



## CRUNCHY CREAM CHEESE SPREAD

- 3 oz. low-fat cream cheese
- 2 Tbsp. finely chopped or shredded vegetables, such as broccoli, carrots, small pieces of cauliflower, green, red, orange, or yellow peppers, cucumbers, etc.
- Baked tortilla chips, crackers

All cooks should wash their hands. The children may want to help you wash the vegetables. Children can help cut softer vegetables, like green pepper. Give them plastic knives and cutting boards to do any cutting. They could also break broccoli or cauliflower into small pieces.

Mix together the cream cheese with 2 tablespoons vegetables. Give each child a plastic knife to put the spread on his own tortilla chips or crackers.

Variation: The spread could be used on pieces of celery, slices of cucumber, etc.

**Caution:** Young children can easily choke on raw vegetables. Watch children closely when they are eating these foods.

## Super Snacks

## APPLE SMOOTHIE

- 2 cups applesauce
- 1 cup apple juice
- 1 cup orange juice
- 2 Tbsp. honey
- ½ tsp. nutmeg
- ½ tsp. cinnamon

Put all ingredients in a blender. Blend until smooth. Pour into glasses and serve.

Makes 8 (½ cup) servings.

**Caution:** Do not serve uncooked honey to children under two years of age. Honey may contain bacteria that could make children sick.

The children may want to help make this snack.

## APPLE SANDWICHES

- 1 apple
- 3 Tbsp. creamy peanut butter
- 3 Tbsp. crushed cereal flakes

All cooks should wash their hands. Place cereal in a self-closing plastic bag. Seal the bag slowly, squeezing the air out, so the bag is flat. Let the children crush the cereal with their hands or by rolling things on the bag. (They may want to try rolling toy cars and trucks on it!) Help them mix the peanut butter with the crushed cereal.

Washing the apple is a good job for children. An adult should cut it in half, cut out the core, and slice each half into about eight slices (depending on the size of the apple). Give each child a plastic knife, two apple slices, and some of the peanut butter mixture. Let each child spread the peanut butter mixture on one slice of apple. Top with another apple slice to make an apple sandwich.

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## BERRY APPLESAUCE GELATIN

*Make this recipe for a salad  
and serve the leftovers for snack  
the next day!*

- 1 (6 oz.) package strawberry gelatin
- 1 cup boiling water
- 2 cups frozen unsweetened strawberries
- 2 cups applesauce
- 2 Tbsp. lemon juice

Dissolve gelatin in boiling water. Stir in the strawberries until thawed and separated. Add the applesauce and lemon juice. Mix well. Pour into an 11-inch by 7-inch pan. Chill until set. Makes 10 (½ cup) servings.

## SUNNY APPLES

*This recipe may be used either  
as a salad or for snacks.*

- 2 medium red apples, diced
- 1 medium green apple, diced
- 1 medium carrot, grated
- 1 can (8 oz.) crushed pineapple, drained
- 3 Tbsp. orange juice concentrate

The children may want to help make this recipe by washing the apples, helping cut them, and mixing. All cooks should wash their hands. An adult should cut the apples in half and cut out the cores. If the children would like to help, cut the apples into slices. Place apple slices on cutting boards where children can cut them into smaller pieces, using plastic knives. Combine all ingredients. Mix well. Makes about 10 (½ cup) servings.



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