

Yummy Recipes



Apple Smiles

You Will Need:

- Red apple, washed, cored, and cut into ½-inch slices
- Large plate
- Butter knife
- Peanut butter
- Miniature marshmallows
- Lemon wedge (if desired)



What to Do:

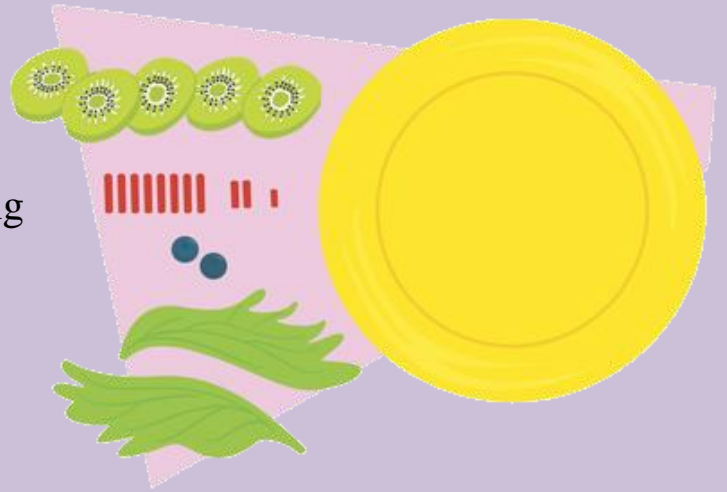
1. Place the apple slices on the plate.
2. Spread a thin layer of peanut butter on one side of the apple slices.
3. Set five marshmallow “teeth” in the peanut butter of *half* the apple slices. Place the other apple slices on top, peanut butter-side down.
4. Serve right away or squeeze lemon juice over the apple slices to keep them from turning brown.



Kiwi Caterpillar

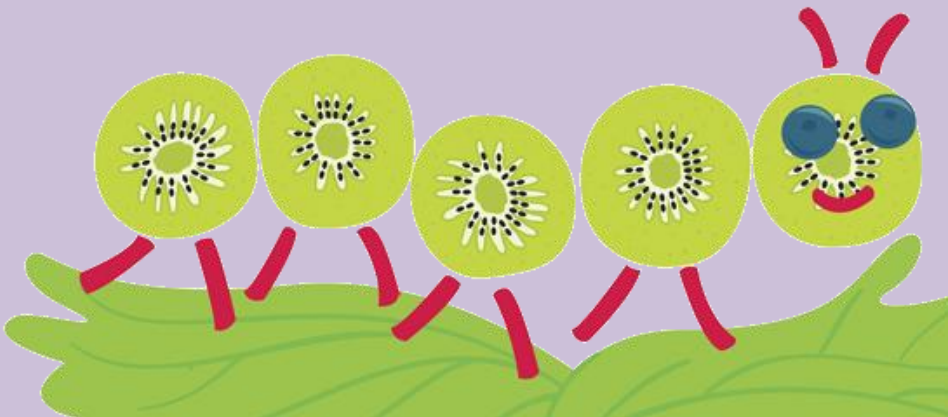
You Will Need:

- 1 kiwi, peeled and sliced into 5 ¼-inch-thick circles
- Large plate
- Red licorice laces cut into 8 1-inch-long pieces, 2 ½-inch-long pieces, and 1 ¼-inch-long piece
- 2 blueberries, rinsed and dried
- 1 lettuce leaf, rinsed, dried, and torn in two pieces



What to Do:

1. Wash your hands.
2. Place the kiwi circles on the upper half of the plate. Four of them are your caterpillar's body, and one is the head.
3. Use the 1-inch licorice laces for legs. Put two legs under each circle of the body.
4. Place the ½-inch licorice laces above the head and use the ¼-inch piece for a mouth. Use the blueberries for eyes.
5. Place the lettuce below the caterpillar's legs. Enjoy your crawly snack!



Caterpillar Kabobs

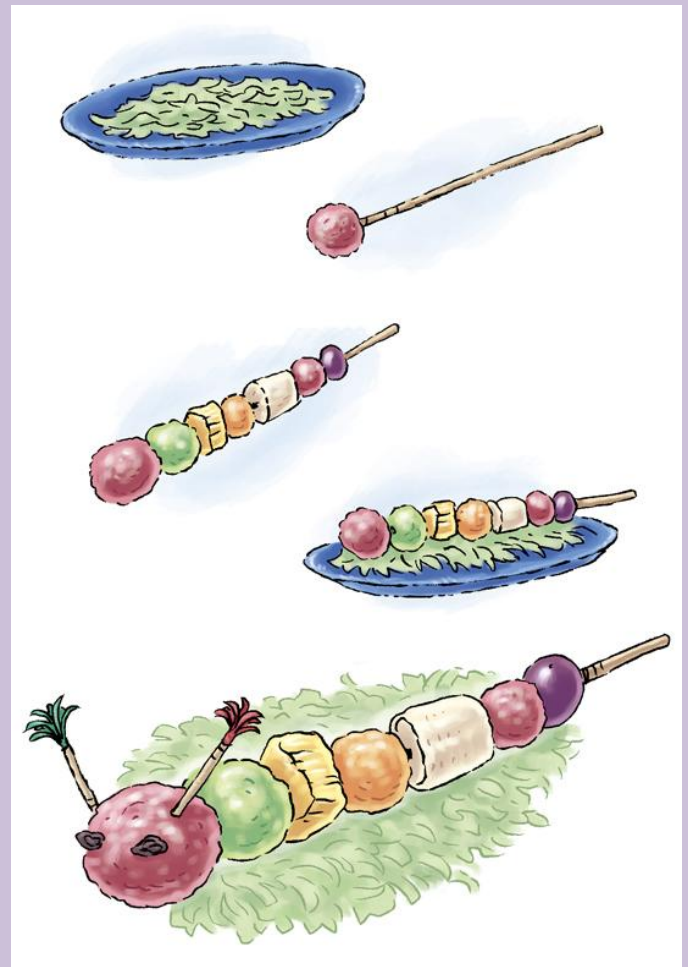
You Will Need:

- Shredded lettuce
- Thin wooden skewers
- Melon balls (cantaloupe, honeydew, or watermelon)
- Banana, peeled and sliced
- Grapes
- Pineapple chunks
- Currants
- Frilly toothpicks



What to Do:

1. Wash your hands. Place the lettuce on a salad plate.
2. Slide a melon ball onto the end of a skewer. This is the head.
3. Add more fruit until the skewer is full.
4. Place the kabob on the lettuce bed.
5. Press currants into the head for eyes, and insert toothpicks for antennae.
6. Have your adult remove the toothpicks and skewers before you dig in!



Holiday Sandwiches

You Will Need:

- Holiday-shaped cookie cutters
- Whole-grain bread
- Plate
- Butter knife
- Low-fat cream cheese (plain or flavored)
- Dried fruit, chopped (raisins, cherries, cranberries, or apricots)
- Sunflower seeds, shelled
- Ground cinnamon (optional)

What to Do:

1. Wash your hands. Use the cookie cutters to cut two slices of bread in holiday shapes.
2. Place the bread on the plate and spread cream cheese on one of the slices.
3. Add the fruit and sunflower seeds to the cream cheese. Sprinkle with cinnamon.
4. Place the other slice of bread on top. If you like, decorate the top by using cream cheese to attach pieces of fruit, such as raisin eyes or apricot buttons.

Make a plate of these tasty little sandwiches to share with your family!



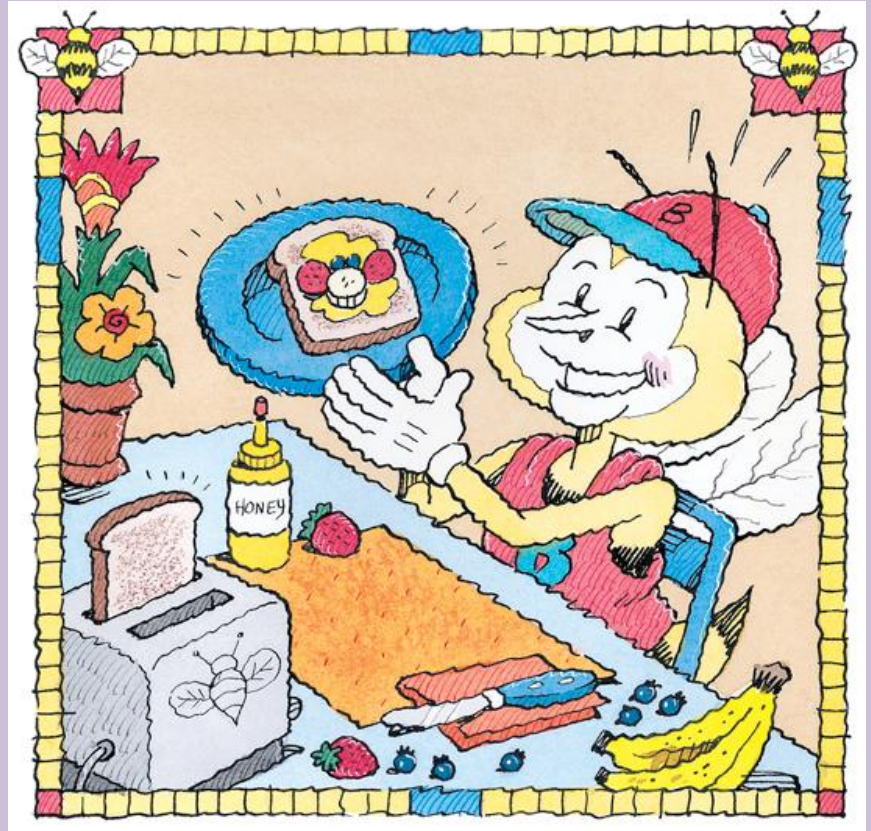
Honeybee Breakfast

You Will Need:

- 1 slice whole-grain bread
- Peanut butter
- Banana or strawberry slices, and blueberries
- Honey

What to Do:

1. Wash your hands.
2. Spread peanut butter on the toast.
3. Add the fruit.
4. Drizzle honey over the top. Enjoy!



Teddy Bear Breakfast

You Will Need:

- Serving plate
- 1 round waffle, toasted, plus 2 triangles cut from another toasted waffle
- Banana slices
- Blueberries
- Strawberry jam
- Honey or maple syrup

What to Do:

1. Wash your hands. Place the toasted waffle on the plate.
2. Use three banana slices for the eyes and nose, and two at the top of the head for the ears.
3. Place a blueberry in the center of each banana slice; then use blueberries to form a smile.
4. Spread jam on the two triangle pieces and place them under the teddy bear's head for a bow tie.
5. Drizzle honey or maple syrup over your teddy bear breakfast and dig in!

Warning: You may find this breakfast too cute to eat!



Easy-Breezy Strawberry Pie

You Will Need:

- Large bowl
- Large spoon
- 2 cups low-fat whipped topping, thawed
- 2 6-ounce containers low-fat strawberry yogurt
- 9-inch graham cracker pie crust
- 2 cups sliced strawberries

What to Do:

1. Wash your hands.
2. Mix the whipped topping and yogurt together in the bowl.
3. Pour the mixture into the graham cracker pie crust.
4. Place the sliced strawberries on top of the pie.
5. Refrigerate the pie for 2-3 hours.

Then slice and enjoy your yummy strawberry treat.



Easy Breakfast Tacos

You Will Need:

- 2 large eggs
- 2 tablespoons water
- 2 8-inch, whole-wheat tortillas
- 2 tablespoons salsa
- 2 tablespoons shredded, reduced-fat cheddar cheese

Directions:

1. In a small microwave-safe bowl or coffee cup, mix together eggs and water with a fork.
2. Cook in microwave on high power 60 seconds. Fluff with fork and set aside. (If the eggs are still runny, heat for an additional 15-20 seconds.)
3. On a microwave-safe plate, top the tortillas with salsa and cheese, dividing the portions between the 2 tortillas.
4. Heat in the microwave on high until the cheese is melted, about 30 seconds.
5. Divide the scrambled eggs to top off your tortillas. Add orange slices for a garnish, and serve with a cold glass of low-fat milk.



Super Fruity Sundae

What You Need:

(Makes 1 sundae)

- Tall glass
- Spoon
- ½ cup crushed vanilla wafers, plus 1 wafer for garnish
- 2/3 cup fresh strawberries, washed and sliced
- 6-ounce container low-fat vanilla yogurt

What You Do:

1. Wash your hands.
2. Sprinkle half of the vanilla wafer crumbs in the glass.
3. Place half of the strawberries on top of the crumbs.
4. Spoon half of the yogurt over the strawberries.
5. Repeat steps 2, 3, and 4, layering the rest of the ingredients. Now stick a vanilla wafer in the top for a garnish and enjoy!



Berry-Cheese Bites

What You Need:

- Very ripe banana, peeled
- $\frac{1}{8}$ teaspoon cinnamon
- Package of low-fat crescent rolls
- 8-ounce container spreadable low-fat cream cheese
- 32 dried blueberries, softened in a cup of hot tap water for 10 minutes and placed on paper towels to drain

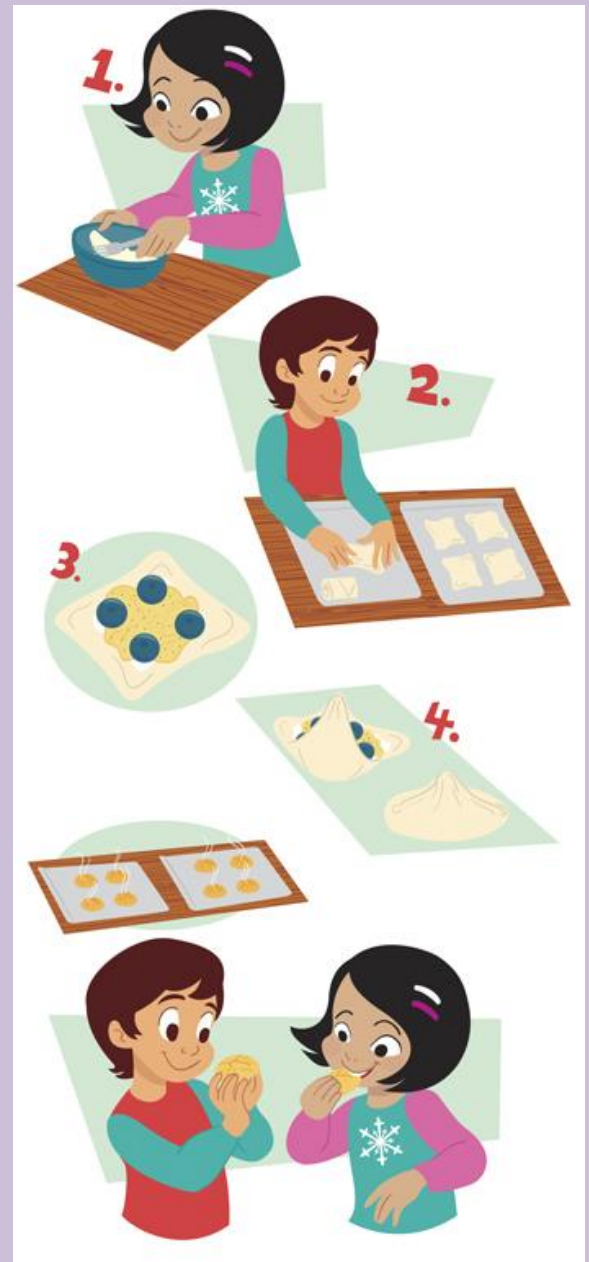


Adult: Preheat the oven to 350°F.

What You Do:

1. Place the banana in a small bowl and mash it with a fork. Add the cinnamon and mix well. Set aside.
2. Separate the crescent roll triangles on two baking sheets. Carefully form each one into a square.
3. Add a teaspoon of cream cheese to the center of each square of dough. Place $1\frac{1}{2}$ teaspoons of the banana mixture over the cream cheese. Add four blueberries.
4. Lift up two corners of dough that are facing each other and pinch them together. Then lift the opposite corners and pinch them together. Now pinch the seams.

Adult: Slide the pastries into the oven and bake for 10 minutes or until golden brown. Let cool.



Zucchini Bread

You Will Need:

- 2 eggs, beaten
- 1 1/3 cup sugar
- 2 teaspoons vanilla
- 3 cups grated fresh zucchini
- 2/3 cup melted unsalted butter
- 2 teaspoons baking soda
- Pinch salt
- 3 cups all-purpose flour
- 1/2 teaspoon nutmeg
- 2 teaspoons cinnamon
- 1 cup chopped pecans or walnuts (optional)
- 1 cup dried cranberries or raisins (optional)



What to Do:

1 Preheat the oven to 350°F (175°C). Butter two 5 by 9 inch loaf pans.

2 In a large bowl, mix together the sugar, eggs, and vanilla. Stir in the grated zucchini and then the melted butter.

3 Sprinkle baking soda and salt over the mixture and stir it in. Add the flour, a third at a time, stirring after each incorporation. Sprinkle in the cinnamon and nutmeg over the batter and mix. Fold in the nuts and dried cranberries or raisins if using.

4 Divide the batter equally between the loaf pans. Bake for 55 minutes (check for doneness at 50 minutes) or until a wooden pick inserted in to the center comes out clean. Cool in pans for 10 minutes. Turn out onto wire racks to cool thoroughly.

Yield: Makes 2 loaves.

Banana Bread

You Will Need:

- 3 or 4 ripe bananas, smashed
- 1/3 cup melted butter
- 1 cup sugar (can easily reduce to 3/4 cup)
- 1 egg, beaten
- 1 teaspoon vanilla
- 1 teaspoon baking soda
- Pinch of salt
- 1 1/2 cups of all-purpose flour



What to Do:

1. Wash your hands.
2. Preheat the oven to 350°F (175°C).
3. With a wooden spoon, mix butter into the mashed bananas in a large mixing bowl. Mix in the sugar, egg, and vanilla. Sprinkle the baking soda and salt over the mixture and mix in. Add the flour last, mix.
4. Pour mixture into a buttered 4x8 inch loaf pan.
5. Bake for 1 hour.
6. Cool on a rack. Remove from pan and slice to serve.

Yield: Makes one loaf.

Sunshine Muffin

You Will Need:

(Makes 2 servings)

- 1 whole-wheat English muffin, halved
- Toaster (for adult use only)
- 2 plates
- 2 butter knives
- Peanut butter or low-fat cream cheese
- 2 canned pear or peach halves, drained
- Ground cinnamon (optional)



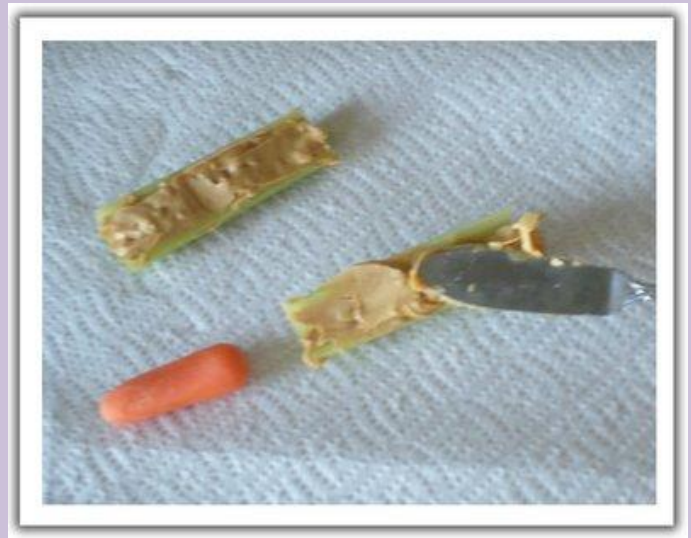
What to Do:

1. Wash your hands. Ask an adult to toast the muffin halves and put them on the plates.
2. Spread a thin layer of peanut butter or cream cheese on the muffins.
3. Place a pear or peach half cut-side-down on each muffin. Sprinkle cinnamon over the top and enjoy.

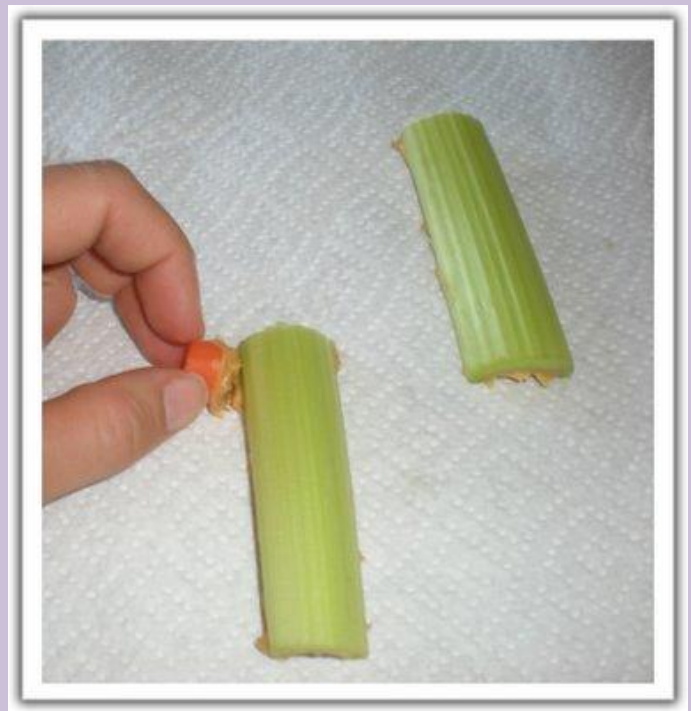


Celery and Carrot car

1. Cut a celery stick into two or three pieces. Fill the middle of the celery stick with cheese or peanut butter.



2. Slice baby carrots into thin circles, so they could look like wheels.



3. Turn the celery stick with the cheese or peanut butter side facing down. Then use either peanut butter or cheese to glue the carrots onto the sides of the celery stick, and you have yourself a fun car snack.




Ants on a Log

You Will Need:

- 1 or more celery stalks
- Creamy peanut butter
- Raisins

What to Do:

1. Wash your hands. Ask a grown-up to  clean and cut the celery stalks into three pieces. These will be the logs.
2. Spread the peanut butter in the hollow of the logs.
3. Stick the raisins on top of the peanut butter. These will be the ants.
4. Now comes the yummy part. Crunch into your ants on logs and enjoy!



Bunny Salad

You Will Need:

- Large plate
- ½ cup shredded lettuce
- 2 canned or fresh pear halves, peeled
- Butter knife
- 2 raisins
- Small marshmallow
- Shredded cheese



What to Do:

1. Wash your hands. Put the lettuce on the plate.
2. Place one of the pears cut side down on the lettuce (point the small end up). This is the head.
3. Cut the other pear in half lengthwise. These are the ears. Place them on each side of the head.
4. Use the raisins for eyes and the marshmallow for a nose.
5. Use a few strands of shredded cheese for whiskers. Your cute bunny salad is ready!

Scarecrow Salad

You Will Need:

- Large plate
- 2 lettuce leaves
- 1 apple, washed, halved, and cored
- 1 pear, washed, halved, and cored
- 2 small carrot sticks
- 2 small celery sticks
- 1/3 cup shredded cheese
- 3 seedless grape halves
- 5 or 6 raisins
- 1 tablespoon peanut butter



What to Do:

1. Wash your hands. Put the lettuce on the plate.
2. Place the apple, cut side down, on top of the lettuce near the edge. This is the head.
3. Place the pear, cut side down and small end up, below the apple for the body.
4. Use celery sticks for arms and carrot sticks for legs.
5. Use half the cheese for hair. Sprinkle the rest at the hands, feet, and neck.
6. Use peanut butter to attach grape eyes, a nose, and raisins for a smile.

Alien Eggheads!

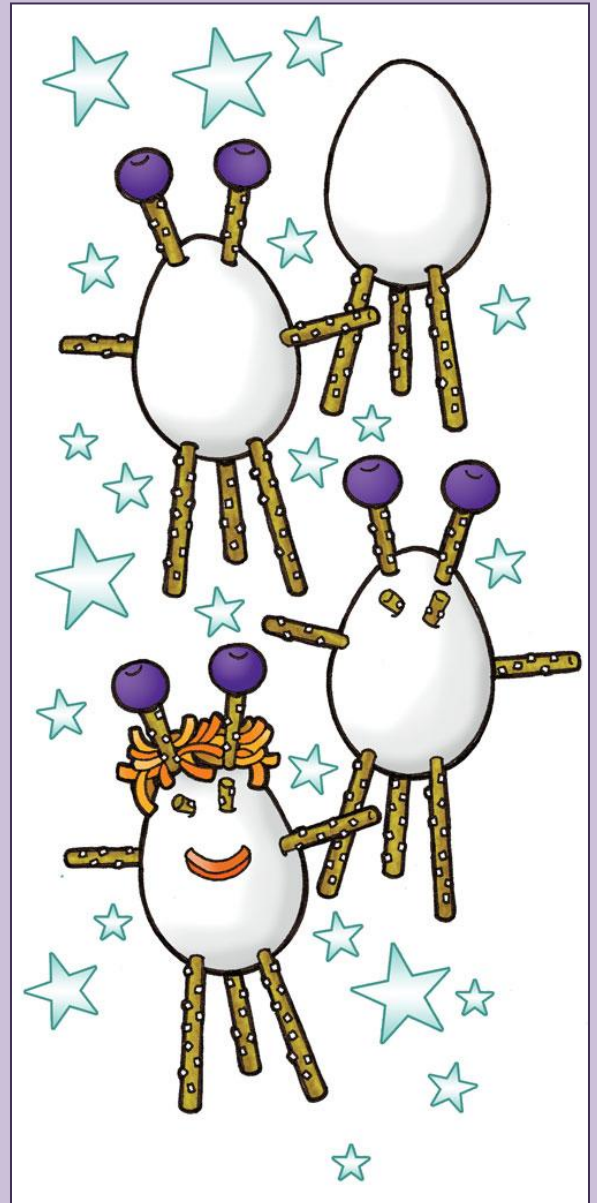
You Will Need:

- Hard-boiled eggs, peeled and chilled
- Small pretzel sticks
- Small fruit or veggie pieces (red bell pepper, raisins, blueberries)
- Mayonnaise
- Shredded cheese



What to Do:

1. Wash your hands. Gently twist and push three pretzel sticks into the bottom of your egg for legs (two in the front and one in back).
2. Insert two shorter pretzel sticks for arms and two more for antennae. If you want knobs on the antennae, add raisins or blueberries BEFORE inserting pretzels into the egg.
3. Insert two ½-inch pretzel sticks for eyes.
4. Use a dot of mayonnaise to attach a veggie or fruit mouth and a small dollop on top to attach shredded cheese hair. Your alien egghead will taste out of this world



Pinwheel Bagels

You Will Need:

(Makes 2 servings)

- Whole-grain bagel, sliced in half
- Toaster
- 2 plates
- 2 butter knives
- Low-fat cream cheese or peanut butter
- 10 peach slices, canned in light syrup and drained
- Ground cinnamon (optional)



What to Do:

1. Wash your hands. Ask your adult helper to toast the bagel halves and place them on the plates.
2. Use the knives to spread a layer of cream cheese or peanut butter on the bagels.
3. Arrange five peach slices in a pinwheel pattern on each bagel.
4. Sprinkle with cinnamon and enjoy!



Oreo Penguin

1. Separate Oreo cookies.
2. Split top cookie in two.
3. Flip and add to white part of bottom cookie, to form wings of penguin.
4. Add small bit of frosting as glue to hold penguin's head.
5. Add Hershey Kiss as head of penguin.





This reminds me of **The Very Hungry Caterpillar**, a story that my kids love.

All you need are:

- Wooden skewers
- Green grapes
- Red grapes
- Black Wilton icing in a tube
- Plum Kids Organic Fruit Shredz

Thread the green grapes onto the skewer first, and then one red one. Using a sharp knife make a cross (a horizontal and vertical slit) on each side of the red grape. Slice one of the fruit shredz in half and insert into the slit. Using the black Wilton icing, carefully pipe on two eyes.

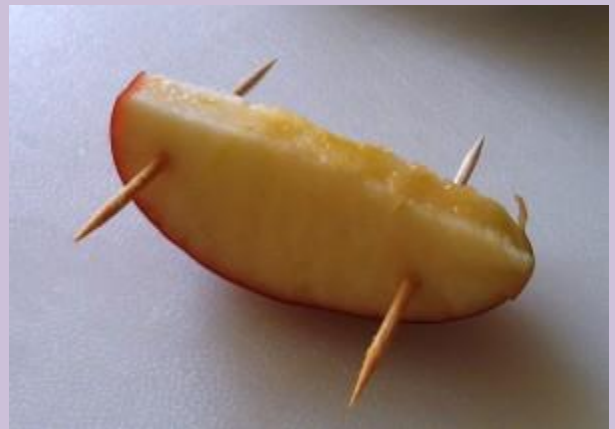
Kids will love the opportunity to get into the kitchen and help you make this adorable snack.

Race Car Apple

- Apple
- Grapes and/or String Cheese
- Toothpicks

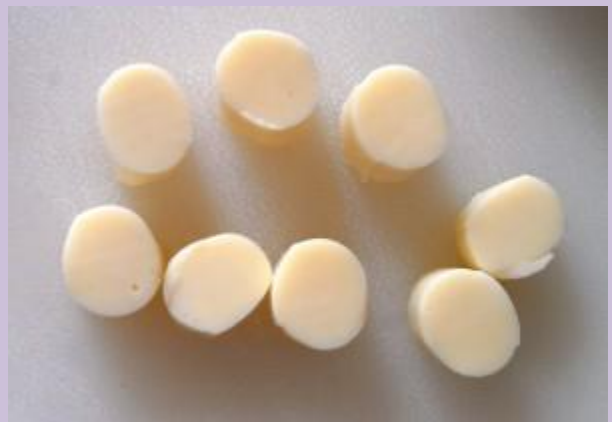


Stick two toothpicks through each of your apple slices.



Cut your grapes in half to make wheels for your race car.

We also sliced some string cheese to make tires for our race car snack.



Affix your wheels to the toothpicks, and you've got an awesome kids' craft that they can eat!



Apple Sandwiches with Granola



small

- 2 apples, cored and cut crosswise into 1/2-inch thick rounds
- 1 teaspoon lemon juice (optional)
- 3 tablespoons peanut or almond butter
- 2 tablespoons semisweet chocolate chips
- 3 tablespoons granola

If you won't be eating these tasty treats right away, start by brushing the apple slices with lemon juice to keep them from turning brown.

Spread one side of half of the apple slices with peanut or almond butter then sprinkle with chocolate chips and granola. Top with remaining apple slices, pressing down gently to make the sandwiches. Transfer to napkins or plates and serve.

Goldfish in the Pond Rice Cakes

Ingredients:

- 4 plain rice cakes
- 1/4 cup whipped cream cheese
- 2 drops blue food coloring
- Goldfish crackers for decorating

Preparation:

1. Put the whipped cream cheese into a small bowl, and add two drops of food coloring. Stir until it becomes the color of the sea.
2. Spread one tablespoon of cream cheese on each rice cake.
3. Place the Goldfish crackers standing up in the "pond."



Sweet and Spicy Roasted Chickpeas

Ingredients:

- 2 14 oz. cans chickpeas
- 2 Tbsp. olive oil
- 2 Tbsp. brown sugar
- 1/4 tsp. cayenne pepper
- sea salt, to taste

Preparation:

1. Preheat oven to 400 degrees F.
2. Rinse chickpeas in a strainer until all of the liquid from the cans is removed. Pat them dry with a paper towel, and spread them out in an even layer on a rimmed baking sheet or [jelly roll pan \(compare prices\)](#). Pat dry again with paper towels.
3. Roast for 30 minutes, stirring halfway through to make sure chickpeas are browned on all sides.
4. Drizzle oil over chickpeas, and return to the oven to roast until they are golden brown and crunchy, 5 to 15 minutes.
5. Transfer the chickpeas to a bowl. Sprinkle the brown sugar, cayenne and sea salt over the chickpeas, and toss to coat well. Taste, and add more salt if necessary.

Serve the chickpeas immediately. If you have leftovers, you can store them in an airtight container, but they will become soft.







