

The SummerTime Snack Attack!

Busy summer days are a great time to enjoy healthy, fun snacks. Since nutritious snacks help children get the nutrients they need to grow and stay healthy, teach your children to try some of these quick and healthful snack ideas. They are easy and fun to make:

Banana Pops:

Dip a peeled banana into yogurt then roll it in crushed breakfast cereal or graham crackers.

Lemonade Pie:

Mix 4 cups softened vanilla ice cream and one 6 ounce can frozen lemonade concentrate (thawed). Spoon into a prepared 9" graham cracker crust. Freeze until firm.

Quesadillas:

Sprinkle a flour tortilla with cheese. Fold in half and microwave until cheese melts. Serve with sour cream and salsa.

Peanut Butter Balls:

Mix peanut butter and corn flakes or crisped rice cereal in a bowl. Shape mixture into balls with clean hands, then roll balls in crushed graham crackers and serve with milk.

Apple Dillas:

Spread cream cheese and apple sauce on a tortilla. Sprinkle with cinnamon. Fold in half and heat until lightly browned in a saute pan coated with non-stick spray. Cut into wedges.

PB & J Roll Up:

Spread peanut butter and jelly inside a tortilla, and roll it up.

Bugs-On-A-Log:

Cut celery into 1-1/2 inch pieces. Fill with peanut butter. Top with raisins.

Mini Pizza:

Spread a toasted English muffin with 2 teaspoons of pizza sauce and 1-1/2 tablespoons of cheese. Top with your favorite toppings. Broil until the cheese melts.

Idaho Nachos:

Bake frozen french fries according to package directions. Put on a big plate and top with grated cheese, crumbled bacon and sliced green onion. Serve with Ranch dressing.

Snack Sticks & Dip:

Cut carrots, celery, zucchini, cucumbers, & cheese into sticks. Dip them in your favorite dip or salsa.

Yogurt Parfait:

Crush 2 graham crackers up. Put the crumbs into a bowl. Add your favorite fruit cut into bite size pieces. Add 1/2 to 1 cup of your favorite flavor of yogurt. Sprinkle with nuts on top.

Orange Float:

Put one scoop of vanilla ice-cream in a glass. Fill with orange juice. Enjoy!

Pita pocket filler ideas:

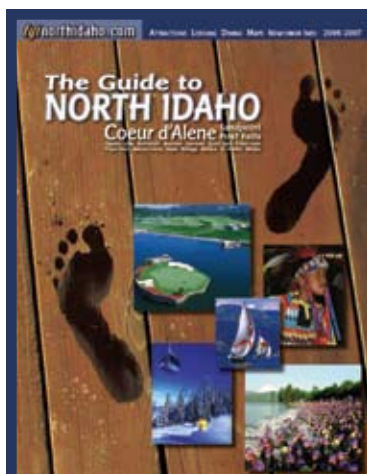
- Tuna, tomato, salad dressing, sunflower seeds.
- Chicken, cucumber, cheese, and cut grapes.
- Peanut butter, bananas, raisins, honey, and pickles.
- Cream cheese, sprouts, tomatoes, and cucumbers.
- Fresh strawberries, blueberries, huckleberries or any berry.

Pigs in a Blanket:

Place a hot dog and a slice of cheese on a crescent roll. Roll it up and bake according to the crescent roll package instructions.

Berry Smoothie:

Blend 1 cup berry yogurt, 1 cup of your favorite berries and 2 teaspoons frozen orange juice concentrate.



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