

Mom, I 'm Hungry!

(Not Again! Get Back to School!)

My children eat like food is going out of style. They all have voracious appetites. Being a health conscious mom, I prefer for them to eat nutritious things. I know I get less frustrated with the continual “Mom, I’m hungry” statement when I have some quick and healthy snacks on hand. This way I know I can say to them, “Oh, go grab a fill-in-the-blank to munch on while you finish your literature.” Or, I can use it as a motivator, “As soon as you have finished this page, you can have a _____”. With these thoughts in mind, I decided to share a few of my quick and healthy snack ideas with you. I am always on the lookout for good ideas!

1. Make up your own trail mix
2. Thinly slice apples and sprinkle with pumpkin pie spice
3. Make AntHills ... by pressing in a few raisins in the top of a healthy muffin.
4. Dip various fruits in vanilla yogurt.
5. Make Ants on a Log by spreading peanut butter in a celery stalk and topping with raisins or currants.
6. Lightly sprinkle flour tortillas with water, sprinkle over cinnamon and sugar and bake at 400 until slightly crispy.
7. Use bamboo skewers to make Fruit Kabobs or Vegetable Kabobs. Try a fruit or veggie you have never tried before.
8. Make homemade popsicles. You can make any flavor imaginable that way. . .
 - Grind up pineapple and bananas in the blender
 - Use any flavor juice
 - Add blueberries to juice before freezing
 - Try any of the fruit drinks from this book
9. Melt Pepper-Jack cheese in flour tortillas in the microwave.
10. Vegetables and dip. (Always a winner!) Try different flavors of dip. Dill weed, garlic salt and lemon juice mixed in sour cream or nonfat plain yogurt is great. Chili powder, cumin, garlic salt and onion powder make a great Mexican dip.
11. Add garlic and onion to cream cheese. Serve with crackers, pretzels and veggies.
12. Have fruit starting to spoil? Cut off blemishes, puree in blender, layer in a dish with yogurt.

13. Frozen Mango chunks are a favorite treat.
14. Bugs Bunny Carrots are easy. Peel a carrot; hand to child and say “what’s up doc?” (Sometimes they get tired of carrot sticks; this gives a bit of variety, and is easier than making sticks anyway!)
15. Chips and salsa
16. Stuff Mini Taco Shells with cheese and various veggies and olives. Serve with salsa for dipping.
17. Cut up melons for a fruit salad.
18. Cut up any other fruits, and or berries for an entirely different fruit salad.
19. Try bagels or toast with a variety of jams, honey, and spreads to try out.
20. Build your own open face sandwich. Be creative. Try some of these:
 - Cucumbers Radishes
 - Pickles Mayo
 - Mustard Dill
 - Chives Peppers
 - Tomatoes Cold boiled potatoes
 - Lettuce Salad dressing
 - Cream cheese Grated carrot
 - Raisins Red onion

Encourage the kids to make silly faces or animals on their sandwich. In order to get really cool faces, they will often choose things they otherwise might not eat.

Hope this gets you some good ideas to start with. See below for more easy recipe ideas that you or your kids can make. Happy eating!

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Mom's Great grated apple salad

5 med. Apples-grated
1 can fruit cocktail (NO Sugar added)
Cinnamon to taste

Drain 2-3 TBS of juice from fruit cocktail and Drink or discard that juice. Mix grated apples and fruit cocktail together in a medium size glass bowl. Sprinkle with cinnamon and stir. Refrigerate or serve right away.

(My kids named this one.)

Monkey's Delight

Popsicle or craft sticks
Bananas
Yogurt, any flavor
Shredded coconut, sweetened or unsweetened

Slice banana in half. Insert Popsicle stick. Dip in yogurt. Roll in coconut. Serve.

Tutti-frutti Treat

½ med. Red apple, peeled, chopped
1 cup applesauce, unsweetened
¼ cup crushed pineapple, drained
1/8 cup raisins
¼ tsp. cinnamon
6 Tbs. Vanilla yogurt

Put apple in medium sized bowl. Add all but yogurt. Chill or eat it now. Serve topped with 1 tablespoon yogurt. 6 servings.

Jungle Jumble

1 20 oz can pineapple chunks, drained
1 cup grapes
2 bananas, peeled and sliced
1 red apple, chopped
1 orange, cut up
1 tsp. lemon juice

Put pineapple and grapes into a large bowl with lid. Add rest of ingredients. Put the lid on and “jumble” the fruit back and forth, upside down, until well mixed. Serves 4

Indian Summer Salad

½ cup crushed pineapple, drained
2 cups shredded carrots

¼ cup raisins

Mix altogether. Can serve on plate over a lettuce leaf. Eat now or chill first. Serves 2

Kid-do-able Cinnamon Rolls

1 loaf frozen bread dough
oil spritzer
Cinnamon
Raisins
Honey
Chopped nuts

Allow dough to thaw. Roll out to a rectangular shape. Spray with oil. Sprinkle with cinnamon, raisins, and nuts. Squirt honey over it. Roll it up from the long side. Cut into about 12 pieces. Lay swirly side up in a greased pan. Let it rise until doubled. Bake at 350 for about 15 to 20 minutes or till golden. (Kids may need help with the rolling and cutting part. Yes, it is sticky when you cut it and put in pan.)

EZ bean dip for chips

2 cans chickpeas (garbanzos)
about 1 cup salsa (pace picante is good)
2-3 TBS chopped fresh cilantro (opt.)

Grind till smooth in blender a bit at a time. Serve with chips, crackers and/or celery sticks.