

SCRUMPTIOUS SNACKS

Recipe Bank

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Children will learn:

- Quick and tasty snack ideas
- Cooking skills including knife skills and using the oven and stovetop

Key Messages

Discussion prompt: *Do you like to snack?*

Snacks can be an important part of an eating pattern because they help satisfy hunger between mealtimes. Having said that, they're not always necessary and many people prefer to eat three meals a day.

Discussion prompt: *Where do you like to snack? Do you sit at a table?*

Many people snack while distracted, like when watching TV or using a phone or tablet. It is better to eat at a table so you pay attention to the delicious food you're snacking on.

Discussion prompt: *What are some of your favourite portable snacks (if you were going for a hike, for example)?*

Ideas: Whole fruit, roasted chickpeas, trail mix, whole grain crackers, popcorn

MOOSE DROPPINGS

Makes 15–20 Dates

Ingredients

1 pkg	(250–340g)	Dried dates
1 cup	(250 mL)	Cocoa powder
1 cup	(250 mL)	Liquid honey

Equipment

- 3 small mixing bowls
- 3 spoons or tongs
- 1 tray or baking sheet

Directions

- 1 Pour the dates, honey and cocoa into their own bowls.
- 2 Dip dates into the honey then roll in cocoa.
- 3 Place on tray. Enjoy!



Creativity Tip Try other types of dried fruit like figs or apricots!

Why did the
banana go out
with the prune?
*Because he couldn't
find a date!*

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**ADVENTURES
IN COOKING**

ANTS ON A LOG

Makes 6 Servings

Ingredients

3 stalks	Celery
½ cup (125 mL)	Sunflower seed butter, smooth plain cottage cheese, yogurt or cream cheese
¼ cup (60 mL)	Raisins

Equipment

- Cutting board
- Knife
- Butter knife
- Dry measuring cups
- Serving tray or plate
- Small spoon

Directions

- 1 Wash celery stalks. Cut each stalk in half.
- 2 Spread your chosen topping into the groove of each celery stalk.
- 3 Sprinkle on some raisins.



Creativity Tip This recipe is easily adapted to suit tastes. Try replacing the raisin 'ants' with sunflower seeds, blueberries or other dried fruit cut into small pieces.

WATERMELON PIZZA

Makes 6 Servings

Ingredients

1		Watermelon
1 cup	(250 mL)	Greek yogurt (any flavour)
1 cup	(250 mL)	Blueberries
2		Kiwis
1 can	(8 oz/227 g)	Crushed pineapple

Equipment

- Large cutting board
- Knife
- Dry measuring cups
- Spoon
- Colander

Directions

- 1 Wash the outside of the watermelon.
- 2 With the help of an adult, cut the watermelon in half. Carefully cut the watermelon into a 1-inch (2.5 cm) round slab.
- 3 Prepare the fruit. Rinse the blueberries. Rinse, peel and chop the kiwi. Open the can of crushed pineapple and drain.
- 4 Spread yogurt on the watermelon “crust”, then top with fruit.
- 5 Cut into six equal slices and serve immediately.

Kitchen Safety Tip Place a damp cloth under the cutting board to prevent the board from slipping.

Environment Tip This recipe only uses part of the watermelon. With the rest of it, cut it up and use in a fruit salad, add to a smoothie, or eat it as is!

HONEY APPLE TRAIL MIX

Makes 6 Servings

Ingredients

1 cup	(250 mL)	Plain rice cakes
1 cup	(250 mL)	Pretzel sticks
1 cup	(250 mL)	Whole wheat cereal squares
1 cup	(250 mL)	Small dried fruit (e.g., raisins, cranberries)
½ tsp	(2.5 mL)	Garlic powder
½ tsp	(2.5 mL)	Chili powder
1 tbsp	(15 mL)	Brown sugar
¼ tsp	(1 mL)	Salt
1/3 cup	(75 mL)	Unsweetened applesauce
2 tbsp	(30 mL)	Butter
2 tbsp	(30 mL)	Honey

Equipment

- Large mixing bowl
- Liquid and dry measuring cups
- Measuring spoons
- Mixing spoon
- Small pot
- Baking sheet
- Oven mitts

Directions

- 1 Preheat oven to 325°F. Grease a baking sheet.
- 2 Break up rice cakes into bite-sized pieces.
- 3 Fill a mixing bowl with a combination of rice cakes, pretzels, wheat cereal squares, and dried fruit. Stir until thoroughly mixed.
- 4 Add brown sugar, garlic powder, chili powder and salt into the cereal mixture.
- 5 In small pot, heat together applesauce, butter and honey over medium-low heat until butter is melted, about 2 minutes. Stir into cereal mixture, tossing to coat. Spread on baking sheet.
- 6 Bake, stirring occasionally, until wheat squares are deep golden, 18 to 20 minutes. Let cool.



Meal Idea This trail mix is a great snack for school since it doesn't contain any nuts.

What do you call an apple that you eat before supper?
An apple-tizer

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BEAN DIP

Makes 6 Servings

Ingredients

1 can (19 oz/540 mL)	Black beans
½ cup (125 mL)	Salsa
1 clove	Garlic
1 tsp (5 mL)	Cumin
Pinch	Pepper

Equipment

- Medium mixing bowl
- Can opener
- Potato masher or fork
- Colander
- Knife
- Cutting board

Directions

- 1 Drain and rinse black beans in the colander.
- 2 Peel and mince garlic.
- 3 In a bowl, combine beans, salsa, garlic, cumin and pepper.
- 4 Use a fork or potato masher to mash the ingredients. You can keep it chunky, or mash it more to make a smoother dip.



Meal Idea Serve with cut up vegetables or whole grain pita wedges.

SUNNY ENERGY BITES

Makes 24 Energy Balls

Ingredients

1 cup (250 mL)	Large flake oats
1/2 cup (125 mL)	Ground flax
1/2 cup (125 mL)	Dark chocolate chips
1/2 cup (125 mL)	Sunflower seed butter or other nut butter substitute
1/3 cup (75 mL)	Honey
1/3 cup (75 mL)	Dried cranberries
1 tsp (5 mL)	Vanilla

Equipment

- Plate
- Spoons
- Liquid and dry measuring cups
- Measuring spoons
- Mixing spoon
- Mixing bowl



Culinary Tip Using mini chocolate chips may make it easier to roll the energy balls and help them keep their shape.

Directions

- 1 In a bowl, stir together oats, flax, chocolate chips, sunflower butter, honey, cranberries and vanilla until well combined.
- 2 Scoop up a tablespoon (15 mL) of dough, roll into a ball and place on plate. Continue until the dough is gone. Energy bites can be stored in the refrigerator for up to 2 weeks.

TZATZIKI

Makes 4 Cups

Ingredients

2	English cucumbers
½ tsp (2 mL)	Salt
2 small cloves	Garlic
3 cups (750 mL)	Plain Greek yogurt
½ cup (125 mL)	Lemon juice
4 tsp (20 mL)	Olive oil
	Salt and pepper to taste

Equipment

- Cutting board
- Knife
- Spoon
- Grater
- Colander or wire sieve
- Paper towel
- 2 medium mixing bowls



Culinary Tip Salt helps to draw water out of the cucumber. This makes the tzatziki thicker and more delicious!

Directions

- 1 Wash cucumbers. Slice cucumber in half and remove seeds with a spoon. Grate the cucumber and toss it with the salt. Place cucumber in a colander (over a mixing bowl) and push down on it gently to drain.
- 2 Peel and mince garlic.
- 3 Let cucumber drain while mixing yogurt, garlic, lemon juice and oil in separate bowl.
- 4 Pat the cucumbers dry with a paper towel and add them to yogurt mixture. Stir.
- 5 Serve immediately or let sit in fridge overnight to let flavours mix.

CRISPY CHICKPEAS

Makes 2 Cups

Ingredients

1 can	(19 oz/540 mL)	Chickpeas
1 tbsp	(15 mL)	Canola oil
1 tsp	(5 mL)	Herbs or spices (e.g., thyme & pepper, cayenne & garlic powder, curry powder & salt)

Equipment

- Can opener
- Colander
- Tea towel
- Small bowl
- Measuring spoons
- Mixing spoon
- Spatula
- Baking sheet
- Oven mitts



Culinary Tip Make sure your chickpeas are dry before baking them because the drier they are, the more they will crisp up when baking.

Directions

- 1 Preheat oven to 350°F.
- 2 Drain and rinse chickpeas.
- 3 Dry the chickpeas by rolling them between two ends of a clean towel.
- 4 Toss the dried chickpeas in canola oil and spread them out evenly on a baking sheet.
- 5 Bake for 25 minutes. Remove pan from the oven. At this point, add your desired herbs and spices. Flip the chickpeas. Place back in the oven.
- 6 Bake for another 15–20 minutes or until chickpeas are golden brown and crispy.
- 7 Remove from the oven and let them cool.

What do you call
an angry pea?
Grump-pea

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**ADVENTURES
IN COOKING**

TEA BISCUITS

Makes 6 Servings

Ingredients

1 cup	(250 mL)	All-purpose flour
1 cup	(250 mL)	Whole wheat flour
4 tsp	(20 mL)	Baking powder
¼ tsp	(1 mL)	Salt
3 tbsp	(45 mL)	Sugar
½ cup	(125 mL)	Plain yogurt
½ cup	(125 mL)	Milk
2 tbsp	(30 mL)	Butter or margarine

Equipment

- Liquid and dry measuring cups
- Measuring spoons
- 2 mixing bowls
- Mixing spoon
- Rolling pin (optional)
- Cookie cutter or drinking glass
- Baking sheet
- Oven mitts
- Fork or pastry blender



Cooking Term *Knead* means to press, fold and turn dough. To knead, fold the dough over toward you, press it with the heels of both hands, give it a quarter turn, and repeat.

Directions

- 1 Preheat oven to 400°F.
- 2 Mix flours, baking powder, sugar, and salt together in a mixing bowl.
- 3 In a separate mixing bowl, stir together the yogurt, and milk.
- 4 Cut the fat (butter or margarine) into the flour mixture using a fork or a pastry blender. Press down on the pieces of fat repeatedly with a fork or pastry blender, so that the fat gets broken into smaller and smaller pieces. Keep going until the fat is in pea-sized pieces.
- 5 Add the wet ingredients to the flour mixture, stirring gently and just until everything is blended. Be careful not to overmix or the biscuits will be tough.
- 6 Turn the dough out onto a lightly floured surface. Knead the dough 3 or 4 times. Pat down or roll gently with rolling pin until around 1 inch (2.5 cm) thick.
- 7 Cut out shapes with a floured cookie cutter or drinking glass. Place biscuits onto a greased baking pan.
- 8 Bake for 10–15 minutes until biscuits are golden brown. Let cool. Enjoy!