

healthier snacks make
happier smiles



Check out our one-minute snack ideas.

'mom be nimble, mom be quick'

ONE-MINUTE SNACK RECIPES

Tom The Piper's Son's Freeze: Take two graham cracker squares and spread peanut butter on both halves. Place 3-4 slices of banana on top of the peanut butter of one half and cover with the other half (peanut butter side in). Wrap in plastic wrap and freeze. Serve frozen.

Little Jack Horner's Dip: Combine 1 cup plain yogurt with 1 cup salsa. Chill and serve with cut veggies.

Little Miss Muffet's Mix: Toss light microwave popcorn with Cheerios™, dried fruit bits, pretzel twists, and roasted, unsalted peanuts. (For children over three.)

Georgie Porgie's Graperfection: Freeze red and green grapes. Serve cold. (Cut grapes in small pieces for children under three.)

Jack Sprat's Parfait: Put 1/3 of one (8-oz.) container of low-fat vanilla yogurt in a paper cup or medium-size glass tumbler. Top with 1/2 cup chopped fruit or blueberries and 2 tablespoons of Grape-Nuts®. Repeat layering.

Humpty Dumpty's Pops: Combine 1 (15-oz.) can pear halves or slices and 1 small carton (6-8 oz) of low-fat vanilla yogurt in a blender. Process until smooth. Divide mixture evenly into paper cups and insert craft stick in center of each pop. Freeze until firm—about 3-4 hours.

Jack and Jill's Zucchini Hill: Slice zucchini into rounds. Sprinkle with Monterey Jack cheese and chopped red bell pepper. Microwave on high for 1 minute or until cheese melts

Simple Simon's Sundae: Place 2 tablespoons creamy peanut butter in a small microwave-safe dish. Heat until melted—about one minute. Drizzle over 1/2 cup frozen yogurt.

Little Bo Peep's Banana Split: Halve banana lengthwise. Spread 1 half with 2 tablespoons peanut butter. Press in 2 tablespoons of cornflakes or other cereal of your choice. Top with other banana half and cut in half.

Old King Cole's Mini-kabob: Cut cheese into cubes—about the size of dice. Slide 1 grape and 1 piece of cheese on a toothpick. Repeat with remaining cubes of cheese and grapes. (For children under 3, cut grapes in half.)

Little Boy Blue's Waffle-wich: Toast multigrain waffles. Layer with peanut butter, jelly, and banana slice. Top with another waffle. Cut into four pieces.

Queen of Hearts' Desire: Spread 2 tablespoons of pasta sauce on a bagel half. Sprinkle with shredded mozzarella cheese. Bake in toaster oven or broil in the oven until cheese is brown.