

AFTER-SCHOOL SNACKS

Small, frequent meals work well for kids. Little stomachs coupled with high energy means that most children are ready to eat at least every three or four hours when they are awake. Snacks can take on special importance and can be your secret weapon for providing great nutrition by getting in the recommended vegetable and fruit serves.

Although there are some good snacks on the market today, prepackaged items like bars and even fruit cups almost always have too much of something: sugar, carbohydrates, fat, chemicals. So why not have some goodies ready when your child is hungry? Getting children to begin preparing their own snacks as well, is a great way to introduce the entire concept of cooking to them.

The following fun snacks are easy to prepare and use common ingredients. Not only will they help your child make it through to dinner, they have all the qualities of a super satisfying treat!

SOUTH SEAS TROPICAL FRUIT KEBABS

Here's a fun way to eat a variety of fruits. Kids love dips, and this vanilla yogurt spiked with orange and cinnamon will give them a reason for eating more fruit.

Serves: 4 / **Serving size:** 1 kebab

Preparation time: 35 minutes

½ cup each fresh cubed cantaloupe, honeydew, pineapple, and halved strawberries

1 small banana, peeled and cut into 1-inch pieces

48 ml (3 tablespoons) orange juice

16 ml (1 tablespoon) lime juice

For the dip:

120 ml (4 fl oz) low-fat creamy vanilla yogurt

16 ml (1 tablespoon) orange juice concentrate, thawed

½ teaspoon cinnamon

1. Alternately thread the fruit pieces on 4 skewers, and place in a shallow baking dish. Stir together the orange and lime juices and pour evenly over the fruit. Cover and refrigerate for 30 minutes.
2. Meanwhile, in a small mixing bowl, whisk together the dip ingredients and refrigerate until ready to serve.
3. Transfer the dip to a small bowl, place in the center of a medium-size platter, and

Nutrition Per Serving

Calories 119

Total Fat 1g

Saturated Fat .5g

Carbohydrate 26g

Fiber 2g

Protein 4g



CINNAMON BANANA "CAN-I HAVE-MORE?" CAKE

Kids love eating cakes and baking them too! This easy to make banana cake is moist, and perfect for an afternoon snack.

Serves: 8 / **Serving size:** 1 slice

Preparation time: 15 minutes

Cooking time: 25 minutes

Cooking spray

100 g (1 cup) all-purpose flour

75 g (½ cup) whole wheat flour

225 g (¾ cup) sugar

2 teaspoons baking powder

1 teaspoon baking soda

2 teaspoons ground cinnamon

½ teaspoon salt

240 ml (8 fl oz) low-fat vanilla yogurt

2 medium-size ripe bananas, peeled and mashed

32 ml (2 tablespoons) canola oil

1 large egg, beaten

60 ml (4 fl oz) low fat milk

5 ml (1 teaspoon) vanilla extract

1. Preheat the oven to 200 C (400 F) degrees. Coat an 20 x 4cm cake tin (8-x-8 inch square baking pan) with cooking spray.

2. In a large mixing bowl, whisk together the flours, sugar, baking powder, baking soda, cinnamon and salt. In a medium-size mixing bowl combine the yogurt, bananas, oil, egg, milk and vanilla and mix well.

3. Add the wet ingredients to the dry ingredients and, using a hand-held mixer, beat until just combined, about 2 minutes.

4. Pour the batter into the prepared baking pan and bake for 25 minutes, until a toothpick inserted in the middle comes out clean, 24 to 26 minutes. Cool completely before slicing and serving.

Nutrition Per Serving

Calories 190

Total Fat 5g

Saturated Fat 1g

Carbohydrate 32g

Fiber 3g

Protein 6g



MINI RAISIN-THE-ROOF MUFFINS

A great snack when kids are on the go, these little treats are full of sweet juicy raisins, yet low in sugar and fat.

Makes 12 mini muffins

Serving size: 2 muffins

Preparation time: 20 minutes

Cooking time: 20 minutes

Cooking spray

100 g (1 cup) all-purpose flour

55 g ($\frac{1}{4}$ cup) sugar for baking

1 teaspoon baking powder

1 teaspoon ground cinnamon

$\frac{1}{4}$ teaspoon ground cloves

180 ml (6 fl oz) low fat milk

60 ml (2 fl oz) canola oil

1 large egg

5 ml (1 teaspoon) vanilla extract

50 g (1/3 cup) raisins

1. Preheat the oven to 200 C (400 F) degrees. Coat 1 minimuffin tins with cooking spray.

2. In a medium-size mixing bowl, whisk together the flour, sugar, baking powder, cinnamon and cloves. In another medium-size bowl, whisk together the milk, oil, egg and vanilla. Add the wet ingredients to the dry ingredients and stir just to combine. Fold in the raisins.

3. Fill the muffin cups about $\frac{3}{4}$ full, and bake until lightly browned and a toothpick inserted in the center comes out clean, about 18 to 20 minutes. Cool in the tins for 5 minutes then transfer to a rack to cool completely. Place in a Ziploc bag or airtight container and store up to 4 days in the refrigerator.

Nutrition Per Serving

Calories 106

Total Fat 6g

Saturated Fat 2g

Carbohydrate 13g

Fiber 1g

Protein 2g



FUN FRUIT PIZZAS

Fruit, you ask? Well, instead of tomato sauce and cheese, these fruity pita bread pizzas can be put together as a dessert snack and require no cooking! They can also be ready in a jiffy.

Serves: 2 / **Serving size:** 1 pita

Preparation time: 2 minutes

60 ml (2 fl oz) low-fat vanilla yogurt

¼ teaspoon cinnamon

2 small whole wheat pita breads, left whole

2 tablespoons diced dried fruit (such as raisins, apples, apricots and peaches)

In a small bowl combine the yogurt and cinnamon. Spread half the mixture on each pita, and decorate with the dried fruit.

Serve immediately.

Nutrition Per Serving

Calories 115

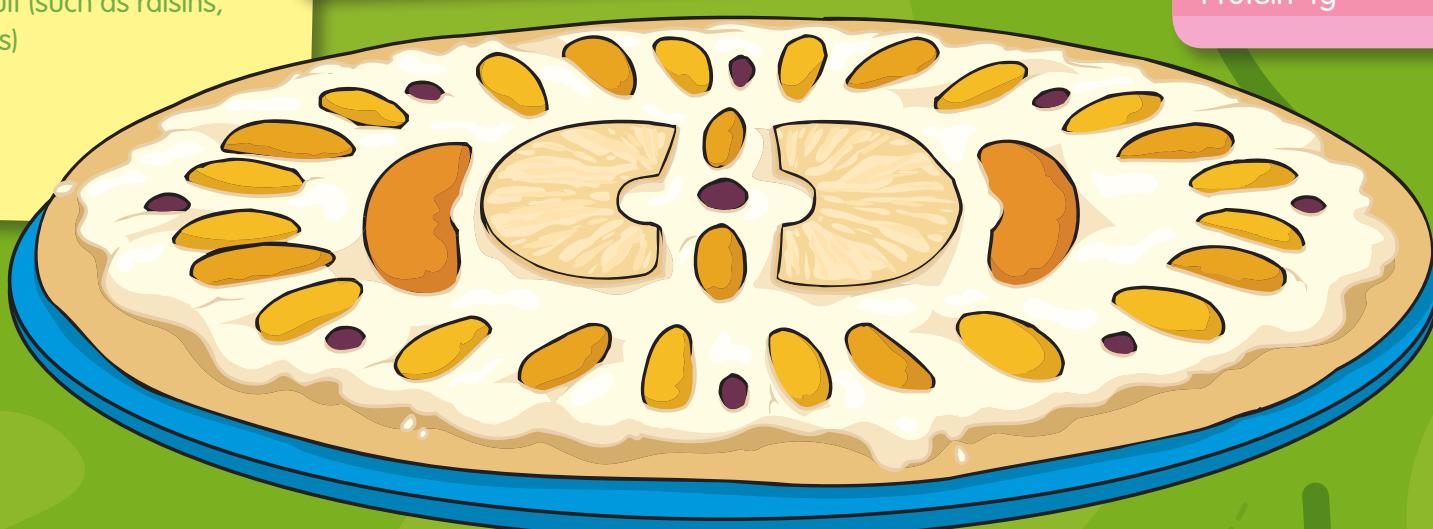
Total Fat 1g

Saturated Fat 0

Carbohydrate 25g

Fiber 3g

Protein 4g



ZESTY APPLE CHEDDAR SPREAD

Apples and cheddar cheese are two favorites among kids. They'll love the sweet taste and crunch from the apples and the creamy richness of the sharp cheddar cheese when combined in this super spread.

Serves: 12 / **Serving size:** 3 to 4 tablespoons

Preparation time: 30 minutes

225 g (1 cup) reduced-fat cream cheese, softened

225 g (1 cup) low fat cottage cheese

2 medium-size apples, cored and cut into small dice

75 g ($\frac{3}{4}$ cup) shredded or crumbled reduced-fat sharp cheddar cheese

2 tablespoons finely chopped dates

1. Place the cream cheese and cottage cheese in a blender or food processor and pulse several times until smooth. Transfer to a medium-size mixing bowl and stir in the remaining ingredients. Cover and chill about 2 hours or more.
2. Serve the spread with whole-grain crackers, or with raw vegetables and apple wedges as a dip.

Nutrition Per Serving

Calories 96

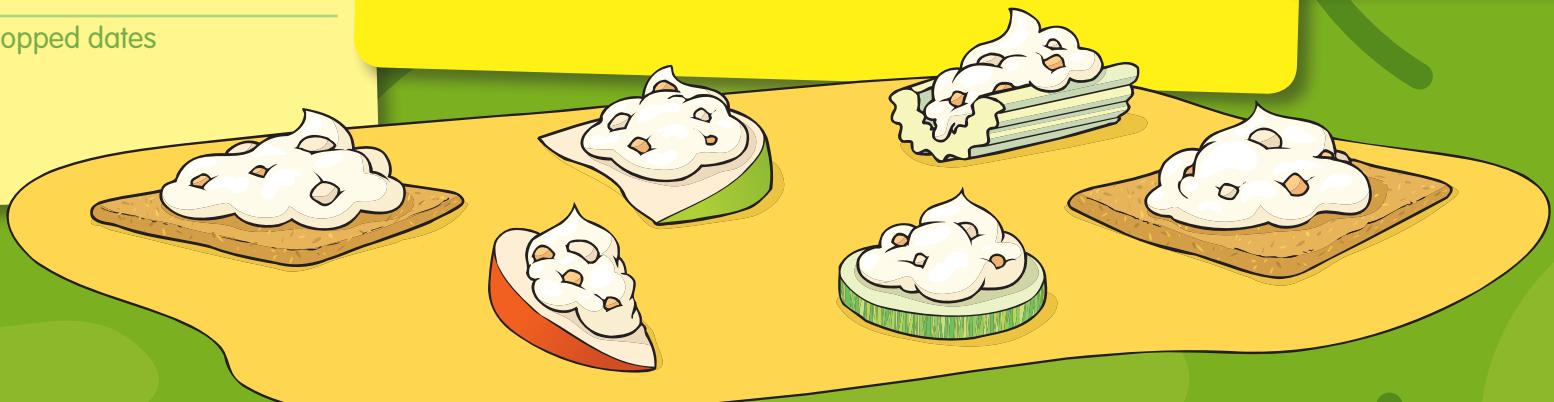
Total Fat 5g

Saturated Fat 3g

Carbohydrate 7g

Fiber 1g

Protein 6g



HAMMING IT UP ALMOND MOUSSE

This is a simple recipe that combines creamy and crunchy textures. Try this with your favorite dipable veggie for a light and fluffy flavorful snack. If you can find it, fig jam adds a wonderful flavor.

Serves: 6 / **Serving size:** 2 to 3 tablespoons

Preparation time: 15 minutes

2 tablespoons sliced almonds, toasted

115 g (4 oz) pound low-fat ham, diced

100 g (3 oz) reduced-fat cream cheese, softened

16 ml (1 tablespoon) lemon juice

16 ml (1 tablespoon) fig jam (optional)

In a food processor or blender, combine all the ingredients and process until smooth, about 1 minute. Serve with carrot or celery sticks or whole-grain crackers.

Nutrition Per Serving

Calories 89

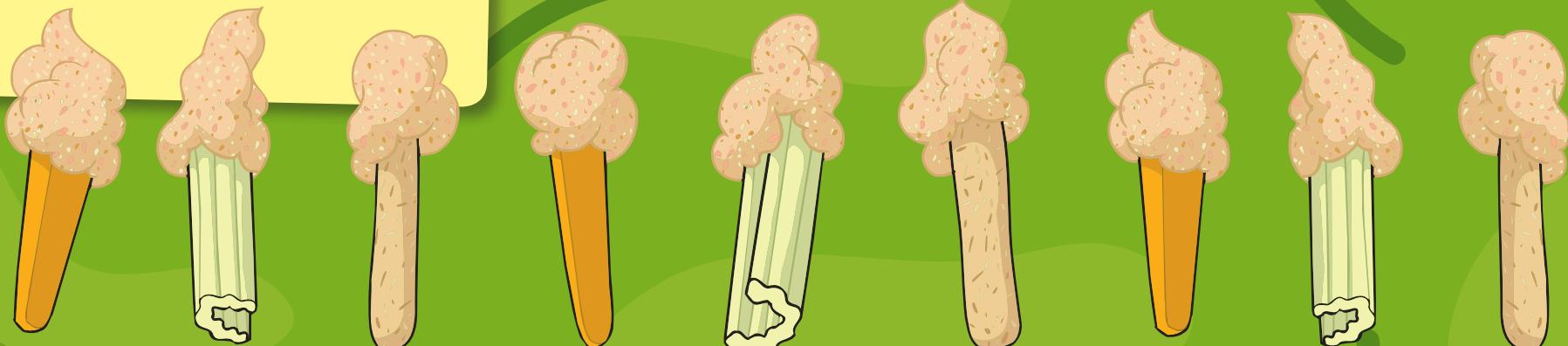
Total Fat 5g

Saturated Fat 2g

Carbohydrate 5g

Fiber 1g

Protein 8g



"THAT REALLY IS ITALIAN" INCREDIBLE ITALIAN DIP

Not all kids crave sweets, preferring a savory snack when hunger hits. After a long day at school, children will love this cheesy and savory dip spread on a vegetable or breadstick.

Serves: 6 / **Serving size:** 2 to 3 tablespoons

Preparation time: 20 minutes

110 g (½ cup) part-skim ricotta cheese

55 g (¼ cup) low-fat cottage cheese

32 ml (2 tablespoons) low-fat mayonnaise

32 ml (2 tablespoons) plain low fat yogurt

8 sun-dried tomatoes, softened and chopped

½ teaspoon dried basil

Salt and pepper to taste

In a food processor or blender, combine all the ingredients and process until smooth. Serve with raw vegetables or whole-grain breadsticks.

Nutrition Per Serving

Calories 56

Total Fat 3.5g

Saturated Fat 1g

Carbohydrate 4g

Fiber 1g

Protein 4g

