



Kid-Pleaser Snacks

ENGLISH MUFFINS WITH FRUIT

- 2 English muffins, split in half
- 1 (8 ounce) container low-fat pineapple yogurt
- 3/4 cup sliced fresh strawberries
- 3/4 cup drained crushed pineapple
- Lightly toast the English muffin halves in a toaster. Spread yogurt with pineapple yogurt. Top each half with strawberries and pineapple. Serve while English muffins are still warm. *Makes 4 servings.*

BAHAMA BAGELS

- 1/3 cup low-fat cream cheese
- 1 Tablespoon chopped walnuts
- 1 Tablespoon crushed pineapple
- 2 bagels, sliced in half
- Mix cream cheese, pineapple, and nuts in small bowl. Spread on each half of the bagels. Serve.

CAUTION: Young children can easily choke when eating raw fruit and vegetables, seeds, nuts, and hot dogs. Supervise children carefully when they are eating these foods.

BANANA ROLLS

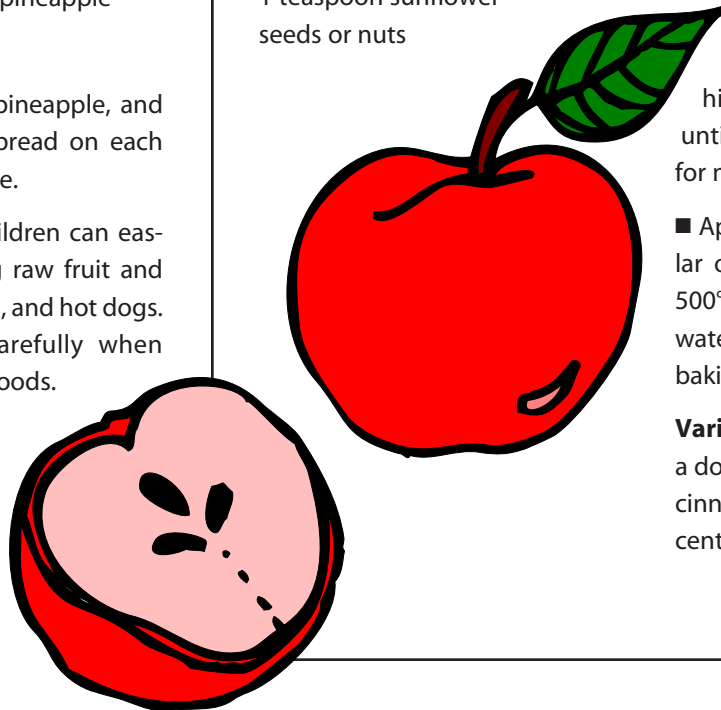
- 6 bananas
- 1/2 cup peanut butter
- 1/4 cup coconut
- 1/4 cup rice cereal
- Peel and cut each banana crosswise into four pieces. Spread each piece with peanut butter. Roll in coconut and rice cereal. Serve immediately or chill until served. *Makes 12 servings.*

APPLE PUDDING

- 1 cup leftover cooked rice
- 1 cup low-fat vanilla yogurt
- 1 cup applesauce
- 1 teaspoon cinnamon
- Mix rice and applesauce together in a large bowl. Add cinnamon and yogurt. Stir well. Spoon into dishes and serve. *Makes six (1/2-cup) servings.*

BAKED APPLES

- One-half cooking apple per child
- For each half apple:*
- 1 teaspoon honey
- 1 Tablespoon orange juice
- 1 teaspoon sunflower seeds or nuts
- Wash apples, cut in half, and help children remove the core. (Try using a melon baller to easily remove the core.) Place apples in a baking dish, cut side up. Spread honey, juice, and nuts in center and over the top of each apple half. Microwave on high for three to five minutes or until tender. Allow additional time for more than two apple halves.
- Apples may be baked in a regular oven for 10 to 15 minutes at 500°F. Remember to add enough water to cover the bottom of the baking dish.
- Variation:** Try using brown sugar, a dot of margarine, a sprinkle of cinnamon, and several raisins in centers.



BEAN DIP WITH VEGETABLES

1 (16 ounce) can refried beans

1 (8 ounce) can tomato sauce

1 teaspoon chili powder

raw vegetables for dipping such as: carrots, cucumber slices, celery sticks, pepper slices, radishes, broccoli, cherry tomatoes, cauliflower, etc.

■ Mix all three ingredients in a small saucepan. Heat and stir until smooth. Remove from heat and spoon into small serving bowls (one for each child). Serve warm or cold with vegetables for dipping. *Makes 2 cups.*

CALIFORNIA KISSES

These taste like a peanut butter and jelly sandwich, without the bread

2 dried, pitted prunes

2 teaspoons creamy peanut butter

■ Flatten prunes slightly. Spread a thin layer of peanut butter on one prune, top with the other prune to make a "sandwich." Wrap in waxed paper or plastic wrap, twisting the ends to look like kisses.

BANANA SMOOTHIE

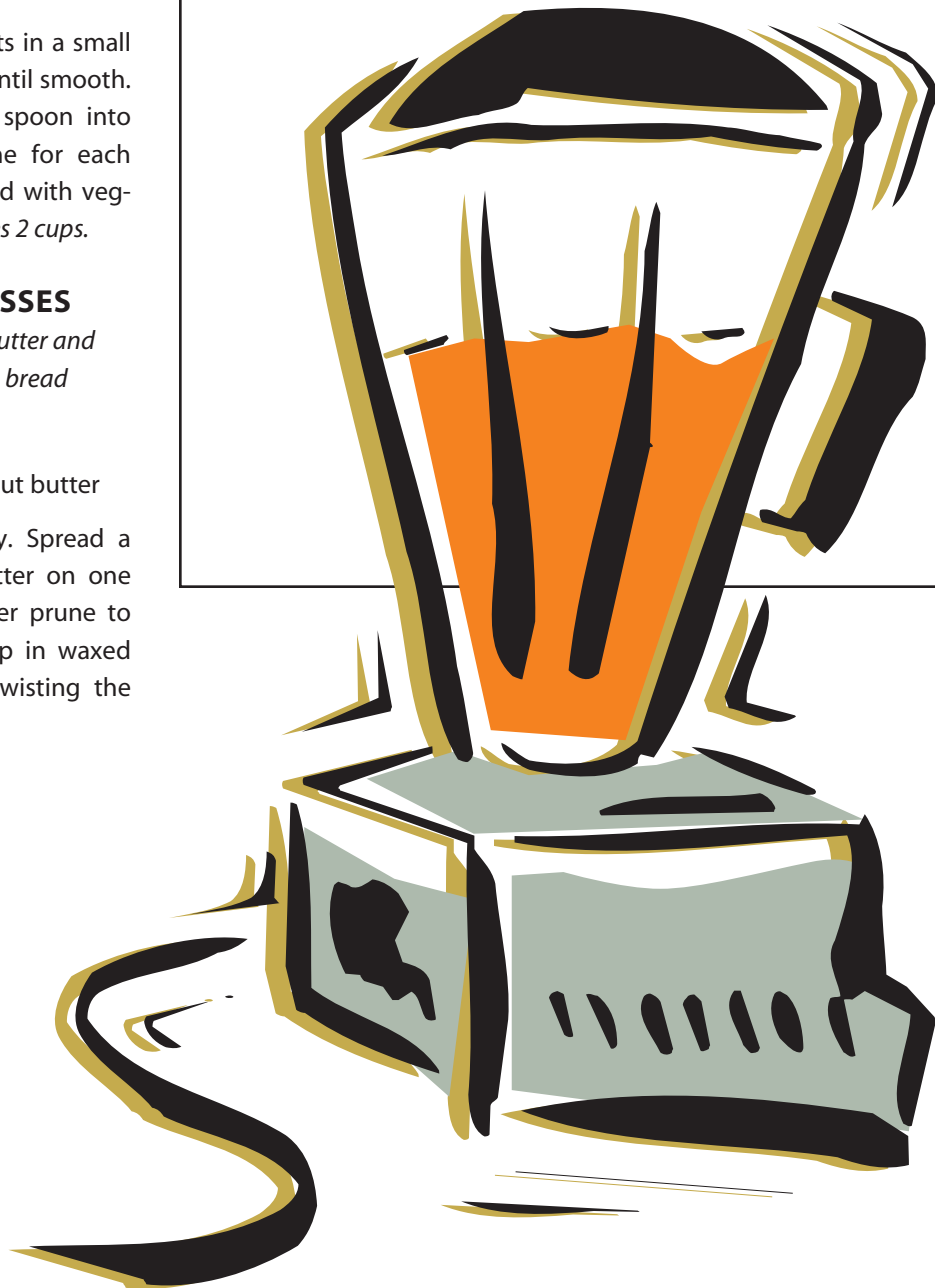
Make up your own variations using other fruits and juices.

1 small banana, cut into chunks

1/2 cup plain low-fat yogurt

1/4 cup orange juice

■ Put all ingredients into a blender and whirl until smooth. These are fairly thick. Add more liquid if you want them thinner. *Makes 2 servings*



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Cooperative Extension
College of Agricultural Sciences

Sources: www.allrecipes.com, www.nncc.org, Iowa State University Cooperative Extension.

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