

Ants on a Log

Ingredients:

2 celery sticks
4 tablespoons peanut butter
20 raisins

Directions:

Wash and dry the celery and cut it into pieces about four inches long. Spread the peanut butter in the u-shaped part of the celery, from one end to the other. Press the raisins into the peanut butter. These ants you may bring to a picnic! Makes 4 servings.

Banana Caterpillar

Ingredients:

1 large banana
1 tablespoon peanut butter
2 raisins

Directions:

Peel the banana and cut crosswise into round slices. Spread peanut butter on one cut side of each slice. Stick all the slices together. Add raisins with peanut butter to one of the banana ends for the caterpillar's eyes. Place in mouth, not in garden. Makes one large serving.

Cucumber Canoes

Ingredients:

1 cucumber

4 tablespoons cream cheese, softened

Green onion strips, or chives cut into 2-inch lengths

Directions:

Peel the cucumber. Cut in half lengthways and hollow out center. Stuff both sides with softened cream cheese and chill. Cut cucumber into thick slices and place green onion strips or chives along sides, like oars.

Dino Dessert

Ingredients:

- 1 slice of watermelon
- 3 strawberries, washed and sliced in half lengthwise
- 2 orange slices, cut in half crosswise
- 1 raisin
- 1/3 small banana, sliced in half lengthwise

Directions:

Put a slice of watermelon on a plate with the flat side on the bottom (the dinosaur's body). Put the strawberry halves along the top outside edge of the rind (for his plates). Then use half an orange slice for the head (rind side towards the top) and a raisin for the eye. Take the other half of the orange slice and separate the segments, do not cut through the peel. (This is your dinosaur's tail.)

Place the banana "legs" below the watermelon. Makes one large dinosaur!

Edible Spiders

Ingredients:

8 3-inch round whole-grain crackers
4 tablespoons peanut butter
32 pretzel sticks
8 raisins

Directions:

Spread peanut butter on four crackers. Place eight pretzel sticks into the peanut butter to make the eight legs of the spider.

Place the other cracker on top to make a sandwich. Using peanut butter, stick the raisins on top of the sandwich to make the spider eyes. Makes four spiders.

Fish Food

Ingredients:

- 1 6oz bag plain or cheddar cheese, bite size, fish shaped crackers
- 1 6oz bag dried cranberries
- 1 7oz bag dried apricots
- 1 cup dry roasted peanuts (optional)

Directions:

In a medium mixing bowl combine all ingredients. Store in an airtight container. This is a great summer time snack by the pool or at the beach.

Graham Cracker Stoplight

Ingredients:

- 2 graham crackers
- 2 tablespoons peanut butter
- 1 strawberry, washed, dried and cut in half
- 2 small orange slices, rinds removed
- 2 large seedless green grapes, washed, dried and sliced

Directions:

Put three circles of peanut butter on each graham cracker. Add a strawberry half on the top of each for “STOP”. Place an orange slice in the middle for “SLOW”. Add green grape slices on the bottom for “GO”. Now you have the green light to take a bite! Makes two servings.

Ham and Cheese Muffin/Bagel

Ingredients:

- 1 whole-grain English muffin or bagel
- 2 slices of ham
- 2 slices of low-fat cheese

Directions:

Break muffins or slice bagel in half and cook in toaster. Place on microwave-proof dish. Place a slice of ham and a slice of cheese on top of each half. Heat in microwave until cheese melts (approximately 15-20 seconds on high). Allow to cool slightly before eating. Makes two servings.

Ice Cream in a Bag

Ingredients:

Ice cubes
6 tablespoons rock salt

1 tablespoon sugar
½ cup milk or half-and-half
¼ tsp vanilla extract

Directions:

Fill a gallon sized zip type plastic bag full of ice and then add the 6 tablespoons of rock salt. Seal the bag.

Put milk, vanilla extract, and sugar into pint size zip type plastic bag, and seal it. Place the small bag inside the larger one with ice and seal again carefully. Shake until mixture is ice cream, about 5 minutes. Wipe off top of small bag, then open carefully and enjoy! Makes one serving.

Jack Rabbit Salad

Ingredients:

2 lettuce leaves, rinsed and patted dry
2 canned pear halves (drained)
½ cup low-fat cottage cheese
6 raisins
4 whole almonds
2 baby carrots

Directions:

Place one lettuce leaf on each plate. Place pear half cut side down onto the lettuce leaf. Place approximately ¼ cup cottage cheese at the bottom (or wide end) of the pear half for the bunny's tail.

Place two raisins on the narrow end of the pear for the eyes and one for the nose.

Add two whole almonds for his ears. Put a baby carrot by the bunny's mouth. Enjoy you Bunny Salad any time of the year! Makes two salads.

Kid's Kabobs

Ingredients:

Small bite size pieces of various fruits such as strawberries, melons, pineapple, grapes, apples, kiwi

Bamboo skewers

Yogurt for dipping (optional)

Directions:

Place small pieces of cut-up fruit on bamboo skewers, alternating the fruit and the colors.

Serve with yogurt dipping sauce.

Lettuce Tacos

Ingredients:

Large romaine lettuce leaves, washed, and patted dry

Your favorite salad dressing

Your favorite salad vegetables (chopped carrots, cucumbers, tomatoes, or red peppers)

Croutons

Directions:

Take your lettuce leaf and drizzle some of your favorite salad dressing down the middle. Thicker dressing, like ranch, works better because it won't run down your arm when you are eating your lettuce boat.

Now sprinkle on your favorite chopped vegetables. Add a few croutons.

Fold one side of lettuce over the vegetables and then fold the other side over like a salad burrito. Now your lettuce boat is ready to eat. You will need to eat it right away so the croutons don't get soggy. It can be a little messy so you might want to eat it over a plate.

Monkey Milkshake

Ingredients:

1 cup milk
¼ cup peanut butter (crunchy or smooth)
1 ripe banana
2 teaspoons sugar
4 ice cubes

Directions:

Combine all ingredients, except ice cubes, in blender and blend until smooth. Add ice and blend just until ice is crushed. Pour into two glasses and serve immediately.

Nature Mix

Ingredients:

1 cup dry roasted peanuts
1 cup mixed nuts
1 cup chocolate candies
1 cup raisins

Directions:

Combine all ingredients into large bowl or baggy. This is great for traveling, field trips, or just taking to the park. Makes four cups.

Orange Banana Sunrise

Ingredients:

3 cups orange juice
¼ cup honey
2 medium bananas, sliced
ice cubes
cranberry juice cocktail

Directions:

Place orange juice, honey and bananas in blender. Add ice cubes until mixture measures 6 cups. Cover and blend on low speed for 30 seconds or until smooth.

Pour juice mixture in glasses, pour cranberry juice on top.

The cranberry juice cocktail slowly sinks down into the slushy orange juice mixture to resemble a beautiful sunrise.

Peachy Pooch

Ingredients:

1 canned pear half
2 canned peach slices
¼ cup shredded coconut
2 raisins
1 small strawberry

Directions:

Cut each peach slice in half lengthwise. Place pear half, flat side down on paper plate. Add one peach slice to each side of pear for puppy ears. Add coconut on top of the pear and peach slices (puppy's fur). Add 2 raisins for the eyes and a strawberry for the nose. May be served on lettuce leaf.
Makes one Pooch.

Quick Purple Cow

Ingredients:

1 cup grape juice
2 cups lite vanilla ice cream (about 4 scoops)
1 cup lemon-lime soda (approximately)

Directions:

Put grape juice and ice cream into blender and blend for 15 seconds or until well mixed. Fill small paper cups about half full of this mixture, then add about 2 oz soda in each cup. Serve immediately. Makes four drinks.

Red Apple Smiles

Ingredients:

1 apple, washed and dried
3 tablespoons peanut butter
¼ cup miniature marshmallows

Directions:

Cut the apple in half and core. Slice the apple into 4 or 6 wedges. Take half of the wedges and spread peanut butter on one of the cut sides. Take 5 or 6 miniature marshmallows and place on top of peanut butter. Spread the other half of the apple wedges with peanut butter and place peanut butter side on top of the marshmallows. Say cheese! Makes 3 or 4 servings.

Sunshine Salad

Ingredients:

- 4 slices of pineapple
- 4 orange slices, divided into segments
- 1 4-ounce container of low-fat vanilla or lemon yogurt

Directions:

Put one slice pineapple onto a plate. Place a dollop of yogurt in the middle of the pineapple slice. Place the orange segments on the outside of the pineapple slice, like the rays of the sun. Serve on lettuce leaf, if desired. Makes four sunshine salads.

Turkey Twirl

Ingredients:

1 (10 inch) whole-wheat or high fiber flour tortilla
1 to 2 tablespoons low-fat mayonnaise
1 slice natural turkey breast, thinly sliced
1-2 slices low-fat cheese
3 tablespoons shredded lettuce
2 tablespoons shredded carrot

Directions:

Spread mayonnaise on tortilla. Layer turkey, cheese and shredded carrot on top of tortilla. Roll up and gobble gobble. Makes one large turkey twirl.

United States Toast

Ingredients:

2 slices of whole-grain bread
2 tablespoons low-fat cream cheese, softened
2 tablespoons strawberry jam or all-fruit spread
12 fresh blueberries, rinsed and patted dry

Directions:

Toast the bread. Spread softened cream cheese to cover the toast. Using a butter knife, make three stripes of strawberry jam or all-fruit spread crosswise on top of the cream cheese. Place two rows of three blueberries in the upper left hand corner of the toast. There's your flag! Enjoy! Makes two servings.

Vanilla Cream Smoothie

Ingredients:

1 cup low-fat evaporated milk

1 cup vanilla yogurt

2 fresh peaches, washed, peeled, and sliced (pit removed); or 1 cup frozen peach slices.

1 tablespoon sugar

½ cup ice cubes (not necessary if using frozen peaches)

Directions:

Add all ingredients into blender and blend until smooth. Makes two smoothies.

Wild Swamp Salad

Ingredients:

2 cups natural (unsweetened) applesauce
½ cup dry-roasted peanuts
½ cup raisins
½ cup miniature marshmallows

Directions:

Mix everything together in a medium bowl. Serve immediately. (Pretend you are a Brachiosaurus hiding in a swamp from a fierce meat-eating dinosaur.) Makes four to six servings.

X-Ray Gelatin

Ingredients:

- 1 6-ounce package flavored gelatin (regular or sugar-free flavored gelatin)
- 2 cups water
- 1 12-ounce can frozen raspberries, strawberries, mandarin oranges, or other fruits (natural fruit juices or light fruits)
- 1 20-ounce can crushed pineapple, drained

Directions:

Boil water. Stir gelatin into the water until dissolved. Add frozen berries, or other fruits and thaw them in flavored gelatin. Add pineapple. Pour into 9 x 13 inch pan. Let set over night or make early in the morning for dinner. Cut gelatin into X shapes, one per child. Kids will be able to see inside their snack just like an X-ray.

Yogurt Fruit Dip

Ingredients:

¼ cup strawberry or peach preserves or all-fruit spread
1 cup low-fat plain yogurt
1/8 teaspoon ground cinnamon
3 cups apple, pear, or peach slices

Directions:

Cut up any large pieces of fruit in the preserves. In a small mixing bowl, stir together preserves or all-fruit, yogurt and cinnamon. Cover and chill for 1 hour or overnight.

Serve with assorted fruit slices. Great for playdates. Serves a small crowd.

Zig-Zag Toast

Ingredients:

3 teaspoons milk
1 drop each of red, blue, and yellow food coloring
2 slices whole-grain bread
Butter

Directions:

Pour a teaspoon of milk into 3 separate cups. Add a drop of red food coloring to the first cup, yellow to the second cup, and blue to the third.

Next dip a small (1/2-inch wide) pastry or paint brush into each of the milk colors and paint zig-zag stripes on a piece of white bread. Toast and then butter the bread.