

WASHINGTON COUNTY ASSOCIATION
OF
HOME & COMMUNITY EDUCATION

HEALTHY & QUICK SNACKS

Member Materials

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I. Introduction

We all know that some of the most healthy and quick snacks are fruits and vegetables. But did you know that they can be a love poem as well? Read on.

Heart Beet

Do you carrot at all for me?
My heart beets for you,
With your turnip nose
And your radish face.
You are a peach.
If we cantaloupe,
Lettuce marry.
Weed make a swell pear.

A Rocket in My Pocket: Rhymes and Chants of Young Americans

II. Benefits of Snacking

III. The 5-A-Day Way Plus Grains

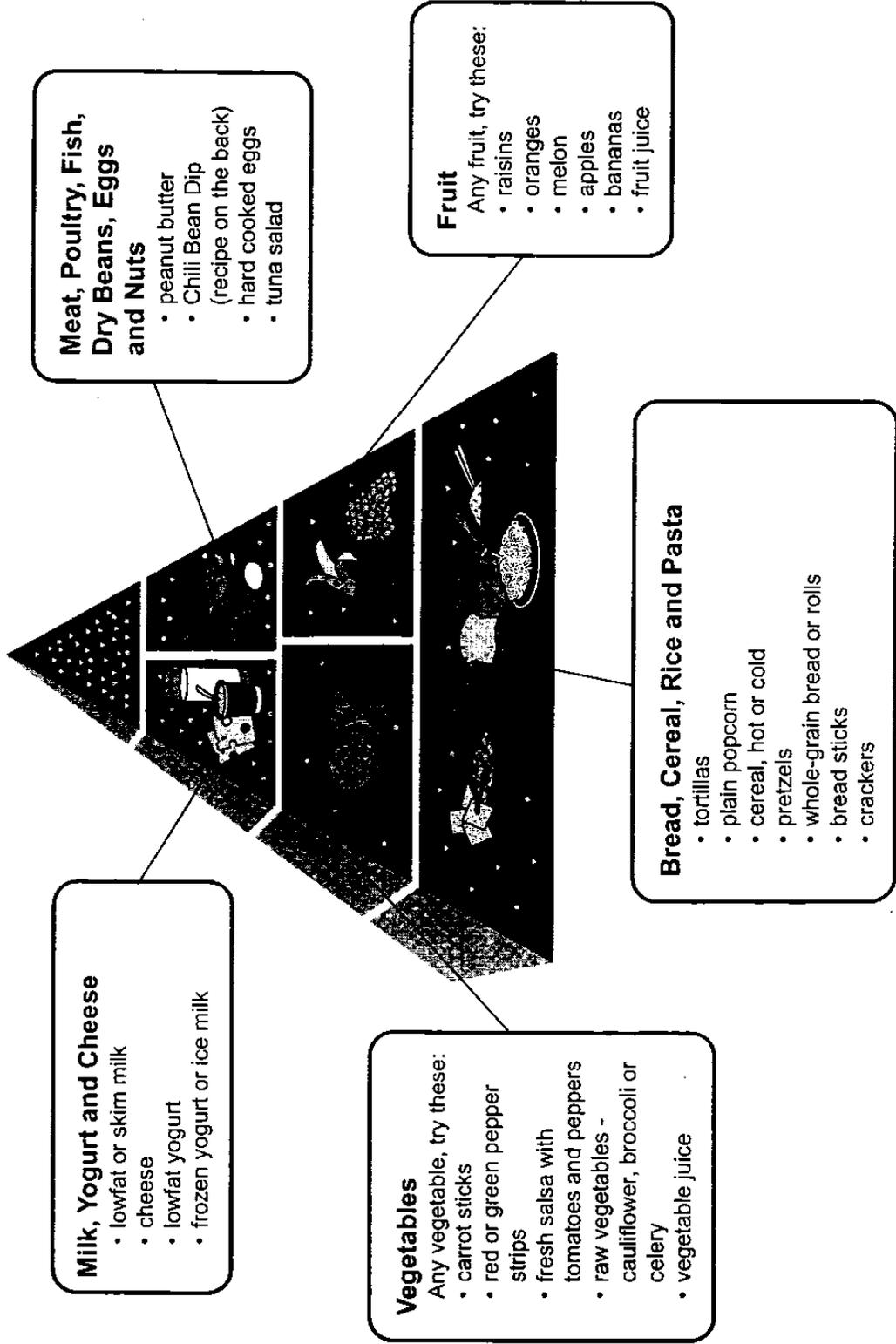
- ☺ Fruits
- ☺ Vegetables
- ☺ Grains

IV. Snacks on the Go

- ☺ Smoothies
- ☺ Snacks in a Bag
- ☺ Health & Energy Bars

V. 5-A-Day Fun

Healthy Snacks from the Food Guide Pyramid



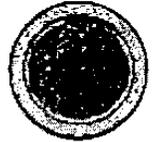


DIETARY GUIDELINES FOR AMERICANS



AIM FOR FITNESS...

- ▲ Aim for a healthy weight.
- ▲ Be physically active each day.



BUILD A HEALTHY BASE...

- Let the Pyramid guide your food choices.
- Choose a variety of grains daily, especially whole grains.
- Choose a variety of fruits and vegetables daily.
- Keep food safe to eat.



CHOOSE SENSIBLY...

- ☛ Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
- ☛ Choose beverages and foods to moderate your intake of sugars.
- ☛ Choose and prepare foods with less salt.
- ☛ If you drink alcoholic beverages, do so in moderation.



...for good health

III. The 5-A-Day Way Plus Grains

FRUITS

Fruits on their own are excellent snack foods, but many recipes for salads, soups and dips are quick to prepare or can be pulled out of the refrigerator for quick snacks.

Use any of these dips with fresh fruit or whole grain crackers. They can also be dolloped over individual servings of cut up fruit in a pretty serving dish.

COCONUT-ORANGE FRUIT DIP

- 2 cups sour cream
- ½ cup powdered sugar
- ¼ tsp ground allspice
- ¼ cup flaked coconut, toasted
- 2 tsp grated orange peel
- Strawberries, apple slices, etc. for dipping

Combine sour cream, sugar and allspice in medium bowl. Beat mixture by hand, with wire whisk, until well mixed. Stir in ¼ cup coconut and orange peel. Cover. Refrigerate 1 hour to blend flavors. Garnish with additional toasted coconut, if desired. Dip can be made two to three days ahead. Makes two cups.

Tip: To toast coconut, place on a baking sheet and bake at 350 for 2-3 minutes or until golden brown, stirring once.

For 1 tablespoon: 40 calories, 0g protein, 3g carbohydrate, 3g fat, 5mg cholesterol, 10mg sodium.

LIME CREAM FRUIT DIP

- 1 cup sour cream
- 2 T. sugar
- 1 T. fresh lime juice
- 2 tsp grated lime peel
- Assorted fresh fruit (apples, bananas, grapes, strawberries, cherries, etc.)

Stir together all ingredients except fruit in small bowl. Cover. Refrigerate at least 30 minutes. Serve with fresh fruit. VARIATION: Substitute orange peel and orange juice for lime peel and lime juice. Yield: 1 cup

For 1 tablespoon: 35 calories, 1g protein, 2g carbohydrate, 3g fat, 5mg cholesterol, 5mg sodium.

GINGERED FRUIT DIP

- 2 cups sour cream
- 2 T. firmly packed brown sugar
- 2 T. peach OR apricot preserves
- 2 T. finely chopped crystallized ginger
- Assorted fresh or dried fruit, cut up

In medium bowl, stir together all ingredients except fruit. Cover. Refrigerate to blend flavors (at least one hour). Serve with fresh fruit. Yield: 2 cups

For 1 tablespoon dip: 25 calories, 4g protein, 4g carbohydrate, 1g fat, 5mg cholesterol, 10mg sodium.

Source of above recipes: www.landolakes.com

POPPY SEED DRESSING

α cup sugar
5 T. cider vinegar
2½ tsp poppy seeds
1½ tsp grated onion
1 tsp ground mustard
½ tsp salt
1 cup vegetable oil

In a small bowl, combine the first six ingredients. Slowly whisk in oil. Cover and refrigerate. Serve with fruit. Yield: 1½ cups

Idea: Drizzle over spinach and toasted pecans.

Source: Country Woman

COLORFUL FRUIT KABOBS

Assorted fruit (strawberries, seedless red grapes, cubed cantaloupe, honeydew and pineapple, and sliced kiwifruit and star fruit.

½ cup sugar
2 T. cornstarch
1 cup orange juice
2 tsp lemon juice

Alternately thread fruit onto skewers; set aside. In a saucepan, combine sugar and cornstarch. Stir in orange juice and lemon juice until smooth. Bring to a boil; cook and stir for 1 to 2 minutes or until thickened. Brush over fruit. Refrigerate until serving. Yield: 1 cup

Source: Taste of Home

STRAWBERRY-RHUBARB ICE POPS

3 cups chopped fresh or frozen rhubarb
(½ inch pieces)
¼ cup sugar
3 T. water
1 (8 oz) carton strawberry yogurt
½ cup unsweetened applesauce
¼ cup finely chopped fresh strawberries
2 drops red food coloring (optional)

In a saucepan, bring the rhubarb, sugar and water to a boil. Reduce heat; simmer, uncovered, for 10-15 minutes or until mixture is blended and thick. Cool. Set aside ¾ cup (save the remaining rhubarb for another use). In a bowl, combine yogurt, applesauce, strawberries, reserved rhubarb mixture and food coloring if desired. Fill molds or cups with about ¼ cup fruit mixture; top with holders or insert a Popsicle stick into each cup. Freeze. Yield: 8 ice pops.

One ice pop: 69 calories, 0 fat, 0 saturated fat, 3mg cholesterol, 17 mg sodium, 16g carbohydrate, 1g fiber, 2g protein. Diabetic exchange – 1 fruit.

Source: Taste of Home

CHILLED STRAWBERRY SOUP

1 cup apple juice
1 cup water, divided
 β cup sugar
½ tsp ground cinnamon
 χ tsp ground cloves
2 cups fresh strawberries
2 (8 oz each) cartons strawberry yogurt
2 drops red food coloring (optional)
Additional strawberry halves (optional)

In a saucepan, combine first five ingredients. Bring to a boil over medium heat. Remove from heat. Cool. Place strawberries and remaining water in a blender or food processor; cover and process until smooth. Pour into a large bowl.

Add apple juice mixture, yogurt and food coloring if desired. Cover and refrigerate until well chilled. Garnish with additional strawberries if desired. Yield: 6-8 servings.

Source: Taste of Home

CALIFORNIT KIWIFRUIT SALSA

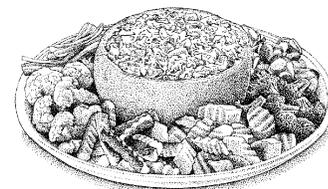
3 to 4 kiwifruit, peeled and diced
(1½ cups)
2 medium tangerines or 1 orange, peeled and diced.
1 cup peeled and diced jicama
½ cup diced sweet red or yellow bell pepper
¼ cup chopped cilantro
1 T. lime juice
1 T. vegetable oil
½ to 1 small jalapeno pepper, minced, seeds and veins removed
¼ tsp salt

In a large bowl, combine all ingredients, mixing well. Chill briefly. Yield: 2½ cups

Serving suggestions: Serve as a dip with tortilla chips, toasted pita bread triangles or warm tortillas; as a sauce over grilled or baked halibut or swordfish steaks, chicken or roasted pork tenderloin, or serve over warm flour tortillas filled with scrambled egg.

Per serving: 138 calories, 1g protein, 3g fat, 15g carbohydrate, 4g fiber, 122 mg sodium

Source: www.5aday.com



HOLIDAY ANTIQUITY FRUIT PLATTER

- 1 lb. seedless green grapes, cut into small clusters
- ½ fresh pineapple; peel, core & cut into spears
- 3 medium bananas
- 2 tart apples
- 3 comice pears
- 2 T. fresh lemon juice
- ½ cup dried cranberries
- β cup crumbled goat cheese (chevre) at room temperature, OR crumbled feta cheese may be substituted
- ¾ cup honey
- 1 T. freshly grated ginger
- 2 T. freshly chopped mint, plus additional springs for garnish

On a decorative serving platter, arrange the grapes & pineapple. Just before serving, peel the bananas & cut on the diagonal into ½" thick slices. Core the apples & pears and cut lengthwise into crescents. Toss the bananas, apples, and pears with the lemon juice and then arrange on serving platter. Sprinkle with the cranberries. Sprinkle the cheese around the edge of the fruit.

In a small bowl, mix the honey & ginger. Drizzle over the fruit & cheese. Sprinkle with the chopped mint. Insert springs of mint as garnish. Serve immediately. (12 servings)
Per Serving: 173 calories, 3g total fat, 2g sat.fat, 7g cholesterol, 26 sodium, 38 carbohydrate, 3g fiber, 3g protein

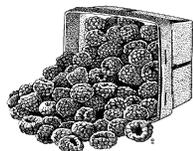
Source: www.5aday.com

AUTUMN FRUIT SALAD

- 2 T. honey
- 2 T. lemon juice
- 2 Granny Smith apples, cubed
- 2 red pears, cubed
- ½ cup dried apricots, sliced into thin strips
- 3 (8-oz) containers low-fat spiced apple yogurt or low-fat vanilla yogurt

In a medium bowl, whisk together honey and lemon juice. Add fruit and toss well. For each person, spoon a half container of yogurt into a small bowl and top with ½ cup fruit. (6 servings)
Per serving: 206 calories, 1.9 fat., 0mg cholesterol, 3.4g fiber, 76mg sodium

Source: www.5aday.com



CITRUS TOSSED SALAD

- 6 cups torn mixed salad greens
- 3 oranges or 2 grapefruit, peeled, sectioned, and seeded
- 1½ cups peeled jicama cut into thin strips
- 1 medium red onion, sliced and separated into rings
- α cup citrus vinaigrette or another flavor vinaigrette

Choose from four fabulous flavors of vinaigrette to add a gourmet touch to this salad. Because orange juice concentrate replaces part of the oil included in a vinaigrette, these vinaigrettes have only 2g of fat and 34 calories per tablespoon instead of 6g of fat and calories.

In a large salad bowl combine torn mixed greens, orange or grapefruit sections, jicama, and onion ring. Drizzle with the vinaigrette. Toss. Serve at once. (6 side dish servings)
Per serving: 83 calories, 2g protein, 14g carbohydrate, 3g fat, 0 mg cholesterol, 2g fiber, 26mg sodium

Citrus Vinaigrette: In a screw-top jar, combine ¾ cup frozen orange juice concentrate, thawed, ¼ cup vinegar, ¼ cup olive oil, ¼ cup water and ¼ tsp pepper. Shake well to mix. Cover and chill for up to 1 week. Before using, let stand at room temperature about 15 minutes, then shake well. Makes 1½ cups dressing.

Garlic-Citrus Vinaigrette: To α cup Citrus Vinaigrette, add 1 medium clove garlic, crushed.

Ginger-Citrus Vinaigrette: To α cup Citrus Vinaigrette, add ½ tsp grated gingerroot.

Herb-Citrus Vinaigrette: To α cup Citrus Vinaigrette, add 1 tsp snipped fresh thyme or basil or ¼ tsp dried thyme or basil crushed.

Source: www.5aday.com

FRUITY BREAKFAST PARFAIT

- 2 cups chopped fresh pineapple
- 1 cup frozen raspberries, thawed
- 1 cup low-fat vanilla yogurt
- 1 firm, medium banana, peeled and sliced
- α cup chopped dates
- ¼ cup sliced almonds, toasted

In glasses, layer pineapple, raspberries, yogurt, banana, and dates. Sprinkle the top with almonds. (4 servings) Per serving: 258 calories, 6g protein, 5g fat, 1g saturated fat, 47g carbohydrate, 43mg sodium, 3mg cholesterol

Source: www.5aday.com

MANGOSPACHO

3 large or 5 to 6 small mangos, peeled and very finely diced (6 cups)
1 cucumber, peeled, seeded, and very finely diced
½ red bell pepper, very finely diced
½ small red onion, very finely diced
1 cup cold water, or as needed
(or orange-peach-mango juice blend)
3 T. rice vinegar, or to taste
2-3 T. olive oil
½ to 1 tsp Asian hot sauce, such as Thai Sriracha
1 to 2 T. brown sugar, or to taste
¼ cup finely chopped fresh cilantro or 1½ T. dried
a pinch of salt (optional)
2 T. finely chopped fresh chives or cilantro

- Combine 2/3 of the diced mangos, cucumber, pepper, and onion in a food processor and grind to a smooth puree. Work in the water, vinegar, oil, hot sauce, and sugar. If mixture is too tart, add more sugar. If too thick, add more water.

- Strain the mixture into a bowl and stir in the cilantro and the remaining diced mango, cucumber, bell pepper, and onion. Correct seasoning, adding vinegar or sugar to taste, or even a pinch of salt. The soup can be served right away, but it will taste better if you refrigerate it for 1 hour to allow the flavors to blend.

- To serve, ladle the mangospacho into bowls and garnish each with a sprinkling of chives or cilantro. (Serves 6)

Per serving: 140 calories, 5g fat, 1g sat.fat, 150mg sodium, 25g carbohydrates, 3g fiber, 1g protein

Source: www.foodfit.com

VEGETABLES & GRAINS

Vegetables and grains can make great combinations with a little creativity. Using bean based dips with vegetables add the protein power of legumes to quick snacking with veggies. And finger sandwiches with veggie ingredients are colorful, healthy and quick if made ahead and stored in the refrigerator.

Try any of the following dips with fresh veggies or whole grain crackers.

HUMMUS

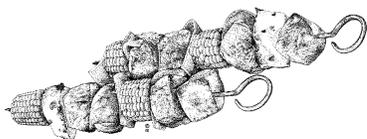
1 recipe Tahini sauce (below)
1 (16 oz) can chick peas (garbanzo beans), drained
3 T. water
½ tsp cumin

Blend all ingredients in blender. Garnish with 1-2 T. olive oil (if desired), fresh, chopped parsley and paprika. Serve as a dip with pita bread.

Tahini Sauce

¼ cup Tahini
¼ cup lemon juice, fresh
2 to 3 cloves garlic, crushed
¼ cup cold water
salt & pepper to taste

Combine in blender. Use in Hummus recipe above, or as a sauce for fish, veggies or as a salad dressing.



MUSTARD DIPPING SAUCE

½ cup Dijon mustard
½ cup oil
1 envelope Italian Salad Dressing mix
3 T. light brown sugar
1 T. cider or wine vinegar

Combine all ingredients, stirring until smooth. Cover and chill one hour. Serve as a dipping sauce for shrimp, vegetables or grilled chicken kebobs. (Yield: 1 cup)

VEGETABLES BITES

1 (8 oz) package cream cheese, softened
1 envelope Italian Salad Dressing mix
¼ cup Dijon Mustard
¾ cup sour cream
Assorted vegetables

Combine all ingredients except vegetables in food processor; process until smooth. Chill 30 minutes or until slightly firm. Spoon or pipe with pastry tube onto vegetables. (Yield: 1 cup)
Suggested vegetables: Red or green pepper pieces, halved cherry tomatoes, cucumber or carrot slices, blanched snow pea pods.

BLACK BEAN SALSA

- 1 jar (16 oz) chunky salsa (mild, medium, or hot)
- ½ tsp sugar
- 1½ tsp lime or lemon juice
- ¼ cup chopped green onion
- ¼ cup chopped red onion
- ½ cup corn – fresh, canned or frozen
- 1 cup black beans, drained and rinsed

Combine salsa, sugar and juice in a bowl. Mix well. Add all remaining ingredients. Stir gently. Cover. Refrigerate at least one hour.

Serve with chips, or top a baked potato, salad, omelet or taco.

Options: Add chopped fresh cilantro or chopped chili peppers. Use other types of beans if desired.

MEDITERRANEAN DIP WITH CRISP VEGETABLES

- 1 lb. baby carrots, peeled & washed
- 1½ T. olive oil
- ½ cup chopped scallions
- 3 cloves fresh garlic, minced
- 1 (16 oz) can garbanzo beans, rinsed and drained
- ½ tsp cumin
- 1 pinch cinnamon
- 2 T. fresh lemon juice
- ½ tsp toasted sesame oil
- Kosher salt & pepper to taste
- ½ to ¾ cup water

Assorted vegetables, such as celery, Belgian endive leaves, cauliflower & broccoli, bell pepper triangles, jicama matchsticks & snow peas soaked in ice water. Garnish: whole cured olives, finely sliced scallions, fresh lemon slices.

In a medium-sized skillet, place the carrots with 1 inch of water. Bring to a boil over high heat. Cover, reduce heat to medium and cook until carrots are very tender. Drain most of the water and add olive oil, scallions, and garlic. Sauté with a lid for 5 minutes. Place the mixture in a food processor along with garbanzo beans, spices, lemon juice, and sesame oil. Process until just slightly chunky. Stir in extra water if too thick. Add salt & pepper to taste.

Drain vegetables; serve with dip & garnish with olives, scallions, and lemon slices.

(Serves 8)

Per serving: 119 calories, 4g fat, 1g sat.fat, 0mg cholesterol, 191mg sodium, 19g carbohydrates, 3g fiber, 4g protein.

Source: www.5aday.com

MARINATED GARDEN TOMATOES

- 6 large tomatoes, cut into wedges
- ½ cup thinly sliced green onions
- α cup olive or canola oil
- ¼ cup red wine vinegar or cider vinegar
- ¼ cup minced fresh parsley
- 2 garlic cloves, minced
- 1 tsp salt
- 1 T. snipped fresh thyme or 1 tsp dried thyme
- ¼ tsp coarsely ground pepper

Place tomatoes and onions in a shallow serving bowl. In a bowl, combine the remaining ingredients; pour over tomatoes. Cover and refrigerate for at least 2 hours or overnight.

(Yield: 10 servings)

Per Serving: 91 calories, 8g fat, 1g sat.fat, 0 cholesterol, 244mg sodium, 6g carbohydrate, 1g fiber, 1g protein. (Diabetic Exchanges: 1½ fat, 1 vegetable)

Source: Taste of Home

IDEAS FOR VEGGIE PLATTER

Cherry tomatoes – choose bite-size. Leave whole with stems attached, if possible.

Cucumbers – cut unpeeled in spears or diagonal slices; try crisp Kirby and seedless hot-house varieties.

Fennel (anise) – cut in thin wedges.

Green onions – trim ends. Serve white and pale green part only.

Jicama – peel; cut in sticks or slices

Kohlrabi – delicious raw (milder than when cooked). Peel; cut into sticks or slices.

Lettuces – the small inner leaves of romaine and escarole make great scoopers.

Mushrooms – brush or wipe clean. leave small ones whole; quarter larger ones.

Radishes – leave small red ones whole (with a bit of green stem attached). Peel black radishes. Slice black or white ones.

Snap or snow peas – look for new stringless varieties or pull off strings.

Summer squash – cut long ones in spears or diagonal slices. Round ones, such as pattypan, in thin wedges.

Turnips – cut in rounds or sticks.

Partially cooked Vegetables:

Plunge vegetables into boiling water; cook 3-5 minutes; plunge into ice water to stop cooking.

Asparagus – medium-thick spears.

Beans – green or wax. Cut long Chinese beans in pieces.

Broccoli – leave florets whole; peel stems, cut in slices.

Carrot – use whole baby carrots; cut larger ones in sticks or diagonal slices.

Cauliflower – cut into florets.

Corn – shuck fresh baby ears or use small ears straight from the can.

OPEN-FACED SALMON TEA SANDWICHES

¼ cup sour cream

1 (3 oz) package cream cheese, softened

2 tsp chopped fresh dill weed

1 tsp lemon juice

12 cocktail rye bread slices

1 medium cucumber, cut into 24 slices

6 smoked salmon slices, cut crosswise in half

grated lemon peel

fresh dill sprigs

Combine sour cream, cream cheese, dill weed and lemon juice in small bowl. Mix well. Spread sour cream mixture evenly onto bread slices. Top each with 2 slices cucumber and 1 piece salmon. Garnish with lemon peel and fresh dill.

Yield: 1 dozen appetizers

Make ahead: Cream cheese mixture can be made ahead. Cover. Refrigerate until ready to assemble sandwiches.

Tip: Score cucumber slices with tines of fork before slicing.

Per serving: 90 calories, 5g protein, 8g carbohydrate, 4.5g fat, 15mg cholesterol, 230mg sodium.

Source: www.landolakes.com

TURKEY & CHEESE MINI-WRAPS

1 (8 oz) package cream cheese, softened

2 T. dry ranch salad dressing mix

1 T. milk

4 (10") flour tortillas

20 spinach leaves, stems removed

8 slices (1 oz each) deli turkey breast

16 slices (½ oz each) American

Process cheese

In small bowl, stir together cream cheese, salad dressing mix and milk until well blended.

Spread about 3 T. cream cheese to edge of each tortilla. Arrange spinach on cream cheese, keeping spinach about ½ inch from edge. Layer with 2 turkey slices and 4 cheese slices, also keeping ½ inch away from edge. Roll up tightly, keeping meat and cheese away from edge of tortilla. Wrap in plastic food wrap; refrigerate at least four hours. Trim ends of each tortilla; slice each into 12 (½ inch) mini-wraps.

To serve: Arrange mini-wraps on greens-lined tray (mustard greens, leaf lettuce, endive or kale); garnish with cherry tomatoes, if desired.

Yield: 48 appetizers. Per serving: 50 calories, 3g protein, 3g carbohydrate, 3g fat, 10mg cholesterol, 160 mg sodium.

Source: www.landolakes.com



IV. SNACKS ON THE GO

SMOOTHIES

Smoothies can be made with a blender for a quick morning breakfast snack. Pour it into a travel mug, add a straw and sip on the way to work or play. Or just enjoy these refreshing recipes for a cool afternoon pick-me-up.

Nutrition aside, you can also stretch your food dollars for beverages by trying these tips:

- ☺ Freeze fruit juice into an ice cube tray. Place cubes into a tall glass and add chilled water.
- ☺ Make a fizzy treat by diluting juice or nectar with club soda or sparkling water.
- ☺ Add lemon, lime, or orange wedges, fresh strawberries or fruit kabobs as a pretty garnish.
- ☺ Surprise your family with gelatin jigglers made with fruit juice, and flavored and unflavored gelatin.
- ☺ Concoct your own fruit smoothies instead of buying high cost milk shakes from fast food restaurants.

CREATE YOUR OWN SMOOTHIE

Starters	Liquid Mixers	Add-ins	Flavor Boosters/Thickeners
Fruit ☺ Fresh: ripe, trimmed ☺ Frozen: thawed ☺ Canned: drained	Water Fruit juice Milk	Crushed ice Low-fat frozen yogurt Sherbet Sorbet Ice cream Cinnamon Vanilla Sugar, jam, or jelly Flavored syrup or powder	Toasted wheat germ Nonfat dry milk powder Crushed: -cereal flakes -graham cracker -animal crackers -plain wafer cookies

Cube or mash fruit. Combine with liquid mixers and blend well. Mix in add-ins, flavor boosters, and/or thickeners. Blend until smooth.

Notes:

1. Combine ingredients by hand. Or use a tabletop blender, a handheld blender or food processor.
2. Use the amounts you choose to get the consistency you like.
3. Freezing fruit cubes before blending will give you a frosty smoothie treat.
4. Some examples of fruits that work well: mango, melon, peaches, pears, berries, bananas.
5. Gently stir in sparkling water or club soda after blending to give your smoothie fizz.

WAKE-UP SHAKE-UP

- 1 can (15 oz) fruit cocktail, in natural juices
- 1 cup yogurt
- 1 cup orange juice of pineapple juice
- 6 to 8 ice cubes

In a blender, combine undrained fruit, yogurt, orange juice and ice cubes. Blend until smooth.

Yield: 2 servings (about 16 oz each).

Source: www.delmonte.com

FRUIT'N JUICE BREAKFAST SHAKE

- 1 very ripe banana, peeled
- ¾ cup pineapple juice
- ½ cup low-fat vanilla yogurt
- ½ cup strawberries, stems removed & rinsed.

Break banana into small pieces and put in the blender with rest of ingredients. Blend until smooth. Yield: 2 servings.

Per serving: 168 calories, 4g protein, 1g fat, 35g carbohydrate, 43mg sodium, 3mg cholesterol

Source: www.5aday.com



FOUR-FRUIT SLUSH

- 2 cups pineapple juice
- ¾ cup frozen orange juice concentrate, thawed
- 1 medium banana
- 1 cup frozen unsweetened peach slices
- 5 cups carbonated water
lemon-lime carbonated beverage,
or ginger ale, chilled

In blender, combine first 4 ingredients. Blend until smooth. Pour into 2-quart baking dish. Cover. Freeze 3-5 hours or until firm. To serve, let stand at room temperature 30 minutes. Scrape surface of mixture to form slush. Fill glasses half full with slush. Add carbonated beverage. Makes 10-12 servings. Per serving: 80 calories, 1g protein, 20g carbohydrate, 0g fat, 0mg cholesterol, 1g fiber, 25mg sodium.

Source: www.5aday.com

JUICE NUT

- 2 cups pineapple juice, chilled
- 1 ripe banana
- 1 cup vanilla or plain yogurt
- 2 T. creamy peanut butter
- 6 medium ice cubes

Combine ingredients in blender container. Cover and blend until smooth. Yield: 3 servings (about 10 oz. each).

Source: www.delmonte.com

PARADISE FREEZE

- 1 large ripe banana
- 1 cup strawberries
- 1 ripe mango, cubed
- 1 cup cranberry juice
- 1 cup ice cubes

Combine all ingredients in blender or food processor and blend until smooth.

Yield: 3 servings. Per Serving: 131 calories, 1g fat, 0mg cholesterol, 8mg sodium, 41g carbohydrate, 1g protein.

Source: www.5aday.com

MIA MANGO LEMONADE

- 2 mangos, peeled and cubed
- 2 cups cold water
- ½ cup lemon juice
- ½ cup sugar
- ice cubes
- fresh mint leaves (optional)

Place mangos in blender or food processor container. Blend until smooth. Add water, blend until mixed. Pour mixture through strainer into large pitcher. Stir in lemon juice and sugar. Add more sugar if necessary. Pour into ice-filled glasses. Garnish with mint leaves.

4-6 servings. Per serving: 168 calories, 0g fat, 0mg cholesterol, 6mg sodium, 44g carbohydrate, 1g protein.

Source: www.dole.com

SNACKS IN A BAG

“Trail” mixes have become very popular as an energy-filled, quick snack. By making your own you can save money and carry them with you in a plastic snack bag.

PLAIN OR SWEETENED CEREALS

- Crisp rice cereal
- Dry cereal squares
- Toasted oat or multi-grain rounds
- Bite-size shredded wheat
- Puffed wheat or rice
- Corn balls or corn pops

PLAIN, SWEETENED OR SALTY SNACK FOODS

- Rice cakes, broken into bite-size pieces
- Cheese-flavored crackers, fish or squares
- Graham crackers, bear-shaped
- Mini butter-flavored crackers, like Ritz
- Oyster crackers
- Mini pretzels
- Mini tortilla chips
- Sesame sticks
- Shoestring potatoes
- Puffed corn curls

DRIED FRUITS & SWEET MIX-INS

- Raisins
- Chopped prune bits
- Dried banana chips
- Dried apple or other fruit bits
- Mini marshmallows
- Flavored chips (semisweet, milk, white chocolate, peanut butter or butterscotch)
- Mini candy-coated chocolate bits

Combine 3 or more of the mixings in a large bowl – the amounts don’t matter. Try to choose a bland, a salty and a sweet item to give your mix nutrition and balance the taste. Stir to combine. Store in an airtight container.

CRUNCHY TACO MIX

- ½ cup butter
- 1 (1 ¼ oz) package taco seasoning mix
- 8 cups bite-size crispy corn squares cereal

Heat oven to 350 degrees. In 13x9 inch baking pan, melt butter in oven (3-4 minutes). Stir in seasoning mix. Add cereal; stir to coat evenly. Bake, stirring after half the time, for 10-12 minutes or until cereal is crisp.

MICROWAVE DIRECTIONS: In 12x8 inch glass baking dish, melt butter on HIGH (1-2 minutes); stir in seasoning mix. Add cereal; stir to coat evenly. Microwave on HIGH, stirring after half the time, until cereal is crisp (4-5 minutes). Yield 8 cups. Serving size, ¼ cup. Per serving: 60 calories, 1g protein, 7g carbohydrate, 3g fat, 10mg cholesterol, 170mg sodium.

Source: www.landolakes.com

SAVORY HOLIDAY SNACK TOSS

- 5 cups corn, rice OR wheat cereal squares
- 2 cups oyster crackers
- 2 cups broken pretzel sticks OR holiday shaped pretzels
- 1 cup dried cranberries
- 1 (9.5 oz) can (2 cups) salted cashew halves
- ½ cup melted butter
- 1 (1.2 oz) package Caesar or Italian dry salad dressing mix

Heat oven to 300 degrees. Combine first 5 ingredients in large roaster pan. Stir together butter and salad dressing mix in small bowl. Pour over cereal mix and toss to coat. Bake for 20-30 minutes, stirring twice, until lightly browned. Cook completely. Store in tightly covered containers.

TIP: Snack may be baked in two 13x9 inch pans or two 15x10x1 jelly-roll pans. Yield: 24 servings (1/2 cup) Per serving: 175 calories, 3g protein, 20g carbohydrate, 10g fat, 10mg cholesterol, 295 sodium.

Source: www.landolakes.com

CHEESE BALL SNACK MIX

- 1½ cups salted cashews
- 1 cup crisp cheese ball snacks*
- 1 cup corn Chex
- 1 cup rice Chex
- 1 cup miniature pretzels
- 1 cup chow mein noodles
- ½ cup butter or margarine, melted
- 1 T. soy sauce
- 1 tsp Worcestershire sauce
- ½ tsp seasoned salt
- ¼ tsp chili powder
- ¼ tsp hot pepper sauce

In a bowl, combine the first six ingredients. In another bowl, combine the remaining ingredients. Pour over cereal mixture and toss to coat. Transfer to an ungreased 15x10 baking pan. Bake at 250 degrees for 1 hour, stirring every 15 minutes. Yield: about 6 cups. *Note: this recipe was tested with Planter's Cheeze Balls.

Source: Taste of Home

PRALINE NUT CRUNCH

- 4 cups bite-sized square oat cereal
- 4 cups bite-sized square crispy wheat cereal
- 1 cup salted small pretzel twists
- 1 cup salted mixed nuts
- ¾ cup firmly packed brown sugar
- 6 T. butter
- 3 T. light corn syrup
- 1 tsp vanilla
- ½ tsp. baking soda

Heat oven to 375 degrees. Spray 13x9 inch baking pan with no-stick cooking spray. Combine cereals, pretzels and nuts in prepared pan. Set aside. Combine brown sugar, butter and corn syrup in 2-quart heavy saucepan. Cook over medium heat, stirring occasionally, until mixture comes to a full boil (4-6 minutes). Remove from heat. Stir in vanilla and baking soda. Pour over cereal mixture in prepared pan. Toss to coat. Bake for 10-15 minutes, stirring every 5 minutes, or until coating is set. Remove from oven. Stir. Spoon cereal mixture onto aluminum foil or large ungreased baking sheet. Cool 10 minutes. Break into pieces. Store in tightly covered container.

TIP: This mix can be made ahead and stored in airtight container for up to 1 week.

MICROWAVE DIRECTIONS: Prepare cereal and syrup mixture as directed above. Place cereal mixture into large nylon oven roasting bag. Pour syrup over cereal in bag. Shake well to coat. Microwave on HIGH, shaking every minute, until well coated (3-4 minutes). Cool as directed above. Yield: 10 cups. Serving size ½ cup.

Per serving: 200 calories, 4g protein, 32g carbohydrate, 9g fat, 10mg cholesterol, 360 sodium.

Source: www.landolakes.com

ORANGE & CINNAMON SPICED NUTS

- 2 cups whole blanched almonds
- 1½ cups pecan halves
- 1½ cups whole almonds
- 1 cup sugar
- ¼ tsp ground cinnamon
- ¼ tsp ground nutmeg
- χ tsp salt
- 2 egg whites
- 1 T. grated orange peel
- ½ cup butter

Heat oven to 325 degrees. Spread all nuts in 15x10x1 inch jelly-roll pan. Bake, stirring occasionally, for 20-25 minutes or until lightly toasted. Stir together sugar, cinnamon, nutmeg and salt in small bowl. Beat egg whites in small mixer bowl at high speed, scraping bowl often, until soft peaks form (1-2 minutes). Continue beating, gradually adding sugar mixture, until stiff peaks form (1-2 minutes). Gently stir in nuts and orange peel by hand. Melt butter in oven in same jelly-roll pan (4-6 minutes). Spread nut mixture into pan. Bake, stirring every 10 minutes, for 20-30 minutes or until nuts are brown and no butter remains. Cool completely. Store in airtight container.

MICROWAVE DIRECTIONS: Spread nuts in 12x8 inch baking dish. Microwave on HIGH, stirring every 2 minutes, until lightly browned (10-12 minutes). Stir together sugar, cinnamon, nutmeg and salt in small bowl. Beat egg whites in small mixer bowl at high speed, scraping bowl often, until soft peaks form (1-2 minutes). Continue beating, gradually adding sugar mixture, until stiff peaks form (1-2 minutes). Gently stir in nuts and orange peel by hand. Melt butter in same baking dish on HIGH (70-80 seconds). Spread nut mixture into dish. Microwave on HIGH, stirring twice, until nuts are brown and no butter remains (9-11 minutes). Cool completely. Store in airtight container. Yield: 6 cups. Serving size ¼ cup. Per serving: 240 calories, 5g protein, 14g carbohydrate, 19g fat, 10mg cholesterol, 55mg sodium.

Source: www.landolakes.com



PITA CRISPS

Heat oven to 325 degrees. Cut through edges of four 6-inch regular or whole wheat pitas; separate halves. Cut each half into 8 wedges. Arrange smooth side down in single layers on cookie sheets. Bake 8 to 10 minutes until crisp and lightly browned. Serve warm or at room temperature. Store in air-tight container. Makes 64.

VARIATION: Garlic-Parmesan Crisps

Mix together:

- 2 tsp garlic salt or powder
- 3 T. grated Parmesan cheese
- 2 tsp dried basil.

Spread softened butter or margarine on each pita half. Sprinkle seasoning mixture evenly on each half. Cut each pita half into 8 wedges. Bake as directed above.

TORTILLA CHIPS

Heat oven to 400 degrees Brush both sides of eight 8-inch corn tortillas lightly with olive oil (you'll use about 1 tablespoon), stacking tortillas after oiling. Slice stack in half; cut each half into 4 wedges. Separate wedges and arrange close together in single layers on cookie sheets. Sprinkle evenly with ½ tsp coarse (kosher) salt. Bake chips 6-8 minutes until they start to curl and crisp. Serve warm or at room temperature. Store in air-tight container. Makes 64.

Per chip: 11 calories, 0g protein, 2g carbohydrates, 0g fat, 0mg cholesterol, 17 mg sodium

CURVEBALL CRUNCH

- 8 cups corn pop curls
- 4 cups mini pretzels
- 2 T. margarine or butter
- ½ cup brown sugar
- 1 T. maple syrup

Place pop curls and pretzels in a large mixing bowl. Meanwhile, make toffee syrup by melting margarine in saucepan over low heat. Use wooden spoon to stir in brown sugar and continue to stir until mixture bubbles. Remove from heat and stir in maple syrup. Drizzle toffee onto dry mixture, tossing to distribute glaze evenly. When cool, wrap individual portions in airtight bags. Makes 12 cups.

Source: Milwaukee Journal Sentinel

ZESTY SNACK MIX

- 4 cups Oat Squares or Chex cereal
- 4 cups corn ball cereal
- 2 cups quick-cooking oats
- ½ cup melted butter or margarine
- 3 T. honey
- 4 tsp chili powder
- 1 tsp oregano
- 1 tsp onion salt

In large bowl, combine cereals and oats. Combine butter and honey; drizzle over cereal mixture. Sprinkle with chili powder, oregano and onion salt; toss to coat. Spread evenly on an ungreased large cookie sheet or broiler pan. Bake at 350 degrees for 25 minutes, stirring once. Store in an airtight container. Makes 10 cups.

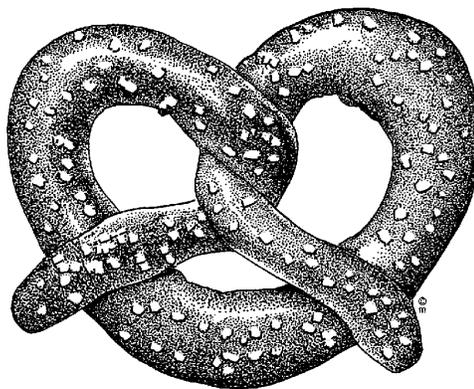
Source: Taste of Home

SHAKE-A-SNACK

- 4 cups small cheese crackers
- 3 cups oyster crackers
- 2 cups mini pretzels
- 1 package buttermilk salad dressing mix
- ½ tsp dillweed or oregano, crushed
- 2 T. cooking oil

In a large plastic bag, combine crackers, pretzels, mix and dillweed. Pour oil into the bag. Shake well, Store in airtight container. Makes 9 cups.

Source: WIC 2000 Calendar



HEALTH & ENERGY BARS

Bars are the best way to obtain quick energy. They can be used as “breakfast on the go” if made ahead and are more economical than what is available in the grocery store.

BLACKBERRY BREAKFAST BARS

These bars are not only an exceptional way to start the day, they’re also great for the fast break – a quick energy snack between all those summer activities.

- 16 oz fresh, frozen or canned blackberries
- 2½ T. cornstarch
- 1 T. lemon juice
- 1 cup white flour
- 1 cup whole wheat flour
- 2 cups quick oats
- 1 cup brown sugar
- 1¼ tsp baking powder
- ¾ tsp salt
- ½ tsp ground allspice
- 1 tsp cinnamon
- 1 cup butter or margarine

Set oven temperature to 400 degrees. Thaw berries if frozen. Warm berries in saucepan until the juices run. (If using canned berries, omit this step and simply drain berries from can, reserving juices). Reserve one cup of juice, adding water if necessary to make one cup. Combine cooled reserved juice with cornstarch and lemon juice. Cook and stir until thickened. Gently stir in blackberries. Set aside.

Combine flour, oats, brown sugar, baking powder, salt and spices. Cut in butter until crumbly. Press 2/3 of mixture into greased 13x9x2 inch baking pan. Bake 15 minutes or until lightly browned. Cool slightly. Spread blackberries over this crust. Crumble remaining flour/oat mixture over berry layer and press lightly. Bake 20-25 minutes more, until lightly browned. Cool in pan. Makes 24 bars. Per serving: 191 calories, 4g protein, 25g carbohydrates, 9g fat, 20mg cholesterol.

BLUEBERRY GRANOLA BARS

- ½ cup honey
- ¼ cup firmly packed brown sugar
- 3 T. vegetable oil
- 1½ tsp ground cinnamon
- 1½ cups quick-cooking oats
- 2 cups blueberries

Preheat oven to 350 degrees. Lightly grease a 9x9 in square baking pan. In a medium saucepan, combine first four ingredients. Bring to a boil, and boil for 2 minutes. Do not stir. In a large mixing bowl, combine oats and blueberries. Stir in honey mixture until thoroughly blended. Spread into prepared pan, gently pressing mixture flat. Bake until lightly browned, about 40 minutes. Cool completely in the pan on a wire rack. Cut into 1½ x 3 inch bars. Yield: 18 bars. Per portion: 97 calories, 1g protein, 3g fat, 17g carbohydrates.

FITNESS ENERGY BARS

- 1½ cups rolled oats
- 1 cup crispy brown rice, or Rice Krispies cereal
- ¼ cup sesame seeds
- ½ cup nonfat protein powder (use soy protein for extra benefits)
- ½ cup wheat germ
- ½ cup Grape Nuts
- 3 cups chopped mixed dried fruit and nuts (such as apricots, raisins, pineapple, blueberries, currants, raisins, mango, papaya, banana, sunflower seeds, cashews, peanuts, almonds walnuts...)

Mix above ingredients in a large mixing bowl.

In a glass bowl, mix these ingredients:

- ½ cup peanut butter or soy butter
- 1 cup brown rice syrup or light corn syrup
- ¼ - ½ cup honey
- 1½ tsp vanilla extract
- 1 tsp cinnamon

Microwave this mixture 3 minutes on medium power, or until melted.

Spray a jelly-roll pan with non-fat cooking spray. Combine microwaved mixture with dry ingredients and stir. Pour into pan quickly before mixture begins to harden. Press bars flat, using a sheet of waxed paper over mixture to keep your hands clean. Chill in refrigerator 1 to 3 hours. Place pan upside down on cookie sheet and wait until mixture releases from pan. Cut into 30 bars. Package bars individually in plastic wrap or sandwich bags. Place in large zipper storage bag. Keep refrigerated for up to four weeks, or freeze for longer storage.

Per serving: 160 calories, 30g carbohydrate, 4g fat, 10g protein. These number are approximate. Actual counts depend on fruits and nuts selected.

V. 5-A-DAY FUN

What did the carrot say to the wheat?
Lettuce rest, I'm feeling beet.
(Shel Silverstein)

What do you call a stolen yam?
A hot potato.

Why do potatoes make good detectives?
Because they keep their eyes peeled.

I was a vegetarian until I started leaning towards sunlight.
(Rita Rudner)

Knock Knock!
Who's There?
Honeydew!
Honeydew who?
Honeydew you want to come out tonight?

A Riddle:
There was a green house.
Inside the green house there was a white house.
Inside the white house there was a red house.
Inside the red house there were lots of babies.

Answer: A watermelon

What did the banana do when it saw the monkeys?
Split.

How do you compare apples and oranges?
By their nutritional value.
(Marshall Elizer)

Source for the above: www.gardendigest.com

TOSSED SALAD

Some of your favorite fruits and vegetables have been tossed into a jumble! To unscramble their names, pick the word pieces one from each column (starting with A, then B, Then C).

Put together the pieces from left to right and discover the mystery foods. Write their names in the space next to the columns.

<i>A</i>	<i>B</i>	<i>C</i>	<i>ANSWERS</i>
PO	CUM	NI	POTATO
ZUC	AP	RINE	
TAN	TA	COT	
A	TI	LI	
CAN	CO	PLE	
AR	NAN	A	
PINE	PRI	TO	
CU	GE	BER	
BA	TA	CHOKE	
BROC	CHI	LOUPE	

(Example) POTATO
ZUCCHINI
TANGERINE
APRICOT
CANTALOUPE
PINEAPPLE
CUCUMBER
ARTICHOKE
BANANA
BROCCOLI

HEALTHY AND QUICK SNACKS
May, 2001
Leader's Guide for Association of
Home & Community Education Clubs

Speakers: **Marma Jean McIntee,**
 Washington Co. Family Living Educator

Renee Vertin,
 Washington Co. WNEP Nutrition Coordinator

I. Objectives

- ◆ Learn the health benefits of snacking
- ◆ Learn to create healthy and quick snacks
- ◆ Taste test new and exotic foods
- ◆ Enjoy bits of 5-A-Day fun

II. Introduction: Often we have the impression that snacking means devouring chips/dips, candy bars and soft drinks. However, research tells us that there are healthy benefits to snacking if choices are made with nutrient rich food. Making snacks doesn't have to be time consuming. Many can be made in less than 10 minutes. For others, short 30 minute advance preparation time will allow you to "grab" those healthy snacks right out of the refrigerator when you desire. Of course the fastest and healthiest snacks are fresh fruits and vegetables. They are great by themselves. But today we'll share a few tips for making the ordinary more interesting and inviting.

To create a snacking mood start the meeting with one of the word games from the "5-A-Day Fun" section. For example while you are waiting for members to arrive, have everyone work on the "Edible Maze". Or to start your meeting have everyone start roll call by naming their favorite healthy snack.

III. Benefits of Snacking

Activity—Have members name the snacks included in each level of the Food Guide Pyramid.

Activity—Share with members the information on the "Dietary Guidelines for Americans".

Notes from Leader Training Meeting:

IV. Healthy & Quick Snack Recipes—share with members some of the highlights of the recipes prepared at the leader training meeting.

Select an activity to do at your club meeting.

Activity—Prepare a display of unusual and exotic fruits or vegetables. Use some of the items in preparation of a snack(s) for your meeting.

Activity—Select one or an array of recipes for members to prepare at the meeting.

Examples: A dip with fresh fruit, fruit kabobs, Kiwifruit Salsa and Pita crisps, Hummus with vegetables and crisps, or if it is a warm day try Strawberry-Rhubarb Ice Pops.

Activity—As a beverage for the evening, have members make and taste test 2-3 of the smoothies.

Activity—As a finale for the meeting, send everyone home with a “Snack-in-a Bag”.

Notes from the Leader Training Meeting:

V. Closing: Select another activity that you did not do from the “5-A-Day” fun section to close your meeting. Give a door prize to the person with the most correct answers.