SNACKS THAT COUNT: RECIPES FOR NUTRITIOUS SNACKS

TEXAS DEPARTMENT OF AGRICULTURE * FOOD AND NUTRITION DIVISION

Child Care

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TABLE OF CONTENTS

Introduction . . . 2

CRUNCHY, SMOOTH, TASTY (MEAT/MEAT ALTERNATES)

Easy Pizza . . . 6
Big Round Nachos . . . 7
Tuna Salad . . . 8
Chicken Salad . . . 9
Chili Bean Dip and Carrot Sticks . . . 10
Delicious Cottage Cheese Dip . . . 11
Cheesy Critters . . . 12
Ants on a Log . . . 13
Peanut Butter and Apple Triangles . . . 14
Homemade Peanut Butter . . . 15
Tuna Treats . . . 16

SWEET, CRUNCHY, JUICY (VEGETABLES/FRUITS)

Banana Surprise . . . 20
Fruitsicles . . . 21
Apple Salad . . . 22
Berry Banana Cooler . . . 23
Banana Smoothie . . . 24
Apple Smiles . . . 25
Fruit Kabobs and Yogurt Dip . . . 26
Homemade Applesauce . . . 27
Octopus Bubbles . . . 28
Peter Cottontail Salad . . . 29

SPICY, SQUARE, SWEET (GRAINS/BREADS)

Spiced Apple and Raisin Snack Mix . . . 32
Cereal Munch Mix . . . 33
Gingerbread People . . . 34
Holiday Trees . . . 35
Tortillas . . . 36
Banana Nut Bread . . . 37
Peanut Butter Cookies . . . 38
Oatmeal Cookies . . . 39
Surprise Crescent . . . 40
Oatmeal Apple Muffin . . . 41

COLD AND REFRESHING (MILK)

Special Notes . . . 41

INTRODUCTION

One of the goals of the Child and Adult Care Food Program is to improve the children's nutritional status by promoting positive changes in nutrition knowledge, attitudes, and behaviors. What better way to turn a child "on" to good nutrition than to let them explore in a hands-on sense? They learn math, language skills, motor skills, cultural heritage, and science through cooking, baking and preparing food. They may be exposed to food and food preparation opportunities that they may not normally experience at home.

Several notes of precaution should be mentioned so that the experience can be as pleasant as possible when involving children in these activities. Follow these guidelines for fun and safe food preparation activities.

- Be prepared. Have all ingredients laid out with needed equipment.
- Use plastic utensils to guard against breakage.
- Use aprons or towels tied around the waist to keep children clean.
- Take a moment to explain the ground rules and project.
- Start the activity by everyone washing his or her hands.
- Teach children to observe markings on a measuring cup and mark the spot to be measured to with a rubber band around the outer side of the cup. Then children can fill the cup up to the "line."
- Teach children how to use a knife properly and always supervise. Show the child to always hold the knife in their dominant hand and steady the blade end with the palm of the other hand.
- Do not include a cooking activity that is "deep fried."

- If using stove top burners, ovens, or other equipment that will be hot, teach the children to use potholders and stay clear of the heat.
- Place electrical cords where children cannot trip over them.

The recipe sections that follow include foods that will satisfy the component requirements of a snack in the Child and Adult Care Food Program (CACFP), for children one through five years of age. All recipes contain one to two components. The first line under the name of the recipe tells how many servings and the creditable amount of each component. Refer to the USDA Food Buying Guide for Child Nutrition Programs to serve the correct amount per serving for each age group and requirement specifications for creditability, such as Grains/Breads is enriched or whole-grain, or made from enriched or whole-grain meal and/or flour, bran, and/or germ or if it is a cereal, that it is whole-grain, enriched or fortified. Care has been taken to provide recipe ideas that are easy to prepare without extra fat, sugar, and salt.

KEY

Involve Children in Preparation

Good Source of Iron

Low in Fat

CRUNCHY, SMOOTH, TASTY

(MEAT/MEAT ALTERNATES)

EASY PIZZA

INGREDIENTS

4 each English muffins, split in half, (13 gm or 0.5 oz)

1/2 cup tomato sauce

1 teaspoon oregano

4 ounces mozzarella cheese

EQUIPMENT

Knives

Measuring spoons

Baking sheets

Oven or toaster oven

DIRECTIONS

1. Split English muffins in half
2. Spread 1/2 tablespoon tomato sauce on each half
3. Sprinkle each half with a pinch of oregano
4. Top with 1/2 ounce mozzarella cheese
5. Place on baking sheet and bake about 10 minutes at 425°
6. Cool completely before serving to children
7. Serve one-half muffin per child

VARIATION

Try mushrooms, green peppers, or other vegetable toppings.

SERVES 8
Recipe = 1/2 Grains/Bread
1/2 ounce Meat/Meat Alternates

BIG ROUND NACHOS

INGREDIENTS

8 each tostado shells (whole grain or enriched) (13 gm or 0.5 oz)

2 ounces cheddar cheese or low fat cheese

1/2 cup refried beans

EQUIPMENT

Cheese grater

Knives

Spoons

Bowl

Baking sheet

Oven or toaster oven

DIRECTIONS

1. Grate cheese and set aside
2. Gently spread each tostado shell with 1 tablespoon refried beans
3. Place on baking sheet and top with grated cheese (1/4 ounce on each tostado)
4. Heat at 400° until cheese melts
5. Serve one tostado per child

VARIATION

Use soft flour tortillas in place of tostado shells. Roll cheese and beans in tortilla; wrap tortilla in foil and heat in 350° oven until cheese melts, about 8 minutes.

SERVES 8
Recipe = 1/2 Grains/Bread
1/2 ounce Meat/Meat Alternates

TUNA SALAD

INGREDIENTS

- 4 ounces tuna, packed in water
- 1/3 cup celery, finely chopped
- 1/4 cup reduced fat mayonnaise or salad dressing
- 2-3 tablespoons pickle relish
- 1/2 teaspoon onion
- 4 slices whole grain bread (or 32 saltine crackers, or 24 pieces melba toast)

EQUIPMENT

- Mixing bowls
- Knives
- Chopping board
- Measuring cups

DIRECTIONS

1. Mix tuna, celery, mayonnaise, pickle relish, and onion together in large mixing bowl
2. Serve 1-1/2 tablespoons on any of the grains/breads component food items listed in the ingredient list
3. Serve 3 pieces of melba toast (or 4 crackers, or 1/2 slice whole grain bread) per child

SERVES 8
Recipe = 1/2 Grains/Bread
1/2 ounce Meat/Meat Alternates

CHICKEN SALAD

INGREDIENTS

- 4 ounces chicken, cooked, deboned and cubed
- 2 teaspoons lemon juice
- 1/4 cup celery, chopped
- 1/4 cup seedless grapes, halved (or apple, chopped)
- 1 large egg, cooked, peeled and chopped
- 1/4 cup almonds, slivered or blanched
- 1/4 cup mayonnaise (reduced fat)
- 4 slices whole grain bread (or 32 saltine crackers, or 24 pieces melba toast)

EQUIPMENT

- Mixing bowls
- Knives
- Chopping board
- Measuring cups and spoons

DIRECTIONS

1. Mix ingredients together in large mixing bowl
2. Serve 1-1/2 tablespoons on any of the grains/breads component food items listed in the ingredient list
3. Serve 1/2 slice whole grain bread (or 4 crackers, or 3 pieces of melba toast) per child

SERVES 8
Recipe = 1/2 ounce Meat/Meat Alternates
1/2 Grains/Bread

CHILI BEAN DIP AND CARROT STICKS

INGREDIENTS

- 1 cup kidney or pinto beans, cooked
- 1 teaspoon vinegar or lemon juice
- 1/4 - 1/2 teaspoon chili powder
- 1/4 - 1/2 teaspoon cumin
- 1 teaspoon onion, diced
- 1 pound carrot sticks

EQUIPMENT

- Mixing bowl
- Measuring cups and spoons
- Potato masher

DIRECTIONS

1. Place beans in a bowl, and mash with a potato masher or fork
2. Add lemon juice or vinegar and spices and mix well
3. Serve 2 tablespoons of dip with 1/2 cup carrot sticks per child

SERVES 8
Recipe = 1/2 ounce Meat/Meat Alternates
1/2 cup Vegetables/Fruits

DELICIOUS COTTAGE CHEESE DIP

INGREDIENTS

- 8 ounces cottage cheese (low fat)
- 3 tablespoons plain yogurt (low fat)
- 2 tablespoons cheddar cheese
- 1 tablespoon dill weed
- 2 teaspoons Worcestershire sauce
- 1 teaspoon salt
- 1 teaspoon celery seed (optional)

EQUIPMENT

- Mixing bowl
- Measuring cups and spoons
- Mixing spoon

DIRECTIONS

1. Mix cottage cheese with yogurt and cheddar cheese
2. Add spices and stir until mixed well
3. Serve 1 ounce with another snack component (such as a grains/breads or vegetable) per child

SERVES 8
Recipe = 1/2 ounce Meat/Meat Alternates

CHEESY CRITTERS

INGREDIENTS

- 8 slices whole wheat bread
- 8 each natural cheese (1 ounce slices)

EQUIPMENT

- Cookie cutters (any shape)

DIRECTIONS

1. Cut cheese with various cookie cutter shapes and place on bread
2. Toast or eat as is!
3. Serve one slice per child

SERVES 8
Recipe = 1 Grains/Bread
1 ounce Meat/Meat Alternates

ANTS ON A LOG

INGREDIENTS

- 1/2 cup peanut butter (creamy)
- 8 stalks celery (about 4-6 inches long) (.75 pound)
- 2 cups raisins

EQUIPMENT

- Knives
- Spoons

DIRECTIONS

1. Spread 1 tablespoon of peanut butter on each celery stalk
2. Place 1/4 cup of raisins on top of peanut butter
3. Serve one celery stick per child

SERVES 8
Recipe = 1/2 ounce Meat/Meat Alternates
1/4 cup Vegetables/Fruits

PEANUT BUTTER AND APPLE TRIANGLES

INGREDIENTS

- 4 slices whole wheat bread
- 1/2 cup peanut butter, creamy
- 1/2 cup apple, chopped

EQUIPMENT

- Knives
- Cutting board
- Spatula

DIRECTIONS

1. Cut each slice of bread diagonally to form triangles
2. Mix peanut butter and apples together
3. Spread 1 tablespoon of mixture on each bread triangle
4. Top with another bread triangle
5. Serve one triangle per child

SERVES 8
Recipe = 1/2 Grains/Bread
1/2 ounce Meat/Meat Alternates

HOMEMADE PEANUT BUTTER

INGREDIENTS

- 8 ounces peanuts, roasted unsalted (or roast raw peanuts at 300° for 40 minutes)
- 2 tablespoons vegetable oil
- 1/4 teaspoon salt
- 4 slices whole grain bread (or 32 saltine crackers, or 24 pieces of melba toast)

EQUIPMENT

- Blender or food processor
- Spatula
- Spoons
- Measuring spoons

DIRECTIONS

1. Hull roasted peanuts
2. Put 1 cup peanuts in blender or food processor
3. Add oil and salt, and grind until smooth
4. Place 1 tablespoon of homemade peanut butter on any of the grains/breads component food items listed in the ingredient list
5. Serve 1/2 slice whole grain bread (or 4 crackers, or 3 pieces of melba toast) per child

SERVES 8
Recipe = 1/2 ounce Meat/Meat Alternates
1/2 Grains/Bread

TUNA TREATS

INGREDIENTS

- 8 ounces tuna (water packed)
- 1 large egg
- 1 slice dry whole grain bread, crumbled (or 1/4 cup bread crumbs)
- 1/2 cup peas, frozen
- 1/3 - 1/2 cup grated cheese

EQUIPMENT

- Mixing bowl
- Measuring cup
- Muffin tins

DIRECTIONS

1. Spray muffin tins with non-stick spray
2. Mix ingredients; use a #8 scoop/disher and place into 8 muffin tins
3. Sprinkle with grated cheese
4. Bake at 350° for 15 to 20 minutes
5. Serve one muffin per child

SERVES 8
Recipe = 1 ounce Meat/Meat Alternates

SWEET, CRUNCHY, JUICY

(VEGETABLES/FRUITS)

BANANA SURPRISE

INGREDIENTS

8 each bananas (petite whole; 3 lb)

16 squares graham crackers

1/2 cup creamy peanut butter

EQUIPMENT

Popsicle sticks (8 each)

Bags (zip-lock type) (8 each)

Cutting board

Knife

Cookie sheet

Freezer compartment

VARIATION

Substitute 2 tablespoons of honey and 2 tablespoons of orange juice for the peanut butter, then dip in crushed cereal instead of graham crackers.

DIRECTIONS

1. Place 2 squares graham crackers in zip-lock bag and seal
2. Crush the graham crackers in the bag by kneading the bag in your hands and pressing on a flat surface
3. Cut bananas in half
4. Insert a popsicle stick into each cut side of the banana
5. Spread a thin coating of peanut butter onto each banana, then dip banana into the graham cracker crumbs
6. Remove banana popsicle from bag and put on a cookie sheet and place in the freezer
7. Freeze and eat
8. Two banana pops per child

SERVES 8
Recipe = 1/2 cup Vegetables/Fruits

FRUITSICLES

INGREDIENTS

3 cups 100% fruit juice
(apple, orange, grape, etc.)

1 cup canned fruit in natural juices
(cocktail, pears, peaches, apricots, etc.)

EQUIPMENT

Measuring cups

Food mill or grinder, blender, food processor

Disposable 5-ounce cups
(5-ounce size, 8 each)

Popsicle sticks (8 each)

Plastic wrap

DIRECTIONS

1. Pour juice and canned fruit into blender, food mill, or processor
2. Mix juice and fruit together and pour 4 ounces (1/2 cup) into paper cups
3. Cover with plastic wrap, slit a hole in center of wrap, and insert popsicle stick into hole
4. Freeze until hard
5. Tear away cup to eat
6. Serve one paper cup per child

SERVES 8
Recipe = 1/2 cup Vegetables/Fruits

APPLE SALAD

INGREDIENTS

- 2 cups celery, diced
- 2 cups apple, diced
- 1/2 cup raisins
- 1/3 cup mayonnaise (reduced fat) mixed with 1 tablespoon milk
- Romaine lettuce leaves (dark leafy green)

EQUIPMENT

- Mixing bowls
- Measuring cups
- Knives
- Cutting board
- Spoons

DIRECTIONS

1. Mix all ingredients together in mixing bowl
2. Serve 1/2 cup on lettuce leaf, one per child

SERVES 8
Recipe = 1/2 cup Vegetables/Fruits

BERRY BANANA COOLER

INGREDIENTS

- 1 10 oz. pkg frozen strawberries, partially thawed
- 1-1/2 cups orange juice
- 1-1/2 cups lemonade
- 2 medium (.5 lb) bananas (ripe), cut into chunks

EQUIPMENT

- Measuring cups
- Knife
- Cutting board
- Blender or food processor
- Paper cups (6-ounce size, 8 each)

DIRECTIONS

1. Place all ingredients in a blender or processor and blend until smooth
2. Pour mixture into 6 ounce cups
3. Serve one paper cup per child

SERVES 8
Recipe = 1/2 cup Vegetables/Fruits

BANANA SMOOTHIE

INGREDIENTS

- 4 cups orange juice, chilled
- 4 each bananas, petite whole, 1.5 lb
- 1/2 teaspoon vanilla extract

EQUIPMENT

- Measuring cups
- Measuring spoons
- Blender or food processor
- Paper cups (6-ounce size, 8 each)

DIRECTIONS

1. Place all ingredients in a blender or processor and blend until smooth
2. Pour 4 ounces of banana smoothie in each cup
3. Serve one paper cup per child

SERVES 10
Recipe = 1/2 cup Fruit/Vegetable

APPLE SMILES

INGREDIENTS

- 8 each red apples
  (about 2-1/2 inches in diameter, 2.25 lb)
- 8 tablespoons peanut butter
- Miniature marshmallows

EQUIPMENT

- Cutting board
- Knives

DIRECTIONS

1. Wash apples, slice in half and remove cores
2. Slice each apple into 8 slices
3. Spread peanut butter on one side of each slice of apple
4. Place three or four marshmallows (teeth) on top of the peanut butter
5. Top with another apple slice, (peanut butter side down), and press slightly together to complete the smile
6. Serve one apple per child

SERVES 8
Recipe = 1/2 cup Vegetables/Fruits
1/2 ounce Meat/Meat Alternates

FRUIT KABOBS AND YOGURT DIP

INGREDIENTS

4 cups fresh, frozen, or canned fruit in natural juice (apple, bananas, cantaloupe, cherries, grapes, honeydew melon, peaches, pineapple, strawberries, watermelon)

8 ounces yogurt, plain or vanilla (low fat)

2 tablespoons frozen orange juice concentrate

1/2 teaspoon cinnamon

EQUIPMENT

Knives

Cutting boards

Toothpicks or skewers

Mixing spoons

Measuring spoons

Mixing bowls

DIRECTIONS

1. Clean fresh fruits and remove seeds, pits, etc.
2. Cut fruit into 1/2 inch squares or use a melon baller
3. Arrange fruits attractively on a platter
4. Choose at least five pieces of fruit and place on skewer or toothpicks (may need more than one)
5. Mix yogurt, orange juice and cinnamon
6. Serve one fruit kabob with 1 ounce of yogurt dip

VARIATIONS

Try other flavorings instead of cinnamon in the yogurt such as vanilla, nutmeg, and coconut extract.

SERVES 8
Recipe = 1/2 cup Vegetables/Fruits
1/2 ounce Meat/Meat Alternates

HOMEMADE APPLESAUCE

INGREDIENTS

8 each apples
(about 2-1/2 inches in diameter, 2.25 lb)

3 tablespoons honey

2 teaspoons cinnamon

EQUIPMENT

Knives

Cutting board

Measuring spoon

Mixing spoon

DIRECTIONS

1. Peal the apples and chop into small chunks
2. Place apples in sauce pan and cook in 1/2 inch of water
3. Add honey, boil and stir
4. Cook until apples are tender, about 15 minutes
5. Stir apples to create a chunky applesauce or put in a blender and puree for smooth applesauce
6. Pour 1/2 cup applesauce into bowls or cups and sprinkle with cinnamon
7. Serve 1/2 cup per child

SERVES 8
Recipe = 1/2 cup Vegetables/Fruits

OCTOPUS BUBBLES

INGREDIENTS

4 cups 100% fruit juice
(pineapple or white grape fruit juice)

2 cups club soda

EQUIPMENT

Glasses or cups

DIRECTIONS

1. Pour 4 ounces (1/2 cup) chilled juice into a glass
2. Top off with a splash of club soda
3. Serve one glass per child

SERVES 8
Recipe = 1/2 cup Vegetables/Fruits

PETER COTTONTAIL SALAD

INGREDIENTS

8 each romaine lettuce leaves
(dark leafy green) 1/4 pound

16 each pear halves natural juice –
No. 2 – 1/2 can (29 oz) + No. 303 can (15 oz)

32 each cloves or raisins

32 each almonds (optional) or olive halves

1 cup cottage cheese

EQUIPMENT

Melon baller or spoon

DIRECTIONS

1. Place a pear half (round side up) on a leaf of lettuce (core side down)
2. Add 2 cloves (or raisins) for eyes and 2 almonds (or olive halves) for ears
3. Place 1 ounce of cottage cheese (at the end of the pear half) for the tail
4. Serve one rabbit for 1/4 cup fruit and two rabbits for 1/2 cup fruit serving

SERVES 8
Recipe = 1/4 cup Vegetables/Fruits
1/2 ounce Meat/Meat Alternates

SPICY, SQUARE, SWEET

(GRAINS/BREADS)

SPICED APPLE AND RAISIN SNACK MIX

INGREDIENTS

- 4 cups whole grain oat squares cereal
- 4 cups cinnamon square cereal
- 3 cups dried apple chunks, firmly packed, 1/2 lb = about 2.6 cups
- 1-1/2 cups raisins
- 1-2 teaspoons cinnamon

EQUIPMENT

- Mixing bowl
- Measuring cups and spoons
- Mixing spoons
- Zip-lock bags

DIRECTIONS

1. Place dried apple chunks into zip-lock bag and add cinnamon
2. Close bag and shake to mix cinnamon and dried apples
3. Mix remaining ingredients and dried apples together
4. Store tightly covered in refrigerator up to 5 days
5. Serve one cup per child

SERVES 10
Recipe = 3/4 c cereal = 1 Grains/Bread
1/4 cup Vegetables/Fruits

CEREAL MUNCH MIX

INGREDIENTS

- 8 cups alphabet, toasted oat circles, or toasted rice squares cereal
- 1/2 cup nuts, coarsely chopped
- 1 cup dried apple slices
- 1 cup dried apricots, chopped
- 1 cup raisins
- 1/2 cup mini chocolate chips

EQUIPMENT

- Measuring cups and spoons
- Knives
- Chopping board
- Mixing spoons

DIRECTIONS

1. Combine all ingredients in a bowl
2. Toss lightly to mix
3. Serve one cup per child

SERVES 8
Recipe = 3/4 c cereal = 1 Grains/Bread
1/4 cup Vegetables/Fruits

GINGERBREAD PEOPLE

INGREDIENTS

- 1 cup margarine
- 3/4 cup honey
- 1 each egg, slightly beaten
- 1 cup molasses
- 1-1/2 teaspoons baking soda
- Assorted candies and icing for decorating
- 1/2 teaspoon salt
- 2 teaspoons ginger
- 1 teaspoon cinnamon
- 1 teaspoon cloves
- 5 cups enriched flour

EQUIPMENT

- Mixing bowls and spoons
- Measuring cups and spoons
- Gingerbread cookie cutter
- Cookie sheets
- Flour shifter
- Rolling pin

DIRECTIONS

1. Mix together margarine, honey, egg, and molasses in one bowl
2. Sift dry ingredients together (soda, salt, ginger, cinnamon, cloves, and flour in one bowl
3. Mix the dry and wet ingredients together
4. Roll dough 1/4 inch thick on floured surface
5. Cut with 4 inch gingerbread cookie cutter
6. Place on greased cookie sheet and bake at 375° for 10 minutes
7. Decorate with raisins, nuts, licorice, candies, or icing
8. Serve one gingerbread person per child

SERVES 24
Recipe = 1 Grains/Bread

HOLIDAY TREES

INGREDIENTS

- 1/4 cup margarine
- 6 cups miniature marshmallows
- 1/2 teaspoon vanilla
- 1/2 teaspoon green food coloring
- 6 cups toasted oat circles
- Assorted gumdrops

EQUIPMENT

- Saucepan
- Measuring cups and spoons
- Mixing spoons
- Waxed paper

DIRECTIONS

1. Melt margarine and miniature marshmallows
2. Remove from heat
3. Add vanilla and food coloring
4. Fold in toasted oat circles and cook enough to handle
5. Coat hands with margarine and shape into tree shapes with 3/4 cup of mixture
6. Add gumdrop slices and a star on a tooth pick for the final touch on the tree
7. Serve one tree per child

SERVES 6 (3/4 cup size trees)
Recipe = 1oz cereal = 1 Grains/Bread

TORTILLAS

INGREDIENTS

- 1 cup enriched flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking powder
- 1 tablespoon shortening
- 1/3 cup warm milk

EQUIPMENT

- Measuring cups and spoons
- Mixing bowl
- Mixing spoon
- Skillet (preferably cast iron)

DIRECTIONS

1. Mix flour, salt, baking powder and shortening
2. Slowly add warm milk to flour mixture and knead 4 to 5 minutes
3. Form 6 to 7 one ounce balls of dough
4. Flatten or roll to 1/4 inch thick
5. Place on lightly greased hot skillet (may use non-stick spray)
6. Turn from side to side until lightly brown
7. Serve one tortilla per child

SERVES 6-7 TORTILLAS
Recipe = 1 Grains/Bread

BANANA NUT BREAD

INGREDIENTS

- 4 each bananas (petite whole; 1.5 lb)
- 1/2 cup brown sugar
- 1 large egg
- 1-1/2 cups whole wheat flour
- 3/4 cup enriched flour
- 1-1/2 teaspoons baking soda
- 1 teaspoon vanilla
- 1 cup nuts, chopped
- 1/4 cup margarine, melted
- 2 tablespoons milk

EQUIPMENT

- Mixing bowl
- Mixing spoon
- Measuring cups and spoons
- Loaf pan (8-1/2'' x 4-1/2'' x 2-1/2'')
- Knife
- Cutting board

DIRECTIONS

1. Mix all ingredients in the order listed
2. Mix well
3. Pour into greased and floured bread loaf pan
4. Bake at 350° for 40-45 minutes
5. Cut eight one inch slices
6. Serve one slice per child

SERVES 8
Recipe = 1 Grains/Bread

PEANUT BUTTER COOKIES

INGREDIENTS

- 1-1/4 cups enriched flour
- 1 teaspoon baking powder
- 1/4 cup nonfat dry milk powder
- 1/4 teaspoon salt
- 1/4 teaspoon cinnamon
- 1/4 cup shortening
- 1/2 cup sugar
- 1/2 cup peanut butter (creamy)
- 1 large egg
- 1/2 teaspoon vanilla
- 1/2 cup water

EQUIPMENT

- Mixing bowl and mixing spoons
- Measuring cups and spoons
- Number 40 scoop (optional)
- Fork
- Cookie sheet
- Hand or electric mixer

DIRECTIONS

1. Combine flour, baking powder, nonfat dry milk, salt, and cinnamon, then set aside
2. Cream shortening, sugar, and peanut butter
3. Add egg, water, and vanilla and continue to mix
4. Add dry ingredients slowly to blended mixture and mix thoroughly
5. Use a #40 scoop or 1-1/2 tablespoons of dough; and place on ungreased cookie sheet
6. Press each cookie flat with a floured fork in a criss-cross pattern
7. Bake at 375° for 12 to 15 minutes
8. Serve one cookie (2-1/2 inches in diameter) per child

SERVES 25
Recipe = 1 Grains/Bread

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OATMEAL COOKIES

INGREDIENTS

- 1-1/4 cups enriched flour
- 1-1/2 cups rolled oats (quick, uncooked)
- 1-1/4 teaspoons baking powder
- 1/2 teaspoon cinnamon
- 1/3 cup shortening
- 1/2 cup brown sugar, packed
- 1 large egg
- 1/2 cup milk

EQUIPMENT

- Mixing bowl
- Measuring cups and spoons
- Mixing spoons
- Hand or electric mixer
- Number 40 scoop (optional)
- Cookie sheet

DIRECTIONS

1. Combine dry ingredients, stir, then set aside
2. Cream shortening, sugar, and peanut butter
3. Add egg and continue to blend
4. Add dry ingredients alternately with milk to blended mixture
5. Use a #40 scoop or 1-1/2 tablespoons of dough and drop onto greased cookie sheet
6. Bake at 375° for 15 minutes
7. Serve one cookie per child

SERVES 25
Recipe = 1 Grains/Bread

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SURPRISE CRESCENT

INGREDIENTS

- 1 package refrigerated crescent rolls (12/container)
- 1/2 cup raisins or other dried fruit such as apricots, etc.
- 1/2 cup dry cereal or granola
- 1/2 cup nuts, finely chopped

EQUIPMENT

- Cutting board
- Knife
- Measuring cups
- Cookie sheet

DIRECTIONS

1. Separate triangles of dough and lay onto cutting board
2. Combine raisins, dry cereal, and nuts to make a filling
3. Scoop 1-1/2 tablespoons of the filling mixture onto triangles
4. Roll up and place on lightly greased baking sheet
5. Bake according to directions on crescent roll package
6. Serve one crescent roll per child

SERVES 12
Recipe = 1 Grains/Bread

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OATMEAL APPLE MUFFIN

INGREDIENTS

- 3/4 cup rolled oats (quick cooking)
- 3/4 cup plus
- 2 tablespoons milk
- 1 large egg
- 2 tablespoons oil
- 2 tablespoons molasses
- 3/4 cup apple, grated
- 1-1/4 cups enriched flour
- 1 tablespoon baking powder
- 1/2 teaspoon cinnamon
- Dash salt

EQUIPMENT

- Mixing bowl
- Measuring cups and spoons
- Mixing spoons
- Grater
- Muffin tin

DIRECTIONS

1. Preheat oven to 400°
2. Grease 12 muffin tins or use muffin liners
3. Place oats in a mixing bowl and pour milk over oats and let soak 15 minutes
4. Add egg, oil, molasses, and apple
5. Mix until lumpy
6. Fill muffin tin 3/4 full and bake for 20 minutes
7. Serve one muffin per child

SERVES 12
Recipe = 1 Grains/Bread

COLD AND REFRESHING

(MILK)

SPECIAL NOTES:

Regulations for the CACFP require that fluid pasteurized milk is the only milk product that counts as the milk component. Pasteurized fluid unflavored or flavored skim (nonfat) milk, low fat milk, reduced fat milk, whole milk, or cultured buttermilk is all considered fluid milk. Milk should contain vitamins A and D and consistent with State and local standards. At snack time, milk may be served as a beverage or on cereal as one of the two components for a reimbursable meal. It is recommended by nutrition experts that healthy children two years of age and older be offered skim or low fat milk.

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Food and Nutrition Division

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