

Healthy Snack Recipes

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5-Minute Banana Split Cups

Makes 4 servings

Ingredients

- . 4 vanilla pudding snack cups
- . 2 bananas, thinly sliced
- . $\frac{1}{4}$ cup thawed whipped topping
- . $\frac{1}{4}$ cup hot fudge or chocolate syrup

Directions

Top pudding snack cup with bananas and whipped topping.

Drizzle with fudge or chocolate syrup.

Serve immediately

*Instead of pudding snack cups, you can make your own pudding and place it in individual serving cups.

Extra: Sprinkle each snack with 1 tablespoon chopped peanuts or pecans.

Nutrition Facts: One serving provides 270 calories, 7g total fat, 0mg cholesterol, 210mg sodium, 51g total carbohydrate

Ants on a Log

Makes 2 servings

Ingredients

- . 1 celery stalk
- . 2 tablespoons peanut butter
- . 1 tablespoon raisins

Directions

Clean celery, set aside.

Fill celery with peanut butter.

Place raisins on top of peanut butter for ants.



Apples and Chocolate Pudding Dip

Makes 1 serving

Ingredients

- . 1 chocolate pudding snack cup
- . 1 medium apple, cut into slices

Directions

Serve pudding as a dip with the apple slices.

*Instead of pudding snack cups, you can make your own pudding and place it in individual serving cups.

Extra: Substitute fresh pear or peach slices, pineapple or banana chunks, clementine sections or strawberries for the apples slices.

Nutrition Facts: One serving provides 130 calories, 1.5mg total fat, 0mg cholesterol, 180mg sodium, 34g total carbohydrate



Banana Wraps

Makes 1 serving

Ingredients

- . 2 to 3 tablespoons peanut butter, smooth or crunchy
- . 1 (8-inch) flour tortilla
- . 1 whole banana

Directions

Spread peanut butter on one side of tortilla.
Peel banana and roll up tightly in tortilla.
Slice into pinwheels or serve whole.

Nutrition Facts: One serving provides 460 calories, 20g total fat, 0mg cholesterol, 380mg sodium, 61g total carbohydrate



Chicken Feed

Makes 10 servings, ½ cup each

Ingredients

- . 2 cups toasted oat cereal
- . 1 cup peanuts
- . ½ cup sunflower seeds
- . ½ cup raisins
- . 1 cup small chocolate candies or chocolate chips

Directions

Combine all ingredients in a large bowl and stir gently.

Serve in paper cups or small bags.

Nutrition Facts: One serving provides 270 calories, 15g total fat, 5mg cholesterol, 75mg sodium, 29g total carbohydrate

Hint: Individual bowls of ingredients can be set up. Children can take one spoonful of the ones they want to eat in their cup.

Food Group Funny Face

Makes 1 serving

Ingredients

- . 1 tablespoon peanut butter
- . 1 large cracker (graham cracker, saltine, or whole grain)
- . 1 tablespoon shredded cheddar cheese
- . 3 or 4 raisins
- . 2 large green peas
- . 1 grape, cut in half

Directions

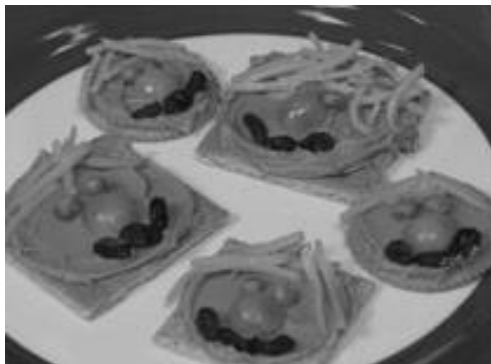
Spread peanut butter on cracker in the shape of a face.

Sprinkle grated cheese on top for hair.

Place raisins on cracker for mouth.

Use peas for eyes and $\frac{1}{2}$ grape for nose.

Nutrition Facts: One serving provides 150 calories, 11g total fat, 5mg cholesterol, 140mg sodium, 8g total carbohydrate



Incredible Edible Pyramid Parfait

Makes 1 serving

Ingredients

- . 6 tablespoons vanilla yogurt, divided
- . 2 heaping tablespoons cereal, either flakes or nuggets
- . 2 tablespoons frozen strawberries or crushed pineapple
- . 1 teaspoon chopped peanuts
- . 1 teaspoon mini-chocolate chips (optional)

Directions

Measure 2 tablespoons yogurt into an 8-ounce cup.

Sprinkle cereal on top.

Spread 2 more tablespoons yogurt on top.

Spread fruit on top.

Add 2 more tablespoons yogurt.

Top with chopped peanuts and chocolate chips.

Nutrition Facts: One serving provides 120 calories, 2.5g total fat, 5mg cholesterol, 75mg sodium, 19g total carbohydrate

Nutter Butter-flies

Makes 3 serving

Ingredients

- . 6 tablespoons peanut butter
- . 1 1 celery stalk
- . 6 raisins
- . 6 large thin pretzels
- . 6 chow mein crunch noodles
- . 3 sunflower seeds

Directions

Clean celery and cut into 3 inch lengths.

Fill celery with peanut butter.

For wings, press bottom of two pretzel twists into center of peanut butter.

For eyes, press two raisins into peanut butter at one end of stalk.

For antennae, insert one end of two chow mien noodles into peanut butter behind eyes.

For tongue, press sunflower seed into center front of face.

Rocky Road Pudding Cup

Makes 1 serving

Ingredients

- . ½ honey graham cracker
- . 1 pudding snack cup, chocolate or vanilla
- . 8 miniature marshmallows

Directions

Break graham cracker into bite-sized pieces.
Stir into pudding cup along with the marshmallows.
Serve immediately.

*Instead of pudding snack cups, you can make your own pudding and place it in individual serving cups.

Nutrition Facts: One serving provides 200 calories, 4.5mg total fat, 0mg cholesterol, 230mg sodium, 38g total carbohydrate



Spice-y Popcorn

Makes 1 serving

Ingredients

- . Air popped or low-fat popcorn
- . Variety of toppings: parmesan cheese, cinnamon, nutmeg, Cajun seasoning, ranch salad dressing mix, wasabi powder, dill, oregano, pepper, chili powder, Italian seasoning, lemon pepper, paprika, etc.

Directions

Pop popcorn.

Sprinkle on a topping.

Try combinations of spices.



Swiss Oatmeal

Makes 8 serving, ½ cup each

Ingredients

- . 2 cups quick oats
- . 2 cups low-fat vanilla yogurt
- . 1 (16 ounce) can crushed pineapple in unsweetened juice
- . ½ cup chopped walnuts or pecans
- . ½ teaspoon cinnamon, optional

Directions

In a large bowl, combine ingredients and mix well.

Eat right away or refrigerate for later.

Nutrition Facts: One serving provides 220 calories, 7mg total fat, 5mg cholesterol, 45mg sodium, 33g total carbohydrate

Tips and Tricks

It is important to keep from spreading germs!

- Before you get out ingredients for a recipe, wash the work area with a clean cloth, soap and water.
- Wash your hands with soap, scrubbing for at least 20 seconds.
- When you cook, don't lick the spoon or your fingers.

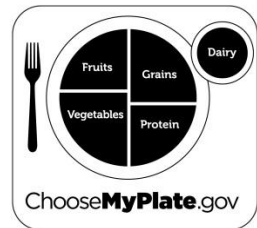
A few of the recipes included in this book have peanut butter as an ingredient. If a person is allergic to peanuts/peanut butter, try substituting cream cheese.

Peanut butter can be a choking hazard. To prevent choking:

- Spread only a thin layer on bread, wraps and crackers.
- Don't offer peanut butter to children younger than 3 years of age.

Don't give whole peanuts or raisins to children under 3 or those at risk for choking.

MyPlate shows how to make food choices for a healthy diet. Adults and kids from age 2 years can follow this plan and have lots of variety in what they eat.



Recipe Booklet Provided By:



For more information about these and other fun recipes
contact your local Extension Office in Kansas:

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