



# HEALTHY SNACKS AND QUICK BITES

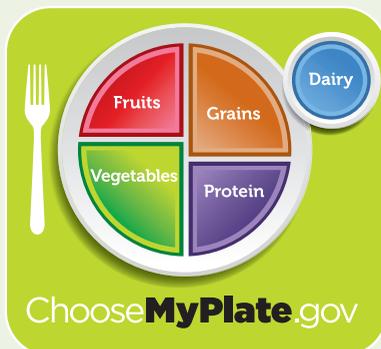
A Recipe Book for Kids



**Food is the fuel that makes our bodies work.** The food you eat gives you energy and helps your body stay healthy and strong. As you grow, it's important to eat a balanced diet with food full of nutrients.

This cookbook provides a few easy-to-do, healthy recipes that you can make — with a little help from a grown-up. There are snacks and smoothies, which are perfect for an after-school energy boost. And we promise: They are delicious!

Trying out different healthy recipes gives you a chance to explore new foods and flavors. See an ingredient that you've never used before? Try it. You might like it! Taking a cooking adventure can be fun and rewarding.



### MAKING MYPLATE YOUR PLATE

To make it easier for you to understand what healthy eating is and to follow a healthy diet, the U.S. Department of Agriculture created MyPlate.

MyPlate helps you quickly see how a food fits into a healthy lifestyle. MyPlate is divided into five food groups: fruit, vegetables, grains, protein and dairy. Selecting foods from all groups can help you be healthier now and in the future.

So you can see how the recipes in this book fit into an overall healthy diet, we have put the proper food group icons on each recipe.

YOU CAN LEARN ALL ABOUT  
MYPLATE AT **CHOOSEMYPLATE.GOV.**

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## ACKNOWLEDGEMENTS

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# SNACKS

## SALSA-MOLÉ OLÉ!

### What You'll Need

- 2 1/2 cups chopped tomato
- 1/2 cup red onions, chopped
- 1/2 avocado, diced
- 2 tablespoons fresh lemon juice
- 2 tablespoons jalapeño pepper, seeds removed and chopped; be careful! These peppers are spicy hot. The seeds hold most of the heat, so cut the pepper lengthwise and scoop out the core and seeds with a spoon. Try not to touch your face. Wear gloves or wash your hands after you chop.
- 1 tablespoon chopped cilantro
- salt and pepper to taste
- baked tortilla chips or baguette, toasted

### Let's Cook!

1. Combine ingredients in a medium bowl.
2. Refrigerate until ready.
3. Serve with baked tortilla chips or toasted baguette.

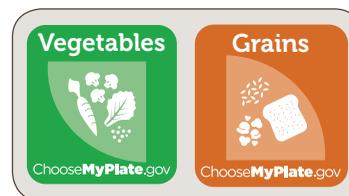
Serves 4

### Fun Fact *About Baguette*

The term baguette translated from French is “wand,” “stick” or “baton,” referring to the bread’s long, thin shape.

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(170g)</b>
Amount per serving	
<b>Calories</b>	<b>70</b>
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 442mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# ANTS ON A LOG

## What You'll Need

- 4 stalks celery, cut in half
- 1/2 cup peanut butter or 1/2 cup hummus
- 1/4 cup of your favorite “ants”  
(see examples below)

## Let's Cook!

1. Place 8 celery sticks on a plate.
2. Spread peanut butter or hummus in the center of the celery.
3. Place a line of ants down the center of the celery stick.

### Ants:

- raisins
- dried cranberries
- blueberries
- sliced toasted almonds
- sunflower seeds  
(without the shell)
- low-fat granola

### Variation: Stuff on a Log

Instead of the “ant” options listed above, you can top your log with:

- salsa
- sliced olives
- wasabi peas
- carrot shreds
- peas
- diced peaches, pineapple or apples

Serves 4

*Please note: Small food items are a choking hazard for young children.*

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(100g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>210</b>
	<b>% Daily Value*</b>
Total Fat 16g	21%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
<b>Total Carbohydrate 9g</b>	<b>3%</b>
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein 9g</b>	
Vitamin D 0mcg	0%
Calcium 46mg	4%
Iron 1mg	6%
Potassium 166mg	4%

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## SOUTHWESTERN SALSA

### What You'll Need

- 1 16-oz. jar of ready-to-serve mild salsa
- 1/2 cup canned corn, drained and rinsed
- 1/2 cup canned black beans, drained and rinsed
- Whole grain corn tortilla chips

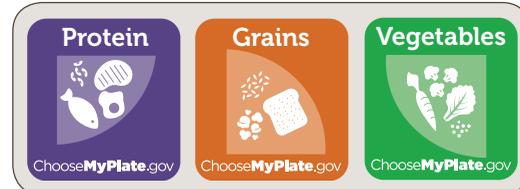
### Let's Cook!

1. In a bowl, mix salsa, corn and black beans together.
2. Serve with whole grain corn tortilla chips.

Serves 6

Nutrition Facts	
servings per container	
Serving size	(139g)
Amount per serving	
<b>Calories</b>	<b>170</b>
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 680mg	30%
Total Carbohydrate 32g	12%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
<b>Protein 5g</b>	
Vitamin D 0mcg	0%
Calcium 99mg	8%
Iron 2mg	10%
Potassium 139mg	2%

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### Fun Fact *About* Black Beans

Black beans contain so much nutrition that they are considered a protein food and a vegetable!



# PUMPKIN YOGURT DIP

## What You'll Need

- 1 cup of low-fat vanilla yogurt
- 2 tablespoons of 100% orange juice
- 1/4 cup of canned pumpkin
- 1/2 teaspoon cinnamon
- 1 apple

## Let's Cook!

1. Mix together yogurt, juice, pumpkin and cinnamon.
2. Cut apple into 8 slices.
3. Dip apples into yogurt pumpkin dip.

Serves 4

Nutrition Facts	
servings per container	
Serving size	(136g)
Amount per serving	
<b>Calories</b>	<b>70</b>
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 40mg	2%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 108mg	8%
Iron 0mg	0%
Potassium 75mg	2%

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## Fun Fact About Pumpkins

Canned pumpkin isn't just for pumpkin pie! It is an excellent source of vitamin A (for good eyesight) and a good source of fiber, too (for good heart and digestive health).

## MIX-AND-MATCH SNACK ATTACK

### What You'll Need

Make your own snack by mixing together five ingredients from the list below. For the best-tasting snack, pick ingredients from all three groups.

#### Fruits

- 1/2 cup raisins
- 1/2 cup dried cranberries
- 1/2 cup dried apricots

#### Protein

- 1/4 cup sunflower seeds
- 1/4 cup peanuts or soy nuts

#### Grains

- 1 cup mini pretzel sticks or squares
- 1 cup low-fat popcorn
- 1 cup kettle popcorn
- 1/2 cup toasted O's cereal (like Cheerios®)
- 1/2 cup wheat, corn or rice cereal (like Chex®)

## SAMPLE SNACK ATTACK

### What You'll Need

- 1/2 cup dried cranberries
- 1/2 cup toasted O's cereal (like Cheerios®)
- 1 cup low-fat popcorn
- 1 cup mini pretzel sticks or squares
- 1/4 cup sunflower seeds

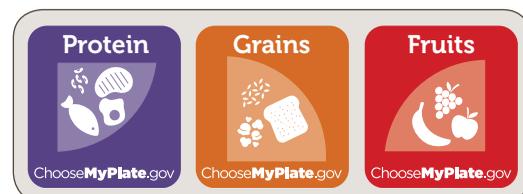
### Let's Cook!

Mix five ingredients together in a resealable bag or a container.

Serves 4

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(51g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>190</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 17g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 29mg	<b>2%</b>
Iron 2mg	<b>10%</b>
Potassium 87mg	<b>2%</b>

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# MR. BAGEL HEAD

## What You'll Need

- 4 whole wheat bagels, separated and toasted
- 1/2 cup low-fat cream cheese
- 1/2 cup chopped fruits (strawberries, blueberries, bananas, kiwi)
- 1/2 cup chopped vegetables (cherry tomatoes, sliced celery, olives, shredded carrots, sliced red or green peppers, shredded lettuce)
- 1/4 cup raisins or dried cranberries

## Let's Cook!

1. Place bagels on separate plates.
2. Spread cream cheese on top of bagels.
3. Make faces using your favorite fruits and vegetables.

## Examples:

- eyes: raisins, dried cranberries or olives
- ears: sliced celery or sliced kiwi (cut in half)
- lips: sliced red or green peppers
- nose: strawberries, blueberries or bananas
- hair: shredded carrots or shredded lettuce

Serves 8

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(88g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>190</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 300mg	13%
<b>Total Carbohydrate</b> 34g	12%
Dietary Fiber 1g	4%
Total Sugars 9g	
Includes 3g Added Sugars	6%
<b>Protein</b> 7g	
Vitamin D 0mcg	0%
Calcium 37mg	2%
Iron 2mg	10%
Potassium 174mg	4%

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## APPLESAUCE WITH RAISINS

Apples are naturally sweet, so buy unsweetened or natural applesauce. “Homestyle,” “Original” or flavored varieties add a lot of extra sugar.

### What You’ll Need

- ½ cup unsweetened or natural applesauce
- 2 tablespoons raisins (or one ½-oz. mini-box)
- Cinnamon (sprinkle to taste)

### Let’s Cook!

1. Add raisins and cinnamon to applesauce.
2. Stir and enjoy!

Serves 1

### Fun Fact *About* Raisins

Raisins are nature’s candy!

A small amount packs a sweet, chewy nutrition punch!

Just a ¼ cup of raisins equals a serving of fruit.

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(127g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 23g	8%
Dietary Fiber 3g	11%
Total Sugars 20g	
Includes 0g Added Sugars	0%
<b>Protein</b> 0g	
<b>Vitamin D</b> 0mcg	0%
<b>Calcium</b> 10mg	0%
<b>Iron</b> 0mg	0%
<b>Potassium</b> 211mg	4%

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# FRUIT, VEGETABLE AND LOW-FAT CHEESE KABOB

Food on a stick! Kabobs are a fun way to eat. Cheese sticks, fruit and vegetables create a salty, sweet and crunchy snack! And what a nutrition powerhouse, too – calcium, protein, fiber, and vitamins A and C!

## What You'll Need

- 1 low-fat mozzarella cheese stick (cut into 4 pieces)
- 2 grapes (or any favorite fruit piece)
- 2 cucumber slices (or any favorite vegetable piece)
- Thin beverage stirring straws or toothpicks (for your kabob skewer)

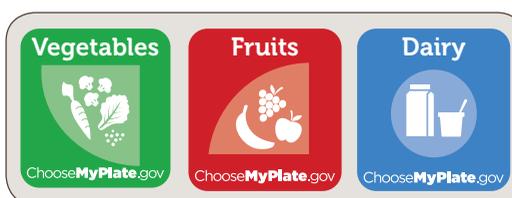
## Let's Cook!

1. Jab a piece of cheese with the skewer and push onto the skewer .
2. Repeat this with fruit and vegetable pieces. Enjoy!

Serves 1

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(65g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>70</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 3g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 190mg	8%
<b>Total Carbohydrate</b> 3g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein</b> 7g	
Vitamin D 0mcg	0%
Calcium 205mg	15%
Iron 0mg	0%
Potassium 34mg	0%

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# SMOOTHIES/DRINKS

## CREAMY FRUITY SMOOTHIE

### What You'll Need

- 1/2 cup diced fruit (strawberries, peaches, bananas, pineapples or mangos)
- 3/4 cup low-fat yogurt
- 1/2 cup low-fat milk
- 2 tablespoons orange juice
- 4 ice cubes

### Let's Cook!

Place all ingredients in a blender and blend until smooth.

Serves 1

Nutrition Facts	
servings per container	
Serving size	(494g)
Amount per serving	
<b>Calories</b>	<b>200</b>
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 190mg	8%
Total Carbohydrate 28g	10%
Dietary Fiber 2g	7%
Total Sugars 25g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 1mcg	6%
Calcium 508mg	40%
Iron 1mg	6%
Potassium 786mg	15%

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### Fun Fact *About Smoothies*

Smoothies go back centuries to cultures around the world, and then to South America as a "fruit slush."



# FRUIT FIZZIE

Fruit Fizzies are a healthy alternative to soda and a great way to get the water your body needs to stay cool in the warm weather or when you exercise.

## What You'll Need

- 8 oz. or more seltzer water
- Splash of 100% juice (choose your favorite – orange, apple, grape, etc.)

## Let's Cook!

Add a splash of your favorite 100% juice to seltzer water. Enjoy!

Serves 1

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(299g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>25</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	0%
Saturated Fat	0g 0%
Trans Fat	0g
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 55mg	2%
<b>Total Carbohydrate</b> 7g	3%
Dietary Fiber	0g 0%
Total Sugars	7g
Includes 0g Added Sugars	0%
<b>Protein</b> 0g	
Vitamin D	0mcg 0%
Calcium	12mg 0%
Iron	0mg 0%
Potassium	5mg 0%

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# SMOOTHIES/DRINKS *continued*

## SPRITZER PUNCH

### What You'll Need

- 1 liter of seltzer water
- 2 cups 100% fruit juice
- 1 cup strawberries, sliced
- 1 cup raspberries

### Let's Cook!

1. Combine ingredients in a large pitcher.
2. Chill in refrigerator for two hours.

Serves 6

Nutrition Facts	
servings per container	
Serving size	(292g)
Amount per serving	
<b>Calories</b>	<b>60</b>
	<b>% Daily Value*</b>
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 0mg	0%
Potassium 71mg	2%

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### Fun Fact *About Raspberries*

In early Christian artwork, raspberries were used to symbolize kindness.



# "KALE-CI-YUM" SMOOTHIE

CALCIUM is important for healthy teeth and bones! Yogurt and kale have calcium. Fruit adds natural sweetness with NO added sugar.

## What You'll Need

- 8 oz. fat-free plain yogurt
- ½ cup canned crushed pineapple (packed in water or juice)
- 1 medium ripe banana
- 2 cups raw kale
- 1 cup of ice

## Let's Cook!

1. Wash kale and remove stems.
2. Blend all ingredients in a blender.

Serves 4 (4-ounce servings)

Nutrition Facts	
servings per container	
Serving size	(125g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 106mg	8%
Iron 0mg	0%
Potassium 184mg	4%

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# QUICK BITES

## VEGGIE PIE IN THE SKY

### What You'll Need

- 2 whole wheat English muffins or mini bagels, separated and toasted
- 4 tablespoons pizza sauce or pasta sauce
- 1/2 cup shredded low-fat mozzarella cheese
- 1/2 cup vegetables, chopped\*
- 1/4 teaspoon oregano
- 1/4 teaspoon garlic powder

### Let's Cook!

1. Preheat oven to 350 degrees.
2. Cover a baking sheet with aluminum foil.
3. Place muffins or bagels face-up on baking sheet.
4. Spread 1 tablespoon of sauce on each.
5. Add vegetables on each muffin and sprinkle cheese on top.
6. Sprinkle spices on top of cheese.
7. Bake until cheese is melted (5 – 7 minutes).

\**Experiment with different vegetables. Give these pizza toppers a try and see which you like the best!*

- olives
- green or red peppers
- carrots
- onions
- spinach
- sliced tomatoes
- broccoli

Serves 4

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(59g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 210mg	9%
<b>Total Carbohydrate</b> 14g	5%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein</b> 6g	
Vitamin D 0mcg	0%
Calcium 112mg	8%
Iron 1mg	8%
Potassium 108mg	2%

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# SILLY QUESADILLY

## What You'll Need

- 1/2 cup green pepper, diced
- 1/2 cup red pepper, diced
- 1/2 cup onion, diced
- 1/2 cup zucchini, diced
- 1/2 cup black beans, drained
- 1/2 cup canned corn, drained
- 1 cup low-fat cheddar cheese, shredded
- 6 six-inch whole wheat tortillas
- 1 teaspoon olive oil
- 1 cup salsa
- cooking spray

## Let's Cook!

1. Preheat oven to 400 degrees.
2. Spray a medium pan with cooking spray.
3. Add oil to pan and cook the peppers, onions and zucchini on medium heat until soft (about 5 minutes).
4. Add beans, corn and 1/4 cup of salsa and cook for 3 minutes.
5. Spray a baking sheet with cooking spray and place three tortillas on sheet. Spoon vegetable mixture on tortillas and spread close to edges.
6. Sprinkle 1/3 cup of cheese on each tortilla and place another tortilla on top of each.
7. Bake in the oven for 5 – 7 minutes until cheese is melted and tortillas are crispy.
8. Cut quesadillas in quarters and serve with remaining salsa.

Serves 6

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(178g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>200</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 590mg	26%
<b>Total Carbohydrate</b> 30g	11%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 0g Added Sugars	0%
<b>Protein</b> 10g	
Vitamin D 0mcg	0%
Calcium 169mg	15%
Iron 2mg	10%
Potassium 183mg	4%

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## SWEET DELIGHT FRUIT PARFAIT

### What You'll Need

- 1/2 cup low-fat, fruit-flavored yogurt
- 1/2 cup diced fruit
- 1/4 cup low-fat granola (or another cereal)

### Let's Cook!

1. In a large cup, place half of the fruit.
2. Place half the yogurt on top of fruit.
3. Sprinkle a small amount of cereal over yogurt.
4. Repeat steps 1 – 3.

Serves 1

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(220g)</b>
<b>Amount per serving</b>	<b>200</b>
<b>Calories</b>	
<b>% Daily Value*</b>	
<b>Total Fat</b> 4.5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 95mg	4%
<b>Total Carbohydrate</b> 33g	12%
Dietary Fiber 1g	4%
Total Sugars 17g	
Includes 0g Added Sugars	0%
<b>Protein</b> 9g	
Vitamin D 0mcg	0%
Calcium 246mg	20%
Iron 1mg	6%
Potassium 487mg	10%

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### Fun Fact *About* Yogurt

Did you know that yogurt contains bacteria that is good for you? The bacteria in yogurt helps keep your digestive system healthy.





**LEARN MORE:**

[chop.edu/healthyweight](http://chop.edu/healthyweight)  
[healthynewsworks.org](http://healthynewsworks.org)

**The Healthy Weight Program at Children's Hospital of Philadelphia** advances the prevention and treatment of childhood obesity by integrating excellence in clinical care, research, quality education and community advocacy. Our multidisciplinary team assesses weight-related medical issues and promotes weight management through a family-based approach that is uniquely tailored for each child and family.

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**Healthy NewsWorks** empowers elementary and middle school students to become researchers, writers, critical thinkers and confident communicators who advance health understanding and literacy through factual publications and digital media. The student journalists conduct interviews, participate in press conferences, and write and illustrate stories on fitness, nutrition, safety and more. The newspapers and books they produce raise health awareness, encourage readers to adopt healthy habits and serve as a literacy resource in schools.

