

Healthy Snack Recipes

Recipes to encourage healthy snacking in children & youth



For more information, please contact:

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Food Safety and Hygiene

If snacks are going to be prepared at a school and served to students, the school must be approved by Environmental Public Health to serve food, if it is not already.

For this approval please contact:

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When preparing food it is important to be as safe and clean as possible. Read the following pages to learn about food safety, proper handwashing and important rules in the kitchen to follow.

Hooray for Handwashing

Taken from Taylor, S. (2003) Kids in the Kitchen Kindersley

Handwashing is the single most important way to prevent the spread of germs.

The 4 steps to Handwashing:

- Wet your hands with warm running water.
- Add soap and rub your hands together to make a soapy lather. Continue washing for at least 20 seconds. How long is 20 seconds? 20 seconds is as long as singing “Twinkle, Twinkle Little Star” or “Happy Birthday”.
- Rinse your hands well under warm running water.
- Dry your hands thoroughly with a clean paper towel, and turn the taps off with towel.

REMEMBER...

Always wash your hands

...Before eating

...After going to the bathroom

...After coughing or sneezing into hands or into a tissue

...Before preparing and serving food

...After cleaning spills

...After handling pets



12 Golden Rules in the Kitchen

Taken from Taylor, S. (2003) Kids in the Kitchen Kindersley

Following these rules will make the kitchen a safe place for everyone to work and yet still make cooking adventurous and fun.

1. Before you start cooking:
 - Put on an apron
 - Roll up long sleeves and remove any jewellery
 - Tie up long or loose hair
 - Make sure the kitchen counter is clean and clear
 - Wash your hands with soap and water
2. Read the recipe carefully
 - Gather together everything you need for the recipe
 - Make sure you have the right ingredients and utensils
 - Know what to do
3. Carefully measure out all the liquid and dry ingredients using measuring cups and spoons.
4. Wash all vegetables and fruits with water before use.
5. Be careful when handling sharp knives. Make sure to use a cutting board and always point the knife downwards especially when walking across the room.
6. Be cautious when using a stove or oven. When using a stove to cook, turn the pan handles towards the back of the work area to avoid accidents.
7. Always use hot pads or oven mitts to handle anything hot.
8. Never use wet hands to plug in or unplug any electric appliance such as a blender.
9. Immediately clean up anything that spills on the floor. Keep a towel handy so you can wipe up any spills.
10. Wash and put things away as you go along to avoid cluttering.
11. Never be ashamed or afraid to ask for adult help.
12. Always leave the kitchen clean and tidy after you have finished cooking.

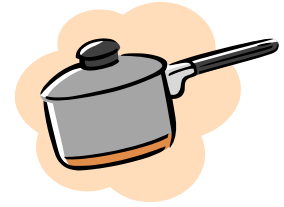
Kid Kitchen Safety

Taken from Taylor, S. (2003) Kids in the Kitchen Kindersley

Kitchen safety is the most important cooking skill. Keep in mind the following safety tips whenever you are cooking.

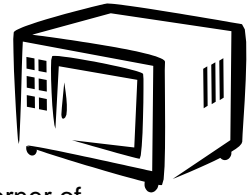
Around the Stove and Oven

- Always get permission before using a stove or oven.
- Turn the handles of pots and pans inward on the stove, so you don't accidentally knock over something hot. Hold handles of pots and pans (with oven mitts on!) when stirring ingredients so that the pot doesn't slip off the burner. Open pan lids away from you to let steam escape safely.
- Do not wear shirts or sweaters with long, baggy sleeves when cooking. They could easily catch fire.



Using a Microwave Oven

- No metal objects or anything with metal, tinfoil – will catch fire.
- When cooking food in the microwave, use only microwave-safe dishes and utensils. Do not use soft plastic containers like margarine tubs, yogurt or cottage cheese containers or styrofoam to heat foods in the microwave.
- If you are heating food covered with plastic wrap in the microwave, turn up one corner of the plastic wrap to allow the steam to escape while cooking. To avoid burns to your face and hands, pull off the plastic wrap so steam escapes away from your face and hands.
- Prick foods like eggs and potatoes with a fork before putting them into the microwave. This keeps them from exploding!
- Stir foods that are cooking in the microwave half way through the cooking time. This will help the food to cook evenly.



Using Small Appliances

- Do not use appliances with frayed electrical cords or damaged plugs and outlets or if it appears to be broken. Let an adult know if you find any damage.
- Keep your fingers out of the bowl when using an electric mixer. Unplug the mixer before putting in or taking out the beaters.
- Never put your fingers or utensils into an electric blender while it is running. Be very careful when you are removing and cleaning the blender blade.
- Never plug in appliances with wet hands or operate an appliance too close to a sink or sitting on a wet counter.
- Unplug the toaster before trying to get out a piece of toast that is stuck.
- Be careful when opening cans because the lids have a sharp edge! Use a butter knife to lift off the lid, and then pick up the lid in the center to remove it. Never touch the rough edge of the lid or the inside rim of the can.



Using a Knife

- Get permission before using any knife in the kitchen.
- Always pick up a knife by its handle.
- Pay attention to what you are doing when using a knife.
- Cut away from your body and away from anyone near you.
- Do not leave a knife near the edge of the counter as it can easily be knocked off.
- Do not try to catch a falling knife.
- Do not soak knives in a sink full of soapy water.
- Do not reach under or over others when they are using a knife.
- Do not distract someone as they are using a knife.
- If the knives are cutting poorly or are dull, please let an adult know.



Safety Procedures

- If something you are cooking in a pot or pan catches on fire, cover the pot or pan with a tight fitting lid to smother the fire, or dump baking soda onto the flames and turn off the burner. Never use water to put out a fire in or near an electrical appliance. If something in the oven or toaster oven catches fire, close the oven door and turn the oven off (if it is a toaster oven, unplug it). The fire will go out.
- Never pick up broken glass with your bare hands. Pick up large pieces of broken glass with a paper towel and carefully place in the garbage. Thoroughly vacuum or sweep up small pieces of broken glass. Let an adult know.
- Immediately wipe up spills and pick up anything that falls on the floor.
- Have an adult show you how to properly operate the stove, microwave and small appliances like food processors, blenders, electric mixers, and toasters.
- Wear an apron when you are cooking to protect your clothes.

What every cook should know

...ABOUT FOOD GERMS

What are food germs? They are tiny creatures, so small you need a microscope to see them. They grow and live in food. Some food germs are harmless, but many may cause serious illness...like, Salmonella or Staphylococcus food poisoning.

Germs multiply fast! One germ will double in 20 minutes, multiplying to 4 billion in eight hours. Germs grow fast at body or room temperatures. Cold temperatures slow their growth down, and high temperatures may kill them.

You cannot see germs on food. You cannot always smell or taste them, either.

Protect you and your family from food germs by following these tips for safe food handling!

TIPS FOR SAFE FOOD PREPARATION

- Keep foods at proper temperatures.
- **Cold food – below 40° F (4 C)**
- **Hot food – above 140° F (60 C)**
- Place books or book bags on the floor, not on the eating counters or the kitchen table.
- Wash fruit and vegetables thoroughly before using them.
- Make sure that you and your kitchen are clean. Wear a clean apron.
- Always wash your hands!
- Germs hide in cracks and rough surfaces. Make sure that your cutting boards, utensils, and dishes are free of cracks.
- Do not thaw food on the kitchen counter. Thaw food in the refrigerator or microwave.
- Promptly refrigerate or freeze leftovers. Use small, shallow containers for quick cooling.
- When practical, use scoops, tongs, forks, spoons, or other utensils to touch food.
- Keep hair tied back. Do not wear jewellery such as rings or loose bracelets.
- Keep raw meat separate from other foods and use separate cutting boards, knives, utensils. Make sure to cook meat properly before eating or combining with fresh foods.

PRACTICE FOOD SAFETY AT HOME!

Here are some helpful tips for safely storing and using leftover food:

- Wash hands before handling leftovers and use clean utensils and surfaces.
- **Cool leftover foods quickly** within two hours of cooking. Foods can be cooled in the refrigerator or freezer.
 - Divide soups, stews and gravies into small, shallow containers that are less than 5 centimetres (2 inches) deep.
 - Debone large pieces of meat or poultry and divide them into smaller portions about 3" thick or less.
 - Remove stuffing from poultry or meat.
- Date leftovers so they can be used within a safe time. Ask your Public Health Office for a copy of the "Food Handler's Storage Guide" for recommended storage times. Avoid tasting old leftovers...it could make you sick.
- Refrigerate leftover foods below 4° C (40° F) until used. If you don't use up the leftovers within 2 days, throw it out.
- **Reheat leftover food thoroughly** to 74° C (165° F) before serving; bring soups, sauces, or gravies to rolling boil.

REMEMBER... IF IN DOUBT, THROW IT OUT!

- Discard outdated, obviously spoiled, or possibly unsafe leftovers in garbage.
- Do not feed outdated leftovers to your pets. It could make them sick.

Alberta Nutrition Guidelines for Children and Youth

The Alberta Nutrition Guidelines for Children and Youth were created by the Government of Alberta to promote healthy eating and healthy weights for children and youth in Alberta. Many meals and snacks are eaten outside of the home, so it is important that where children learn, grown and play healthy food options are provided.

A food rating system was developed as a simple way to separate healthy foods from unhealthy foods. Three categories were identified: Choose Most Often, Choose Sometimes, and Choose Least Often foods. Foods from the Choose Most Often category should be consumed daily; whereas foods from the Choose Sometimes no more than three times per week and foods from the Choose Least Often no more than once per week. Foods should also follow serving sizes set out by Eating Well with Canada's Food Guide.

Below is a list of recommendations that follow the Alberta Nutrition Guidelines when purchasing certain foods. The Guidelines and an example for the food item that meets the Choose Most Often category are provided. Note that this list is not exclusive.

When shopping for ingredients, ensure that they meet the Alberta Nutrition Guidelines for Children and Youth.

For further information download the Alberta Nutrition Guidelines for Children and Youth at www.health.alberta.ca/documents/Nutrition-Guidelines-2008.pdf

Recommended Foods

Vegetables & Fruit

Fresh fruit or vegetables

Dried fruit with no sugar added

Juice

- 100% fruit or vegetable juice, no sugar added
- Examples:
 - o Minute Maid, Sunrype

Fruit Salad

- Made with 100% fruit juice or water, no sugar added
- Examples:
 - o Del Monte Tropical Medley, Dole Golden Pineapple in pineapple juice

Grain Products

Crackers

- Whole Wheat
- Examples:
 - o Christie Triscuit Original, Rosemary & Olive Oil and Parmesan Garlic
 - o President's Choice Blue Menu – ancient grains snack crackers

Cereal

- Whole wheat or grain
- Examples:
 - o General Mills Multigrain Cheerios
 - o Kelloggs Mini Wheats, Muslix, Raisin Bran
 - o Post Alpha Bits, Shreddies
 - o Nature's Path Hemp Plus Granola

Milk & Alternatives

Yogurt

- ≤2% milk fat (% M.F.)
- no artificial sweeteners present
- <12 g of sugar per 175ml of sugar
- Examples:
 - Dairyland Plain Stirred Yogurt

Cheese

*Note that even though low-fat cheese is in the Choose Sometimes category because it contains more than 200 mg sodium per serving, it would be considered a healthy choice for schools.

- ≤20% milk fat (% M.F.)
- Examples:
 - Armstrong Medium Cheddar, Black Diamond Mozzarella, Compliments Cheddar

Cottage cheese

- No salt added

Meat & Alternatives

Peanut butter

- No added sugar
- Examples:
 - Adam's 100% natural peanut butter

Nuts and seeds

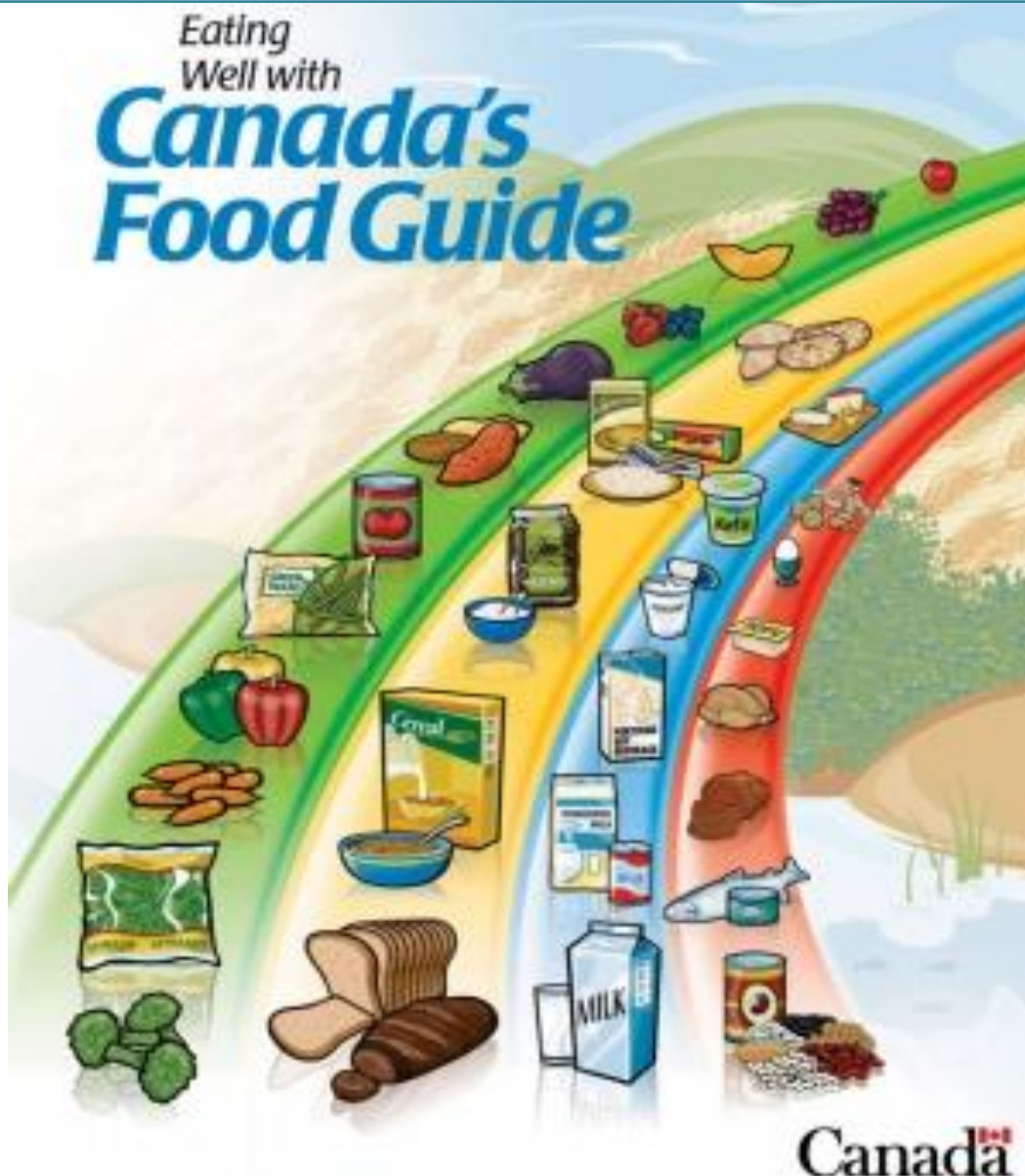
- No added salt

Eating Well with Canada's Food Guide

Following the Canada's Food Guide is an important step toward better health and a healthy body weight. Having the amount and type of food recommended and following the tips in Canada's Food Guide will help meet needs for vitamins, minerals and other nutrients to reduce the risk of obesity, type 2 diabetes, heart disease, certain types of cancer, and osteoporosis and contribute to your overall health and vitality.

For more information on Eating Well with Canada's Food Guide visit: www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php

When preparing a healthy snack, aim for at least two servings from two of the four food groups in Eating Well with Canada's Food Guide. One serving should be from the Vegetable and Fruit food group to promote its consumption.



Recommended Number of Food Guide Servings per Day

Age in Years Sex	Children			Teens		Adults			
	2-3	4-8	9-13	14-18		19-50		51+	
	Girls and Boys			Females	Males	Females	Males	Females	Males
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3

The chart above shows how many Food Guide Servings you need from each of the four food groups every day.

Having the amount and type of food recommended and following the tips in *Canada's Food Guide* will help:

- Meet your needs for vitamins, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- Contribute to your overall health and vitality.

What is One Food Guide Serving?

Look at the examples below.



Fresh, frozen or canned vegetables
125 mL (½ cup)



Leafy vegetables
Cooked: 125 mL (½ cup)
Raw: 250 mL (1 cup)



Fresh, frozen or canned fruits
1 fruit or 125 mL (½ cup)



100% Juice
125 mL (½ cup)



Bread
1 slice (35 g)



Bagel
½ bagel (45 g)



Flat breads
½ pita or ½ tortilla (35 g)



Cooked rice, bulgur or quinoa
125 mL (½ cup)



Cereal
Cold: 30 g
Hot: 175 mL (¾ cup)



Cooked pasta or couscous
125 mL (½ cup)



Milk or powdered milk (reconstituted)
250 mL (1 cup)



Canned milk (evaporated)
125 mL (½ cup)



Fortified soy beverage
250 mL (1 cup)



Yogurt
175 g (¾ cup)



Kefir
175 g (¾ cup)



Cheese
50 g (1 ½ oz.)



Cooked fish, shellfish, poultry, lean meat
75 g (2 ½ oz.)/125 mL (½ cup)



Cooked legumes
175 mL (¾ cup)



Tofu
150 g or 175 mL (¾ cup)



Eggs
2 eggs



Peanut or nut butters
30 mL (2 Tbsp)



Shelled nuts and seeds
60 mL (¼ cup)



Make each Food Guide Serving count... wherever you are – at home, at school, at work or when eating out!

▶ **Eat at least one dark green and one orange vegetable each day.**

- Go for dark green vegetables such as broccoli, romaine lettuce and spinach.
- Go for orange vegetables such as carrots, sweet potatoes and winter squash.

▶ **Choose vegetables and fruit prepared with little or no added fat, sugar or salt.**

- Enjoy vegetables steamed, baked or stir-fried instead of deep-fried.

▶ **Have vegetables and fruit more often than juice.**

▶ **Make at least half of your grain products whole grain each day.**

- Eat a variety of whole grains such as barley, brown rice, oats, quinoa and wild rice.
- Enjoy whole grain breads, oatmeal or whole wheat pasta.

▶ **Choose grain products that are lower in fat, sugar or salt.**

- Compare the Nutrition Facts table on labels to make wise choices.
- Enjoy the true taste of grain products. When adding sauces or spreads, use small amounts.

▶ **Drink skim, 1%, or 2% milk each day.**

- Have 500 mL (2 cups) of milk every day for adequate vitamin D.
- Drink fortified soy beverages if you do not drink milk.

▶ **Select lower fat milk alternatives.**

- Compare the Nutrition Facts table on yogurts or cheeses to make wise choices.

▶ **Have meat alternatives such as beans, lentils and tofu often.**

▶ **Eat at least two Food Guide Servings of fish each week.***

- Choose fish such as char, herring, mackerel, salmon, sardines and trout.

▶ **Select lean meat and alternatives prepared with little or no added fat or salt.**

- Trim the visible fat from meats. Remove the skin on poultry.
- Use cooking methods such as roasting, baking or poaching that require little or no added fat.
- If you eat luncheon meats, sausages or prepackaged meats, choose those lower in salt (sodium) and fat.

Healthy Snack Recipes – Everyday

Yogurt Sundae

Taken from: Warren Peers Healthy Snack program

Serves: 1

Ingredients

- ½ cup yogurt
- ½ banana cut up (or other fruit)
- 1 – 2 tbsp of granola

Directions

- Put yogurt in a bowl. Put bananas (or other fruit) on top. Sprinkle granola on top of banana.
- This would be a great snack for school. Just keep the granola separate so it does not get soggy.

Crackers and Cheese in Butterfly Bags

Taken from: Warren Peers Healthy Snack program

Serves: 1

Ingredients

- 6 Crackers
- 3 Cheese pieces
- 1 sandwich baggie
- 1 twist tie

Directions

- Put crackers in one corner of the baggie.
- Put the cheese in the other corner of the baggie.
- Separate the two items with the twist tie.
- Shape twist tie like antennas. It will look like a butterfly.
- Cute and yummy! This would be a great snack for the lunch kit! The crackers won't get soggy.

Peanut Butter Banana Rolls

Taken from: Warren Peers Healthy Snack program

Serves: 3

Ingredients

- 1 large whole wheat soft tortilla shell
- 2 tbsp peanut butter
- 1 large banana

Directions

- Spread peanut butter on tortilla shell.
- Lay banana on one edge of shell and roll it up.
- Slice into about 3 pieces. One serving equals 1 piece.

Granola

Taken from: Warren Peers Healthy Snack program

Serves: 10

Ingredients

- 6 cups whole wheat or whole grain cereal
- 1 cup sunflower seeds
- 2 cup Craisins or raisins
- 1 cup coconut
- 10 Ziploc bags

Directions

- Combine in bowl and serve 1 cup per student in a Ziploc bag.
- Be creative for other things to add. Try dried fruit, nuts, etc.

Veggies and Tzatziki Dip

Taken from: Warren Peers Healthy Snack program

Serves: 8

Ingredients

- 2 cups washed and sliced cucumbers
- 2 cups washed baby carrots
- 1 cup cottage cheese
- ½ tsp crushed garlic
- 1 tbsp lemon juice
- ½ cup shredded cucumber

Directions

- Blend the cottage cheese with the garlic, lemon juice and shredded cucumber. One serving of dip equals 2 tbsp.
- Serve with cucumbers and carrots.
- This would be a great snack for school, or serve as the vegetable dish at supptime.

Fruit and Fruit Dip

Taken from: Warren Peers Healthy Snack program

Serves: 10

Ingredients

- 5 cups washed and cut up fruit (strawberries, apples, oranges, pineapple, etc)
- 1 cup Lite Cool Whip
- 3 cups yogurt (1-650g container)

Directions

- Mix cool whip and yogurt together.
- Serve with fruit.
- This would also make a great dessert at home or camping.

Greek-style Kabobs

Serves: 1

Ingredients

- 3 cherry tomatoes
- 3 sliced cucumber
- 3 cheese cubes
- 3 chunks of red bell peppers

Directions

- Thread onto skewers.
- Optional: Dip vegetables into Tzatziki dip (see previous recipe)

Smoothie

Taken from: Warren Peers Healthy Snack program

Serves: 2

Ingredients

- 10 frozen strawberries
- ½ cup strawberry yogurt
- 1 cup orange juice
- 1 cup cranberry juice

Directions

- Put everything into blender. Mix. May have to add more juice to get desired thickness.

Pita Bread and Hummus

Serves: approx. 10-12

Ingredients

- 1-16 oz can of chickpeas or garbanzo beans
- 1/4 cup liquid from can of chickpeas
- 3-5 tbsp lemon juice (depending on taste)
- 1 1/2 tbsp tahini
- 2 cloves garlic, crushed
- 1/2 tsp salt
- 2 tbsp olive oil
- 5 pita bread cut in quarters

Directions

- Drain chickpeas and set aside liquid from can.
- Combine lemon juice, tahini, garlic and salt in blender or food processor.
- Add 1/4 cup of liquid from chickpeas. Blend for 3-5 minutes on low until thoroughly mixed and smooth.
- Place in serving bowl, and create a shallow well in the center of the hummus. Add a small amount (1-2 tbsp) of olive oil in the well.
- Serve immediately with fresh, warm or toasted pita bread.

Healthy Snack Recipes - Halloween

Banana Cake with Orange Icing

Taken from: Bake Better Bite Recipes and Tips for Healthier Baked Goods

Serves: 12

Ingredients

- ¼ cup non-hydrogenated margarine
- ¾ cup granulated sugar
- 2 eggs
- 1 tsp vanilla
- 1 cup mashed ripe bananas
- 1 tsp grated orange rind
- 2 cups all-purpose flour
- 2 tsp baking powder
- 1 tsp baking soda
- ½ cup buttermilk

Orange Icing

- 1 ½ cups icing sugar
- 2 tbsp yogurt
- 1 tsp grated orange rind
- 1 tsp orange juice

Directions

- In a bowl, cream margarine. Add sugar and beat well. Add eggs one at a time, beating well after each addition. Beat in vanilla, bananas and orange rind.
- Mix together flour, baking powder and baking soda. Beat into egg mixture alternatively with buttermilk.
- In a prepared 9 inch spring form or square pan, spoon in batter.
- Bake in 350°F oven for 40 minutes or until cake springs back when pressed in centre. Let cool in pan for 10 minutes; remove from pan and let cool on rack.

Orange Icing

- In small bowl, combine sugar, yogurt, orange rind and orange juice. Mix until smooth. Spread over cake.

Snack-o'-Lantern

Taken from: www.familyfun.go.com

Serves: 1 lantern

Ingredients

- 1 navel orange
- 1 cup canned or fresh fruit salad
- 1 green plastic spoon

Directions

- Use a small knife to slice the top off a navel orange. Cut around its interior to hollow it out.
- Scoop out the orange segments, chop them, and mix them with the canned or fresh fruit salad.
- Carve small facial features in one side of the orange.
- Cut a slit in the lid to accommodate the handle of a green plastic spoon.
- Fill the lantern with fruit salad.
- Insert the spoon and set the lid in place.



Eerie Eyeballs

Taken from: www.familyfun.go.com

Serves: 1 pair of eyes



Ingredients

- Apple rings (1 per eye)
- Dried apricots (1/2 per eye)
- Raisins or cranberries (1/2 per eye)

Directions

- For each pair of eyes, gently flatten two dried apple rings with the palm of your hand.
- Slice a dried apricot through the middle to create two circular halves.
- Press a half of a dried apricot, sticky side down, onto the center of an apple ring to cover the hole.
- For the pupils, use kitchen scissors to cut a raisin in two and press the halves sticky side down onto the apricots.

Healthy Snack Recipes - Christmas

Pine Tree Fruit Kabob

Taken from: www.familyfun.go.com

Ingredients

- 1 large pineapple
- 50 4-5 inch bamboo skewers
- Fresh fruit (melon chunks, grapes, strawberries, etc)
- 1 star fruit

Directions

- Cut off the top and about 1 inch of the bottom (for stability) of a large pineapple.
- On the skewers, thread 3 – 5 pieces of assorted fresh fruit. Leave an inch of the skewer to stick into the pineapple
- Insert each skewer at a slight downward angle into the pineapple, starting at the bottom.
- Top with a skewered sliced of star fruit
- Once the branches are eat, don't forget to slice up the tree trunk (pineapple)

Snowman on a Stick

Taken from: www.familyfun.go.com



Ingredients

- Bananas, grapes, carrot, apple, bamboo skewers, mini chocolate chips, pretzel sticks

Directions

- For each snowman, you will need three thick slices of banana, a grape, a sliver of carrot, and a triangular piece of apple.

Tip: Poke a hole in the apple piece with a bamboo skewer first to make assembly easier.

- Slide the fruit onto the skewer as shown, then use the carrot slivers for noses, mini chocolate chips for eyes and buttons, and pretzel sticks for arms.

Trim-Tree Trail Mix

Taken from: www.familyfun.go.com

Ingredients

- 8 cups freshly air popped corn
- 1 cup walnuts, toasted at 350° for 5 minutes
- 1/3 cup maple syrup
- 1/4 teaspoon cinnamon
- 1/4 teaspoon salt
- Pinch of baking soda
- 1 cup dried cranberries

Directions

- Heat the oven to 300°. Grease a large, rimmed baking sheet. Mix the popcorn and nuts in a large, well-oiled bowl.
- Bring the syrup, cinnamon, and salt to a boil in a small pot set over medium heat. Let the mixture boil for 4 minutes, swirling the pan occasionally. Turn off the heat and add the baking soda, stirring until the mixture is creamy. Pour the mixture over the popcorn and stir well.
- Spread the popcorn on the baking sheet and bake until it's dry to the touch, about 15 minutes. Let the popcorn cool for 20 minutes, then mix in the cranberries and serve.

Christmas Brownies

Taken from: Baked Better Bites Recipes and Tips for Healthier Baked Goods

Serves: 16

Ingredients

- 24 lower-fat graham crackers
- 2 tbsp unsweetened cocoa powder
- ½ tsp salt
- 2 large eggs
- 1 large egg white
- 1/3 cup packed brown sugar
- ¼ cup granulated sugar
- 2 tsp vanilla
- ½ cup white chocolate chips
- ½ cup slivered almonds
- 1/3 cup coarsely chopped dried cranberries

Directions

- Place wafer in a large Ziploc bag and seal air tight. Crush wafers with a rolling pin into coarse crumbs.
- Add cocoa and salt and mix thoroughly.
- In a large bowl, beat eggs, egg white, brown sugar, granulated sugar and vanilla until well blended and thickened.
- Stir in crumb mixture.
- Spread batter evenly in prepared pan and sprinkle with chocolate chips, almonds and cranberries. Press toppings gently into the batter so they will adhere when baked.
- Bake in preheated oven (300°F) for 25 to 30 minutes or until knife inserted in the center comes out clean.
- Let cool completely in pan on a rack and cut into 16 squares.

Healthy Snack Recipes – Valentine’s Day

Healthy Hearts

Taken from: Family Fun Magazine

Ingredients

- Watermelon slices
- Orange slices
- Bamboo kitchen skewers

Instructions

- Use a heart-shaped cookie cutter on watermelon slices.
- Poke a bamboo kitchen skewer through each heart, then complete the arrow with an orange slice tip and tail.



Whole Wheat Pretzels

Taken from www.preschoolrock.com

Serves: 12 pretzels

Ingredients

- 1 package active dry yeast
- 1 cup warm water
- 2 1/2 - 3 cups whole wheat flour
- 1 tsp salt
- 3 Tbsp vegetable oil
- 1 Tbsp honey
- Coarse salt

Directions

- In a bowl, dissolve yeast in water. Add 2 cups of the flour, oil, and honey. Stir until smooth. Mix in small amounts of the remaining flour until a dough is formed that is not too wet to handle.
- Place dough on a floured surface and knead for about 5 minutes.
- Place dough in a greased bowl and let stand in a warm place for about 1 hour.
- Heat oven to 400 degrees F. Punch down dough.
- Divide dough into twelve equal pieces. Roll each piece into a long rope, about 18 inches long.
- Twist each rope into a pretzel shape (or other fun shape, such as a heart) and place on a greased cookie sheet. Sprinkle with coarse salt.
- Bake at 400 degrees F for about 15 minutes or until crust is golden brown. Serve warm or cool!

Special Additions

- Sprinkle each pretzel with cinnamon and sugar before baking
- Push small pieces of dried fruit into each pretzel before baking
- Sprinkle sunflower seeds over each pretzel and pat slightly into the dough before baking

Valentine's Day Kabobs

Taken from www.preschoolrock.com

Ingredients

- Red fruit or vegetable pieces (blood oranges, red grapefruit, red grapes, apple slices, strawberries, red peppers, radishes, beets, tomatoes)
- Cubes of white cheese
- skewers

Directions

- Alternative the red fruit or vegetable with the white cheese onto a skewer

Healthy Snack Recipes – Easter

Deviled Egg Boats

Taken from: www.familyfun.go.com

Serves: 12

Ingredients

- 12 hard-boiled eggs
- 2 teaspoons Dijon mustard
- 2 teaspoons vinegar (white or cider)
- 1/4 to 1/2 cup low fat mayonnaise
- 2 red, orange, yellow, or green bell peppers
- paprika

Directions

- Peel the eggs, then slice each one in half to make boats. Place the yolks in a medium-sized bowl and mash them with a fork. Add the mustard and the vinegar, then add the mayonnaise, stirring until the consistency is smooth but not soupy.
- Next, make the sails. To do this, cut each pepper into 1-inch-wide strips, then cut the strips into 1-inch squares and slice each square in half diagonally.
- Fill the egg-white halves with the yolk mixture. Stick the sail upright into the filling and sprinkle with paprika. Makes two dozen.



Fruity Oatmeal Cookies

Taken from: Baked Better Bites Recipes and Tips for Healthier Baked Goods

Serves: 36 cookies

Ingredients

- 2 cups old-fashioned rolled oats
- 1 ¼ cups whole wheat flour
- 1 cup semisweet chocolate chips
- 1 cup dried fruit
- ¾ cup ground flaxseed
- 1 tsp baking soda
- ½ tsp salt
- 2 large bananas, mashed
- ¾ cup liquid honey
- ½ cup non-hydrogenated margarine

Directions

- In a large bowl, combine oats, flour, chocolate chips, dried fruit, flaxseed, baking soda and salt
- In another large bowl, combine bananas, honey and margarine. Fold in oats mixtures.
- Drop dough by tablespoonfuls onto prepared baking sheets. Flatten with a fork.
- Bake in preheated oven (350°F) for about 10 minute or until lightly browned.
- Let cool on baking sheets on a wire rack for 5 minutes, then remove to rack to cool completely.

Easter Egg Sandwiches

Serves 6 sandwiches

Ingredients

- 6 eggs, boiled, peeled and chopped
- ½ cup finely chopped celery
- 2 tbsp green onion, finely chopped
- ¼ cup green pepper, chopped
- 1/3 cup low fat mayonnaise
- ¼ tsp salt
- dash of pepper
- 12 bread slices

Directions

- Mix all of the ingredients together in a bowl.
- Spread the mixture on bread slices. Make a sandwich.

Resources

www.movingandchoosing.com

www.familyfun.go.ca

www.healthyalberta.com

www.missionnutrition.ca

www.canfightbac.org

www.healthycanada.gc.ca/foodguide