


EATING WELL BUT COOKING LESS

SNACKS



**ANY DAY
OF THE
WEEK**

Menu Suggestion

Fruit/Granola Parfaits
Graham Crackers

Equipment Needed

- mixing bowl
- measuring cups
- measuring spoons
- mixing spoon
- cutting board
- knife
- 4 small glasses
- spoons



Shopping Tip

To lower fat content, use fat-free, ½% or 1% milk and low-fat granola.



Nutrition Tip

This snack provides a half serving of milk and 1 serving of fruit.



Food Safety Tip

Everyone needs to wash their hands before making and eating this snack.



Quick Tip

Put milk and pudding mix in a sealable container and shake to mix.



Other Creative Ideas

Use favorite pudding flavor. When in season, use fresh berries.

FRUIT/GRANOLA PARFAIT

Servings - 4

2 cups low-fat milk
1 box instant pudding mix
2 bananas or 1-15 oz. can of fruit
1 cup granola cereal

1. Mix up pudding.
2. Pick one fruit. Cut fruit into pieces.
3. Spoon 2 tablespoons of pudding into glass.
4. Add a layer of fruit.
5. Add a layer of pudding.
6. Add a layer of granola.
7. Add another layer of pudding.



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Menu Suggestion

Noisy Nibble Mix
Fruit Cocktail

Equipment Needed

- large microwave-safe bowl
- measuring cups
- measuring spoons
- rubber spatula or mixing spoon
- shallow pan
- airtight container



Shopping Tip

Watch sale ads and stock up on cereal when it is on sale.



Nutrition Tip

This snack mix is a great way to include more fiber in your

diet.



Food Safety Tip

Don't forget to wash and sanitize the inside of your microwave after each use.



Quick Tip

This recipe is also a great way to use up small, leftover amounts of cereal.



Other Creative Ideas

Add dried fruit or other types of nuts.

NOISY NIBBLE MIX

Servings - 15



2 tablespoons butter or margarine
1/3 cup chunk-style peanut butter
1 cup small twisted pretzels
1 cup peanuts
5 cups - bite-size shredded corn, wheat, rice, or bran squares; bite-size shredded wheat biscuits; or round toasted oat cereal

1. Put the butter or margarine and peanut butter into a large non-metal mixing bowl. Do not cover. Place in the microwave oven; set on full or high (100%) power. Set the timer for 1 minute and 30 seconds, if the butter is not melted and the peanut butter is not soft, micro-cook, uncovered, on high for 30 seconds more. Use a rubber scraper to stir until well mixed.
2. Add the cereal, pretzels and peanuts to the peanut butter mixture. Toss gently with 2 rubber scrapers until the cereal mixture is coated with the peanut butter mixture. Micro-cook, uncovered, on high for 6 minutes. Stir after 2 minutes and after 4 minutes.
3. Spread the mix in a large shallow pan to cool. Store in a tightly covered container. Makes about 7½ cups mix.

Source: Better Homes and Gardens, "Microwave Cooking for Kids".

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Equipment Needed

- can opener
- 8x8-inch micro-wave-safe dish
- small bowl
- large mixing bowl
- measuring cups
- measuring spoons
- mixing spoon



Shopping Tip

Keep canned fruit on hand for a quick dessert. To cut back on added sugar, choose fruit in water, juice or light syrup.



Nutrition Tip

This dessert contains a serving of fruit. It also is a good source of Vitamin A and an excellent source of Vitamin C.



Food Safety Tip

Canned foods can be stored for 12 months or longer in a cool area. Don't use dented, rusty or bulging cans.



Quick Tip

Take leftovers in your lunch.



Other Creative Ideas

Use other types of fruit such as apples or mixed fruit.

EASY PEACH CRISP

Servings - 8 (¾ cup)



3 cans (16 oz.) peaches, drained and sliced

3 tablespoons margarine

¼ cup flour

1 cups uncooked oats, quick or old fashioned

¼ cup brown sugar

½ teaspoon cinnamon

½ teaspoon nutmeg

1. Spray an 8-inch square glass baking dish with cooking spray and arrange peaches on bottom.
2. Melt margarine in a small glass dish in microwave for 45 seconds.
3. Mix flour, oats, brown sugar, cinnamon and nutmeg in a bowl. Add margarine and mix until crumbly.
4. Sprinkle mixture over peaches.
5. Microwave uncovered for 7-8 minutes.

Nutrition Facts

Serving Size (196g)
 Servings Per Container 8 - ¾ cup

Amount Per Serving
 Calories 240 Calories from Fat 45

	% Daily Value *
Total Fat 5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 50g	17%
Dietary Fiber 1g	5%
Sugars 7g	

Protein 3g

Vitamin A	30%	Vitamin C	8%
Calcium	2%	Iron	8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 · Carbohydrate 4 · Protein 4



“Let me help.”

Kids can help with mixing. Teach microwave safety as pans in a microwave get hot. Use dry hot pads to remove the peach crisp for cooling.



Snack Time/ Family Time

Time snacks so that kids will be hungry at mealtime. Allow 2-3 hours between meals and snacks.

K-STATE
 Research and Extension



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Equipment Needed

- large bowl
- mixing spoon
- can opener



Shopping Tip

Stock up on canned fruit when on sale.

Mix and match to suit your taste.



Nutrition Tip

Pudding Fruit Cups turn fruit into a great dessert. If watching sugar, use “No Sugar Added” instant pudding and fruit in lite syrup or juice pack.



Quick Tip

For an instant dessert, chill cans of fruit ahead of time.

Pudding mix will thicken in a couple of minutes.



Other Creative Ideas

Besides vanilla instant pudding, you could use lemon, pistachio or any other flavor that you like.

SNACKS

PUDDING FRUIT CUP

Servings - 8 (1 cup) or 15 (½ cup)



- 1 can (11 oz.) mandarin oranges, drained
- 1 can (16 oz.) fruit cocktail, drained
- 1 can (20 oz.) pineapple tidbits, undrained
- 1 box (3.5 oz.) instant vanilla pudding
- 2 bananas

1. In a large serving bowl, combine fruits.
2. Stir in dry pudding; mix well. Cover and refrigerate.
3. Just before serving, slice bananas and stir into salad.

Nutrition Facts

Serving Size (210g)

Servings Per Container 8 - 1 cup

Amount Per Serving

Calories 160 Calories from Fat 0

% Daily Value *

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	190mg	8%
Total Carbohydrate	43g	14%
Dietary Fiber	2g	10%
Sugars	37g	
Protein	1g	

Vitamin A	8%	Vitamin C	30%
Calcium	0%	Iron	4%

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Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 · Carbohydrate 4 · Protein 4



“Let me help.”

Let children sprinkle in the pudding mix and stir.



Snack Time/ Family Time

Children need 2-3 snacks each day besides 3 meals. If mealtime has been too hectic, take a few minutes to eat a snack with your child and relax.

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Equipment Needed

- mixing bowl
- measuring spoons
- mixing spoon
- small bowls
- spoons



Shopping Tip

Yogurt contains more live active cultures the fresher it is. Check dates on the container.



Nutrition Tip

This snack is low in fat and a good source of calcium.



Quick Tip

Keep this snack mixed up and in the refrigerator so that kids can help themselves at snack time.



Other Creative Ideas

Use dried cranberries or other dried fruits, and other nuts such as sliced almonds.

SUPER YOGURT

Servings - 4



- 2 - 8 oz. cartons plain low-fat yogurt
- 1 cup chopped fruit
(apples, berries, peaches or bananas)
- ½ cup raisins, nuts or sunflower seeds
- 2 tablespoons lemon or vanilla instant pudding mix

1. Mix all ingredients.
2. Refrigerate or serve immediately.

NOTE: Calories and nutrient value were calculated using 1/4 cup raisins, 1/4 cup sunflower seeds and 1 cup bananas. Caloric count will depend on ingredients used.

Nutrition Facts

Serving Size (177g)

Servings Per Container 4

Amount Per Serving

Calories 210 Calories from Fat 60

% Daily Value *

Total Fat	6g		10%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	180mg		8%
Total Carbohydrate	33g		11%
Dietary Fiber	2g		9%
Sugars	27g		
Protein	9g		
Vitamin A	2%	Vitamin C	8%
Calcium	25%	Iron	6%

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Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 · Carbohydrate 4 · Protein 4



“Let me help.”

Kids can make this recipe with some supervision.



Snack Time/ Family Time

Although kids may make a mess when cooking, they are more likely to eat what they make, which makes mealtime and snack time more pleasant.

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RECIPE BASICS

Equipment Needed

Basic Rice

- measuring cups
- large sauce pan
- mixing spoon

Convenience Mixes

- rice
- seasonings
- bouillon
- airtight containers
- jars or zip-lock bags
- tape for labeling



Shopping Tip

Rice mixes can be expensive. Refer to recipe examples to make your own rice mixes.



Nutrition Tip

Enriched white rice is a good source of iron and B-vitamins. Rice is rich in carbohydrates and low in fat and sodium. Brown rice is higher in fiber.



Food Safety Tip

Cooked rice is a potentially hazardous food. Divide leftovers into small containers and refrigerate promptly. Use within 4 days.



Quick Tip

Rice is a quick and easy side dish. Generally, put your rice on to cook first and then finish preparing the rest of the meal. The rice should be done when you are ready to eat.

BASIC RICE

2 cups water or broth
1 cup rice

1. In a large saucepan, bring water or broth to a boil.
2. Add rice, stir. Reduce heat to low.
3. Add lid. Do not lift lid or stir while cooking.
4. Cook 15-20 minutes. Rice should be dry, fluffy, firm but tender.

CONVENIENCE RICE MIXES

Seasoning Suggestions:

ginger	garlic	onion	paprika
cinnamon	curry	mint	rosemary
parsley flakes	celery seed	oregano	Season All
lemon pepper	chili powder	hickory salt	
dried vegetables			

Recipe Examples:

Beef Rice

1 cup rice
4 tsps beef bouillon
1 tsp dry onion bits
¼ tsp garlic salt

Cinnamon Rice

1 cup rice
½ cup raisins
1 tsp cinnamon

Curried Rice

1 cup rice
1 tsp curry

Chicken Rice

1 cup rice
4 tsps chicken bouillon
1 tsp dry onion bits
¼ tsp paprika
½ cup sliced almonds

Spanish Rice

1 cup rice
½ tsp chili powder
¼ tsp paprika
1½ tsps dry onion bits
2 tsps parsley flakes

Ginger Rice

1 cup rice
4 tsps beef bouillon
1 tsp ginger
1 tsp parsley flakes
1 tsp dry onion bits

1. Make sure all containers are clean and completely dry.
2. Measure rice, spices and bouillon directly into the container.

RICE MIX SUGGESTIONS

FOR SIDE DISHES

2 cups water or broth

1 package convenience rice mix

1. Mix water and convenience mix in a 2 quart sauce pan.
2. Bring to a rolling boil, then lower the heat to simmer (low boil).
3. Cover with lid and simmer for 15 minutes or until water is absorbed and the rice is tender.

FOR SOUP

4 cups water

1 package convenience mix

1. Mix water and convenience mix in a 2 quart sauce pan.
2. Bring to a rolling boil, then lower the heat to simmer (low boil).
3. Cover with lid and simmer for 15 minutes or until water is absorbed and the rice is tender.
4. **OPTIONAL:** Add bite-size pieces of meat or vegetables if desired.

FOR A MAIN DISH

Add bite-size pieces of cooked beef, pork, chicken, or turkey. This is a good...



Other Creative Ideas

Rice can be used for a breakfast cereal, a salad, a side dish or as part of a soup or main dish.



"Let me help."

Homemade rice mixes make great gifts for teachers, childcare providers or neighbors especially if kids help make them.

Nutrition Facts

Serving Size (110g)

Servings Per Container 6 - 1/2 cup

Amount Per Serving

Calories 110 Calories from Fat 0

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 25g 8%

Dietary Fiber 0g 0%

Sugars 0g

Protein 2g

Vitamin A 0% Vitamin C 0%

Calcium 2% Iron 8%

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