



Snack Time Treats

Pineapple Cheese Muffins

- 1/2 English muffin per child
- 1 slice cheese per child
- 1 pineapple ring per child

Lay cheese on muffin half. Top with pineapple ring. Bake in 350° F oven until the cheese melts.

Apple-Pineapple Pops

- 3/4 cup unsweetened pineapple juice
- 3 medium apples, unpeeled cored and cut up
- 1/2 tsp cinnamon
- 1/3 cup raisins
- 1 Tbsp sugar or to taste
- 3- 4- ounce paper or plastic cups
- Plastic spoons

Process juice, apples, cinnamon, and raisins in blender or food processor until smooth; add sugar to taste. It will taste less sweet when frozen. Spoon into 3-4-ounce paper or plastic cups or popsicle molds. Place in freezer. When partially frozen, insert a plastic spoon in each cup and finish freezing. *Makes 4 pops.*

Spider Sandwiches

- Round crackers
- Peanut butter
- 8 small stick pretzels per spider
- Raisins

Spread peanut butter on one cracker. Top with a second cracker to make a sandwich. Stick the pretzel "legs" in the middle of the sandwich. Stick the raisin "eyes" on top with just a dab of peanut butter.

Sunny Carrot Combo

- 2 cups carrots, grated or shredded
- 1/2 cup raisins
- 1/3 cup vanilla yogurt
- 1/4 cup salted peanuts

Peel carrots and grate coarsely or shred. Add the raisins, yogurt, and peanuts, saving about 1 tablespoon of peanuts for on top. Stir to mix well. Sprinkle a few peanuts over top. Refrigerate until serving time.

Caution: Young children can easily choke on nuts, seeds, popcorn, raw vegetables, peanut butter, meat sticks, and hot dogs. Do not give these foods to infants. Closely watch young children when they are eating these foods.



Apple Volcanoes

- 1 apple per child
- Peanut butter
- Raisins
- Granola

Cut the top off the apple. Cut out the core. Spread peanut butter inside the apple and fill the hole with raisins and granola.

Fish in the River

- 2 celery stalks
- 1/4 cup cheese spread
- Goldfish crackers

Trim and wash celery and fill with cheese spread. Top with crackers and serve.

Banana Pudding

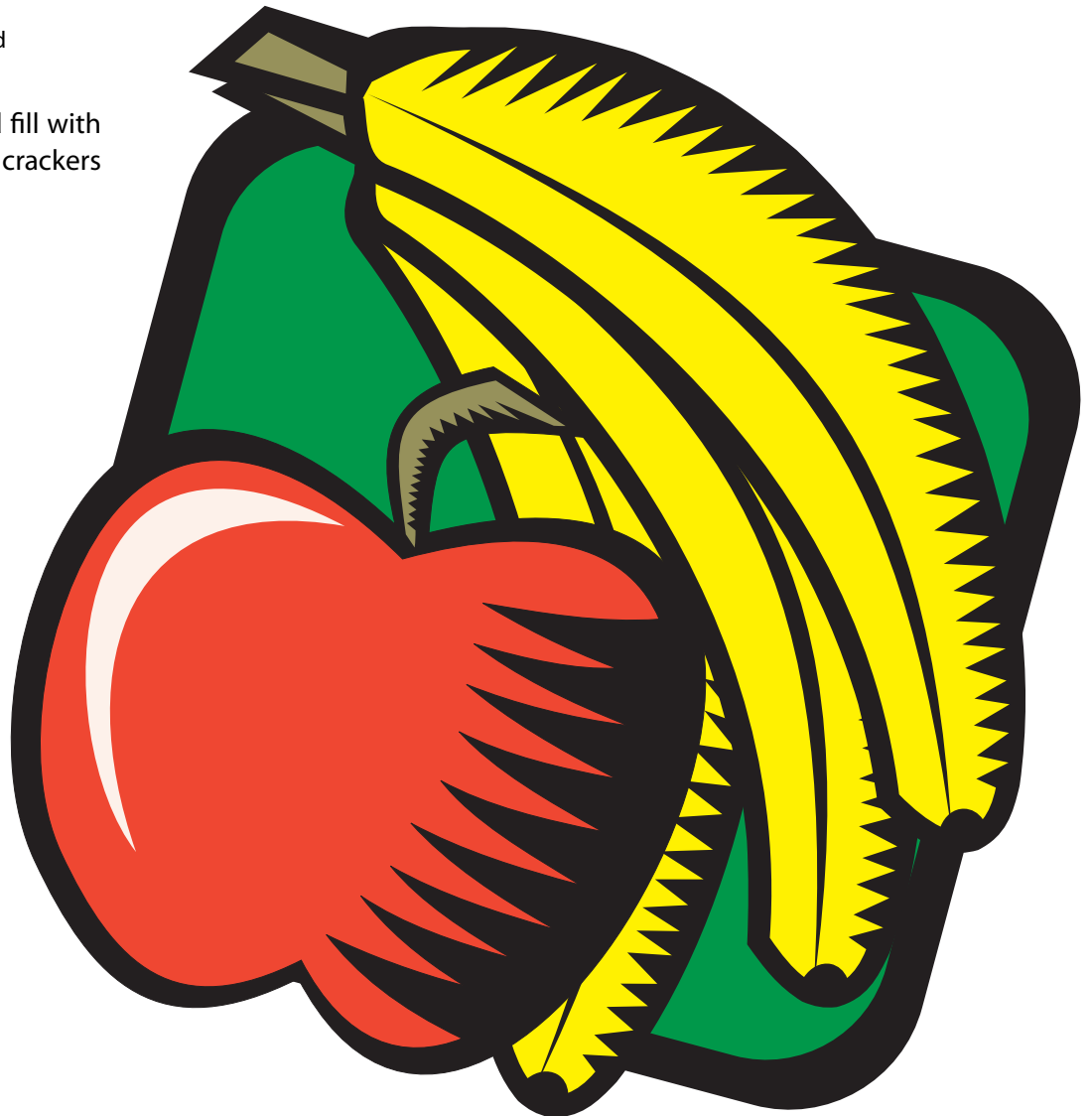
- 1/2 banana per child
- Applesauce
- Plain low-fat yogurt

Have each child mash 1/2 banana in a bowl. Add 3 Tbsp applesauce and 1 tsp yogurt. Stir and enjoy.

Stuffed Tomato Snacks

- Cherry tomatoes
(larger ones are easier to stuff)
- Low-fat cottage cheese
- Sunflower seeds

Wash the tomatoes and slice off the tops. Scoop out the seeds and pulp. Fill each tomato with cottage cheese. Sprinkle sunflower seeds on top.



Pennsylvania Pathways

*Professional Development
for Child Caregivers*

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Cooperative Extension
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