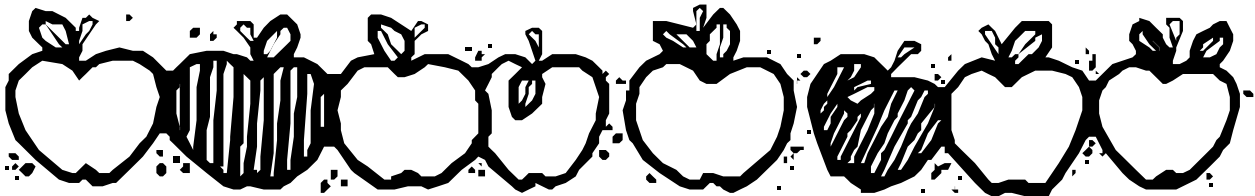




Kids Snacks



Yogurt Parfaits

16 oz. carton lemon or vanilla yogurt
1/4 cup Granola
1/4 cup fruit of your choice

Sprinkle Granola in the bottom of a dessert cup.
Add a spoonful of yogurt. Add fruit and top with
more yogurt. Sprinkle Granola on top.

Colorful Toasted Bread

What food you need: Fresh white bread; Milk; Food coloring

What things you need: Cookie cutters; Bowls; Paintbrushes; Toaster Oven

What to do: 1. Pour milk into bowls. 2. Add food coloring 3. Cut bread with cookie cutters. 4. Paint bread with colored milk. 5. Toast painted bread. 6. Eat & enjoy!

Edible Art

Several kinds of vegetables that are commonly eaten raw (pre-wash them)

Toothpicks, the round kind, pointed at both ends

Put together creations from sliced cucumbers, carrots (sliced large or whole baby), broccoli florets, cauliflower tops. Then, of course, eat your creations.

Butter

Heavy Cream, Marble, Small Plastic container

Put the heavy cream into the small plastic container, add the clean marble (makes the process go faster), cover the container and keep shaking it until the cream separates. Pour the liquid out and what's left is butter. Refrigerate, add salt for taste and serve on crackers. Make up a silly song while shaking the cream, it helps to keep the children involved.

Yummy Flower Pot

1 package (4 serving size) chocolate pudding

2 cups cold milk

1 8 oz. package of cream cheese

1 8 oz. container of thawed Cool Whip

2 small packages of Oreo cookies (crush and save 15 crushed cookies)

Gummy worms

1 clean flower pot with no holes, or a plastic cup

Make the pudding according to the box instructions. Add cream cheese and Cool Whip. Mix. Add cookie crumbs and mix. Pour the mixture into the flower pot and top with 15 crushed cookies. Refrigerate. Garnish with gummy worms.

"Green Surprise"

Baby food jars

Milk

Instant Pudding (several colors and types)

Fill clean baby food jar with cold milk. Place a teaspoon or so of instant pudding in the jar of milk. Put the cover on the jar, and shake with all your might. Magically it turns green and thickens. Get a spoon and eat your "green surprise"

Flavored Popcorn

Some quick options that you can use: melted chocolate, powdered ranch dressing, cinnamon and sugar, parmesan cheese. In addition there are some fun recipes that you might like to try:

Raspberry Popcorn balls

1 cup light corn syrup

1 3 oz. Package raspberry gelatin

1 cup granulated sugar

6 quarts popped popcorn

Stir together corn syrup and gelatin; stir in sugar. Cook over low heat until sugar is completely dissolved. Pour over popcorn, and form into balls. Store in covered container, or wrap individual balls in plastic wrap or foil.

Easy Caramel Corn

1 cup brown sugar, firmly packed

1/2 cup butter or margarine

30 large marshmallows

Melt ingredients in a heavy saucepan over medium heat, stirring frequently to prevent scorching. Pour over popcorn until all popcorn is evenly coated. Form into balls. Wrap each ball in plastic wrap.

Cheese Popcorn

1 Package cheese from Kraft Macaroni and Cheese

Add butter and heat until melted. Pour over popcorn and shake in a paper bag until all popcorn is coated.

Apple Mouths (old favorite)

Red apples

Peanut Butter

Mini Marshmallows

Slice any red apple into eight or more sections. Spread peanut butter on one side of two slices. Place one slice peanut butter side up on a plate. Place the mini marshmallow "teeth" in the peanut butter, and top with the other slice, peanut butter side down.

Ants on a Log (An old favorite)

Ingredients

1 stalk of celery for each child

Raisins or chocolate chips

Spread a stalk of celery with peanut butter. Cover with raisins or chocolate chips.

Chicken Feed

1 white chip, 2 sunflower seeds, 3 candy corn, 4 marshmallows, 5 cheerios, 6 crackers, 7 cocoa puffs, 8 raisins

Mix together in a ziploc baggie.

Peanut Butter Play dough

3/4 cup Peanut butter

3/4 cup Karo Syrup

1 1/4 cup powdered sugar

1 1/4 cup flour

Mix all ingredients together. Play with it, make shapes with it, cut it out with cookie cutters (on wax paper or clean surface with clean hands) and then eat your "play dough".

Bagel Ships

Bagel, cut into 4 pieces

Flavored cream cheese

1 Pretzel stick

1 slice of cheese, cut into a triangle

Spread cream cheese on your bagel. Cut the cheese into a triangle (your sail). Stick some cream cheese on your pretzel so that the cheese will stick to it. Then stick your pretzel into the bagel (your ship).

Groovy Smoothies

2 ripe small bananas

1 cup frozen unsweetened wild strawberries

1 8 ounce carton vanilla low-fat yogurt

3/4 cup milk

Remove the peel from the bananas. Using a table knife, cut bananas into chunks. Put banana chunks, frozen strawberries, yogurt, and milk into the blender container. Cover blender with the lid and blend on high speed about 1 minute or until mixture is smooth. Turn off blender. Pour drink into 2 glasses. Use rubber scraper to get all of the drink out of the blender.

