

Healthy Snacks

Recipe Book



Fruit Party



Rainbow Salad

Created by
1st and 2nd graders
at
Capital City Public Charter School
2005-2006

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Introduction

We made this book with our own healthy snack recipe creations during our Fitness and Nutrition expedition this fall and winter. After learning about what foods are good for us, we had a taste test. During our taste testing we recorded our observations by rating if we liked, didn't like, or had no opinion about the food. We got to experiment with new foods and combinations of foods. We chose trail mixes, vegetables, and fruits for our categories because they represent important groups on the food pyramid.

Freeze Bars

Created by Enrique

, Nick

, Isabelle

and Yared

You need:

1 cup dried apple

2 cups dried bananas

2 cups mini pretzels

$\frac{1}{4}$ cup Cheerios

$\frac{1}{4}$ cup raisins

$\frac{1}{4}$ cup dried cranberries

1 cup peanut butter

$\frac{1}{3}$ cup carob chips



Illustration by Jacob

Freeze Bars

Directions:

1. Mix together the dry ingredients in a large bowl.
2. Add the peanut butter and mix with dry ingredients until peanut butter is coating everything.
3. Spread mixture into a rectangular pan and freeze overnight.
4. Cut into bars to serve.
5. Have a delicious day!

Barras Congeladas

Preparación:

1. Mezcla todos los ingredientes secos en un tazón grande.
2. Agrega la crema de cacahuete y mezcla con los ingredientes secos, hasta que la crema de cacahuete cubra todo.
3. Extiende la mezcla en un recipiente rectangular y congela toda la noche.
4. Corta en barras y sirve.
5. Ten un delicioso día.

Capital City's Best Trail Mix

Created by Andryck, Stacey, Elsy, and Walter.

You Need:

- 1 $\frac{1}{2}$ cups almonds
- 2 cups banana chips
- 2 cups carob chips
- $\frac{1}{2}$ box of "Kix" brand cereal



Illustration by Walter

Capital City's Best Trail Mix

Directions:

1. Mix everything together in bowl.
2. Enjoy!

La Mejor Mezcla de Cereal y Frutas Secas de Capital City

Preparación:

1. Mezcla todo en un tazón.
2. Disfruta.

Trail Mix

Created by Simon

, Max

, Zaid

, and Claire

You Need:

- 1 bag popcorn (popped)
- 2 cups dried cranberries
- 1 $\frac{1}{2}$ cups pumpkin seeds
- 2 cups carob covered raisins



Illustration by Kinyatta

Trail Mix

Directions:

1. Mix everything together in bowl.
2. Enjoy!

Mezcla de Cereal y Frutas Secas

Preparación:

1. Mezcla todo en un tazón.
2. Disfruta.

Chocolate Blast in the Bag

Created by Sammy ; Jacob ; Lauryn and Gracie

You need:

- 1 cup carob chips
- 1 cup mini pretzels
- 1 cup raisins
- 1 cup sunflower seeds
- 1 cup almonds
- 1 cup dried cranberries
- 2 cups Chex cereal



Illustration by Yared

Chocolate Blast in the Bag

Directions:

1. Put all ingredients into a large bowl.
2. Mix ingredients with clean hands.

Explosión de Chocolate en la Bolsa

Preparación:

1. Pon todos los ingredientes en un tazón grande.
2. Mezcla los ingredientes con manos limpias.

"I'm On Fire!" Salsa

Created by Sierra

: Karen

Kinyatta |

and Zetis

You Need:

2 tomatoes (chopped very fine)

$\frac{1}{2}$ onion, skin off (chopped fine)

$\frac{1}{2}$ red chili pepper (seeds removed, chopped fine)

juice of $\frac{1}{2}$ lemon

1 cucumber (peeled, chopped into small pieces)

1 $\frac{1}{2}$ cups sweet corn



Illustration by Zetis

"I'm On Fire!" Salsa

Directions:

1. Mix everything together in bowl.
2. Use tortilla chips to scoop out and enjoy!

Salsa Estoy Sobre Fuego

Preparación:

1. Mezcla todo junto en un tazón.
2. Usa totopos para comerla y disfruta.

Vegetable People

Created by Sarah , Kieran

, Colby

and Nathalie

You need:

- $\frac{1}{2}$ of a cucumber
- 4 cherry tomatoes
- $\frac{1}{2}$ of a yellow bell pepper
- 8 baby carrots
- 16 black olives
- 1 small head of cauliflower
- 4 long stalks of celery



Illustration by Nathalie

Vegetable People

Directions:

1. Cut the cucumber in thick slices.
2. Cut the yellow bell pepper in half and take out the seeds. Cut 4 slices for the hair.
3. Arrange the vegetables to make a person. (See the picture for an idea)
4. Enjoy with a dip of your choice.

Gente Vegetal

Preparación:

1. Parte el pepino en rebanadas gruesas.
2. Parte el pimiento amarillo a la mitad y saca las semillas. Corta cuatro rebanadas para el pelo.
3. Acomoda las verduras para hacer una persona. (Ve la foto para que te des una idea)
4. Disfruta con un aderezo de tu elección.

Rainbow Salad

Created by Ayan

Lucky

Fred

and Liam

You Need:

- 1 red pepper (sliced, seeds removed, chopped)
- 1 orange pepper (sliced, seeds removed, chopped)
- 1 cup olives (sliced)
- 1 head romaine lettuce (torn into pieces)
- 1 cup frozen peas
- 2 cups olive oil
- 1 cup balsamic vinegar
- juice of 1 lemon
- 2 tablespoons honey (3 long drops!)
- pinch of salt
- pinch of pepper (nine grinds)



Illustration by Liam

Rainbow Salad

Directions For Salad:

1. Place torn lettuce in a large bowl.
2. Add chopped vegetables one at a time.
3. Use your hands to toss everything together.

Directions For Salad Dressing:

1. Pour olive oil into bowl (or shaker).
2. Pour vinegar into bowl (or shaker).
3. Add honey, salt, and pepper.
4. Stir together (or shake a lot!).

Ensalada Arcoiris

Preparación:

1. Coloca la lechuga en trozos dentro de un tazón.
2. Agrega las verduras picadas una a la vez.
3. Usa tus manos para mezclar todo.

Preparación del Aderezo de la Ensalada:

1. Añade aceite de oliva a un tazón.
2. Agrega vinagre al tazon.
3. Añade miel, sal y pimienta.
4. Revuelve los ingredientes (o batelos mucho).

Mexican Pizza Roll

Created by Troy

, Diane

, Nat

and Elizabeth

You need:

4 flour tortillas

3 tomatoes

$\frac{1}{2}$ cup corn

1 cup cilantro leaves

2 limes

$\frac{1}{2}$ of a mango

1 clove of garlic

$\frac{1}{2}$ of an onion

2 cups shredded cheddar cheese



Illustration by Kate

Mexican Pizza Roll

Directions:

1. Dice tomatoes, chop cilantro, and measure $\frac{1}{2}$ cup of corn.
2. Squeeze the limes to get the juice.
3. Cut the mango and scoop out $\frac{1}{2}$ of the mango.
4. Peel and chop the garlic. Dice the onion.
5. Take ingredients and mix them in a bowl to make the salsa. Let it sit.
6. Take the tortilla, sprinkle cheese over the whole tortilla and heat in the microwave for 30 seconds.
7. Spread salsa over the tortilla and roll it up to make a "log".
8. Slice it up so that you can see a spiral in the slice.
9. Serve immediately while the cheese is warm. Enjoy!

Rollo de Pizza Mexicana

Preparación:

1. Pica los tomates y el cilantro, y mide media taza de elote.
2. Exprime los limones para extraer el jugo.
3. Corta el mango y saca la mitad de la pulpa.
4. Pela y parte el ajo. Pica la cebolla.
5. Toma los ingredientes y mezclalos en un tazón para preparar la salsa. Dejela reposar.
6. Toma la tortilla, espolvorea de queso toda la tortilla y calientala en el microondas por 30 segundos.
7. Extiende salsa sobre la tortilla y enrrollala para hacer un "tronco".
8. Rebanala en forma que puedas ver una espiral en la rebanada.
9. Sirve inmediatamente mientras el queso está aún caliente. Disfruta.

Berry Parfait

Created by Ikey

, Joy

, Nnenna

and Chinara

You need:

1 cup blueberries

1 cup blackberries

1 cup raspberries

3 cups cottage cheese

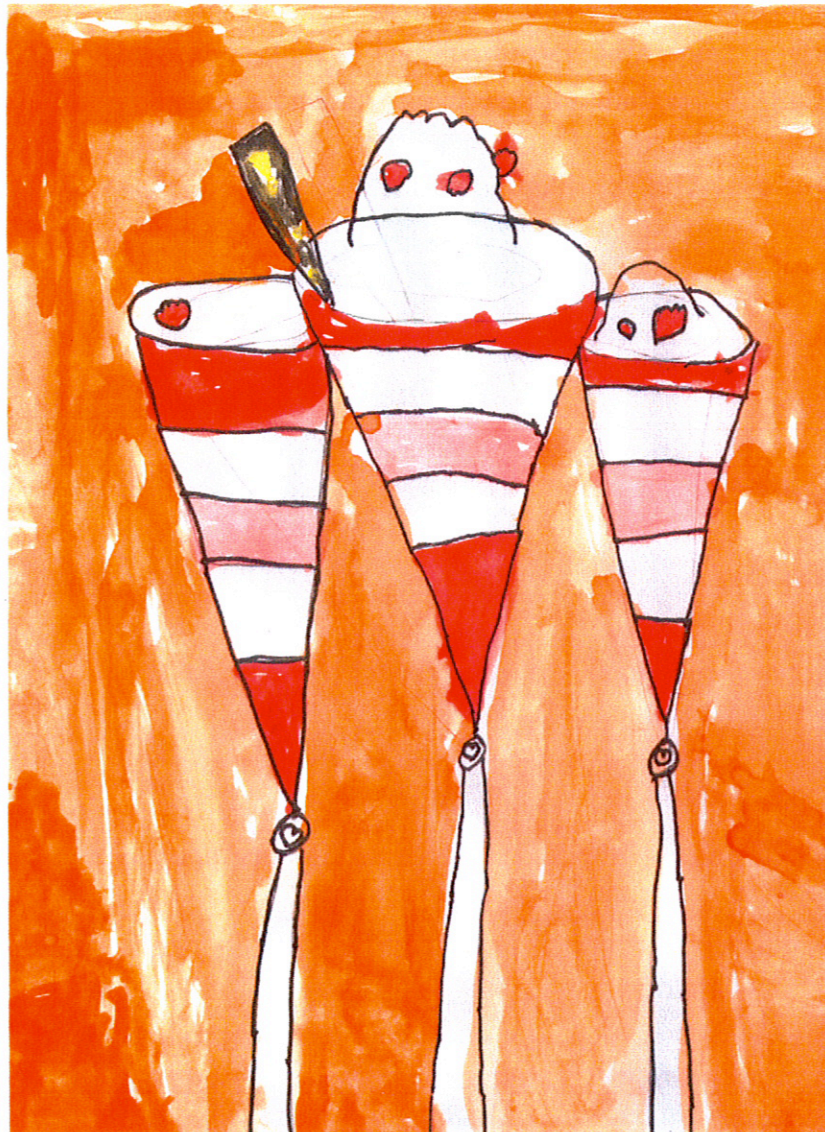


Illustration by Sarah

Berry Parfait

Directions:

1. Rinse berries.
2. Put cottage cheese into a large bowl.
3. Sprinkle the berries over the cottage cheese.
4. Stir if you like or serve as is.

Parfait de Moras

Preparación:

1. Enjuaga las moras.
2. Pon el queso cottage en un tazón grande.
3. Acomoda las moras sobre el queso cottage.
4. Revuelvelo si quieres ó sirvelo asi.

Fruit Smoothie Pops

Created by Kymbree

Brahm

Celia

and Ma'at

You Need:

- 1 $\frac{1}{2}$ apples (peeled, chopped)
- 1 cup dried cherries
- 1 $\frac{1}{2}$ cups pineapple (cut into chunks)
- 1 cup frozen blueberries
- 2 cups fresh strawberries (chopped)
- 1 mango (peeled, chopped)
- 2 kiwi (peeled, chopped)
- 1 cup vanilla yogurt
- blender
- ice cube trays
- popsicle sticks

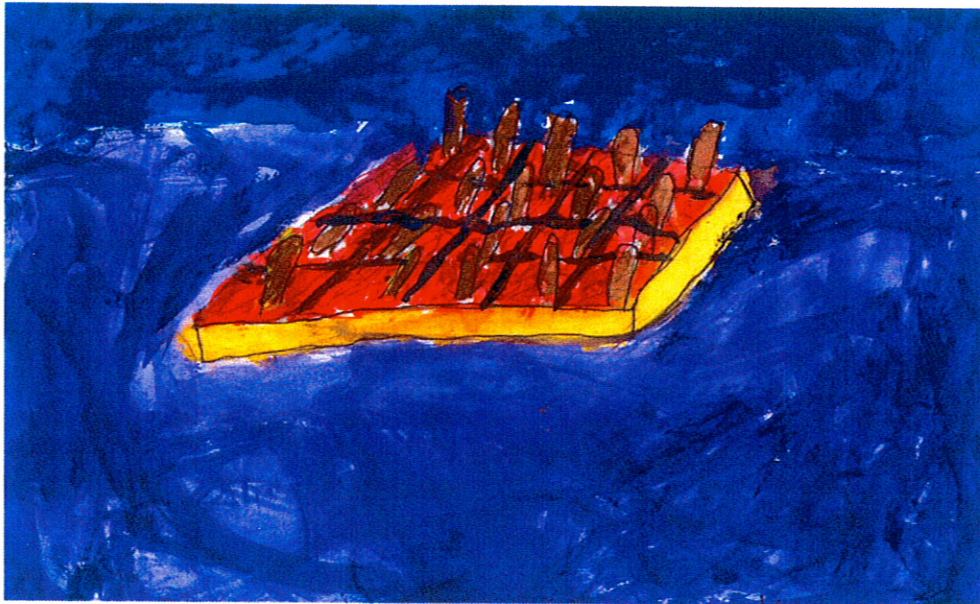


Illustration by Karen

Fruit Smoothie Pops

Directions:

1. Mix all ingredients together in a bowl.
2. Pour half into the blender.
3. Blend until smooth.
4. Pour into ice cube trays. (Repeat until mixture is gone.) Freeze for 2 hours.
5. Place sticks in middle of each mold.
6. Continue freezing for 2 more hours.
7. Take out and enjoy!

Paletas de Licuado de Frutas

Preparación:

1. Mezcla todos los ingredientes en un tazón.
2. Vacía la mitad a la licuadora.
3. Licua hasta tener una consistencia suave.
4. Vacía en bandejas para cubos de hielo. (Repite hasta que uses toda la mezcla) Congela por dos horas.
5. Coloca palitos en medio de cada molde.
6. Continúa congelándolo por 2-3 horas más.
7. Sacalo y disfrútalo.

SJK Fruit Mixer

Created by Sam

Josael

Joseph

and Kate

You need:

2 whole kiwis

1 whole ripe mango

6 slices of canned pineapple rings

$\frac{1}{4}$ of a banana

$\frac{1}{2}$ of a cantaloupe

ice (to taste)



Illustration by Lauryn

SJK Fruit Mixer

Directions:

1. Remove skin from kiwi and peel the banana.
2. Cut cantaloupe in half and take out the seeds.
3. Cut mango off of the pit.
4. Cut all fruit into large pieces (just so they can fit into the blender).
5. Remove skin from mango and cantaloupe after cutting into large pieces.
6. Fill blender with ice half way.
7. Add fruit to the blender.
8. Add half the juice from canned pineapples.
9. Cover the blender and blend to taste.
(more ice and less juice = thicker, less ice and more juice = thinner)

Licuado de Frutas SJK

Preparación:

1. Pela el kiwi y el plátano.
2. Parte el melón a la mitad y saca las semillas.
3. Rebana el mango del hueso, para que se lo puedas quitar.
4. Parte toda la fruta en trozos grandes (solo para que quepan en la licuadora).
5. Quita la piel del mango y del melón.
6. Llena la licuadora de hielo hasta la mitad.
7. Agrega la fruta a la licuadora.
8. Añade la mitad del jugo de la lata de piña.
9. Cubre la licuadora y licualo al gusto.
(Más hielo y menos jugo=más espeso, menos hielo y más jugo=más aguado)

Fruit Party!

Created by Nathan

Adeline

Cameron

and Joshua

You Need:

- 1 pomegranate (seeds only)
- 2 cups watermelon chunks
- 2 cups fresh strawberries (tops removed)
- 2 mangoes (peeled, cut into chunks)
- 1 cup vanilla yogurt
- juice of 1 lemon

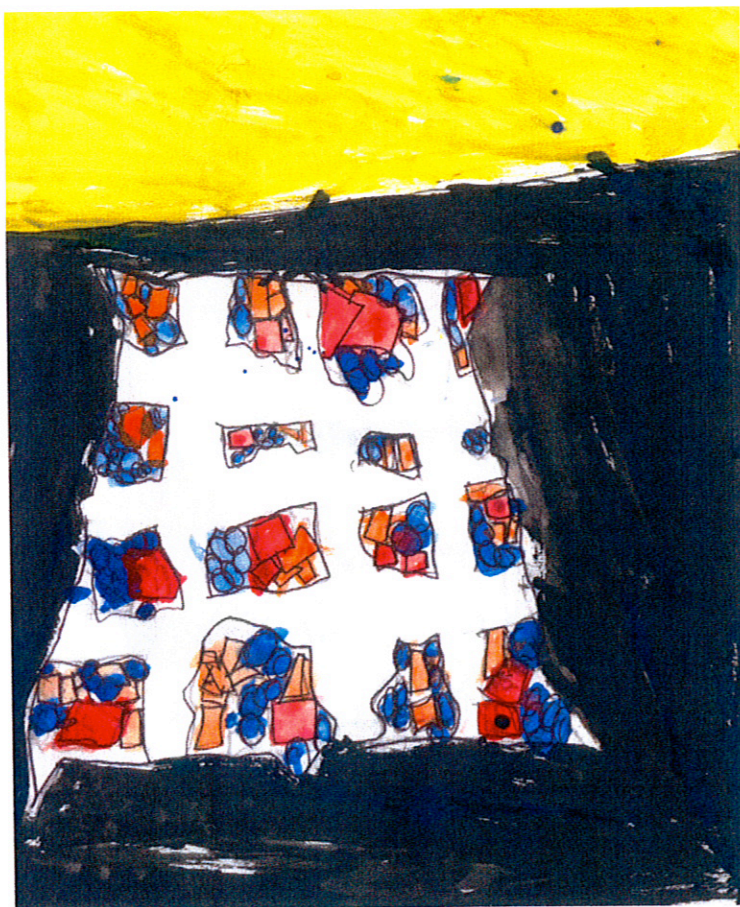


Illustration by Nathan

Fruit Party!

Directions:

1. Place watermelon chunks in a bowl.
2. Cut pomegranate in half to remove the seeds. Place seeds in bowl.
3. Slice strawberries into quarters (4 pieces). Place in bowl.
4. Place mango chunks in bowl.
5. Add lemon juice and mix together gently with hands.
6. Place in refrigerator for 10-20 minutes to chill.
7. Place on pretty plate and drizzle yogurt on top.
8. Enjoy!

Fiesta de Frutas

Preparación:

1. Coloca los trozos de sandía en un tazón.
2. Corta la granada a la mitad para sacar las semillas. Coloca las semillas en el tazón.
3. Rebana las fresas en cuartos (4 piezas). Coloca en el tazón.
4. Coloca los trozos de mango en el tazón.
5. Añade jugo de limón y mezcla gentilmente con las manos.
6. Coloca en el refrigerador por 10-20 minutos a enfriar.
7. Coloca en un platón bonito y adorne con yogur encima.
8. Disfrute.

PBF Sandwich

Created by Ikey

Joy

Nnenna

and Chinara

You need:

- 1 cup peanut butter
- 8 slices of whole wheat bread
- 2 bananas
- 1 apple
- 1 $\frac{1}{2}$ cup raisins



Illustration by Kieran

PBF Sandwich

Directions:

1. Slice and dice the apple and bananas.
2. Mix the peanut butter, raisins, and fruit in a large bowl.
3. Spread mixture onto one slice of bread and cover it with another slice.
4. Cut sandwiches into halves or quarters if you want and serve.

CCF Sandwich

Preparación:

1. Rebana y pica la manzana y los plátanos.
2. Mezcla la crema de cacahuete, pasas y fruta en un tazón grande.
3. Embarra la mezcla en una rebanada de pan y cubrela con otra.
4. Parte los sandwiches en mitades o cuartos, si quieres, y sirve.

With Gratitude

The 2005-2006 first and second grade class
would like to thank the following people
for their incredible support in making this
book possible:

- Our wonderful families who donated time, food, and cookbooks
- Our fantastic room parents who orchestrated so much with little notice and positive attitudes
- Our taste test gurus (you know who you are) without whom many of these recipes could not be assembled

Special Thanks

We would like to extend an extra special thank you
to the following special people:

- Judith for her ability to work magic in the eleventh hour and her dedication in turning each student into Picasso

- Ana for Spanish translations faster than a speeding bullet!

We appreciate your efforts...thank you.

The First/Second Grade Teaching Cluster
(Wanda , Bethany , Britt , Leensa)