



Smart and Healthy Snacking

Banana Muffins

Ingredients:

- ◇ 1 cup flour
- ◇ $\frac{1}{2}$ cup quick cooking oatmeal
- ◇ $\frac{1}{4}$ cup brown sugar
- ◇ 1 T. baking powder
- ◇ $\frac{1}{2}$ tsp. ground cinnamon
- ◇ $\frac{1}{8}$ tsp. salt
- ◇ $\frac{1}{3}$ cup lowfat milk
- ◇ 1 egg
- ◇ 2 T. canola oil
- ◇ 1 large banana, slightly mashed with a fork

Directions:

1. Preheat oven to 400°F.
2. In a large bowl, stir together: flour, oatmeal, brown sugar, baking powder, cinnamon and salt.
3. Line muffin cups w/ liners or spray with non-stick spray.
4. In a medium bowl, combine milk, egg, and oil. Add banana.
5. Pour banana mixture into dry ingredients and stir until moistened.
6. Fill muffin tins $\frac{2}{3}$ full. Bake for 20 minutes or until an inserted toothpick comes out clean.

(makes 10-12 muffins)



Peanut Cinnamon Logs

Ingredients:

- ◇ 2 slices raisin bread
- ◇ 1 T. peanut butter
- ◇ dash cinnamon
- ◇ 1 T. granola cereal

Directions:

1. Trim crusts from bread.
2. Spread peanut butter on 1 slice of bread.
3. Sprinkle cinnamon and granola over the peanut butter
4. Cover with other slice of bread and press down lightly.
5. Slice sandwich into 3 rectangles.



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Fruity Smoothie

Ingredients:

- ◇ 2 bananas, peeled
- ◇ 3 cups frozen strawberries
- ◇ 1 $\frac{1}{2}$ cups lowfat milk

Directions:

1. Add all ingredients to blender.
2. Blend on High until smooth.
3. Pour into 6 cups. Serve.



Sugar and Spice Snack Mix

Ingredients:

- ◇ 3 c. toasted oat squares cereal
- ◇ 3 c. small pretzels
- ◇ 2 T. butter or margarine, melted
- ◇ 1 T. brown sugar
- ◇ $\frac{1}{2}$ tsp. ground cinnamon
- ◇ 1 c. raisins or dried fruit

Directions:

1. Preheat oven to 325°F.
2. In a large plastic bag or bowl, combine oat squares and pretzels.
3. In a small bowl, stir together brown sugar, and cinnamon. Pour over cereal mixture. Mix until well coated.
4. Transfer to a baking sheet. Bake, uncovered, for 25 minutes, stirring once or twice.
5. Add dried fruit when cooled and stir to mix.
6. Store at room temperature in an airtight container for up to 2 weeks. (14 servings)



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Jam Bars

Ingredients:

- ◇ $\frac{3}{4}$ c. whole wheat pastry flour
- ◇ $\frac{1}{4}$ c. quick cooking oats
- ◇ $\frac{1}{2}$ tsp. baking soda
- ◇ $\frac{1}{2}$ tsp. cinnamon
- ◇ $\frac{1}{3}$ c. applesauce
- ◇ 1 T. canola oil
- ◇ $\frac{3}{4}$ c. - 1 c. all fruit preserves

streusel topping:

- ◇ $\frac{1}{2}$ c. quick cooking oats
- ◇ 2 T. sugar
- ◇ 2 T. whole wheat pastry flour
- ◇ 1 T. canola oil

Directions:

1. Preheat oven to 350°F. Combine the flour, oats, baking soda, cinnamon and salt in a bowl. Stir together.
2. Make a well in the center of the dry ingredients and add the applesauce and oil. Stir together until wet and dry are combined well.
3. Spread mixture into a lightly oiled or sprayed 9x9" baking pan. Carefully spread preserves evenly over the batter, using a spatula.
4. In a small bowl, mix streusel topping ingredients until combined. Sprinkle over preserves and pat down gently.
5. Bake for 25-30 minutes or until the topping is golden. Allow to cool until warm, then cut into 12 pieces.



Banana Smunchies

Ingredients:

- ◇ 1 ripe banana
- ◇ $\frac{1}{3}$ c. peanut butter
- ◇ 4 graham crackers, broken in half

Directions:

1. In a medium bowl, mash banana with a fork.
2. Mix in peanut butter.
3. Put a spoonful of the banana/pb mixture onto half a graham cracker.
4. Cover with another half of graham cracker.
5. Wrap each "sandwich" in plastic and place in the freezer for 3 hours.



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Whole Grain Pita Pizza

Ingredients:

- ◇ 2 round 6-7" whole wheat pitas
- ◇ 1/2 cup spaghetti sauce
- ◇ 1/3 cup part-skim mozzarella cheese, shredded
- ◇ 1 cup chopped vegetables: onions, peppers, mushrooms, olives, shredded carrot, broccoli
- ◇ olive oil

Directions:

1. Preheat oven to 350°F. Place pita rounds on a baking sheet or pan. Spread half the sauce on each pita round. If using spinach, add it now, before the cheese!
2. Top with cheese, divided between the two pitas, then top with vegetables. Drizzle with a little oil.
3. Bake for 10-15 minutes or until cheese is melted and vegetables are cooked.
 - ◇ serves 2



Super Salsa

Ingredients:

- ◇ 16 oz. can crushed tomatoes
- ◇ 1/2 c. canned or frozen corn
- ◇ 1/2 green bell pepper, chopped finely
- ◇ 1/4 tsp. garlic powder
- ◇ 1 T. red wine vinegar

Directions:

1. Put all ingredients into a mixing bowl.
 2. Stir and refrigerate for a few hours. Serve with veggie sticks, baked tortilla chips.
- Hint: for a sweeter salsa, add 1/3 cup canned crushed pineapple and use apple cider vinegar! To add protein, add 1/2 cup of canned black beans, drained and rinsed. YUM!