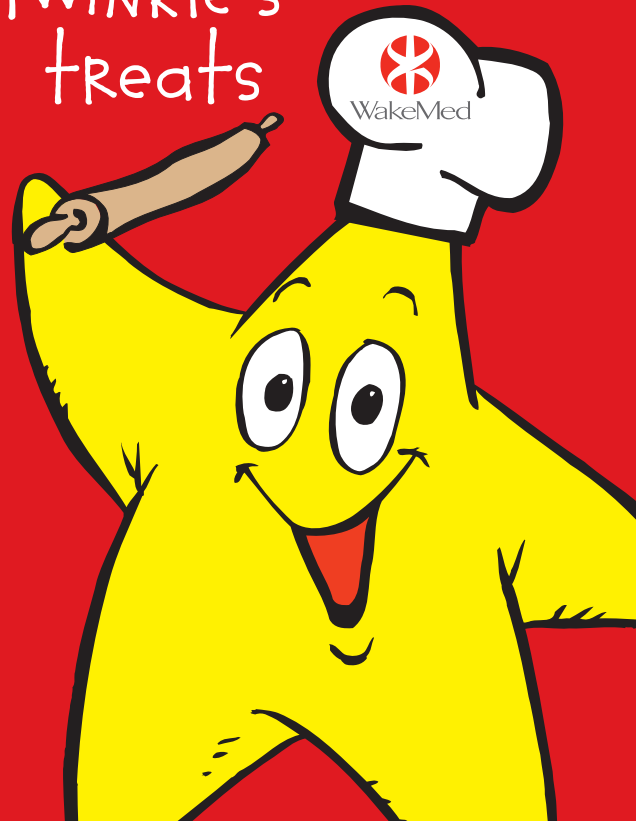


Twinkle's
treats



WakeMed 
www.wakemed.org

Quick Snack Ideas

The most filling and tasty snacks should include both fiber and protein. Try these quick snack combos below and explore our recipes for more delicious options!

- Fruit + nut butter
- Nut butter toast
- Raw veggies + hummus
- Fruit smoothie
- Trail mix
- Low sugar cereal + milk
- String cheese + fruit or veggies
- Cheese toast
- Granola bar
- Yogurt + fruit
- Yogurt + granola
- Cottage cheese + fruit
- Cheese + whole grain crackers
- Hard boiled egg + fruit or veggies
- Whole wheat tortilla with beans and cheese
- Rice cakes with nut butter
- Nuts + seeds
- Applesauce + cheese
- Oatmeal
- Popcorn + cheese

Choco-Nana Milk Blast

INGREDIENTS

- 1 ripe medium banana
- 1 cup low-fat chocolate milk
- Handful of ice
- White or multicolored sprinkles (optional)

Peel banana; break into chunks and place in blender. Add milk and ice. Cover and blend until smooth. Pour into frosted glasses. Top with sprinkles, if desired.

Source: www.got-milk.com

BANANA Oatmeal Cookies

INGREDIENTS

2 bananas (very ripe)
1 cup oats (quick or old-fashioned)
1/2 teaspoon cinnamon
1/2 teaspoon vanilla
1/2 cup mix-ins: raisins, mini chocolate chips, crushed nuts, etc.

Preheat oven to 350 degrees.

In a medium bowl, mash bananas with a fork until mostly smooth. Add oats, cinnamon, vanilla and mix-ins. Mix until well combined.

Drop spoonfuls of dough onto lightly sprayed or oiled baking sheet. Flatten with the back of a spoon or bottom of a drinking glass.

Bake 10 to 15 minutes. Remove from oven and let cool before serving.

Source: nutrition.gov

CINNAMON 'Sicles

INGREDIENTS

1 cup low fat plain yogurt
1 cup applesauce
1 tsp honey
1/2 tsp ground cinnamon
Popsicle sticks
Paper cups
Aluminum foil

Mix all ingredients and pour into paper cups. Fill cups 3/4 full and cover with foil. Make slits in centers of foil covers. Insert popsicle sticks and freeze. Once it is frozen, peel off paper cup and eat.

Source: Whole Foods Market

Pizza Pals

INGREDIENTS

1 whole wheat English muffin
2-3 T pizza sauce
2 slices organic cheese singles
black olives
red pepper strips
zucchini slices

Cook the two English muffin halves on "light" in the toaster. Spread a little pizza sauce onto each half, then place a slice of cheese on top. Decorate with your favorite toppings to form a happy face.

Cook in the toaster oven on "top brown" or in the broiler just until the cheese melts. Let cool briefly and enjoy!

Source: Whole Foods Market

Instant Banana Pudding

INGREDIENTS

1/2 small banana
1/4 cup applesauce
1 tsp low fat plain yogurt

Mash banana. Add applesauce and yogurt. Eat!

Source: Whole Foods Market

Creamy Nut Butter Dip

INGREDIENTS

- 1 cup whole milk Greek yogurt, plain
- 1/4 cup peanut butter (or other – almond, cashew, sunflower, etc.)
- 2 Tbsp maple syrup
- 1/2 tsp vanilla extract

Mix yogurt and peanut butter until well combined. Stir in maple syrup and vanilla extract. Refrigerate in airtight container until ready to serve.

Serve with chopped fruits and veggies.

Tortilla Egg Cups

INGREDIENTS

- 4 tortillas (6-inch, flour)
- 4 eggs
- 1 teaspoon black pepper
- 1/4 cup bell pepper (chopped)
- 1/4 cup mushrooms (chopped)

Preheat oven to 350 degrees F.

Cut each tortilla in half and then in half again. This will result in four equal pieces per tortilla. Spray six muffin tin cups with non-stick cooking spray. Overlap two to three pieces of tortilla in each muffin tin to cover completely and create a cup. Press into muffin tin. Spray with nonstick cooking spray.

Bake tortilla cups for 10 minutes. Remove from oven and set aside to cool.

Mix eggs, mushrooms, bell peppers and black pepper in a medium mixing bowl. Pour egg mixture equally into tortilla cups. Cook for 20-25 minutes until eggs are cooked through, or when internal temperature reaches 160 degrees F.

Source: nutrition.gov

Signature Smoothie

INGREDIENTS

1 cup low-fat vanilla yogurt

1/2 cup fresh strawberries

1/2 banana

1/4 cup apple juice

Toss ingredients into the blender and blend until smooth.

You don't really need a recipe to make a good smoothie. Experiment with different combinations of fruit, milk products (milk, yogurt, ice cream), juices (apple, orange, cranberry, pineapple...).

Add crushed ice for a slushy. If the smoothie isn't sweet enough after you blend it, add a little sugar or honey to taste.

Source: NC Strawberry Association, NC Department of Agriculture & Consumer Services

Strawberry No-Jam Sandwich

INGREDIENTS

4 strawberries

2 T low-fat cream cheese

2 slices whole wheat sandwich bread

1 tsp honey or 1 tsp sugar

Spread soft whole wheat bread with cream cheese. Slice ripe strawberries over the cream cheese.

If desired, sprinkle with sugar or drizzle with honey. Place slice of bread on top.

Source: NC Strawberry Association, NC Department of Agriculture & Consumer Services

Chicken Salad with Crackers

INGREDIENTS

2 Tbsp mayonnaise, reduced fat
1/2 tsp lemon juice
1/4 tsp celery seed
1/8 tsp onion powder
3/4 cup (3oz) diced, cooked chicken
1/2 apple, cored and diced, optional
1/4 cup dried cranberries, optional
Whole-wheat thin crackers

In a medium bowl, combine mayonnaise, lemon juice, celery seed and onion powder. Stir until well-blended.

Using a rubber spatula, fold in chicken, apples and cranberries, if using.

Serve immediately.

Source: Child Nutrition Recipe Box

Veggie Dip

INGREDIENTS

1 cup plain non-fat yogurt
1 package dry ranch dressing mix.

Mix yogurt and dressing mix, and serve with sliced veggies.

Fruit Dip

INGREDIENTS

1 cup applesauce
1 cup low-fat yogurt, any flavor

Combine applesauce and yogurt and mix until blended. Serve with fruit slices, such as strawberries, bananas, pineapple, kiwi, apples, pears.

Trees in a Broccoli Forest

DIPPING SAUCE

1/4 cup plain nonfat yogurt

1/4 cup light sour cream

2 tsp honey

2 tsp spicy brown mustard

BROCCOLI TREES

2 carrots, peeled

3 cups broccoli florettes

4 cherry tomatoes

3 T parsley leaves

Combine all ingredients in a small bowl to prepare dipping sauce.

Hold carrots against cutting board and trim off ends.

Cut each in half, crosswise, then lengthwise to make four pieces.

Arrange each plate by putting two carrot pieces side-by-side in the center to form a trunk. Arrange broccoli around the carrots forming a cluster, like a tree.

Arrange the tomato at the top of the plate to form a sun. Spoon dip around the base of carrots and sprinkle with the parsley for the ground.

Nut Butter Energy Bites

INGREDIENTS

3/4 cup nut butter

1-1/2 cup oats (quick or old-fashioned)

1/3 cup honey

1/3 cup mini chocolate chips

2 Tbsp ground flax seed

Add nut butter to a microwave safe mixing bowl and microwave for 20 seconds or until soft.

Add oats, honey, chocolate chips, and flax seed to peanut butter. Mix until well combined

Scoop out ~1 Tbsp of mixture and roll into balls.

Store in airtight container in refrigerator.

Source: UNL Food

Mango Black Bean Salsa

INGREDIENTS

- 1 mango
- 1 15-oz can black beans, no salt added, drained and rinsed
- 1 7-oz can whole kernel corn, no salt added, drained
- 1/4 cup onion, finely chopped
- 1/4 cup fresh cilantro, coarsely chopped
- 2 Tbsp lime juice
- 1 tsp garlic salt
- 1/4 tsp ground cumin

Wash and peel the mango, then cut lengthwise. Cut into 3/4" cubes.

In a medium bowl, combine all ingredients and mix well. Refrigerate until ready to serve.

Serve with whole wheat pita wedges, tortilla chips or chopped vegetables.

Source: UNL Food

Banana in a Blanket

INGREDIENTS

- 1 whole wheat tortilla
- 1 Tbsp creamy nut butter
- 1 Tbsp granola cereal
- 1 banana
- 1 tsp honey or maple syrup, optional

Lay tortilla on a plate and spread nut butter evenly on tortilla.

Sprinkle cereal over peanut butter.

Place banana on tortilla and drizzle honey or maple syrup, if using. Roll the tortilla up and slice into bite-size pieces.

Source: UNL Food

Whole Wheat Soft Pretzels

INGREDIENTS

- 1 envelope (or 2 ¼ tsp) quick rise yeast
- 2 cups all-purpose flour
- 2 cups whole wheat flour or white whole wheat flour
- 1 tsp salt
- 1 tsp sugar
- 1-1/2 cups warm water
- 1 Tbsp vegetable oil

Mix yeast, flours, salt, and sugar in a large bowl.

Stir in warm water and oil to make a soft dough.

Knead on floured surface until dough is smooth and elastic. Form into pretzels or any other shape. If desired, brush pretzels with oil or melted butter and top with coarse salt.

Bake on a greased sheet in a 425 F oven for 12-15 minutes.

Source: UNL Food

Groovie Smoothie

INGREDIENTS

- 1 8-oz carton fat free yogurt, plain or vanilla (sugar free)
- 1/2 cup orange juice
- 6 frozen strawberries

Scoop yogurt into blender.

Add orange juice and strawberries.

Blend until smooth.

Pumpkin Whole Wheat Pancakes

INGREDIENTS

2 eggs	1 cup all-purpose flour
2 Tbsp vegetable oil	1 cup whole wheat flour
1½ cups 1% or skim milk	2 Tbsp baking powder
¾ cup canned pumpkin	½ tsp pumpkin pie spice
2 Tbsp brown sugar	1 tsp cinnamon

Beat eggs in medium bowl. Add oil, milk, pumpkin and brown sugar.

In a separate bowl, combine flours, baking powder and spices. Add dry ingredients to pumpkin mixture and stir until well-combined.

Pour ¼ cup batter on a lightly oiled and heated griddle or skillet. Cook until lightly browned.

Store in airtight container in refrigerator

Source: UNL Food

Snack Mix

INGREDIENTS

- 7 cups Crispix® or Chex® cereal
- 1 cup pretzels
- 2 T light margarine, melted
- ¼ tsp garlic salt
- ¼ tsp onion salt
- 2 tsp lemon juice
- 4 tsp Worcestershire sauce

Combine cereal and pretzels in a 9"x13" baking pan and set aside.

Stir together remaining ingredients. Gently stir spices and margarine into cereal mixture until evenly coated.

Bake at 250°F for approximately 45 minutes, stirring every 15 minutes. Spread on paper towels to cool.

Fruit Pizza

INGREDIENTS

1 10-inch pre-made, pre-cooked pizza crust

1/2 cup low-fat cream cheese (plain or flavored at room temperature)

Assorted cut fruit (strawberries, kiwi, blueberries, grapes, mandarin oranges, etc.)

1/4 cup shredded or flaked coconut

1/4 cup sliced almonds

Spread cream cheese over pizza crust, leaving a border. Arrange fruit over cream cheese in a decorative pattern. Sprinkle with coconut and/or nuts. Slice into thin wedges and serve.

Banana Pops

INGREDIENTS

3 large bananas

Popsicle sticks

1/2 cup yogurt (any flavor)

1/2 cup granola, coconut, chopped nuts or crushed cereal

Peel bananas and cut into chunks about 4 inches long. Insert popsicle sticks as handles. Roll in yogurt, then in granola, coconut or nuts.

Can be eaten immediately or placed on foil-lined pan and frozen until firm. Can be saved in plastic bags.