon sugar.
9. Roll out remaining dough and repeat steps #7 and #8.
10. Bake at **375°F** for **7-8 minutes**. Cool.

Snack Suggestion: Rolled Sugar Cookie (1), lowfat milk (½ cup)

Zucchini Cookies

Snack Component:
Grains/Breads (½ serving)

Yield: 48 cookies
Serving size: 1 cookie

48 Servings	Ingredients	Servings
¾ cup	Margarine	
½ cup	Sugar	
1 large	Egg	
1 tsp.	Vanilla	
3½ cups	Enriched all-purpose flour	
2 tsp.	Baking powder	
2 tsp.	Baking soda	
1 tsp.	Cinnamon	
1½ cups	Zucchini, shredded	

1. Cream the margarine and sugar together in a large mixing bowl.
2. Add the egg and vanilla; mix well.
3. Combine the dry ingredients in a medium bowl.
4. Add the dry ingredients to the creamed mixture; mix thoroughly.
5. Gradually stir in zucchini.
6. Drop dough by teaspoonfuls 2" apart on ungreased baking sheet.
7. Bake at **350°F** for **12 minutes**. Cool.

Variations:

- Substitute 1½ cups grated carrots or 1 cup applesauce for the zucchini.

Snack Suggestion: Zucchini Cookie (1), cottage cheese (½ cup), water

Orange Glazed Biscuits

Snack Components:
 Grains/Breads (½ serving)
 Fruit/Vegetable (½ cup)

Yield: 10 servings
 Serving size: 1 biscuit

10 Servings	Ingredients	Servings
10 (1 tube)	Refrigerated biscuits	
10	Sugar cubes	
1 (12 oz.) can	Frozen orange juice concentrate	

1. Place biscuits in lightly greased pan.
2. Dip sugar cube in orange juice concentrate and push down in center of biscuit.
3. Bake according to package directions.
4. Add 3 cans of water to remaining orange juice concentrate and serve with biscuits.

Snack Suggestion: Orange Glazed Biscuit (1), orange juice (½ cup)

Anita Sprinel - Omaha

Cheese Puffs

Snack Components:
 Meat/Meat Alternate (½ ounce)
 Grains/Breads (½ serving)

Yield: 10 servings
 Serving size: 1 cheese puff

10 Servings	Ingredients	Servings
10 (1 tube) 1 tsp. 1 block (5 oz.) ¼ cup	Refrigerated buttermilk biscuits Dried oregano Mozzarella cheese Pizza sauce	

1. Make an indentation in the center of each biscuit; sprinkle with oregano.
2. Cut the block of mozzarella into 10 cubes.
3. Place cheese cube in the center of each biscuit.
4. Wrap dough around cheese to seal.
5. Place seam side down on an ungreased baking sheet.
6. Spread pizza sauce over tops.
7. Bake at **375°F** for **10-12 minutes** or until golden brown.

Snack Suggestion: Cheese Puff (1), water

Crunchy Bread Sticks

Snack Component:
Grains/Breads (½ serving)

Yield: 10 servings
Serving size: 2 sticks

10 Servings	Ingredients	Servings
1 cup 1 Tbsp. ½ tsp. 10 (1 tube)	Crispy rice cereal, crushed Dill weed Salt Refrigerated biscuits	

1. Mix cereal, dill weed and salt in shallow pan.
2. Cut biscuits in half.
3. Roll biscuit half back and forth until it is the size of a pencil.
4. Dip in water and then roll in cereal mixture.
5. Bake at **400°F** for **8-10 minutes** or until done.

Snack Suggestion: Crunchy Bread Sticks (2), lowfat flavored yogurt (¼ cup)

Lee Ann Greenough - Valentine

Funnel Cakes

Snack Component:
Grains/Breads (½ serving)

Yield: 8 servings
Serving size: 1 funnel cake

8 Servings	Ingredients	Servings
1 cup	Enriched all-purpose flour	
2 tsp.	Sugar	
1 tsp.	Baking powder	
½ tsp.	Salt	
1 large	Egg, lightly beaten	
¾ cup	Lowfat milk	
As needed	Vegetable oil for frying	
As needed	Powdered sugar	

1. In a large bowl, combine the flour, sugar, baking powder and salt.
2. Gradually add the beaten egg and milk until well blended.
3. Let the mixture stand for **15 minutes**.
4. Heat ½" of vegetable oil in a deep skillet to **390°F**.
5. When the oil is hot, pour the batter into a funnel, drizzling a thin stream of batter into the hot oil.
6. Start in the center of the skillet, circling continuously until the funnel cake is the desired size and shape.
7. Fry on each side until golden brown.
8. Drain cakes on paper towels.
9. Sprinkle lightly with powdered sugar and serve warm.

Note: Vegetable oil needs to be heated to 390°F before adding funnel cakes. This will prevent batter from absorbing excess oil.

SAFETY NOTE: Must use a clean funnel. Keep for this purpose only. The Pennsylvania Dutch use a funnel with a long handle to help prevent burns.

Snack Suggestion: Funnel Cake (1), lowfat milk (¾ cup)

Hush Puppies

Snack Component:
Grains/Breads (½ serving)

Yield: 12 servings
Serving size: 2 hush puppies

12 Servings	Ingredients	Servings
1 cup	Yellow cornmeal	
1 ½ tsp.	Baking powder	
½ cup	Enriched all-purpose flour	
¾ tsp.	Salt	
2 Tbsp.	Chopped onion	
⅔ cup	Lowfat milk	
1 large	Egg	
As needed	Vegetable oil for frying	
As needed	Honey for dipping	

1. Mix cornmeal, baking powder, flour and salt together.
2. Mix in onion, milk and egg.
3. Drop batter by tablespoonfuls into hot oil at **375°F** for **2-3 minutes**, turning once.
4. Drain on paper towels. Serve warm.

Note: Vegetable oil needs to be heated to 375°F before adding hush puppies. This will prevent dough from absorbing excess oil.

FOOD SAFETY NOTE:

Do not feed honey to children under one year of age.

Snack Suggestion: Hush Puppies (2), lowfat milk (½ cup)

Kringlers

Snack Component:
Grains/Breads (½ serving)

Yield: 8 servings
Serving size: 1 tortilla

8 Servings	Ingredients	Servings
8 (6-inch) 2 Tbsp. 5 tsp. 3 Tbsp.	Flour tortillas Melted margarine Cinnamon Sugar	

1. Preheat oven to **350°F**.
2. Combine the cinnamon and sugar in a small bowl.
3. Spread out tortillas on a flat surface; lightly brush each with melted margarine to the edge.
4. Sprinkle the cinnamon sugar mixture over each tortilla.
5. Roll up the tortilla in jelly roll fashion; place on a greased cookie sheet seam side down.
6. Bake at **350°F** for **4-5 minutes**.
7. Cool. Cut in half for easy eating.

Snack Suggestion: Kringlers (1 serving), grape juice (½ cup)

Finger Pancakes

Snack Component:
Grains/Breads (½ serving)

Yield: 15 servings
Serving size: 2 pancakes

15 Servings	Ingredients	Servings
2 large	Eggs	
3 cups	Lowfat milk	
2 cups	Enriched all-purpose flour	
½ tsp.	Salt	
1 tsp.	Sugar	
1 tsp.	Baking powder	
As needed	Powdered sugar	

1. Beat eggs; add milk.
2. Combine the dry ingredients and sift into egg and milk mixture; mix well.
3. Pour ⅛ cup batter quickly on hot, greased griddle; spread evenly.
4. When golden brown, turn and brown other side.
5. When pancake is cooked, sprinkle lightly with powdered sugar. Roll up in jelly roll fashion and eat with fingers. The batter is very thin so the pancakes roll easily.

Variation:

- Pancakes may be spread with fruit spreads, jam, jelly, preserves or peanut butter. Children could choose their own filling.

Snack Suggestion: Finger Pancakes (2), apple slices (½ cup), water

Kim Nealon - Omaha

Amy Jones - LaVista

Soft Pretzels

Snack Component:
Grains/Breads (½ serving)

Yield: 16 servings
Serving size: 1 pretzel

16 Servings	Ingredients	Servings
2 cups	Enriched all-purpose flour	
1 Tbsp.	Vegetable oil	
1 Tbsp.	Dry active yeast	
¾ cup	Apple or white grape juice, lukewarm	
1 large	Egg, beaten	
¼ tsp.	Salt, coarse	

1. In a large mixing bowl, combine half of the flour, oil, yeast and fruit juice.
2. Beat with an electric mixer for **2-3 minutes**.
3. Stir in remaining 1 cup of flour.
4. Knead on floured board for **10 minutes** or until dough is smooth and elastic. Add more flour if dough is sticky.
5. Pinch off pieces of dough and roll to form 16 long strips.
6. Twist into desired shapes and place on lightly greased baking sheets.
7. Let rise in a warm place for **30 minutes**.
8. Brush with egg and sprinkle with salt.
9. Bake at **450°F** for **15 minutes** or until brown.

Note: This is a recipe the children could help with; give them the bread strip and let them design their own pretzel shape.

Snack Suggestion: Soft Pretzel (1), witches brew (½ cup) recipe on page 150

Sopaipillas

Snack Component:
Grains/Breads (½ serving)

Yield: 10 servings
Serving size: 2 sopaipillas

10 Servings	Ingredients	Servings
1 cup	Enriched all-purpose flour	
1 ½ tsp.	Baking powder	
1 Tbsp.	Margarine	
⅓ cup	Warm water	
As needed	Vegetable Cooking oil for deep-fat frying	
As needed	Powdered sugar	

1. Combine flour and baking powder in a bowl.
2. Cut in margarine until mixture resembles fine crumbs.
3. Gradually add ⅓ cup warm water (110°-115°F), stirring with a fork. The dough will be crumbly.
4. On a lightly-floured surface, knead dough for **3-5 minutes** or until smooth.
5. Cover; let dough rest **10 minutes**.
6. Roll dough into a 12½" x 10" rectangle.
7. Using a fluted pastry wheel or knife, cut into 2½-inch squares. Do not re-roll or patch dough.
8. Fry two or three squares at a time in hot oil at **425°F** for **30 seconds** on each side or until golden brown. Drain on paper towels.
9. Keep warm in a **300°F** oven while frying remaining squares. Sprinkle with powdered sugar.

Note: Vegetable oil needs to be heated to 425°F before adding squares. This will prevent dough from absorbing excess oil.

Snack Suggestion: Sopaipillas (2), lowfat milk (½ cup)

Taco Dip

Snack Component:
Meat/Meat Alternate (½ ounce)

Yield: 16 servings
Serving size: ¼ cup

16 Servings	Ingredients	Servings
1 lb.	Lean ground beef	
1 lb.	Processed cheese food	
1 (16 oz.) can	Chili with beans	
1 (16 oz.) jar	Thick and chunky salsa (mild)	

1. Brown ground beef in a skillet until done. Drain.
2. Transfer cooked meat to a microwave-safe bowl.
3. Cut cheese in chunks. Add to beef.
4. Add chili with beans and salsa.
5. Stir well.
6. Microwave on **medium-high**, stirring every **2 minutes** until cheese is melted.
7. Serve warm.

Snack Suggestion: Taco Dip (¼ cup), tortilla rounds (6), water

Quick Snack Ideas

Hot or Cold Cereal Milk	Soft Tortilla Refried Beans	Chex Mix Apple Juice
Pumpernickel Bread Tangerine	Soft Tortilla Peanut Butter	String Cheese Fresh Fruit
English Muffin Grape Juice	French Bread Fruit Cup	Italian Bread Fruit Yogurt
Whole Wheat Bagel Tomato Juice	Graham Crackers Fruit Yogurt	Bagel Milk
Banana Peanut Butter	Bagel Orange	English Muffin Peanut Butter
Cheese Sandwich (Enriched Bread)	Boston Brown Bread Fruit Cocktail	Fresh Fruit Vanilla Wafers
Soft Tortilla Pineapple Chunks	Gingersnaps Applesauce	Tomato Slices Saltines
Fruit Cup Cheese Slices	Cheese Cubes Apple Slices	Whole Wheat Toast Lowfat Chocolate Milk
Granola Bar Orange Juice	Pretzels String Cheese	Bagel with Cream Cheese Pineapple Juicie
Cinnamon Toast Pineapple Juice	Mandarin Oranges Wheat Crackers	Assorted Fresh Vegetables Cottage Cheese Dip Apple Juice
Raisin Bread Orange Juice	Rice Cakes Peanut Butter & Jelly	
French Bread Pears	Yogurt Dip Strawberries	Italian Bread Cherry Tomatoes (cut in fourths)