

# Ants on a Log in the Snow

Servings: 1

## Ingredients

- 1 banana, peeled
- 1 Tbsp. peanut butter or sunflower seed butter
- Golden raisins
- Coconut flakes



## Directions

1. Peel banana, slice lengthways.
2. Put cut side up and spread butter choice (1/2 Tbsp. per 1/2).
3. Sprinkle raisins on log.
4. Sprinkle with coconut flakes.



*Max's ABC* By: Rosemary Wells



1 "Ants on a Log in the Snow" (1 banana and 1 Tbsp. peanut butter)

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# Baked Tortilla Crisps

Spend Smart Eat Smart ISU Extension

Servings: 12

## Ingredients

6 whole wheat flour or corn tortillas  
(25 gm or .9 oz. each)

Cooking oil spray



## Directions

1. Preheat oven to 400° F.
2. Lightly grease a baking sheet pan with cooking spray.
3. Cut tortillas into 8 wedges using a knife or pizza cutter and place on a baking sheet.
4. Spray tops of tortilla wedges with cooking spray.
5. Bake for 8-12 minutes until crisp and light brown, watching closely so crisps don't burn.
6. Remove from baking sheet and let cool on wire rack or paper towels.



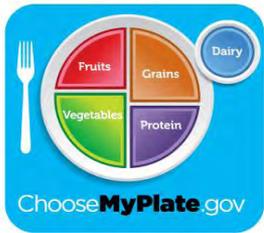
*La Fiesta De Las Tortillas/ The Fiesta of the Tortillas*

By: Jorge Argueta



4 tortilla wedges and ½ cup strawberries





# Berries with Banana Cream

Servings: 4

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## Ingredients

- ½ cup low-fat plain yogurt
- ½ ripe banana
- 1 T. orange juice
- 2 cups sliced strawberries
- 1 tsp. honey
- Dash of cinnamon
- Whole Grain Cereal



## Directions

1. Put yogurt, banana, and orange juice in a bowl and mash until most chunks are gone.
2. Divide banana cream into 4 bowls and top with ½ cup strawberries, ⅓ cup dry cereal, honey, and cinnamon.

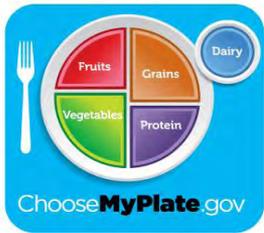


*The Little Mouse, the Red Ripe Strawberry, and the Big Hungry Bear* By: Audrey Wood



“Berries with Banana Cream” (½ strawberries and ⅓ cup whole grain dry cereal)





# Berry Good Mix

Servings: 6

## Ingredients

- 1 cup blackberries
- 1 cup strawberries, hulled, cut in  $\frac{1}{2}$
- 1 cup blueberries



## Directions

1. Wash the fruits and mix.

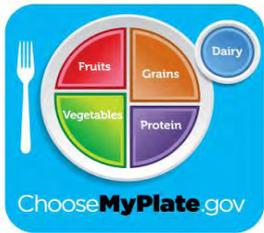


*Gregory the Terrible Eater* by: Mitchell Sharmal



$\frac{1}{2}$  cup “Berry Good Mix” and  $\frac{1}{4}$  cup low-fat vanilla yogurt





# Big Round Nacho

Servings: 8

## Ingredients

- 8 whole grain tostados (25 gm. or .9 oz. each)
- 2 oz. low fat shredded cheese
- 1 c. refried beans



## Directions

1. Gently spread tostado shell with 1/8 cup of refried beans.
2. Put on baking sheet and top with 1/4 oz. cheese
3. Bake at 400° until cheese melts.



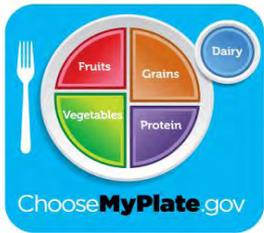
*Oh the Things You Can Do That Are Good For You!* By: Trish Rabe

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1 “Big Round Nacho” (tostado and beans)





# Blueberry-Orange Parfaits

Servings: 1

## Ingredients

- 1/4 cup fresh or frozen blueberries
- 1/4 cup canned mandarin oranges
- 1/4 cup vanilla yogurt
- 1 Tbsp. granola



## Directions

1. Spoon  $\frac{1}{3}$  of yogurt into small bowl.
2. Put  $\frac{1}{2}$  of fruit on top of yogurt.
3. Repeat layers.
4. Top with last of yogurt and the granola.



*One Little Blueberry* By: Tammi Salzano



1 "Blueberry-Orange Parfait" (blueberries, oranges, and yogurt)





# Cabbage & Cranberries

Servings: 10

## Ingredients

6 cups of shredded cabbage

½ c. dried cranberries

1 c. red apple, chopped, cored

⅓ c. Italian dressing



## Directions

1. Mix the cabbage, cranberries, and apples.
2. Add the Italian dressing to coat.
3. Chill for 1 hour to mix flavors.

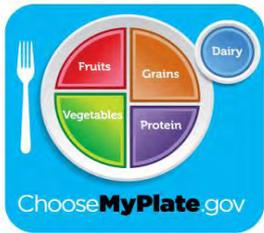


*The Vegetables We Eat* by: Gail Gibbons



¾ c. “Cabbage & Cranberries” (cabbage) and ½ oz. pretzels





# Carver Dip

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Servings: 3 ½

## Ingredients

- 1 15¾ ounce can sweet potatoes (1 ¼ cups)
- ¾ cup applesauce
- ¼ teaspoon cinnamon
- 1 teaspoon sugar



## Directions

1. Drain the liquid off the sweet potatoes.
2. Combine all ingredients in a microwave safe bowl.
3. Cook in microwave for 1 ½ minutes or until heated through.
4. Stir until smooth.

Serve as a spread or dip for fresh fruit or graham crackers. Can be served hot or cold.

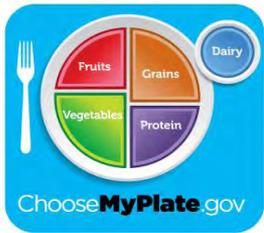


*Oh Say Can You Seed? All about Flowering Plants* By: **Bonnie Worth**



½ cup Carver dip (sweet potatoes and applesauce)  
and 2 graham cracker squares





# Caterpillar Kabob

[www.choosemyplate.gov](http://www.choosemyplate.gov)

## Ingredients

### Fruit Kabob:

Cantaloupe

Apples

Oranges

Pears

Watermelon

Etc.

### Vegetable Kabob:

Zucchini

Cucumbers

Yellow Squash

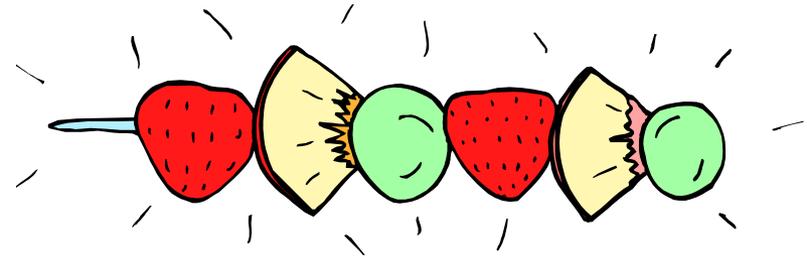
Sweet Peppers

Cherry Tomatoes

Etc.

## Directions

1. Prepare fruits or vegetables into chunks to place onto skewers.
2. Assemble in any order to make your caterpillar colorful.



*The Very Hungry Caterpillar* By: Eric Carle



1 kabob to total  $\frac{1}{2}$  cup fruit or vegetable and  $\frac{1}{2}$  oz. cubed low-fat cheese

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# Cherry Tomatoes & Cheese

Servings: 1

## Ingredients

5 cherry tomatoes

1 string cheese stick

Fresh Basil leaf (optional)



## Directions

1. Wash cherry tomatoes
2. Cut string cheese into 6-8 pieces.
3. Make skinny strips of basil leaves.
4. Have children skewer cherry tomato and cheese chunks on straws and weave basil through the skewer.



*I Will Never Not Ever Eat A Tomato* by: Lauren Child



1 "Cherry Tomatoes & Cheese"





# Chili Bean Dip

<http://www.squaremeals.org>

Servings: 8

## Ingredients

- 1 c. kidney or pinto beans, cooked
- 1 tsp. vinegar or lemon juice
- $\frac{1}{4}$  tsp. chili powder
- $\frac{1}{4}$  tsp. cumin
- 1 tsp. onion diced
  
- 17 oz. carrot sticks

## Directions

1. Place beans in a bowl, and mash with a potato masher or fork.
2. Add lemon juice or vinegar, spices, and onion. Mix well.



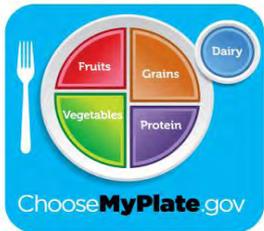
**Armadilly Chili** By: Helen Ketteman



$\frac{1}{8}$  cup of dip (beans – meat alternate) and  $\frac{1}{2}$  cup carrot and celery sticks

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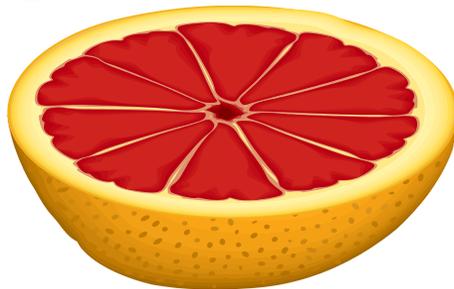


# Citrus Selections

Servings: 6

## Ingredients

- 3 pink grapefruit
- 3 oranges
- 2 firm apples
- 2 Tbsp. brown sugar



## Directions

1. Peel the grapefruit and the oranges and remove the sections.
2. Peel and core the apples, and slice into wedges.
3. Add the apples with the oranges and grapefruit to get the juices over the apples.
4. Sprinkle with brown sugar.

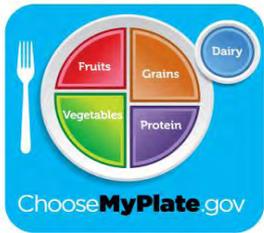


*Each Orange Had 8 Slices* by: Paul Giganti, Jr.



½ c. “Citrus Selections” and 2 graham cracker squares





# Cloudy Meatballs

Servings: 16

## Ingredients

- 1 egg, beaten
- 1 10  $\frac{3}{4}$  oz. can condensed tomato soup, low-sodium
- $\frac{1}{4}$  cup instant brown rice
- $\frac{1}{4}$  tsp. onion powder
- $\frac{1}{4}$  tsp. pepper
- 1 pound lean ground beef
- 1 tsp. Worcestershire sauce
- $\frac{1}{2}$  tsp. dried oregano, crushed



## Directions

1. Combine egg,  $\frac{1}{4}$  cup of soup, uncooked rice, onion powder and pepper. Add beef; mix well.
2. Shape into 32 meatballs and place in a large skillet.
3. Mix the remaining soup with Worcestershire sauce, oregano and  $\frac{1}{2}$  cup water; pour over meatballs.
4. Cover; simmer, stirring often for 20 minutes or until no longer pink or rice is tender.



*Cloudy with a Chance of Meatballs* By: Judy Barrett



2 meatballs and  $\frac{1}{2}$  oz. pretzel twists





# Cowboy Caviar

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Servings: 12

## Ingredients

- 1 15 oz. can kidney beans, rinsed, drained
- 1 15 oz. can black beans rinsed, drained
- 1 ½ cup frozen corn, cooked
- 1 14.5 oz. can diced tomatoes w/ green chilies
- 3 green onions, sliced
- Juice of 1 lime
- 1 Tbsp. vegetable oil

## Directions

1. Stir together kidney beans, black beans, corn, tomatoes, chilies and onions in a large bowl.
2. Add lime juice, oil, salt, and pepper; toss gently to combine.

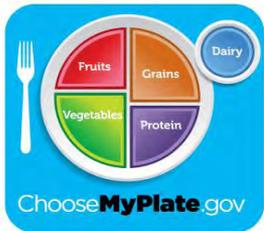


*Cowboy Small* By: Lois Lenski



½ cup “Cowboy Caviar” (beans) and ½ oz. whole grain tortilla chips





# Dressed-Up Asparagus

Servings: 10

## Ingredients

- 1 pound stalk asparagus, with ends cut
- 1-2 Tbsp. olive oil
- ½ tsp. garlic powder
- ¼ tsp. pepper



## Directions

1. Preheat oven to 400°.
2. Rinse asparagus. Lay on baking sheet.
3. Drizzle with olive oil. Roll asparagus in oil to coat.
4. Sprinkle with garlic powder and pepper.
5. Roast asparagus in 400° oven for 8-10 minutes or until lightly browned and tender when pricked with a fork.

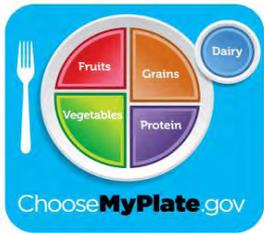


*The Mighty Asparagus* By: Vladimir Radunsky



½ cup “Dressed-Up Asparagus” and ½ oz. low-fat cheese cubes





# Easy Vegetable Salad

Servings: 4

## Ingredients

½ cup small broccoli florets

½ cup small cauliflower florets

½ cup julienne cut carrots

½ cup diced zucchini

⅓ cup Italian dressing



## Directions

1. Steam vegetables to crisp-tender (broccoli and cauliflower will take longer).
2. Drain and cool.
3. Toss with dressing.
4. Refrigerate until ready to serve.

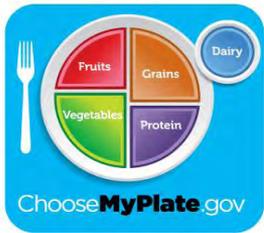


***Monsters Don't Eat Broccoli* By: Barbara Jean Hicks**



**½ cup “Easy Vegetable Salad” and ¼ whole wheat English muffin**





# Fall Smoothie

Servings: 4

## Ingredients

- ½ c. pumpkin puree
- 1 c. vanilla yogurt
- 2 c. low-fat or skim milk
- ½ tsp. cinnamon
- ¼ tsp. nutmeg
- ½ cup ice cubes



## Directions

1. Mix all ingredients in a blender.
2. Blend until smooth.
3. Divide into 4 glasses.



*The Runaway Pumpkin* By: Kevin Lewis



½ c. smoothie (milk) and 2 graham cracker squares





# Fiesta Bean Dip

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Servings: 12

## Ingredients

- 1 16 ounce can refried beans
- $\frac{3}{4}$  cup salsa or picante sauce
- $\frac{1}{2}$  cup shredded or cubed cheese



## Directions

1. Combine all ingredients in a microwave safe bowl. Stir to mix.
2. Cover with waxed paper and heat in microwave until cheese is melted. Stir every two minutes while heating.
3. After heating, stir well to completely mix.
4. Store unused dip in the refrigerator.



*One Bean By:* Anne Rockwell



$\frac{1}{4}$  cup dip (beans – meat alternate) and  $\frac{1}{2}$  c. assorted fresh vegetables

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# Fish Tacos

Servings: 6

## Ingredients

6 whole wheat tortillas (25 gm. or .9 oz.)

12 baked fish sticks

½ cup spinach leaves, washed

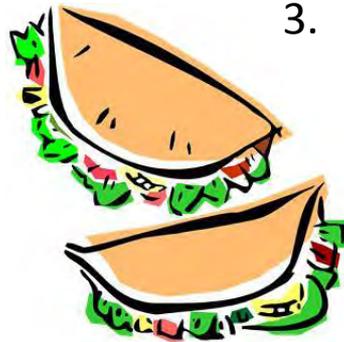
1 tomato, diced, seeded

Plain yogurt

Small bunch of fresh cilantro

## Directions

1. Bake fish sticks to package directions.
2. Assemble taco with tortilla shell, 2 fish sticks, spinach, tomato, dollop of yogurt and sprinkle of cilantro.
3. Fold in ½ and enjoy!

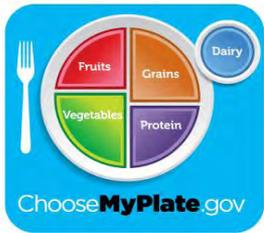


*D.W. The Picky Eater* by: Marc Brown



1 “Fish Taco” (tortilla and fish sticks)





# Berry Green Smoothie

Servings: 6

## Ingredients

- 1 cup of orange juice
- 1 banana
- 1 cup frozen strawberries
- ½ cup frozen blueberries
- ½ cup vanilla yogurt
- 2 cups of fresh spinach

## Directions

1. Cut kiwi in ½, spoon fruit out of the skin.
2. Peel bananas and add it to blender.
3. Add spinach, yogurt, and water.

Experiment: Try bok choy or other greens.

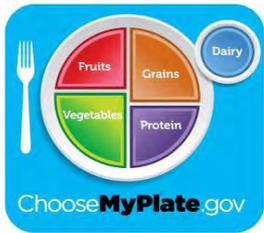


*Jack's Garden* By: Henry Cole



¾ cup smoothie (banana, spinach, and berries) and 1 granola bar





# Fruit on the Green

Servings: 7

## Ingredients

2 cups Romaine lettuce  
2 hard boiled eggs, peeled, sliced  
½ cup cherry tomatoes, cut in ½  
1 apple sliced, cored, and diced  
Raspberry vinaigrette dressing,  
purchased



## Directions

1. Wash and tear lettuce into bite size pieces. Place into large bowl.
2. Add eggs, tomatoes, and apples.
3. Serve ½ cup servings.
4. Drizzle dressing or serve on the side.

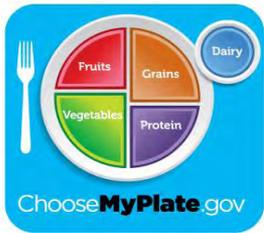


*Froggy's Day with Dad* By: Jonathon London



½ cup "Fruit on the Green" (lettuce, tomato, apple) and  
1 whole grain breadstick





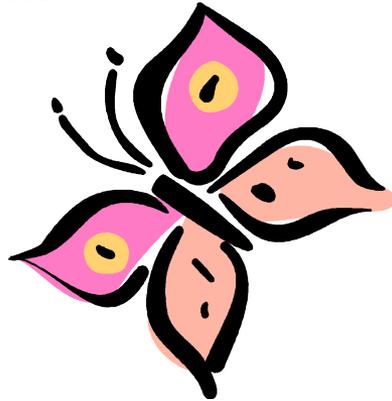
# Fruity Butterfly

www.choosemyplate.gov

Servings: 4

## Ingredients

- 4 carrot sticks
- 2 apples, thinly sliced
- 4 Tbsp. sunflower butter
- 16 grapes, cut in  $\frac{1}{2}$
- $\frac{1}{2}$  cup dried fruit



## Directions:

1. Give each child, 1 carrot stick,  $\frac{1}{2}$  cup sliced apples, 1 Tbsp. sunflower butter, 8 grape halves, and  $\frac{1}{8}$  cup of dried fruit to build a butterfly.
2. Start with carrot stick for body.
3. Attach wings (apples) with sunflower seed butter.
4. Decorate wings with halved grapes and dried fruits.

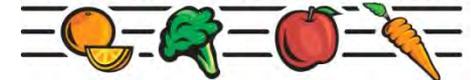


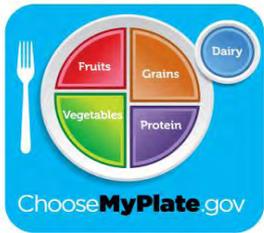
*The Lamb and the Butterfly* By: Arnold Sundgaard



1 "Fruity Butterfly" (apple and sunflower butter)

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# Garbanzo Bean Dip

Servings: 12

## Ingredients

- 1 15-ounce can garbanzo beans (chickpeas), drained
- 2 Tbsp. vegetable oil
- 1 Tbsp. lemon juice
- 2 Tbsp. onion, chopped



## Directions

1. Drain beans and mash in a small bowl until they are smooth.
2. Stir in oil, lemon juice, and onion.
3. Serve on bread, crackers, or tortilla chips, or as a dip with raw vegetables.



***Good Enough to Eat: A Kids Guide to Food and Nutrition***

By: Lizzy Rockwell



$\frac{1}{8}$  cup dip (bean – meat alternate) and  $\frac{1}{2}$  cup celery and carrot sticks





# Gone Fishing

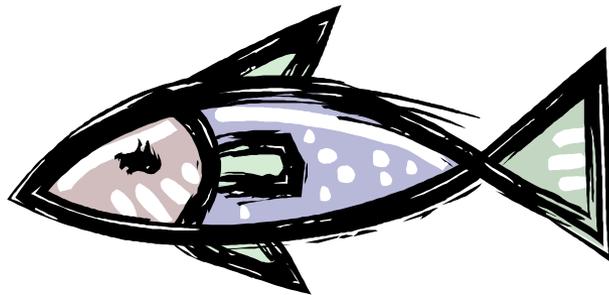
Servings: 1

## Ingredients

- 1 Tbsp. peanut butter or sunflower butter
- ½ c. long carrot sticks (6 sticks)
- ½ oz. whole grain fish shape crackers

## Directions

1. Place nut butter on a plate with crackers and carrot sticks.
2. Children “fish for crackers” on a plate by dipping carrot stick into spread and catching a fish cracker.



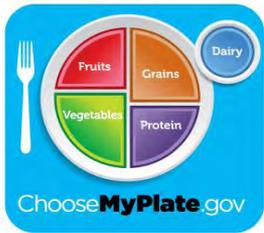
*Rainbow Fish To The Rescue* By: Marcus Pfister



1 Tbsp. peanut butter or sunflower butter, 6 carrot sticks , ½ oz. fish crackers

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# Happy Trails to You Mix

Servings: 8

## Ingredients

2 cups whole grain cereal or granola  
1 cup of mini pretzels  
1 cup of dried fruits  
Cinnamon

## Directions

1. In a very large bowl, combine cereal, mini pretzels, and dried fruits.
2. Sprinkle with a 1/2 teaspoon of cinnamon.
3. Store in air tight container for up to 2 weeks.



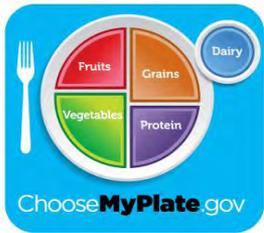
*Food is Fun!* By: Marcia Leonard



½ cup trail mix (cereal and pretzels) and ½ cup low-fat or skim milk

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# Homemade Applesauce

<http://www.squaremeals.org>

Servings: 8

## Ingredients

4 ½ cup cooked apples

3 Tbsp. honey

2 tsp. cinnamon



## Directions

1. Peel apples and chop into small chunks.
2. Place apples in sauce pan and cook in ½" water.
3. Add honey, boil and stir.
4. Cook until apples are tender, about 15 min.
5. Stir apples to create chunky applesauce or place in a blender and puree for a smooth sauce.
6. Pour ½ cup applesauce into a small bowl and sprinkle with cinnamon.



*Max & Mo Let's go Apple Picking!* By: Patricia Lakin



½ cup applesauce, ½ slice of whole grain toast





# Mango Salsa

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Servings: 2 ½

## Ingredients

- 1 cup of mango, chopped
- ¼ cup of red bell pepper
- 1 green onion
- 1 tablespoon lime juice (or ½ of a lime)



## Directions

1. Peel and chop the mango (be sure to remove the seed).
2. Cut the red bell pepper and onion into small pieces.
3. Combine the chopped mango and pepper and onion pieces.
4. Dip in baked chips or celery

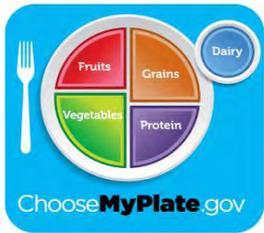


*Tingo Tango Mango Tree* by: Marcia Vaughan



½ cup “Mango Salsa” and ½ oz. whole grain tortilla chips





# Meat & Cheese Mix Up

## Ingredients

Diced Low-Sodium Roast Beef

Diced Low-Sodium Turkey

Diced Mozzarella Cheese

Diced Cheddar Cheese



## Directions

1. Cut meat and cheese into 1" cubes.
2. Give each child a variety of meat and cheese (1 oz.) total.
3. Have child practice patterning skills as they line up meat and cheese. A-B-A, A-A-B, B-B-A



*Mr. Noisy's Book of Patterns* By: Rozanne Lanczak Williams



½ oz. of meat and cheese and ½ cup cucumber slices

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# Merry Go Rounds

Servings: 1

## Ingredients

½ apple

1 Tbsp. Peanut Butter or Sunflower Butter

6 Animal Crackers



## Directions

1. Core apple and slice apples into rings.
2. Spread nut butter on apple slices.
3. Stand up animal crackers to make a Merry Go Round.

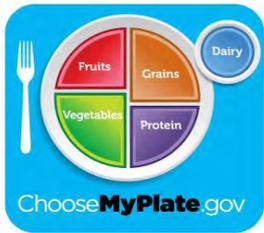


*Up and Down on the Merry-Go-Round*  
By: Bill Martin Jr. and John Archambault



1 “Merry Go Round” (apple and peanut butter)





# Oatmeal Apple Muffin

Servings: 24

<http://www.squaremeals.org/>

## Ingredients

- $\frac{3}{4}$  cup rolled oats (quick cooking)
- $\frac{3}{4}$  cup plus 2 Tbsp. milk
- 1 large egg
- 2 Tbsp. oil
- 2 Tbsp. molasses
- $\frac{3}{4}$  cup apple, grated
- 1  $\frac{1}{4}$  cup enriched flour
- 1 Tbsp. baking powder
- $\frac{1}{2}$  tsp. cinnamon



## Directions

1. Preheat oven to 400°.
2. Grease 12 muffin cups or use muffin liners.
3. Pour milk over oats and let soak for 15 minutes.
4. Add oil, egg, molasses, and grated apple. Add flour, baking powder, and cinnamon. Mix until moist. The batter will be lumpy.
5. Fill muffin tins  $\frac{3}{4}$  full and bake 20 minutes.



Apples, Apples by Kathleen Weidner Zoehfeld



$\frac{1}{2}$  muffin and  $\frac{1}{2}$  cup 100% apple juice



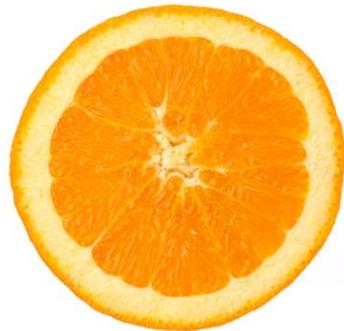


# Orange Strawberry Sorbet

Servings: 8

## Ingredients

- 3 cups frozen strawberries
- 1 cup orange sections
- $\frac{1}{4}$  cup maple syrup



## Directions

1. Puree strawberries in blender.
2. Add oranges, puree.
3. Stir in maple syrup.
4. Put in freezer safe container and freeze until set at least 2 hours.



*Orange Pear Apple* By: Emily Gravett



$\frac{1}{2}$  cup sorbet (strawberries and oranges) and  $\frac{1}{3}$  cup whole grain cereal

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# Pear Bunnies

Servings: 1

## Ingredients

Pear Half (canned in natural juices)

$\frac{1}{8}$  cup low-fat cottage cheese

2 baby carrots

Raisins



## Directions

1. Put pear half upside down on plate.
2. Put the cottage cheese as the tail.
3. Ears are 2 baby carrots.
4. Eyes are raisins.
5. Nibble it up!



*The Runaway Bunny* By: Margaret Wise Brown and Clement Hurd



1 "Pear Bunny" (pear half and cottage cheese)





# Personalized Pizzas

[www.choosemyplate.gov/](http://www.choosemyplate.gov/)

Servings: 12

## Ingredients

- 6 Whole Wheat English Muffins
- 1 cup low sodium pizza sauce
- 1 cup low-fat mozzarella cheese
- Spinach leaves
- Sliced sweet peppers
- Sliced mushrooms
- Pineapple chunks
- Cherry tomatoes cut in  $\frac{1}{2}$



## Directions

1. Cut English muffins in  $\frac{1}{2}$ .
2. Spread 1 Tbsp. sauce on top of each  $\frac{1}{2}$ .
3. Top with favorite toppings in any order.
4. Place in a 350° oven until warm and cheese is melted, about 7-10 minutes.

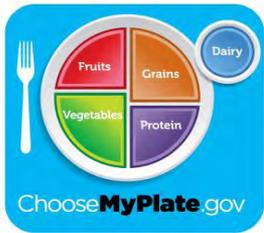


*This is the Way We Eat Our Lunch* By: Edith Baer & Steve Bjorkman



1 "Personalized Pizza" (English muffin) and  $\frac{1}{2}$  c. low-fat or skim milk





# Pumpkin Pancakes

Servings: 12

## Ingredients

Whole grain pancake mix

Add  $\frac{1}{2}$  cup canned pumpkin per recipe to make 12 pancakes.

Light Maple Syrup



## Directions

1. Make pancake mix for 12 servings according to directions.
2. Add  $\frac{1}{2}$  cup canned pumpkin until mixed.
3. Pour batter on griddle in  $\frac{1}{4}$  cup portions.
4. Flip pancake over when bubbly.
5. Pancake is done when light brown.
6. Serve with drizzle of light syrup.



*The Hungry Thing* By: Jan Slepian & Ann Seidler



1 pancake and  $\frac{1}{2}$  cup low-fat or skim milk





# Quinoa Fruit Salad

Servings: 8

## Ingredients

- 1 cup uncooked quinoa
- 1 cup low fat milk
- ½ cup water
- 1 Tbsp. brown sugar
- 1 ½ cup strawberries, sliced
- 1 cup blueberries
- 1 ½ cup canned peaches, sliced



## Directions

1. In a medium pan, over high heat, add uncooked quinoa, water, and milk, and bring to a rolling boil. Lower heat and let simmer for about 12-15 minutes, or until water is evaporated.
2. Add the brown sugar and allow to cool to room temperature before adding the berries.
3. When the quinoa has cooled, add the strawberries, blueberries, and peaches. Toss to combine. Cover and refrigerate for at least 2 hours before enjoying.



*A Fruit is a Suitcase for Seeds* By: Jean Richards



¾ c. “Quinoa Fruit Salad” (strawberries, blueberries, peaches) and  
½ c. low-fat or skim milk





# Rainbow Vegetable Salad

Servings: 5

## Ingredients

### Vegetables

½ cup diced zucchini

½ cup diced summer squash

½ cup diced cucumber

¼ cup yellow peppers

½ cup, diced tomato

½ cup sliced radish

Diced onion

### Dressing

½ cup cider vinegar

⅓ cup canola oil

2 tsp. sugar

½ tsp. pepper

½ tsp. Italian seasoning

½ tsp. garlic powder

## Directions

1. Prepare vegetables.
2. Mix in large bowl.
3. Prepare dressing.
4. Add dressing to taste, may be extra dressing.

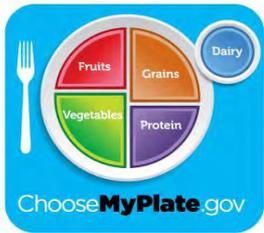


*A Rainbow of My Own* By: Don Freeman



½ cup salad and ½ oz. whole grain crackers





# Spinach Dip

Servings: 12

## Ingredients

- 1 pkg. dry vegetable dip mix
- 1 pkg. 10 oz. frozen chopped spinach, thawed and squeezed dry
- 8 oz. low fat sour cream
- ½ cup low fat mayonnaise
- ¼ cup shredded carrots
- ½ tsp. onion powder
- 1 loaf whole wheat bread, sliced

## Directions

1. Mix all ingredients and stir well.
2. Refrigerate until ready to serve.
3. Cut loaf of bread into dipping size pieces.



***All Our Fruits and Vegetables***

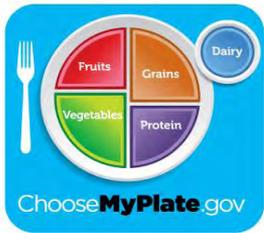
**By: Roberta L. Duyff and Patricia McKissack**



**¼ cup dip, ¼ c. 100% juice, and ½ slice bread**

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# Strawberry Banana Smoothie

Servings: 7

## Ingredients

- 4 cups strawberries, hulled
- 1 banana, broken into chunks
- 1 cup low-fat milk
- 2 cups ice



## Directions

1. Place strawberries, banana, and milk in blender and mix.
2. Add ice to desired consistency.

Suggestion: Try different fruit combinations or add yogurt for more dairy boost.

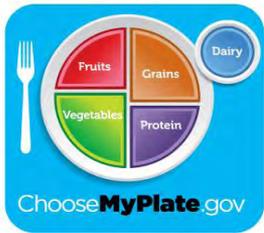


*Moo, Moo Brown Cow! Have You Any Milk?* By Phillis Gershator



1 cup of smoothie (strawberries and banana) and  
 $\frac{1}{3}$  cup whole grain cereal





# Strawberry Soup

Servings: 4

## Ingredients

16 oz. frozen, sliced strawberries

½ c. vanilla yogurt

½ c. skim milk



## Directions

1. Wash and de-stem strawberries.
2. Place all ingredients in blender and puree.
3. Pour  $\frac{3}{4}$  cup soup into bowl for serving.
4. Can garnish with a dollop of low-fat vanilla yogurt.

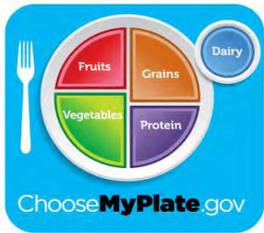


*Group Soup By:* Barbara Brenner



$\frac{3}{4}$  cup “Strawberry Soup” (strawberries) and 10 bear crackers



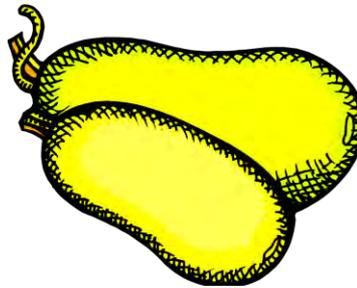


# Spaghetti Squash and Sauce

Servings: 10

## Ingredients

- 4 lbs. Spaghetti Squash
- 2 Tbsp. shredded low-fat parmesan cheese
- ½ cup low-fat mozzarella cheese
- 1 tsp. basil
- 1 tsp. oregano
- ½ cup spaghetti sauce



## Directions

1. Poke squash several times with fork. Microwave on high 10 min. or just until squash is softened, turning after 5 min. Let stand 5 min.
2. Cut squash in half; remove and discard seeds. Use fork to scrape insides of squash to form strands; place in large bowl. Add remaining ingredients; toss lightly with fork.
3. Put back in microwave for 2 min. or until heated through. Top each serving with 1 Tbsp. sauce.



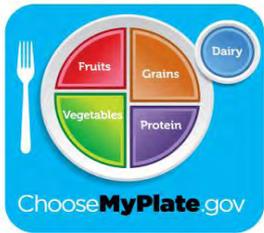
*Eating the Alphabet: Fruits and Vegetables A to Z* By: Lois Ehlert



½ cup “Spaghetti Squash” and 1 whole wheat breadstick

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# Summer Fruit and Pasta Toss

Servings: 10

[www.midwestdairy.com](http://www.midwestdairy.com)

## Ingredients

- 3 cups cooked whole wheat spiral pasta
- 1½ cups cubed cantaloupe
- 1½ cups cubed pineapple
- 1 cup strawberries, sliced
- 1 cup halved seedless grapes
- 16 oz. low-fat vanilla yogurt

## Directions

1. Cook pasta according to package instructions, drain and cool in refrigerator for 10 minutes.
2. While pasta is cooking, prepare fruit and place in large serving bowl. Once pasta has cooled, add to bowl. Gently mix yogurt into pasta mixture. Chill for 30 minutes in refrigerator before serving.



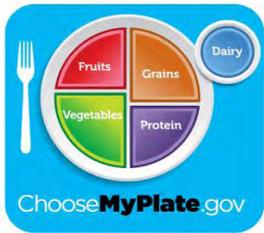
*Frannie's Fruits* by Leslie Kimmelman



1 cup "Summer Fruit and Pasta Toss" (pasta and fruit)

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# Sweet and Salty Porcupine

Servings: 1

## Ingredients

- 1 canned pear half
- 10 pretzel sticks
- 1 Maraschino cherry (nose)
- 2 Raisins (eyes)



## Directions

1. Place the pear half on a serving dish.
2. Have children poke pretzel sticks into the porcupine, leaving room for a face.
3. To create the face, carve small indentations for eyes and nose.
4. Press raisin eyes and cherry nose into indentations.



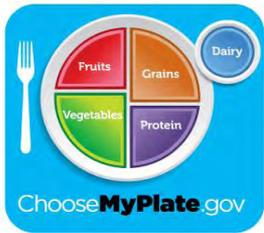
*Apple Trouble!* By: Ragnhild Scamell



1 "Sweet and Salty Porcupine" (pear half and pretzel sticks)

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# Sweet Potato Wedges

Servings: 9

## Ingredients

- 3 pounds sweet potatoes
- ¼ cup olive oil
- 1-2 Tbsp. sugar
- 1-2 Tbsp. pumpkin pie spice



## Directions

1. Preheat oven to 400° F.
2. Peel sweet potatoes and cut off the ends. Cut in half lengthwise and half crosswise. Cut into wedges.
3. Put sweet potatoes into a bowl. Pour the oil over the potatoes and stir. Sprinkle with sugar and spice and stir to coat.
4. Put onto baking sheet. Bake for 25-30 minutes, turning ½ way through.



*How Are You Peeling?* By: Saxton Freymann



½ cup “Sweet Potato Wedges” and ½ oz. low-fat string cheese

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# Tasty Vegetable Dip

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Servings: 4

## Ingredients

- 8 oz. fat-free plain yogurt
- 2 tablespoons reduced-sodium taco seasoning

## Directions

1. Mix together yogurt and seasoning.
2. Serve with fresh vegetables and crackers.



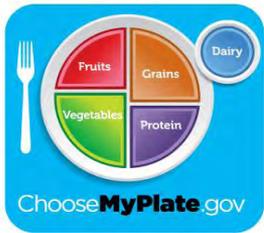
***Muncha! Muncha! Muncha!*** By: Candace Fleming



2 oz. of dip, ½ cup fresh vegetables, and ½ oz. whole grain crackers

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# Yam Apple Delight

Servings: 7.5

## Ingredients

- 16 oz. yams
- 16 oz. chunky, natural applesauce
- 1 tsp. cinnamon
- ½ cup brown sugar
- 4 Tbsp. whole wheat flour
- 1 cup oatmeal
- ¼ cup butter

## Directions

1. Preheat oven to 350°.
2. Mix in a bowl brown sugar, whole wheat flour, oatmeal and butter until crumbly. Set aside.
3. Place ½ the applesauce on the bottom of an 8X8 pan; sprinkle with ½ tsp. cinnamon.
4. Spoon 3 Tbsp. of the oatmeal topping on top of applesauce.
5. Evenly arrange yams on top.
6. Add remaining applesauce. Sprinkle with cinnamon and top with the rest of the oatmeal crumbs.
7. Bake for 30-40 minutes.

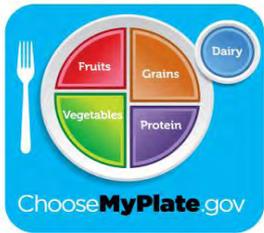


*I Know an Old Lady Who Swallowed A Pie* By: Alison Jackson



⅔ cup “Yam Apple Delight” (yams and applesauce) and  
½ cup low-fat or skim milk





# Zucchini Rounds

Servings: 2.5

## Ingredients

- Non-stick cooking spray
- 2 medium zucchini (about 3/4 pound)
- 1 tablespoon olive oil
- ½ cup freshly grated Parmesan cheese (about 2 ounces)



## Directions

1. Preheat oven to 450° F. Lightly coat a baking sheet with non-stick cooking spray.
2. Slice zucchini into ¼-inch thick rounds, leaving green skin on.
3. Place rounds in a re-sealable plastic bag with olive oil and Parmesan cheese; shake to coat all sides.
4. Place in a single layer on prepared baking sheet.
5. Bake until browned and crisp, about 10 minutes. Remove with spatula. Serve warm.



*The Berenstain Bears and Too Much Junk Food*

By: Stan and Jan Berenstain



½ cup “Zucchini Rounds” and ½ cup low-fat or skim milk

