

Carol Nursery School Special Day Snack Recipe Ideas:

Zucchini Muffins



Ingredients:

- 3 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 3 teaspoons ground cinnamon
- 3 eggs
- 1 cup vegetable oil
- 2 1/4 cups white sugar
- 3 teaspoons vanilla extract
- 2 cups grated zucchini

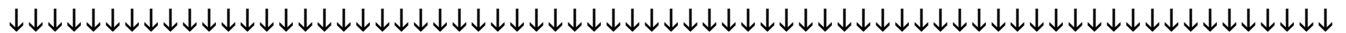
Directions:

Grease mini-muffin tins. Preheat oven to 375 degrees F

Sift flour, salt, baking powder, soda, and cinnamon together in a bowl.

Beat eggs, oil, vanilla, and sugar together in a large bowl. Add sifted ingredients to the creamed mixture, and beat well. Stir in zucchini and nuts until well combined. Spoon batter into prepared pans.

Bake about 15 minutes, or until tester inserted in the center comes out clean.



Apple Turnovers



- 2 Packages of Pillsbury Crescent Rolls
- 2 Cups of Apples – peeled and cut up in small chunks (Really ripe apples work best)
- 2 or 3 Tablespoons of Sugar
- 1 Tsp. of Cinnamon
- 2 Tbsp. of Butter – melted
- Raisins (optional)

Makes 8 Turnovers

- 1) Preheat oven to 350. Spray baking sheet with non-stick spray. Put cut up apples in bowl and mix them with sugar, cinnamon and butter.
- 2) Open the dough and separate it in two even sections. Roll it out so that you have enough to work with (not too thin). Cut the rolled out dough in sections so that they are big enough to hold a small amount of apples.
- 3) Place the apples and raisins (if you are using them) on piece of dough. Then take another piece of dough and place on top. Then fold sides over (or smash down sides around). It doesn't have to be perfect and if there are some holes on top, that's okay. Place on baking sheet and bake for 15 minutes. They should be brown and bottom firm.



Pretzel* Spiders

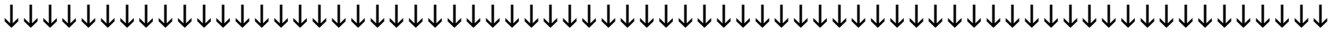


Ingredients:

- Pretzel Sticks*
- Vanilla Wafers or Round Crackers
- Cream Cheese
- Alternatives: Sun Butter
- Raisins or Dried Cranberries

Directions:

Have each child make a “cracker sandwich” (2 crackers with cream cheese in the middle). Have children count out eight pretzel sticks to slide in the cream cheese all around the cracker. Put a little bit of cream cheese on top to act as “glue” for the raisin eyes.



Yogurt-dipped Banana Pops:



Ingredients:

- Bananas
- Vanilla Yogurt (Soy Yogurt is available if there are dairy allergies)
- Nut-free granola
- Peeled bananas

Instructions:

Do ahead at home:

1. Cut each banana in half
2. Insert popsicle sticks into center of each banana
3. Cover a cookie sheet with wax paper, place bananas on paper and cover. Freeze overnight

Take to school:

bananas, a large container of vanilla yogurt, nut-free granola

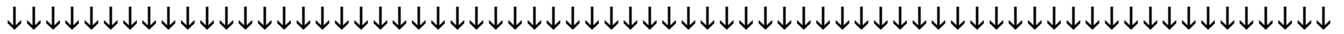
Spread granola out on plate

Write each child's name on the Popsicle sticks.

Have children dip their bananas in the yogurt

After dipping, ask each child to roll his banana in the granola

Return bananas to tray and re-freeze for about 15 minutes



Bagel Faces (a tried and true CNS snack)



Ingredients:

Plain Bagels (half of a regular size bagel is usually plenty per child)
Cream Cheese (alternatives: Sun Butter)
Cut up veggies or fruits of your choice such as cherry tomato halves, cucumber slices, apple slices, shredded carrots, mandarin oranges, bananas, berries, raisins, etc.

Directions:

Give each child a half bagel and let them select their favorite toppings to create a face or a design of their choice.

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Holly's Oatmeal Cookies

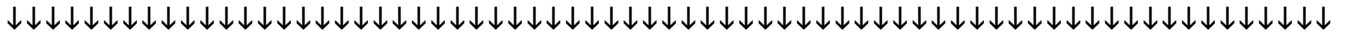


Ingredients:

- 3 cups oatmeal
- 1 ½ cups brown sugar
- 1 ½ cups flour
- 1 ½ cups butter
- 1 ½ tsp. baking powder

Directions:

Combine all ingredients in a large bowl.
Mash it! Knead it! Pound it! Roll dough into small balls.
Bake on a cookie sheet at 350° for 10 – 12 minutes.





Viv's Pumpkin Muffins

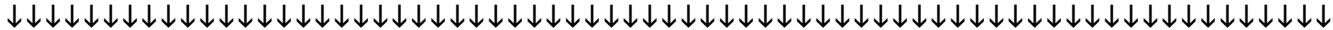


Ingredients:

- 1 2/3 cups all-purpose flour
- 1 1/2 cups sugar
- 3/4 tsp. salt
- 1 tsp. baking soda
- 1/2 tsp. ground cloves
- 1/2 tsp. ground nutmeg
- 1/2 tsp. ground cinnamon
- 1/4 tsp. baking powder
- 2 eggs
- 1/2 cup vegetable oil
- 1 1/4 cup mashed cooked pumpkin
- 1/2 cup water

Directions:

- Combine first 8 ingredients in a large bowl.
- Add eggs, oil, pumpkin, and water.
- Pour into lined muffin cups.
- Bake at 350° for 15 minutes.



Shake & Make Ice Cream



Ingredients:

- 2 TBL. sugar
- 1 cup milk or half-and-half
- ½ tsp. vanilla
- 6 TBL. rock salt
- 1 pint-sized plastic zip bag
- 1 gallon-sized plastic zip bag

Makes one serving.

Fill the gallon bag half way with ice cubes, and add the rock salt. Seal and put it to the side.

Fill your pint bag with the milk, vanilla, and sugar then seal it tight.

Put the pint size bag in the gallon bag then seal the gallon bag tight.

Shake the bags for about 5-7 minutes until the mixture in the pint size bag has thickened to the ice cream consistency. It may take longer depending on how hard or fast you shake.

Take the pint bag out of the gallon bag, open it and enjoy!



Healthy Hearts

from FamilyFun Magazine

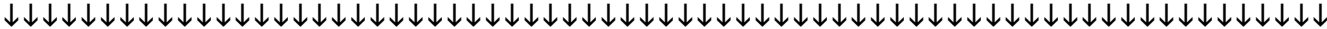


Ingredients:

- Watermelon slices
- Orange slices
- Bamboo kitchen skewers

Directions:

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



Fruit Sundae Cones



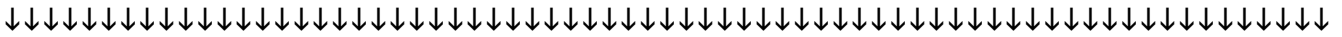
Courtesy of Better Homes and Gardens

Ingredients:

- 3/4 cup cut-up strawberries
- 3 cups cut-up fruits, such as apples, bananas, cherries, seedless red grapes, kiwifruit, plums, peaches, or your choice of fruit
- 6 large waffle cones
- 1/4 cup toasted coconut (optional)

Directions:

1. Place strawberries in a blender container; cover and blend until smooth. Place desired fruit in bowl; gently toss together. Spoon fruit into cones. Drizzle with the strawberry puree. If desired, top with coconut. Makes 6 cones.



Melt-In-Your-Mouth Strawberry Muffins

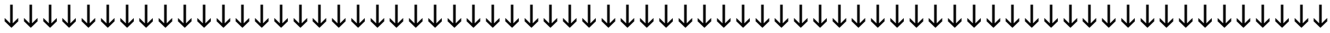


Ingredients:

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1/2 cup sugar
- 1 1/2 teaspoons baking soda
- 2 eggs
- 1 cup Stoneyfield Farm yogurt
- 1/4 cup butter, melted
- 1 teaspoon vanilla
- 1 cup chopped strawberries, fresh or frozen

Directions:

Preheat oven to 375 degrees F. In a bowl, mix together flour, sugar and baking soda. In another bowl, mix eggs, yogurt, butter and vanilla. Toss strawberries into the flour mixture. Then pour yogurt mixture into flour mixture and stir. Spoon batter into greased muffin tin. Bake for 20- 25 minutes, or until tops are golden brown. Yields: 12 muffins



Yogurt Parfaits

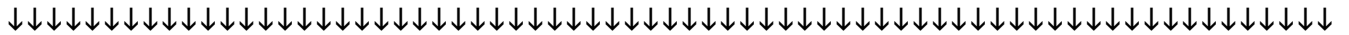


Ingredients:

- vanilla yogurt or frozen yogurt
- cheerios or nut-free granola
- sliced berries, mandarin oranges, bananas, apples, peaches, or fruits of your choice
- 1 Tbsp. maple syrup or cinnamon sugar

Directions:

Start with a spoonful of yogurt in a clear plastic cup. Layer the cereal and fruit.
 End with a spoonful of yogurt. Drizzle on maple syrup or sprinkle on some cinnamon sugar.



Friendship Bread (a.k.a Monkey Bread)

**Ingredients:**

1/2 cup granulated sugar

1 teaspoon cinnamon

2 cans (16.3 oz each) Pillsbury® Grands!® Homestyle refrigerated buttermilk biscuits

1 cup firmly packed brown sugar

3/4 cup butter or margarine, melted

Instructions:

Heat oven to 350°F. Lightly grease 12-cup fluted tube pan with shortening or cooking spray.

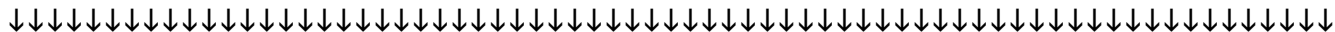
In large -storage plastic food bag, mix granulated sugar and cinnamon.

Give each child a biscuit to shape into a ball. Shake in bag to coat. Arrange in pan.

In small bowl, mix brown sugar and butter; pour over biscuit pieces.

Bake 28 to 32 minutes or until golden brown and no longer doughy in center.

Cool in pan 10 minutes. Turn upside down onto serving plate; pull apart to serve.



Orange Snowballs



Ingredients:

- 4 whole Navel oranges
- Juice from the oranges
- 6 oz. 100% fruit juice (in this recipe I used a pomegranate base)
- 2 cups low fat vanilla yogurt
- 1 cup fresh berries, washed and sliced

Instructions:

- Cut oranges in half.
- Juice them and put the juice into a mixing bowl.
- Put aside the hollowed out orange halves (to be used as bowls).
- To the juice in the mixing bowl, add:** the 100% fruit juice and the yogurt.
- Mix until well-blended.
- Add the berries and fold them in.

Spoon the mixture into the hollowed out orange halves.
 Place them in the freezer on a tray or muffin tin, making sure they are upright. Freeze for several hours.
 Makes 8 servings.

Because of long freezing time, these would need to be made ahead for Special Days.

