

CRUNCHY APPLE TREASURES

Makes 8 slices.

47 calories and 3 grams of fat per slice.

- 1 medium apple
- 3 Tablespoons peanut butter
- 3 Tablespoons crisp rice cereal



Cut apple into 8 slices. Combine peanut butter and cereal. Spread mixture on apple slices.

POTATO NACHOS

Makes 3 servings.

164 calories and 6.3 grams of fat per serving.

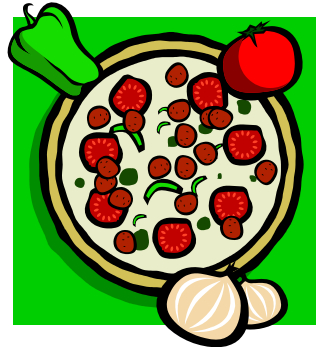
- 1 large potato, cut 1/8 inch thick, unpeeled
- ½ cup salsa
- ½ cup shredded Cheddar or "lite" Cheddar cheese

Arrange sliced potatoes in a 9-inch diameter glass pie plate, overlapping slices. Cover and microwave on high 4-5 minutes or until tender. Spread salsa on potatoes, then sprinkle cheese evenly over potatoes. Microwave, uncovered on high 1-2 minutes or until cheese melts. Can be served as a snack, appetizer, or accompaniment with a meal.

ENGLISH MUFFIN PIZZA

Makes 12 servings (1/2 muffin per serving).

116 calories and 3 grams fat per serving.



- 6 English muffins, split
- 1 cup tomato sauce or spaghetti sauce
- Seasonings (oregano, basil, garlic powder) to taste
- 1 cup chopped or sliced vegetables (such as carrots, celery, green pepper, onion, broccoli, cauliflower)
- 1 cup grated mozzarella cheese

Preheat oven to 350°. Place English muffin halves on ungreased baking sheet and spread each with sauce. Sprinkle with seasonings. Add vegetables; top with mozzarella cheese. Heat in oven or covered fry pan until cheese melts.

SNACK MIX

- 1 cup small snack crackers
- 2 cups unsweetened breakfast cereal (like Chex, Kix, or Cheerios)
- 1 cup peanuts (for children over 4 years)
- 1 cup pretzel sticks
- 1 cup raisins
- 1 cup chocolate chips



Choose 3 or more ingredients from the list above. Mix lightly. Serve in a small bag or cup.

FUNNY FACE SANDWICHES

- slices of bread (raisin or whole wheat are especially nice)
- peanut butter
- grated carrots
- raisins, bananas and other fruits

Spread bread with peanut butter and then make a face, using the "fixings"!



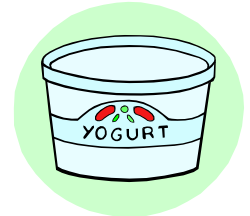
ORANGE FUNSICLES

Makes 6 servings. 70 calories per serving.

- 6 oz. frozen orange juice concentrate
- 1 juice can water
- 1 cup plain low-fat yogurt
- 1 teaspoon vanilla



Blend all ingredients and pour into ice cube trays or 4-ounce paper cups. Put a popsicle stick in each cup. Freeze several hours. Remove from ice cube tray or paper cup and serve.



DELICIOUS SMOOTHIE

- 2 cups milk
- 1 banana
- ½ - ¾ cup strawberries or kiwi or canned fruit (such as peaches)
- 2 cups orange fruit juice
- ½ teaspoon vanilla
- 2-4 ice cubes

Mix in blender until smooth. Sprinkle with nutmeg or cinnamon, if desired.

Healthy Snacks from MyPlate

Milk, Yogurt and Cheese

- lowfat or skim milk
- cheese
- lowfat yogurt
- frozen yogurt or ice milk



Meat, Poultry, Fish, Dry Beans, Eggs and Nuts



- Peanut butter
- Chili bean dip (recipe on back)
- hard cooked eggs
- tuna salad

Vegetables

Any vegetable, try these:

- carrot sticks
- red or green pepper strips
- fresh salsa with tomatoes and peppers
- raw vegetables: cauliflower, broccoli or celery
- vegetable juice



Bread, Cereal, Rice and Pasta

- tortillas
- plain popcorn
- cereal, hot or cold
- pretzels
- whole-grain bread or rolls
- bread sticks
- crackers



Fruit

Any fruit, try these:

- raisins
- oranges
- melon
- apples
- bananas
- fruit juice



Snack Recipes

Chili Bean Dip

Makes 15 servings (2 Tablespoons per serving)

- 2 cups cooked dried beans
or 1 can (16 ounces) pinto beans
- 2 Tablespoons chopped onion
- 1 teaspoon chili powder
- ½ cup shredded cheese



Mash beans in a bowl. Add onion and chili powder and shredded cheese. Serve warm or cold with raw vegetables or tortilla chips.

(1 serving has 45 calories and 1 gram fat)

Quesadillas

Makes 1 serving

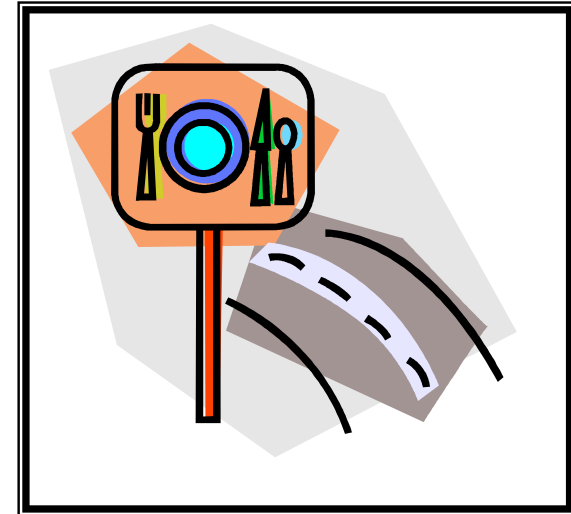
- 1 corn tortilla
- 2 Tablespoons shredded cheese
- Chilies cut into strips *or* salsa



Place the cheese and chili strips (or salsa) on a tortilla and fold in half. Place the tortilla in a pan. Cook on both sides until the cheese melts.

(1 serving has 128 calories and 6 grams fat)

Follow the Road to Healthy Snacks



FOOD WISE
Healthy choices, healthy lives.



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