

Soft Pretzels



Ingredients:

3 (10 oz) package refrigerated pizza dough

3 eggs, beaten

3 tbsp water

OPTIONAL TOPPINGS:

Course salt

Cinnamon Sugar

Directions:

Unroll pizza dough onto an 18-inch piece of lightly floured waxed paper. Roll dough into a 16 by 10 inch rectangle. Cut dough lengthwise into 10 (1-inch-wide) strips.

Give each child a strip of dough and let them form it into a shape.

Place pretzels 1-inch apart on an ungreased baking sheet.

Stir together egg and water. Brush pretzels with egg mixture. Sprinkle with topping of choice.

Bake in a 350 degree oven for 15 to 17 minutes or until golden. Serve warm.

Pretzel* Spiders



Ingredients:

Pretzel Sticks*

Vanilla Wafers or Round Crackers

Cream Cheese

alternatives: Butter or Margarine

Raisins or Dried Cranberries

Directions:

Have each child make a “cracker sandwich” (2 crackers with cream cheese in the middle). Have children count out eight pretzel sticks to slide in the cream cheese all around the cracker. Put a little bit of cream cheese on top to act as “glue” for the raisin eyes.

*Due to licensing laws, pretzels are served in Pre-K classes only – 4 and 5 year olds.

Yogurt-dipped Banana Pops:



Ingredients:

- Bananas
- Vanilla Yogurt (Soy Yogurt is available if there are dairy allergies)
- Nut-free granola
- Peel bananas

Instructions:

Do ahead at home:

1. Cut each banana in half
2. Insert popsicle sticks into center of each banana
3. Cover a cookie sheet with wax paper, place bananas on paper and cover. Freeze overnight

Take to school:

bananas, a large container of vanilla yogurt, nut-free granola

Spread granola out on plate

Write each child's name on the popsicle sticks.

Have children dip their bananas in the yogurt

After dipping, ask each child to roll his banana in the granola

Return bananas to tray and re-freeze for about 15 minutes

Bagel Faces (a tried and true CNS snack)



Ingredients:

- Plain Bagels (half of a regular size bagel is usually plenty per child)
- Cream Cheese (alternatives: butter or margarine)
- Cut up veggies or fruits of your choice such as cherry tomato halves, cucumber slices, apple slices, shredded carrots, mandarin oranges, bananas,berries, raisins, etc.

Directions:

Give each child a half bagel and let them select their favorite toppings to create a face or a design of their choice.

Yam & Jam Muffins



courtesy of Better Homes and Gardens

Ingredients:

- 1-3/4 cups all-purpose flour
- 1/3 cup packed brown sugar
- 1-1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon apple pie spice or ground cinnamon
- 1/4 teaspoon salt
- 1/2 of a 17-ounce can sweet potatoes, drained (about 1 cup)
- 1 beaten egg
- 1/2 cup milk
- 1/3 cup fruit jam or preserves (such as plum, strawberry, peach, or apricot)
- 1/4 cup cooking oil
- 1 recipe Jam Icing (see recipe below)

Directions:

1. Lightly grease twelve 2-1/2-inch muffin cups or line with paper bake cups; set aside.
2. In a large bowl combine flour, brown sugar, baking powder, baking soda, apple pie spice, and salt. Make a well in center of flour mixture; set aside.
3. In another bowl mash the drained sweet potatoes with a fork. Stir in egg, milk, jam, and oil. Add sweet potato mixture all at once to flour mixture. Stir just until moistened (batter should be lumpy).
4. Spoon batter into prepared muffin cups, filling each about three-fourths full. Bake in a 400 degree F oven for 18 to 20 minutes or until golden and a wooden toothpick inserted in centers comes out clean. Cool in muffin cups on a wire rack for 5 minutes. Remove from muffin cups. Cool slightly. Drizzle muffins with Jam Icing and, if desired, top with additional jam or preserves. Makes 12 muffins.

Jam Icing: In a small bowl stir together 3/4 cup sifted powdered sugar, 1 tablespoon fruit jam or preserves (such as plum, strawberry, peach, or apricot), 1/4 teaspoon vanilla, and enough milk (2 to 3 teaspoons) to make icing of drizzling consistency. Makes about 1/4 cup.

Cinnamon Twists



Ingredients:

1/2 cup sugar
 3 teaspoons cinnamon
 2 (10 ounce) cans refrigerated biscuit dough (serves 20)
 4 tablespoons butter or margarine

Directions:

Preheat oven to 475 degrees F.
 Place sugar and cinnamon in a shallow bowl and stir to combine.
 Remove biscuits from package and pull each to about 6 inches in length.
 Melt butter in microwave.
 Dip each biscuit in melted butter, then roll in sugar-nut mixture.
 Twist and place on ungreased baking sheet.
 Bake 8 minutes or until golden brown.
 Remove from baking sheet and cool slightly. Serve warm.

Apple Crisp



Ingredients:

6 apples, peeled, cored, and diced
 1/2 lemon, juiced
 1 tsp. ground cinnamon
 2 TBL granulated sugar
 1/2 cup flour
 1/2 cup brown sugar
 1/2 cup graham cracker crumbs
 3/4 cup butter or margarine
 vanilla ice cream or frozen yogurt (optional)

Directions:

Preheat oven to 400 degrees F.
 In a 9 by 12 baking dish, combine apples, lemon juice, cinnamon, nutmeg and sugar. In a small bowl, mix flour and graham cracker crumbs, brown sugar and butter together using the tines of a fork and your fingers, working until even, small crumbles form. Sprinkle topping evenly over apples and bake 15 to 20 minutes in a 400° oven until apples are just tender and topping is golden brown.

Holly's Oatmeal Cookies



Ingredients:

3 cups oatmeal
 1 ½ cups brown sugar
 1 ½ cups flour
 1 ½ cups butter
 1 ½ tsp. baking powder

Directions:

Combine all ingredients in a large bowl.
 Mash it! Knead it! Pound it! Roll dough into small balls.
 Bake on a cookie sheet at 350° for 10 – 12 minutes.

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Viv's Pumpkin Muffins



Ingredients:

1 2/3 cups all-purpose flour
 1 ½ cups sugar
 ¾ tsp. salt
 1 tsp. baking soda
 ½ tsp. ground cloves
 ½ tsp. ground nutmeg
 ½ tsp. ground cinnamon
 ¼ tsp. baking powder
 2 eggs
 ½ cup vegetable oil
 1 ¼ cup mashed cooked pumpkin
 ½ cup water

Directions:

Combine first 8 ingredients in a large bowl.
 Add eggs, oil, pumpkin, and water.
 Pour into lined muffin cups.
 Bake at 350° for 15 minutes.

Megan's Banana Muffins



Ingredients:

1 ½ cups all-purpose flour
 1 tsp. baking powder
 1 tsp. baking soda
 ½ tsp. salt
 3 large bananas, mashed
 ¾ cup white sugar
 1 egg
 1/3 cup butter or margarine, melted

Directions:

Combine first 4 dry ingredients in a bowl. Set aside.
 Combine bananas, sugar, egg, and melted butter in a large bowl. Fold in flour mixture and mix until smooth.
 Scoop into lined muffin cups.
 Bake at 350° for 25 to 30 minutes. *For mini-muffins, bake 10 to 15 minutes.*

Shake & Make Ice Cream



Ingredients:

2 TBL. sugar
 1 cup milk or half-and-half
 ½ tsp. vanilla
 6 TBL. rock salt
 1 pint-sized plastic zip bag
 1 gallon-sized plastic zip bag

Makes one serving.

Fill the gallon bag half way with ice cubes, and add the rock salt. Seal and put it to the side.
 Fill your pint bag with the milk, vanilla, and sugar then seal it tight.
 Put the pint size bag in the gallon bag then seal the gallon bag tight.
 Shake the bags for about 5-7 min. until the mixture in the pint size bag has thickened to the ice cream consistency. It may take longer depending on how hard or fast you shake.
 Take the pint bag out of the gallon bag, open it and enjoy!

Granola Bars



Ingredients:

2 cups rolled oats
 3/4 cup packed brown sugar
 1/2 cup wheat germ
 3/4 teaspoon ground cinnamon
 1 cup all-purpose flour
 3/4 cup raisins (optional)
 3/4 teaspoon salt
 1/2 cup honey
 1 egg, beaten
 1/2 cup vegetable oil
 2 teaspoons vanilla extract

Directions:

Preheat the oven to 350 degrees F (175 degrees C). Generously grease a 9x13 inch baking pan. In a large bowl, mix together the oats, brown sugar, wheat germ, cinnamon, flour, raisins and salt. Make a well in the center, and pour in the honey, egg, oil and vanilla. Mix well using your hands. Pat the mixture evenly into the prepared pan. Bake for 30 to 35 minutes in the preheated oven, until the bars begin to turn golden at the edges. Cool for 5 minutes, then cut into bars while still warm. Do not allow the bars to cool completely before cutting, or they will be too hard to cut.

Healthy Hearts

from **FamilyFun Magazine**



Ingredients:

Watermelon slices
 Orange slices
 Bamboo kitchen skewers

Directions:

Use a heart-shaped cookie cutter on watermelon slices.
 Poke a bamboo kitchen skewer through each heart
 Complete the arrow with an orange slice tip and tail.

Fruit Kababs with Strawberry Dip



Ingredients:

For Kababs:

Bite-size Fruit: Strawberries, Apples, Bananas, Pineapple, Melon, or any of your choosing
Bamboo kitchen skewers

For Dip:

1 C strawberries
1 6 oz. carton vanilla fat-free yogurt
¼ tsp. ground cinnamon
8 oz. frozen light whipped dessert topping, thawed

Directions:

Place strawberries in a blender container or food processor bowl.
Cover and blend or process until smooth.
Stir together the strawberries, vanilla yogurt, and ground cinnamon.
Gently stir in half of an 8 oz. container frozen light whipped dessert topping, thawed.
Cover; chill up to 24 hours. Serve with fresh fruit dippers. Makes 3 cups dip.

Fruit Sundae Cones



courtesy of Better Homes and Gardens

Ingredients:

¾ cup cut-up strawberries
3 cups cut-up fruits, such as apples, bananas, cherries, seedless red grapes, kiwifruit, plums, peaches, or your choice of fruit
6 large waffle cones
¼ cup toasted coconut (optional)

Directions:

1. Place strawberries in a blender container; cover and blend until smooth. Place desired fruit in bowl; gently toss together. Spoon fruit into cones. Drizzle with the strawberry puree. If desired, top with coconut. Makes 6 cones.

Melt-In-Your-Mouth Strawberry Muffins



Ingredients:

1 cup all-purpose flour	1 cup Stonyfield Farm yogurt
1 cup whole wheat flour	1/4 cup butter, melted
1/2 cup sugar	1 teaspoon vanilla
1 1/2 teaspoons baking soda	1 cup chopped strawberries, fresh or frozen
2 eggs	

Directions:

Preheat oven to 375 degrees F. In a bowl, mix together flour, sugar and baking soda. In another bowl, mix eggs, yogurt, butter and vanilla. Toss strawberries into the flour mixture. Then pour yogurt mixture into flour mixture and stir. Spoon batter into greased muffin tin. Bake for 20- 25 minutes, or until tops are golden brown. Yields: 12 muffins

Sandwich on a Stick



from **FamilyFun Magazine**

Ingredients

bread
cheese
cubes of turkey, ham, etc.
grape tomatoes
lettuce
pickles
olive

Instructions

Cut up cubes of bread, cheese, and lunch meat (we ordered 1/2-inch-thick slices of ham and turkey at the deli counter).

Slide the cubes onto a skewer with other foods your child likes, such as a grape tomato, a piece of lettuce, a pickle, or an olive.

Set out a side of mayo or mustard for dipping.

Yogurt Parfaits



Ingredients:

vanilla yogurt or frozen yogurt
 cheerios or nut-free granola
 sliced berries, mandarine oranges, bananas, apples, peaches, or fruits of your choice
 1 Tbsp. maple syrup or cinnamon sugar

Directions:

Start with a spoonful of yogurt in a clear plastic cup. Layer the cereal and fruit.
 End with a spoonful of yogurt. Drizzle on maple syrup or sprinkle on some cinnamon sugar.

Friendship Bread (a.k.a Monkey Bread)



Ingredients:

1/2 cup granulated sugar
 1 teaspoon cinnamon
 2 cans (16.3 oz each) Pillsbury® Grands!® Homestyle refrigerated buttermilk biscuits
 1 cup firmly packed brown sugar
 3/4 cup butter or margarine, melted

Instructions:

Heat oven to 350°F. Lightly grease 12-cup fluted tube pan with shortening or cooking spray.
 In large -storage plastic food bag, mix granulated sugar and cinnamon.
 Give each child a biscuit to shape into a ball. Shake in bag to coat. Arrange in pan.
 In small bowl, mix brown sugar and butter; pour over biscuit pieces.
 Bake 28 to 32 minutes or until golden brown and no longer doughy in center.
 Cool in pan 10 minutes. Turn upside down onto serving plate; pull apart to serve.
