

**WCCA
Presents**

**Healthy Snacks
for Children**

2010

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Many thanks to all who brought snacks to share.

Apple Bran Muffins

1 1/4 cup natural bran (I used grape nut cereal)
1 cup of flour
1/2 cup of brown sugar
2 1/2 † baking powder
1/2 † cinnamon

1/2 cup milk
1/3 cup vegetable oil
2 eggs
1 apple peeled and chopped

Preheat oven 350. Grease 2 mini muffin pans. Stir together first five ingredients in a bowl. In a separate bowl beat together milk, oil and eggs. Add milk mixture to bran mixture. Stir. Then fold in apple. Spoon into muffin pans. Bake 12 - 15 minutes.

Banana Bread

1/2 c. sugar / 1/4 c. brown sugar
3 large mashed bananas
3/4 c. Vegetable oil
2 eggs
2 c. All- Purpose flour
1 teaspoon baking soda
2 teaspoons vanilla
1/2 teaspoon baking powder
1/2 teaspoon salt
1/2 c. chopped nuts (optional)

Preheat oven to 325 degrees
Grease loaf pan, 9x5 pan or 2 small loaf pans with shortening using a pastry brush.
Mix sugar, oil and eggs in a large bowl with a wooden spoon. Stir in remaining ingredients. Pour into pan (s).
Bake until a wooden pick inserted in center of the bread comes out clean, about 60-70 mins. Small pans 40-50 mins.
Let cool 10 mins, then loosen sides and remove from pan. Let cool completely before slicing.

Candy "Sushi" (Second Place Prize winner)

Serves 4

1 tablespoon butter, cut into pieces

12 marshmallows

2 c. puffed rice cereal (like rice krispies)

6 fruit roll-ups (pressed dried fruit rounds type, 6 inches wide)

6 strips red licorice cut in half

Melt butter in a medium saucepan over low heat and add marshmallows. Stir marshmallows until completely melted. Remove mixture from heat and add cereal. Stir to coat cereal evenly in melted marshmallows.

Roll out the fruit roll-ups. Place a few spoonfuls of the coated cereal onto each fruit roll-up and gather toward one side of the roll-up. Press 2 licorice twists onto cereal mix. Wrap and roll the candy and fruit roll-up so that the finished product resembles a sushi roll. Shimmy the licorice around so that they are in the center of the roll.

Place a sharp knife into a bowl of very warm water. Cut candy sushi with warm knife into 2" "sushi" rolls and arrange pieces on a plate. The candy sushi looks like a big platter for California sushi rolls? This is one trick that makes a tasty treat!

From Oprah.com on March 18, 2010 Created by Rachael Ray

Fruit Dip

8 oz. Cream Cheese Softened

7 oz. Marshmallow Fluff

Stir together! Serve with various fruits.

Fruit Salad Cone (Second Place Prize Winner)

Jumbo Ice Cream Cups

Fruit Salad or chopped fruit (apple, banana, grapes, etc)

Yogurt (any flavor)

Put fruit salad or chopped fruit in cone. Pour a few spoonfuls of yogurt over the top. Place 1-2 small pieces of fruit on top of the yogurt.

Fruit Smoothie Dip

4oz softened cream cheese

4oz peach yogurt

Large handful of strawberries

1 banana

Mix all ingredients together

Serve with crackers or fruit

You can experiment with different types of berries and flavors of yogurt.

Gold Coins

Ingredients for one:

3 round crackers

3 banana slices

Honey (optional)

Green sugar crystals

Put 3 crackers on plate next to each other. Squeeze a drop of honey onto each cracker. Put one banana slice on each cracker. Sprinkle with green sugar crystals.

Party Pleaser Pinwheels - Sushi style

Serves 1

1 (7 inch) flour or whole wheat tortilla
2 teaspoons mayonnaise
1 slice bologna or other lunch meat
1 cheddar cheese stick or American cheese stick
Ketchup (optional)
Mustard (optional)

Spread mayonnaise on tortilla. Place lunch meat on top. Starting at one end, roll cheese stick in lunch meat lined tortilla to form a cylinder shape. Slice into 1 inch pinwheels. Serve with ketchup and/or mustard in desired.

Springtime Nests (First Place Prize Winner)

$\frac{1}{4}$ c. margarine
2 c. marshmallows
4 c. chow mein noodles

Melt butter and marshmallows in pan. Stir in noodles. Press into baking cups (as a nest shape) and refrigerate until firm. Fill with candy eggs.

Sweet & Sticky Monkey Bread

2 tubes of homestyle biscuits
 $\frac{1}{2}$ c. sugar
4 teaspoons cinnamon
 $\frac{1}{2}$ c. butter - melted
1 c. brown sugar

Open tubes of biscuits and cut each biscuit into fourths. Combine $\frac{1}{2}$ cup of sugar and 2 teaspoons of cinnamon in a medium bowl. Roll each biscuit quarter into the sugar-cinnamon mixture. Place the sugar coated biscuits into an angel food cake pan (spray with butter first) Sprinkle with 1 cup of brown sugar and last 2 teaspoons cinnamon. Pour melted butter over top before baking in a preheated 350 degree oven for 45 minutes. Set aside and allow to cool. Remove from cakepan and set on serving plate. Pull off sections to eat.

Trail Mix

2 c. Cheerios (any type)
2 c. Wheat Chex
2 c. Corn Chex
2 c. Rice Chex
2 c. sm. Cheese crackers
2 c. raisins
2 c. M & M's plain candies
2 c. mixed nuts or peanuts

Mix all together in a large bowl and put in air-tight containers. Great snack for traveling. Something kids can do to get ready for the trip. Can substitute any dry cereal.

Tuna Dip

1 large can of tuna with oil
1 small onion chopped finely
1/3 cup parsley
1/4 cup Worcestershire sauce
1 8oz soften cream cheese

Place all ingredients in mixing bowl. Beat with mixer till creamed. Chill 1 hour. Serve with crackers or celery.

Notes