

CHILDREN SNACK RECIPES

BANANA BOAT

1/2 banana with peel
foil - 6" x 8" piece
filling - marshmallows, chocolate chips, raisins, nuts, brown sugar or chopped fruit

Cut a wedge on the inside curve of the banana through the peel and into the meat of the fruit. The wedge should be narrow but deep. Fill the "boat" with any of the above fillings. Cover with a strip of peeling. Wrap the banana in foil. Bake at 350°F in oven or electric skillet 10 to 15 minutes or until banana is warm. May also be heated over a grill or campfire. Makes 1 serving.

CRUNCHY BANANAS

2 bananas
1/2 cup wheat germ, coconut, chopped nuts, granola or crushed cereal
1/2 cup orange juice

Cut bananas into one-inch thick slices. Push a fork or popsicle stick into a banana slice. Dip it in orange juice; then roll in one of the crunchy foods.

Crunchy bananas also may be frozen to make Banana Pops.

FRUITSICLES

Pour fruit juice into ice cube trays or small paper cups. Insert plastic spoons or popsicle sticks for handles when mixture is partially frozen. Freeze until solid. For more flavorful fruitsicles, dilute frozen fruit juice such as orange, grape, pineapple, or apple somewhat less than directions indicate.

PUDDING FUDGESICLES

Make instant chocolate pudding, adding milk called for on package directions plus 1/2 cup evaporated milk; pour into ice cube tray or small paper cups. Insert plastic spoons or popsicle sticks for handles when mixture is partially froze. Freeze until solid.

YOGURT POPSICLES

- 2 (8 oz.) cartons plain yogurt
- 1 (6 oz.) can frozen juice concentrate
- 1/2 teaspoon vanilla, (optional)

Combine ingredients. Pour into small paper cups or an ice cube tray. Insert plastic spoons or popsicle sticks for handles when mixture is partially frozen. Freeze until solid.

Variation: Substitute 3 tablespoons honey and 1 1/2 cups fresh mashed fruit (strawberries, peaches, etc.) for the juice concentrate.

WALKING SALADS

These create-your-own salads are meant to be eaten by hand. Wrap a lettuce or cabbage leaf around a filling. For example:

- peanut butter
- grated carrots, raisins and/or pineapple mixed with mayonnaise
- cottage cheese with or without pineapple
- luncheon meat
- carrot and celery sticks
- chopped apples, celery, raisins, and nuts mixed with mayonnaise
- cheese slice and pickle
- tuna or egg salad

HOT COCOA MIX

- 5 cups dry milk
- 1 cup sweetened cocoa
- 1 to 2 cups sugar
- 2 cups dry nondairy creamer

Combine all ingredients and mix well. Store in a covered container. To make cocoa, use 1/3 cup mixture for every cup of boiling water. (This makes 9 to 10 cups of mix. The teacher might want to cut this recipe down.)

EASY PIZZA

1 package English muffins or 1 package refrigerator biscuits
1 small can tomato sauce
3/4 to 1 cup grated cheese.

Slice muffins in half or pat biscuits into thin rounds about the diameter of English muffins. Spread tomato sauce on the rounds. Sprinkle with cheese. Bake about 10 minutes in a 450°F oven or covered electric skillet. Cut in wedges. Serve hot.

SOFT PRETZELS

1 package yeast
1 1/2 cups warm water
1 teaspoon salt
1 tablespoon sugar
4 cups flour, sifted
1 egg, beaten
coarse salt

Dissolve yeast in water. Add salt and sugar. Blend in flour and knead dough on floured surface until smooth. Roll out and cut into strips. Roll strips into ropes and twist into pretzel-like shapes or children's initials. Place on greased cookie sheet; brush with egg and sprinkle with salt. Bake at 425°F for 15 minutes or until brown. Serve warm.
Makes 30 to 40.

QUESADILLAS (an easy Mexican sandwich)

Swiss, Jack or Cheddar cheese
Flour tortillas
Hot chili sauce, optional
Cooked ground beef (optional)

Place sliced or grated cheese on half of a tortilla. Spoon on chili sauce, if desired. Fold tortilla over cheese. Heat the tortilla on each side in a medium hot ungreased skillet until the cheese has melted. Cut each tortilla in half.