

GP2057

My Snack Recipes Booklet (Pk/12)

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Reorder Number

GP2057

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MAKING IT EASY
to Help People Play and Learn



My Snack Recipes Booklet (Pk/12)

PLEASE READ ALL INSTRUCTIONS BEFORE STARTING



YOUR KIT CONTAINS:

- Recipe book covers
- Recipe book pages
- Ribbon
- Markers
- Tablecloth

AGE GROUP: 6 and up
PROJECT TIME: 45 minutes

YOU WILL NEED:

- Scissors
- Pencil or Pen

PROJECT INSTRUCTIONS:

1. For your booklet, you will need 2 cover pieces and 6 sheets of paper, and one piece of ribbon.
2. Layer the book by placing the back cover on the table. Then lay the white pages on top of it, and lastly the front cover. Lace together with the ribbon and tie loosely in a bow on the front.
3. Decorate the cover of your booklet "Healthy Snack Recipes". The inside of your booklet can be your own creation. You may add any of the recipe suggestions included in the kit, or make up your own to add to these. Add any pictures to the pages and color them in. You can add other decorations or stickers - anything goes!
4. While you are creating the booklet, you should have a lively discussion about what makes a healthy snack, what are some of the healthiest foods, and what can make the easiest snacks to carry with you to school or on an outing.
5. This kit supports the food pyramid and can go hand in hand with making a food pyramid of all foods that each person is eating, in order to see what things are going well and what things are not going well.

MY SNACK ATTACK RECIPES:

Note: All of the vegetables and fruits that require cutting should be done by an adult.

Granola Snack:

Ingredients: Granola cereal
 Cheerios® or Fruit Loops®
 Mini Marshmallows
 Dry Roasted, unsalted nuts (optional)

Recipe: Mix all ingredients together and place in small zip loc bags.
 This is a great snack while out hiking- easy to carry with you.

Granola Snack II:

Ingredients: Granola cereal
 Corn Chex®, rice Chex® or wheat Chex® cereal
 Mini pretzels
 M&Ms®

Recipe: Mix all ingredients together and place in small zip loc bags.
 This is a great snack while out hiking- easy to carry with you.

Create Your Own Granola Snack:

Take one choice from each grouping below and mix them together for a delicious snack that you find tasty:

Salty:	Sweet:	Cereal:
Mini pretzels	Marshmallows	Cheerios®
Pine Nuts	M&Ms®	Fruit Loops®
Peanuts	Raisins	Chex® cereals
Almonds	Chocolate Chips	Granola
Walnuts	Dried Cranberries	Puffed Wheat
Sunflower seeds	Dates	Corn Pops®

Marshmallow Rolls:

Ingredients: Marshmallows
 Dried fruit roll ups
 Toothpicks

Recipe: Wrap a marshmallow inside a fruit roll up and roll it up.
 Hold in place with a toothpick.

Extreme Veggies:

Radical Radishes - Precut radishes into rose flower shapes.
 (This would be done by an adult).
Classy Carrots - dip each carrot in honey and then in sesame seeds
 Frolicking Broccoli - Dip each broccoli floret into melted cheese.
Sincere Celery - Add peanut butter or cream cheese to celery
 and add a few sprinkles or raisins.
 All of these go great with ranch dip.

Apple Madness:

Ingredients: Apples of any variety, washed and cut into wedges
 Peanut Butter or Cream Cheese spread
 Raisins

Recipe: after cutting the apples into wedges, spread with peanut butter or cream cheese, and top with a few raisins.

Citrus Snacking:

Ingredients: Orange sections
 Cream Cheese
 Coconut

Recipe: Cut the orange into sections. Spread with a thin coating of cream cheese and sprinkle coconut on top of the cream cheese.

That's Just Peachy:

Ingredients: Peaches
 Peach or Vanilla yogurt
 Granola
 Chopped walnuts (optional)

Recipe: Peel and slice the peaches and cut up into bite size chunks.
 Add to the yogurt with the granola and nuts. Mix and serve.