



Snacks to Celebrate With!

Celebrating special occasions like birthdays and holidays often includes special snacks. But just think of the many cupcakes that go uneaten or the plate that is filled with too many choices or too many sugars. Young children need our guidance in modeling what is healthy and nutritious. Try celebrating special occasions with special, yummy, and nutritious foods.

Think outside of the box. Birthdays don't always need to be celebrated with sweets; children can bring their favorite food such as chicken noodle soup or corn on the cob! Children can also opt to celebrate their birthdays by doing a favorite activity such as playing bingo or a game of tag.

Caution: When offering food to young children, be aware of allergies and choking hazards such as nuts, popcorn, raw vegetables, and hot dogs; do not give these to infants and young toddlers. Closely supervise young children when they eat.

Monkey Mix

* This recipe is not intended for infants and young toddlers

Ingredients:

- 1 cup dried banana chips
- 1 cup flaked coconut
- 1 cup chocolate chips
- 3 cups Cheerios

Mix all the ingredients in a gallon-size zip-top bag. Shake well. Yield: 6 cups. Makes 12 servings.



Tutti Fruity Popcorn Balls

* This recipe is not intended for infants and young toddlers

Ingredients:

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| 1/2 cup honey | 5 cups fresh popped popcorn |
| 1/4 cup brown sugar | 1/2 cup chopped nuts (pecans, almonds, walnuts, or peanuts) |
| 1 tablespoon butter | 1 cup whole or chopped dried fruits (cranberries, blueberries, raisins, apples, or apricots) |
| 1/2 teaspoon cinnamon | |
| 1 teaspoon vanilla | |

1. Combine honey, brown sugar, and butter in microwave-safe container. Cover with plastic wrap and heat in microwave for 1 to 2 minutes or until mixture is bubbling and steaming hot. Carefully remove honey syrup dish from microwave with the help of your adult chef assistant. Stir in cinnamon and vanilla. Set aside.
2. Put popcorn, nuts, and dried fruit in a large mixing bowl. Pour cooked honey syrup over popcorn and toss with a wooden spoon until you have coated all the pieces of popcorn with honey syrup. Let mixture cool 10 minutes before forming into balls.
3. Now spray your hands with non-stick spray or dampen them with a splash of water. With your hands, take a scoop of popcorn mixture and form a 2- to 3-inch sized popcorn ball. Repeat until you have made all the mixture into popcorn balls.
4. Popcorn balls may be wrapped individually with plastic wrap and stored for 3 to 5 days.

Makes 12 servings.

Recipe source: Batter Up Kids

Star Shine Strawberry Muffins

Cinnamon 'Sicles

* This recipe is not intended for infants and young toddlers

Ingredients:

1 cup plain yogurt
1 cup applesauce
1 tablespoon honey
1/2 teaspoon ground cinnamon
4 (4-ounce) paper cups
Aluminum foil
Popsicle-style sticks

Combine yogurt, applesauce, honey, and cinnamon in a medium bowl; mix well. Pour the mixture into the paper cups, filling the cups three-fourths full. Cover the paper cups with foil. Make slits in the centers of the foil covers. Insert the sticks in the slits. Place the cups in the freezer. When the mixture is frozen, peel off the paper cup and eat.

* This recipe is not intended for infants and young toddlers

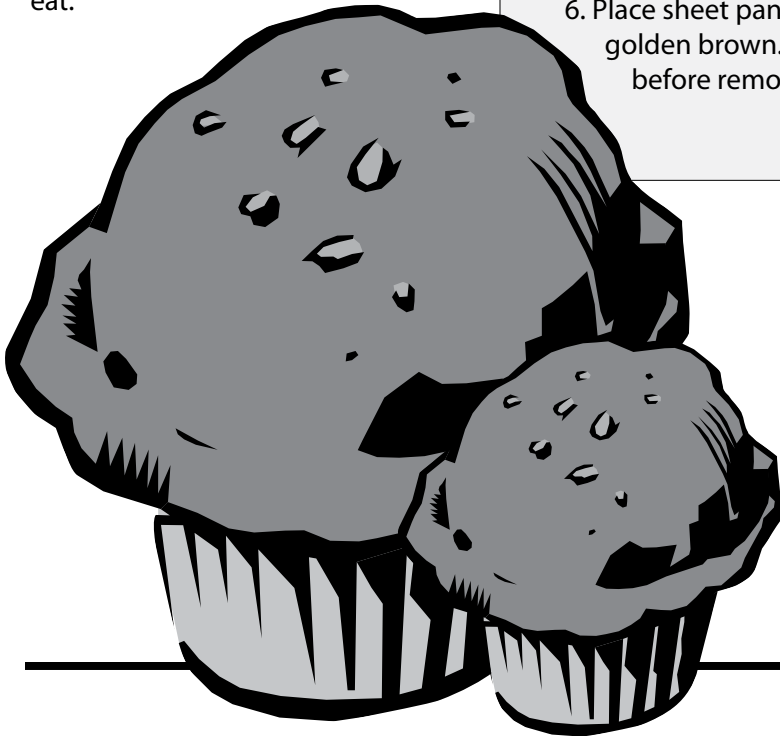
Ingredients:

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| Paper muffin cup liners | 1 8-ounce container low-fat strawberry yogurt |
| 1 cup all-purpose flour | 1/4 cup melted butter |
| 3/4 cup cornmeal | 1 egg |
| 1/2 cup light brown sugar | 1 teaspoon vanilla extract |
| 2 1/2 teaspoons baking powder | 2 cups chopped fresh strawberries |
| 1/4 teaspoon salt | 8 strawberries sliced into thin strips (optional garnish) |
| 1/4 teaspoon cinnamon | |

1. Preheat oven to 350 F.
2. Place muffin pan filled with paper muffin cup liners on a sheet pan.
3. In a large bowl, whisk together flour, cornmeal, sugar, baking powder, salt, and cinnamon.
4. Add yogurt, melted butter, egg, and vanilla. Mix well with a wooden spoon, making sure to incorporate all of the dry ingredients into the wet ingredients. Fold in chopped strawberries and spoon batter equally between 12 muffin cups, filling each cup about 3/4 full.
5. If using garnish, place 5 strawberry strips on top of each muffin to form a star shape.
6. Place sheet pan in oven and bake for about 25 minutes or until light golden brown. Remove pan from oven and cool for 5 minutes before removing muffins from tin.

Makes 12 servings.

Recipe source: *Batter Up Kids*



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College of Agricultural Sciences
Cooperative Extension

Dr. James E. Van Horn, CFLE, Better Kid Care Program Director

Developed by Christine Belinda, Penn State Better Kid Care Program
253 Easterly Parkway, State College, PA 16801 • Phone: 1-800-452-9108 • Website: betterkidcare.psu.edu

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*The recipes above are from the Junior Leagues *Kids in the Kitchen* and are designed to help you get daily servings of the five major food groups in a creative, fun, and delicious way.

Source: Junior Leagues *Kids in the Kitchen*, <http://kidsinthekitchen.ajli.org/>