

Recipes: Smart Snacks

Fruit Dip

Mix together: 1 cup low fat cottage cheese
3 tablespoons orange juice concentrate
dash of nutmeg

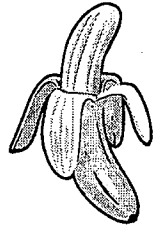
Use as a dip for your favorite fruit.

Banana-Sicle

Freeze a very ripe banana half on a stick. Dip in yogurt and sprinkle with crushed nuts, cereal or wheat germ.

Banana Milk

Blend: 1 cup milk
1 ripe banana, mashed
1/8 teaspoon vanilla
dash cinnamon



Applesauce Toast

Spread whole wheat toast with applesauce and sprinkle with cinnamon.

Apple Juice Frosty

Combine: 1 cup vanilla ice cream
2 cups apple juice
dash cinnamon

Beat until foamy. Pour into glasses.

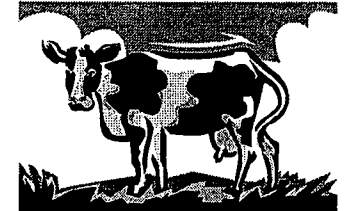
Frozen Yogurt Pops

Blend: 2 cups yogurt
1 6 oz. can frozen fruit juice concentrate
2 teaspoons vanilla

Spoon into small paper cups and insert wooden ice cream spoon, plastic spoon or popsicle stick and freeze. You can also freeze plain applesauce, crushed pineapple, fruit juices or drained, pureed fruits this way.

Kabobs

Skewer on a toothpick or pretzel:
raw fruit and vegetable chunks
cheese cubes
dried fruit
meat cubes



Purple Cow

Blend: 2 cups vanilla ice cream, softened
3 tablespoons frozen grape juice concentrate, thawed
1 cup milk

Ants on a Log

Fill celery stick with peanut butter or cheese and top with raisins or peanuts.



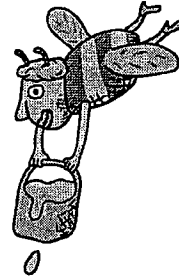
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Honey Milk Balls

Combine in bowl:

- 1/2 cup honey
- 1/2 cup peanut butter
- 1 cup dry milk
- 1 cup uncooked rolled oats

Mix well, then shape into small balls. Makes 2 dozen.



Cereal Party Mix

- Mix:
- 1/4 cup margarine, melted
 - 1 tablespoon Worcestershire sauce
 - 1 teaspoon seasoning salt
 - 1/4 teaspoon garlic powder

- Add:
- 1 1/2 cups nuts or pretzel sticks
 - 5 cups cereal, mixed of your choice

Toss until well coated. Bake in 275° oven for 45 minutes, stirring occasionally.

Finger Jello

- 1 (12 oz) can frozen grape, apple or orange juice concentrate, thawed
- 3 envelopes unflavored gelatin
- 1 1/2 cups water

Soften gelatin in juice. Boil water, add the juice/gelatin mixture and stir until gelatin dissolves. Remove from heat. Pour into lightly greased 9" x 13" pan and chill. Cut into squares when firm. Refrigerate.

Pizza Bread

Toast bread. Spread with pizza sauce. Top with mozzarella or American cheese. Place on cookie sheet and broil until cheese is melted.



Orange Smoothie

- Mix:
- 1 1/2 cups milk
 - 6-ounce can of frozen orange juice concentrate, thawed
 - 1 1/2 cups water
 - 1 1/2 teaspoons vanilla

Treasure Log

Spread a thin slice of ham, luncheon meat, or turkey with mustard or salad dressing, then roll around a bread or pretzel stick or dill pickle spear.

