



# SNACKS THAT COUNT: RECIPES FOR NUTRITIOUS SNACKS

TEXAS DEPARTMENT OF AGRICULTURE \* FOOD AND NUTRITION DIVISION



## Child Care

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# INTRODUCTION

One of the goals of the Child and Adult Care Food Program is to improve the children's nutritional status by promoting positive changes in nutrition knowledge, attitudes, and behaviors. What better way to turn a child "on" to good nutrition than to let them explore in a hands-on sense? They learn math, language skills, motor skills, cultural heritage, and science through cooking, baking and preparing food. They may be exposed to food and food preparation opportunities that they may not normally experience at home.

Several notes of precaution should be mentioned so that the experience can be as pleasant as possible when involving children in these activities. Follow these guidelines for fun and safe food preparation activities.

- \* Be prepared. Have all ingredients laid out with needed equipment.
- \* Use plastic utensils to guard against breakage.
- \* Use aprons or towels tied around the waist to keep children clean.
- \* Take a moment to explain the ground rules and project.
- \* Start the activity by everyone washing his or her hands.
- \* Teach children to observe markings on a measuring cup and mark the spot to be measured to with a rubber band around the outer side of the cup. Then children can fill the cup up to the "line."
- \* Teach children how to use a knife properly and always supervise. Show the child to always hold the knife in their dominant hand and steady the blade end with the palm of the other hand.
- \* Do not include a cooking activity that is "deep fried."

- \* If using stove top burners, ovens, or other equipment that will be hot, teach the children to use potholders and stay clear of the heat.
- \* Place electrical cords where children cannot trip over them.

The recipe sections that follow include foods that will satisfy the component requirements of a snack in the Child and Adult Care Food Program (CACFP), for children one through five years of age. All recipes contain one to two components. The first line under the name of the recipe tells how many servings and the creditable amount of each component. Refer to the USDA Food Buying Guide for Child Nutrition Programs to serve the correct amount per serving for each age group and requirement specifications for creditability, such as Grains/Breads is enriched or whole-grain, or made from enriched or whole-grain meal and/or flour, bran, and/or germ or if it is a cereal, that it is whole-grain, enriched or fortified. Care has been taken to provide recipe ideas that are easy to prepare without extra fat, sugar, and salt.

## KEY



Involve Children in Preparation



Good Source of Iron



Low in Fat



**CRUNCHY, SMOOTH, TASTY**

( MEAT/MEAT ALTERNATES )



## EASY PIZZA

### INGREDIENTS

- 4 each English muffins, split in half,  
(13 gm or 0.5 oz)
- 1/2 cup tomato sauce
- 1 teaspoon oregano
- 4 ounces mozzarella cheese

### EQUIPMENT

- Knives
- Measuring spoons
- Baking sheets
- Oven or toaster oven

### DIRECTIONS

1. Split English muffins in half
2. Spread 1/2 tablespoon tomato sauce  
on each half
3. Sprinkle each half with a pinch of oregano
4. Top with 1/2 ounce mozzarella cheese
5. Place on baking sheet and bake about  
10 minutes at 425°
6. Cool completely before serving to children
7. Serve one-half muffin per child

### VARIATION

Try mushrooms, green peppers, or other  
vegetable toppings.

#### SERVES 8

Recipe = 1/2 Grains/Bread  
1/2 ounce Meat/Meat Alternates

## BIG ROUND NACHOS

### INGREDIENTS

- 8 each tostado shells  
(whole grain or enriched)  
(13 gm or 0.5 oz)
- 2 ounces cheddar cheese or low fat cheese
- 1/2 cup refried beans

### EQUIPMENT

- Cheese grater
- Knives
- Spoons
- Bowl
- Baking sheet
- Oven or toaster oven

### DIRECTIONS

1. Grate cheese and set aside
2. Gently spread each tostado shell with  
1 tablespoon refried beans
3. Place on baking sheet and top with grated  
cheese (1/4 ounce on each tostado)
4. Heat at 400° until cheese melts
5. Serve one tostado per child

### VARIATION

Use soft flour tortillas in place of tostado shells.  
Roll cheese and beans in tortilla; wrap tortilla  
in foil and heat in 350° oven until cheese melts,  
about 8 minutes.

#### SERVES 8

Recipe = 1/2 Grains/Bread  
1/2 ounce Meat/Meat Alternates





## TUNA SALAD

### INGREDIENTS

4 ounces tuna, packed in water  
1/3 cup celery, finely chopped  
1/4 cup reduced fat mayonnaise  
or salad dressing  
2-3 tablespoons pickle relish  
1/2 teaspoon onion  
4 slices whole grain bread (or 32 saltine  
crackers, or 24 pieces melba toast)

### EQUIPMENT

Mixing bowls  
Knives  
Chopping board  
Measuring cups

### DIRECTIONS

1. Mix tuna, celery, mayonnaise, pickle relish, and onion together in large mixing bowl
2. Serve 1-1/2 tablespoons on any of the grains/breads component food items listed in the ingredient list
3. Serve 3 pieces of melba toast (or 4 crackers, or 1/2 slice whole grain bread) per child

#### SERVES 8

Recipe = 1/2 Grains/Bread  
1/2 ounce Meat/Meat Alternates

## CHICKEN SALAD

### INGREDIENTS

4 ounces chicken, cooked, deboned  
and cubed  
2 teaspoons lemon juice  
1/4 cup celery, chopped  
1/4 cup seedless grapes, halved  
(or apple, chopped)  
1 large egg, cooked, peeled and chopped  
1/4 cup almonds, slivered or blanched  
1/4 cup mayonnaise (reduced fat)  
4 slices whole grain bread (or 32 saltine  
crackers, or 24 pieces melba toast)

### EQUIPMENT

Mixing bowls  
Knives  
Chopping board  
Measuring cups and spoons

### DIRECTIONS

1. Mix ingredients together in large mixing bowl
2. Serve 1-1/2 tablespoons on any of the grains/breads component food items listed in the ingredient list
3. Serve 1/2 slice whole grain bread (or 4 crackers, or 3 pieces of melba toast) per child

#### SERVES 8

Recipe = 1/2 ounce Meat/Meat Alternates  
1/2 Grains/Bread





## CHILI BEAN DIP AND CARROT STICKS

### INGREDIENTS

1 cup kidney or pinto beans, cooked  
1 teaspoon vinegar or lemon juice  
1/4 - 1/2 teaspoon chili powder  
1/4 - 1/2 teaspoon cumin  
1 teaspoon onion, diced  
1 pound carrot sticks

### EQUIPMENT

Mixing bowl  
Measuring cups and spoons  
Potato masher

### DIRECTIONS

1. Place beans in a bowl, and mash with a potato masher or fork
2. Add lemon juice or vinegar and spices and mix well
3. Serve 2 tablespoons of dip with 1/2 cup carrot sticks per child

### SERVES 8

Recipe = 1/2 ounce Meat/Meat Alternates  
1/2 cup Vegetables/Fruits

## DELICIOUS COTTAGE CHEESE DIP

### INGREDIENTS

8 ounces cottage cheese (low fat)  
3 tablespoons plain yogurt (low fat)  
2 tablespoons cheddar cheese  
1 tablespoon dill weed  
2 teaspoons Worcestershire sauce  
1 teaspoon salt  
1 teaspoon celery seed (optional)

### EQUIPMENT

Mixing bowl  
Measuring cups and spoons  
Mixing spoon

### DIRECTIONS

1. Mix cottage cheese with yogurt and cheddar cheese
2. Add spices and stir until mixed well
3. Serve 1 ounce with another snack component (such as a grains/breads or vegetable) per child

### SERVES 8

Recipe = 1/2 ounce Meat/Meat Alternates





## CHEESY CRITTERS

### INGREDIENTS

- 8 slices whole wheat bread
- 8 each natural cheese (1 ounce slices)

### EQUIPMENT

- Cookie cutters (any shape)

### DIRECTIONS

1. Cut cheese with various cookie cutter shapes and place on bread
2. Toast or eat as is!
3. Serve one slice per child

#### SERVES 8

Recipe = 1 Grains/Bread  
1 ounce Meat/Meat Alternates

## ANTS ON A LOG

### INGREDIENTS

- 1/2 cup peanut butter (creamy)
- 8 stalks celery (about 4-6 inches long) (.75 pound)
- 2 cups raisins

### EQUIPMENT

- Knives
- Spoons

### DIRECTIONS

1. Spread 1 tablespoon of peanut butter on each celery stalk
2. Place 1/4 cup of raisins on top of peanut butter
3. Serve one celery stick per child

#### SERVES 8

Recipe = 1/2 ounce Meat/Meat Alternates  
1/4 cup Vegetables/Fruits







## PEANUT BUTTER AND APPLE TRIANGLES

### INGREDIENTS

- 4 slices whole wheat bread
- 1/2 cup peanut butter, creamy
- 1/2 cup apple, chopped

### EQUIPMENT

- Knives
- Cutting board
- Spatula

### DIRECTIONS

1. Cut each slice of bread diagonally to form triangles
2. Mix peanut butter and apples together
3. Spread 1 tablespoon of mixture on each bread triangle
4. Top with another bread triangle
5. Serve one triangle per child

### SERVES 8

Recipe = 1/2 Grains/Bread  
1/2 ounce Meat/Meat Alternates

## HOMEMADE PEANUT BUTTER

### INGREDIENTS

- 8 ounces peanuts, roasted unsalted (or roast raw peanuts at 300° for 40 minutes)
- 2 tablespoons vegetable oil
- 1/4 teaspoon salt
- 4 slices whole grain bread (or 32 saltine crackers, or 24 pieces of melba toast)

### EQUIPMENT

- Blender or food processor
- Spatula
- Spoons
- Measuring spoons

### DIRECTIONS

1. Hull roasted peanuts
2. Put 1 cup peanuts in blender or food processor
3. Add oil and salt, and grind until smooth
4. Place 1 tablespoon of homemade peanut butter on any of the grains/breads component food items listed in the ingredient list
5. Serve 1/2 slice whole grain bread (or 4 crackers, or 3 pieces of melba toast) per child

### SERVES 8

Recipe = 1/2 ounce Meat/Meat Alternates  
1/2 Grains/Bread





## TUNA TREATS

### INGREDIENTS

8 ounces tuna (water packed)  
1 large egg  
1 slice dry whole grain bread, crumbled  
(or 1/4 cup bread crumbs)  
1/2 cup peas, frozen  
1/3 - 1/2 cup grated cheese

### EQUIPMENT

Mixing bowl  
Measuring cup  
Muffin tins

### DIRECTIONS

1. Spray muffin tins with non-stick spray
2. Mix ingredients; use a #8 scoop/disher and place into 8 muffin tins
3. Sprinkle with grated cheese
4. Bake at 350° for 15 to 20 minutes
5. Serve one muffin per child

### SERVES 8

Recipe = 1 ounce Meat/Meat Alternates





**SWEET, CRUNCHY, JUICY**

( VEGETABLES/FRUITS )



## BANANA SURPRISE

### INGREDIENTS

8 each bananas (petite whole; 3 lb)  
16 squares graham crackers  
1/2 cup creamy peanut butter

### EQUIPMENT

Popsicle sticks (8 each)  
Bags (zip-lock type) (8 each)  
Cutting board  
Knife  
Cookie sheet  
Freezer compartment

### VARIATION

Substitute 2 tablespoons of honey and 2 tablespoons of orange juice for the peanut butter, then dip in crushed cereal instead of graham crackers.

### DIRECTIONS

1. Place 2 squares graham crackers in zip-lock bag and seal
2. Crush the graham crackers in the bag by kneading the bag in your hands and pressing on a flat surface
3. Cut bananas in half
4. Insert a popsicle stick into each cut side of the banana
5. Spread a thin coating of peanut butter onto each banana, then dip banana into the graham cracker crumbs
6. Remove banana popsicle from bag and put on a cookie sheet and place in the freezer
7. Freeze and eat
8. Two banana pops per child

#### SERVES 8

Recipe = 1/2 cup Vegetables/Fruits

## FRUITSICLES

### INGREDIENTS

3 cups 100% fruit juice  
(apple, orange, grape, etc.)  
1 cup canned fruit in natural juices  
(cocktail, pears, peaches, apricots, etc.)

### EQUIPMENT

Measuring cups  
Food mill or grinder, blender, food processor  
Disposable 5-ounce cups  
(5-ounce size, 8 each)  
Popsicle sticks (8 each)  
Plastic wrap

### DIRECTIONS

1. Pour juice and canned fruit into blender, food mill, or processor
2. Mix juice and fruit together and pour 4 ounces (1/2 cup) into paper cups
3. Cover with plastic wrap, slit a hole in center of wrap, and insert popsicle stick into hole
4. Freeze until hard
5. Tear away cup to eat
6. Serve one paper cup per child

#### SERVES 8

Recipe = 1/2 cup Vegetables/Fruits







## APPLE SALAD

### INGREDIENTS

2 cups celery, diced  
2 cups apple, diced  
1/2 cup raisins  
1/3 cup mayonnaise (reduced fat)  
mixed with 1 tablespoon milk  
Romaine lettuce leaves (dark leafy green)

### EQUIPMENT

Mixing bowls  
Measuring cups  
Knives  
Cutting board  
Spoons

### DIRECTIONS

1. Mix all ingredients together in mixing bowl
2. Serve 1/2 cup on lettuce leaf, one per child

#### **SERVES 8**

Recipe = 1/2 cup Vegetables/Fruits

## BERRY BANANA COOLER

### INGREDIENTS

1 10 oz. pkg frozen strawberries,  
partially thawed  
1-1/2 cups orange juice  
1-1/2 cups lemonade  
2 medium (.5 lb) bananas (ripe),  
cut into chunks

### EQUIPMENT

Measuring cups  
Knife  
Cutting board  
Blender or food processor  
Paper cups (6-ounce size, 8 each)

### DIRECTIONS

1. Place all ingredients in a blender or processor and blend until smooth
2. Pour mixture into 6 ounce cups
3. Serve one paper cup per child

#### **SERVES 8**

Recipe = 1/2 cup Vegetables/Fruits





## BANANA SMOOTHIE

### INGREDIENTS

- 4 cups orange juice, chilled
- 4 each bananas, petite whole, 1.5 lb
- 1/2 teaspoon vanilla extract

### EQUIPMENT

- Measuring cups
- Measuring spoons
- Blender or food processor
- Paper cups (6-ounce size, 8 each)

### DIRECTIONS

1. Place all ingredients in a blender or processor and blend until smooth
2. Pour 4 ounces of banana smoothie in each cup
3. Serve one paper cup per child

#### SERVES 10

Recipe = 1/2 cup Fruit/Vegetable

## APPLE SMILES

### INGREDIENTS

- 8 each red apples  
(about 2-1/2 inches in diameter, 2.25 lb)
- 8 tablespoons peanut butter
- Miniature marshmallows

### EQUIPMENT

- Cutting board
- Knives

### DIRECTIONS

1. Wash apples, slice in half and remove cores
2. Slice each apple into 8 slices
3. Spread peanut butter on one side of each slice of apple
4. Place three or four marshmallows (teeth) on top of the peanut butter
5. Top with another apple slice, (peanut butter side down), and press slightly together to complete the smile
6. Serve one apple per child

#### SERVES 8

Recipe = 1/2 cup Vegetables/Fruits  
1/2 ounce Meat/Meat Alternates





## FRUIT KABOBS AND YOGURT DIP

### INGREDIENTS

4 cups fresh, frozen, or canned fruit in natural juice (apple, bananas, cantaloupe, cherries, grapes, honeydew melon, peaches, pineapple, strawberries, watermelon)  
8 ounces yogurt, plain or vanilla (low fat)  
2 tablespoons frozen orange juice concentrate  
1/2 teaspoon cinnamon

### EQUIPMENT

Knives  
Cutting boards  
Toothpicks or skewers  
Mixing spoons  
Measuring spoons  
Mixing bowls

### DIRECTIONS

1. Clean fresh fruits and remove seeds, pits, etc.
2. Cut fruit into 1/2 inch squares or use a melon baller
3. Arrange fruits attractively on a platter
4. Choose at least five pieces of fruit and place on skewer or toothpicks (may need more than one)
5. Mix yogurt, orange juice and cinnamon
6. Serve one fruit kabob with 1 ounce of yogurt dip

### VARIATIONS

Try other flavorings instead of cinnamon in the yogurt such as vanilla, nutmeg, and coconut extract.

#### SERVES 8

Recipe = 1/2 cup Vegetables/Fruits  
1/2 ounce Meat/Meat Alternates

## HOMEMADE APPLESAUCE

### INGREDIENTS

8 each apples  
(about 2-1/2 inches in diameter, 2.25 lb)  
3 tablespoons honey  
2 teaspoons cinnamon

### EQUIPMENT

Knives  
Cutting board  
Measuring spoon  
Mixing spoon

### DIRECTIONS

1. Peel the apples and chop into small chunks
2. Place apples in sauce pan and cook in 1/2 inch of water
3. Add honey, boil and stir
4. Cook until apples are tender, about 15 minutes
5. Stir apples to create a chunky applesauce or put in a blender and puree for smooth applesauce
6. Pour 1/2 cup applesauce into bowls or cups and sprinkle with cinnamon
7. Serve 1/2 cup per child

#### SERVES 8

Recipe = 1/2 cup Vegetables/Fruits



## OCTOPUS BUBBLES

### INGREDIENTS

- 4 cups 100% fruit juice  
(pineapple or white grape fruit juice)
- 2 cups club soda

### EQUIPMENT

Glasses or cups

### DIRECTIONS

1. Pour 4 ounces (1/2 cup) chilled juice into a glass
2. Top off with a splash of club soda
3. Serve one glass per child

#### SERVES 8

Recipe = 1/2 cup Vegetables/Fruits

## PETER COTTONTAIL SALAD

### INGREDIENTS

- 8 each romaine lettuce leaves  
(dark leafy green) 1/4 pound
- 16 each pear halves natural juice –  
No. 2 - 1/2 can (29 oz) + No. 303 can (15 oz)
- 32 each cloves or raisins
- 32 each almonds (optional) or olive halves
- 1 cup cottage cheese

### EQUIPMENT

Melon baller or spoon

### DIRECTIONS

1. Place a pear half (round side up) on a leaf of lettuce (core side down)
2. Add 2 cloves (or raisins) for eyes and 2 almonds (or olive halves) for ears
3. Place 1 ounce of cottage cheese (at the end of the pear half) for the tail
4. Serve one rabbit for 1/4 cup fruit and two rabbits for 1/2 cup fruit serving

#### SERVES 8

Recipe = 1/4 cup Vegetables/Fruits  
1/2 ounce Meat/Meat Alternates







# SPICY, SQUARE, SWEET

( GRAINS/BREADS )



## SPICED APPLE AND RAISIN SNACK MIX

### INGREDIENTS

- 4 cups whole grain oat squares cereal
- 4 cups cinnamon square cereal
- 3 cups dried apple chunks, firmly packed,  
1/2 lb = about 2.6 cups
- 1-1/2 cups raisins
- 1-2 teaspoons cinnamon

### EQUIPMENT

- Mixing bowl
- Measuring cups and spoons
- Mixing spoons
- Zip-lock bags

### DIRECTIONS

1. Place dried apple chunks into zip-lock bag and add cinnamon
2. Close bag and shake to mix cinnamon and dried apples
3. Mix remaining ingredients and dried apples together
4. Store tightly covered in refrigerator up to 5 days
5. Serve one cup per child

#### SERVES 10

Recipe = 3/4 c cereal = 1 Grains/Bread  
1/4 cup Vegetables/Fruits

## CEREAL MUNCH MIX

### INGREDIENTS

- 8 cups alphabet, toasted oat circles,  
or toasted rice squares cereal
- 1/2 cup nuts, coarsely chopped
- 1 cup dried apple slices
- 1 cup dried apricots, chopped
- 1 cup raisins
- 1/2 cup mini chocolate chips

### EQUIPMENT

- Measuring cups and spoons
- Knives
- Chopping board
- Mixing spoons

### DIRECTIONS

1. Combine all ingredients in a bowl
2. Toss lightly to mix
3. Serve one cup per child

#### SERVES 8

Recipe = 3/4 c cereal = 1 Grains/Bread  
1/4 cup Vegetables/Fruits





## GINGERBREAD PEOPLE

### INGREDIENTS

- 1 cup margarine
- 3/4 cup honey
- 1 each egg, slightly beaten
- 1 cup molasses
- 1-1/2 teaspoons baking soda
- Assorted candies and icing for decorating
- 1/2 teaspoon salt
- 2 teaspoons ginger
- 1 teaspoon cinnamon
- 1 teaspoon cloves
- 5 cups enriched flour

### EQUIPMENT

- Mixing bowls and spoons
- Measuring cups and spoons
- Gingerbread cookie cutter
- Cookie sheets
- Flour shifter
- Rolling pin

### DIRECTIONS

1. Mix together margarine, honey, egg, and molasses in one bowl
2. Sift dry ingredients together (soda, salt, ginger, cinnamon, cloves, and flour in one bowl
3. Mix the dry and wet ingredients together
4. Roll dough 1/4 inch thick on floured surface
5. Cut with 4 inch gingerbread cookie cutter
6. Place on greased cookie sheet and bake at 375° for 10 minutes
7. Decorate with raisins, nuts, licorice, candies, or icing
8. Serve one gingerbread person per child

### SERVES 24

Recipe = 1 Grains/Bread

## HOLIDAY TREES

### INGREDIENTS

- 1/4 cup margarine
- 6 cups miniature marshmallows
- 1/2 teaspoon vanilla
- 1/2 teaspoon green food coloring
- 6 cups toasted oat circles
- Assorted gumdrops

### EQUIPMENT

- Saucepan
- Measuring cups and spoons
- Mixing spoons
- Waxed paper

### DIRECTIONS

1. Melt margarine and miniature marshmallows
2. Remove from heat
3. Add vanilla and food coloring
4. Fold in toasted oat circles and cook enough to handle
5. Coat hands with margarine and shape into tree shapes with 3/4 cup of mixture
6. Add gumdrop slices and a star on a tooth pick for the final touch on the tree
7. Serve one tree per child

### SERVES 6 (3/4 cup size trees)

Recipe = 1oz cereal = 1 Grains/Bread



## TORTILLAS

### INGREDIENTS

- 1 cup enriched flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking powder
- 1 tablespoon shortening
- 1/3 cup warm milk

### EQUIPMENT

- Measuring cups and spoons
- Mixing bowl
- Mixing spoon
- Skillet (preferably cast iron)

### DIRECTIONS

1. Mix flour, salt, baking powder and shortening
2. Slowly add warm milk to flour mixture and knead 4 to 5 minutes
3. Form 6 to 7 one ounce balls of dough
4. Flatten or roll to 1/4 inch thick
5. Place on lightly greased hot skillet (may use non-stick spray)
6. Turn from side to side until lightly brown
7. Serve one tortilla per child

#### SERVES 6-7 TORTILLAS

Recipe = 1 Grains/Bread

## BANANA NUT BREAD

### INGREDIENTS

- 4 each bananas (petite whole; 1.5 lb)
- 1/2 cup brown sugar
- 1 large egg
- 1-1/2 cups whole wheat flour
- 3/4 cup enriched flour
- 1-1/2 teaspoons baking soda
- 1 teaspoon vanilla
- 1 cup nuts, chopped
- 1/4 cup margarine, melted
- 2 tablespoons milk

### EQUIPMENT

- Mixing bowl
- Mixing spoon
- Measuring cups and spoons
- Loaf pan (8-1/2" x 4-1/2" x 2-1/2")
- Knife
- Cutting board

### DIRECTIONS

1. Mix all ingredients in the order listed
2. Mix well
3. Pour into greased and floured bread loaf pan
4. Bake at 350° for 40-45 minutes
5. Cut eight one inch slices
6. Serve one slice per child

#### SERVES 8

Recipe = 1 Grains/Bread





## PEANUT BUTTER COOKIES

### INGREDIENTS

1-1/4 cups enriched flour  
 1 teaspoon baking powder  
 1/4 cup nonfat dry milk powder  
 1/4 teaspoon salt  
 1/4 teaspoon cinnamon  
 1/4 cup shortening  
 1/2 cup sugar  
 1/2 cup peanut butter (creamy)  
 1 large egg  
 1/2 teaspoon vanilla  
 1/2 cup water

### EQUIPMENT

Mixing bowl and mixing spoons  
 Measuring cups and spoons  
 Number 40 scoop (optional)  
 Fork  
 Cookie sheet  
 Hand or electric mixer

### DIRECTIONS

1. Combine flour, baking powder, nonfat dry milk, salt, and cinnamon, then set aside
2. Cream shortening, sugar, and peanut butter
3. Add egg, water, and vanilla and continue to mix
4. Add dry ingredients slowly to blended mixture and mix thoroughly
5. Use a #40 scoop or 1-1/2 tablespoons of dough; and place on ungreased cookie sheet
6. Press each cookie flat with a floured fork in a criss-cross pattern
7. Bake at 375° for 12 to 15 minutes
8. Serve one cookie (2-1/2 inches in diameter) per child

**SERVES 25**

Recipe = 1 Grains/Bread

## OATMEAL COOKIES

### INGREDIENTS

1-1/4 cups enriched flour  
 1-1/2 cups rolled oats (quick, uncooked)  
 1-1/4 teaspoons baking powder  
 1/2 teaspoon cinnamon  
 1/3 cup shortening  
 1/2 cup brown sugar, packed  
 1 large egg  
 1/2 cup milk

### EQUIPMENT

Mixing bowl  
 Measuring cups and spoons  
 Mixing spoons  
 Hand or electric mixer  
 Number 40 scoop (optional)  
 Cookie sheet

### DIRECTIONS

1. Combine dry ingredients, stir, then set aside
2. Cream shortening, sugar, and peanut butter
3. Add egg and continue to blend
4. Add dry ingredients alternately with milk to blended mixture
5. Use a #40 scoop or 1-1/2 tablespoons of dough and drop onto greased cookie sheet
6. Bake at 375° for 15 minutes
7. Serve one cookie per child

**SERVES 25**

Recipe = 1 Grains/Bread



## SURPRISE CRESCENT

### INGREDIENTS

- 1 package refrigerated crescent rolls (12/container)
- 1/2 cup raisins or other dried fruit such as apricots, etc.
- 1/2 cup dry cereal or granola
- 1/2 cup nuts, finely chopped

### EQUIPMENT

- Cutting board
- Knife
- Measuring cups
- Cookie sheet

### DIRECTIONS

1. Separate triangles of dough and lay onto cutting board
2. Combine raisins, dry cereal, and nuts to make a filling
3. Scoop 1-1/2 tablespoons of the filling mixture onto triangles
4. Roll up and place on lightly greased baking sheet
5. Bake according to directions on crescent roll package
6. Serve one crescent roll per child

### SERVES 12

Recipe = 1 Grains/Bread

## OATMEAL APPLE MUFFIN

### INGREDIENTS

- 3/4 cup rolled oats (quick cooking)
- 3/4 cup plus
- 2 tablespoons milk
- 1 large egg
- 2 tablespoons oil
- 2 tablespoons molasses
- 3/4 cup apple, grated
- 1-1/4 cups enriched flour
- 1 tablespoon baking powder
- 1/2 teaspoon cinnamon
- Dash salt

### EQUIPMENT

- Mixing bowl
- Measuring cups and spoons
- Mixing spoons
- Grater
- Muffin tin

### DIRECTIONS

1. Preheat oven to 400°
2. Grease 12 muffin tins or use muffin liners
3. Place oats in a mixing bowl and pour milk over oats and let soak 15 minutes
4. Add egg, oil, molasses, and apple
5. Mix until lumpy
6. Fill muffin tin 3/4 full and bake for 20 minutes
7. Serve one muffin per child

### SERVES 12

Recipe = 1 Grains/Bread





# COLD AND REFRESHING

( MILK )

## **SPECIAL NOTES:**

Regulations for the CACFP require that fluid pasteurized milk is the only milk product that counts as the milk component. Pasteurized fluid-unflavored or flavored skim (nonfat) milk, low fat milk, reduced fat milk, whole milk, or cultured buttermilk is all considered fluid milk. Milk should contain vitamins A and D and consistent with State and local standards. At snack time, milk may be served as a beverage or on cereal as one of the two components for a reimbursable meal. It is recommended by nutrition experts that healthy children two years of age and older be offered skim or low fat milk.

## NOTES

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## Food and Nutrition Division

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