

# OCEANSIDE UFSD NUTRITION COMMITTEE

## Healthy Snacking Cookbook



## Oceanside UFSD Nutrition Committee

---



This *Healthy Snacking Cookbook* is being brought to you by the Oceanside UFSD Nutrition Committee. The Committee is comprised of PTA representatives from each school building, Board Trustees, District administration and faculty members. The committee meets 4-5 times per year to discuss federal & state regulations, menu offerings, and other pertinent and timely topics. The committee also performs lunch observations on a rotational basis at each school building.

If you are interested in learning more about the Nutrition Committee, please contact our Food Services Director, Jane Blackburn at (516) 678-7548.

Recipes included in this pamphlet were found using free website resources including Eating Well, Inc. which can be found at <http://www.eatingwell.com/> and Super Healthy Kids which can be found at <https://www.superhealthykids.com/>.

**Disclaimer:**

*The Oceanside Union Free School District in no way provides any warranty, express or implied, towards the content of recipes in this publication. It is the reader's responsibility to determine the value and quality of any recipe or instructions provided for food preparation and to determine the nutritional value, if any, and safety of the preparation instructions. The recipes presented are intended for entertainment and/or informational purposes and for use by persons having appropriate technical skill; to be used at their own discretion and risk. If you have any questions or concerns about recipes contained within this pamphlet, please speak with your primary care provider.*



## Quinoa Granola Bars

Quinoa Granola Bars Recipe with steel cut oats, flaxseed, chocolate chips and small amount of brown rice syrup for kids approved homemade healthy granola bars.

**Prep Time:** 15 minutes

**Cook Time:** 40 minutes

**Total Time:** 55 minutes

**Yield:** 16 servings

### Ingredients

- 1 + 3/4 cup quick oats\*
- 1 cup quinoa
- 1/2 cup steel cut oats (or sub with quick oats)\*
- 1/2 cup almonds, coarsely chopped\*\*
- 1/2 cup flax seed, ground
- 1/2 cup chocolate chips
- 1/2 teaspoon salt
- 2 – 3 large or 1/2 cup egg whites
- 1/2 cup brown rice syrup or honey, warmed up if necessary
- 1/2 cup coconut oil, melted
- Cooking spray

### Instructions

Preheat oven to 325 degrees F and spread quick oats, quinoa, steel cuts oats and almonds on a large rimmed baking sheet. Bake for 10 -15 minutes or until lightly brown, stirring occasionally. Remove from the oven, transfer to a large mixing bowl and let cool completely.

1. Stir in flax seed, chocolate chips and salt into cooled oats. In a medium bowl, lightly beat the egg whites, add brown rice syrup/honey and coconut oil. Mix well to combine, pour over the dry ingredients and mix well again.
2. Line 9 x 13 baking dish with parchment paper and spray with cooking spray. Transfer mixture into the baking dish and using spatula or wet hands press it firmly. You have to press really well for the bars to hold together! Bake for 30 minutes, remove from the oven and let cool completely. I usually let the bars cool in the pan for an hour and then, holding by the parchment paper flaps, transfer on a cooling rack for another hour or so. Cut into 16 bars.

**Store:** Store in a cool dry place for a few weeks or freeze in an airtight container for up to 3 months.

### Notes

\*Use certified gluten free oats to make the recipe gluten free.

\*\*Peanuts, hazelnuts or walnuts would work as well.





## Ants on a Log

### Ingredients

- 5 or 6 stalks of celery washed, dried, and cut into 2 to 3 inch sticks
- 1 Tbs natural peanut butter or almond butter per celery stick
- 1/2 cup raisins
- 1 cup red grapes washed and quartered

### Directions

1. Spread peanut or almond butter down the center of each celery stick.
2. Sprinkle raisins and/or red grapes down the center.





## Peanut Butter Banana Smoothie Recipe

### Ingredients

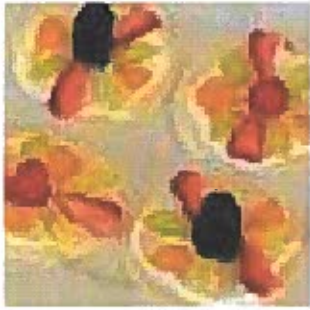
- 4 medium – banana
- $\frac{1}{4}$  cup – peanut butter, all-natural
- 2 cup – milk
- $\frac{1}{4}$  cup – chocolate protein powder
- 1 cup – ice
- 1 tablespoon – honey

### Directions

1. Add all ingredients to a high-powered blender and blend until smooth.
2. Serve immediately.

For an extra creamy smoothie, freeze the bananas before using.





## Healthy Fruit Pizza Minis

### Ingredients

- $\frac{1}{2}$  cup – Greek yogurt, plain
- 1 teaspoon – honey
- $\frac{1}{2}$  teaspoon – vanilla extract
- $\frac{3}{4}$  tablespoon – orange juice
- 4 medium – tortilla, whole wheat

### Toppings

- $\frac{1}{4}$  cup – blackberries
- $\frac{1}{4}$  cup – strawberries
- $\frac{1}{4}$  cup – kiwi
- $\frac{1}{4}$  cup – mandarin oranges, canned in juice

### Directions

1. Cut out your crust. We used a plain tortilla (wheat or flour) and the ring of a mason jar to make small circle crusts.
2. Combine first 4 ingredients in a bowl and whisk until well blended. We used honey as our sweetener, but you can add a different one of your choice to taste! Lime juice can also be used in place of orange juice.
3. Spread over tortillas and top with seasonal fruit, such as blackberries, strawberries, kiwi, mandarin oranges, grapes, or raspberries.





## Hummus-Covered Pretzel Rod

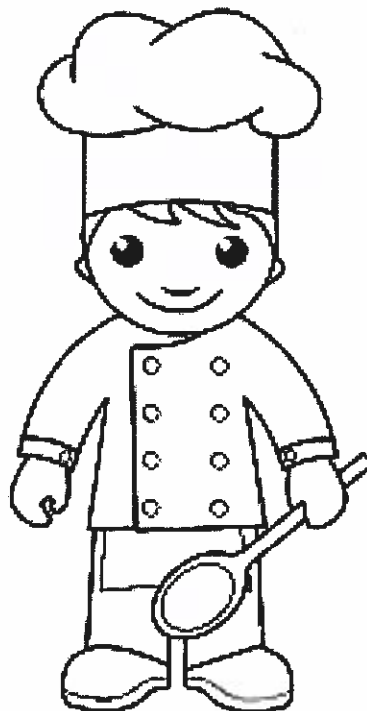
“Hummus adds a flavorful protein punch to a pretzel rod for a fun, healthy after-school snack that the kids can even help with.”

### Ingredients

- 1 pretzel rod
- ½ tablespoon hummus
- 1 teaspoon shredded carrot

### Directions

1. Coat upper third of pretzel with hummus.
2. Sprinkler carrot on the hummus.





## Saucy Pita Dippers

“This easy kid-friendly snack is a fun way to sneak in whole grains.”

### Ingredients

- 1 whole-wheat pita bread
- ¼ cup spaghetti sauce
- 1 tablespoon shredded reduced-fat mozzarella cheese

### Directions

1. Preheat broiler. Cut pita into 4 wedges. Warm under the broiler (or in a toaster oven).
2. Place spaghetti sauce in a microwave-safe small bowl; microwave on high until warm, about 30 seconds.
3. Top the sauce with cheese and serve alongside the warmed pita wedges.



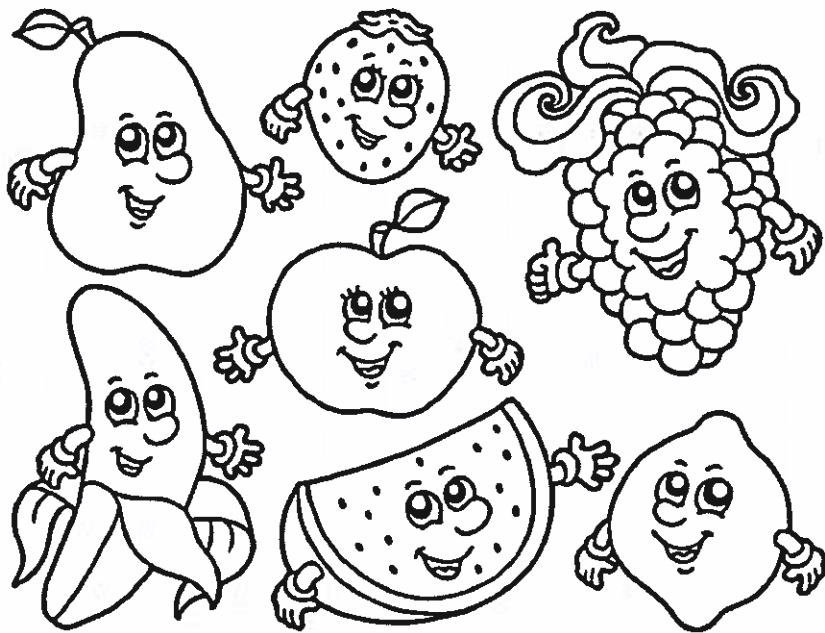


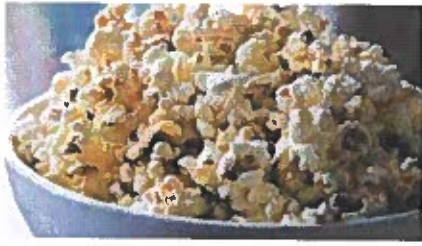


## Frozen Fruit Kabobs

### Directions

1. Rinse and slice your fruit. Bananas, strawberries and grapes are some choices to use.
2. Lay on wax paper. Break wooden skewers in half and put the fruit on alternating them.
3. Freeze for a couple of hours and eat.





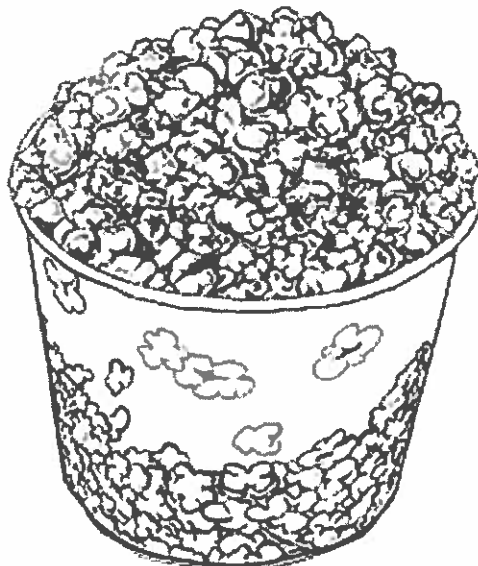
## Popcorn

### Directions

Place 2 tbsp. of olive oil on the bottom of a pot to coat it. Cover the bottom with kernels and cover with a see-through top preferably. Put flame on high and listen for kernels to pop regularly. When more than 2 seconds occurs between pops, stop heating.

### Optional Toppings (alone or combined)

- Parmesan Cheese
- Sea Salt
- Cinnamon
- Fresh Rosemary
- Dark Chocolate Cocoa Chips (handful-melt over popping kernels)
- Fresh dried apple chips
- Paprika
- Garlic Powder
- Onion Powder
- Nutritional Yeast
- Balsamic Vinegar
- Lemon Zest





## Homemade Apple Sauce

Delicious homemade applesauce just got easier, made in the instant pot or slow cooker. This Instant Pot applesauce recipe has no added sugar and can be made in just 15 minutes. Makes about 5-6 cups applesauce

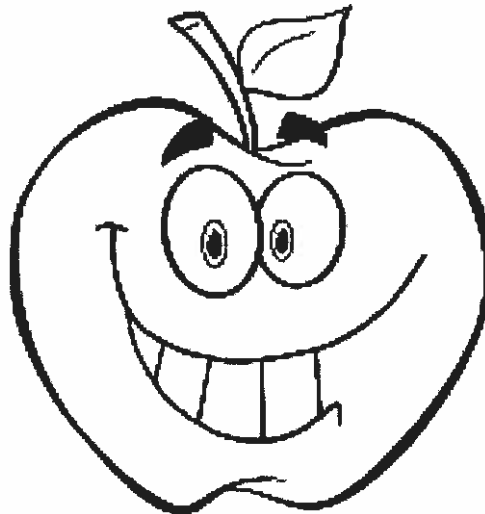
### Ingredients

- 4 large Granny Smith apples, peeled, cored and roughly chopped (or Golden Delicious apples)
- 4 large Honeycrisp apples, peeled, cored and roughly chopped
- 1 cup water
- 1 Tablespoon fresh lemon juice (from about 1/2 a lemon)
- 1/2 teaspoon ground cinnamon



### Directions

1. Peel and core apples. Apple peeler's work best and can easily be purchased online or at a local store to do all three steps at once (peel, spice and core). Kids love using it!
2. Add water, lemon juice and cinnamon to instant pot and stir to combine. Add apples and toss to mix.
3. Secure lid and cook on manual (high pressure) for 8 minutes. Do a controlled quick release or allow the pressure to naturally release.
4. Mash the apple mixture a few times with a potato masher, if desired. (If you like a smoother texture you could pulse it in the blender.)
5. Transfer contents to a bowl and allow to cool completely. Stir in more cinnamon, if desired, to taste.
6. Enjoy warm or cold. Store in the fridge for up to 7-10 days.





## Strawberry Banana Flax Smoothie

### Ingredients

- 1 cup – Greek yogurt, plain
- 2 medium – banana
- 1 cup – strawberries, frozen, unsweetened
- $\frac{1}{4}$  cup – flaxseed, ground
- 1 cup – spinach

### Directions

1. Add all smoothie ingredients to a high-powered blender. (If your blender won't mix this, add small amounts of water until it begins to blend, but try to keep it as thick as possible.)
2. Serve immediately.





## Apple Cider Vinegar Raisin Jam

### Directions

1. Cover raisins with apple cider vinegar (just enough vinegar to cover raisins)
2. Bring to a boil and boil for a few minutes
3. Reduce to a simmer until raisins are soft
4. Puree in a blender
5. Refrigerate and Enjoy!





## Corn Dog Muffins

### Ingredients

- Gluten free corn muffin mix
- 3 hot dogs

### Directions

1. Heat oven to 400 degrees.
2. Spray mini-muffin pan with cooking oil.
3. Mix corn muffin mix as directed.
4. Cut hot dogs into small 1 inch pieces.
5. Fill muffin tins half full with corn mix and place hot dog in the center.
6. Bake at 400 for 9 minutes.
7. Serve with the dip of your choice.





## Crunchy Chocolate-Raspberry Yogurt

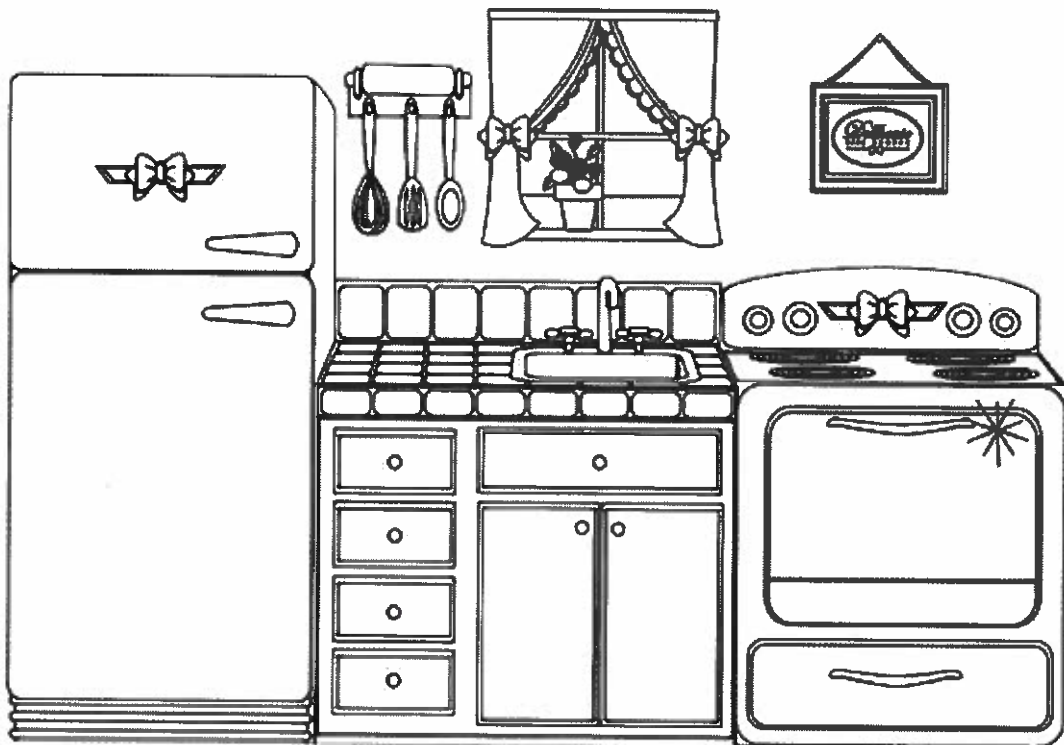
“This fun snack features high-protein Greek yogurt. If kids won’t eat plain yogurt, substitute vanilla fat-free Greek yogurt. (If you want to wean kids off sweet yogurt, mix together half of each kind.)”

### Ingredients

- ½ cup plain nonfat Greek yogurt (4 ounces)
- 10 fresh raspberries
- 10 Annie’s Chocolate Bunny Grahams, crushed if desired.

### Directions

1. Place yogurt in a bowl; stir in raspberries and bunny grahams.





## Crunchy Roasted Chickpeas

“Try this satisfying snack instead of nuts. The tasty legumes are lower in calories and packed with fiber.”

### Ingredients

- 1 (15 ounce) can no-salt-added chickpeas, rinsed
- Nonstick cooking spray
- $\frac{1}{4}$  teaspoon sea salt

### Directions

1. Preheat oven to 425° F.
2. Pat chickpeas dry with paper towels; place on a large rimmed baking sheet.
3. Coat with cooking spray and sprinkle with salt.
4. Bake until crunchy, 30 to 45 minutes.







## Fruit and Cheese Kabobs

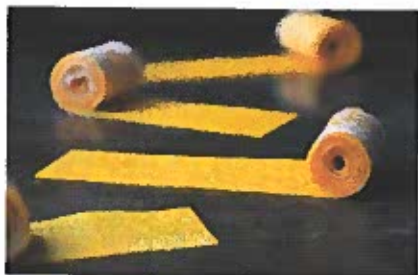
### Ingredients

- 8 Sargento® Reduced Fat Colby-Jack Cheese Snacks
- 24 green seedless grapes
- 24 small strawberries
- 4 oz. low fat vanilla yogurt
- honey (optional)

### Directions

1. Cut each cheese snack crosswise into 3 pieces. Alternate on skewers with grapes and strawberries.
2. Drizzle honey over the vanilla yogurt and serve as dip for kabobs.





## Healthy Homemade Mango Fruit Roll-Ups

Prep Time: 10 minutes

Cook Time: 4 hours

Yield: 8 Fruit Roll-Ups

### Ingredients

- 4 cups diced, ripe mango (about 3 large mangos)

### Directions

1. Preheat the oven to 175°F and line two rimmed baking sheets with Silpats or parchment paper.
2. Puree the mango in a food processor or blender until smooth.
3. Divide the purée evenly between the two prepared pans, and using an off-set spatula, spread the purée as flat and as evenly as possible until it's about 1/8-inch thick.
4. Bake the purée for 3 to 4 hours. (See Kelly's Notes.) The fruit roll-ups are done when the purée is dry to the touch and pliable. If the bottom side of the roll-ups is still wet after some time, flip the roll-ups over and continue baking them until they are fully dried.
5. Remove the roll-ups from the oven. Place a piece of wax paper on top of the roll-ups and then peel off the wax paper and the roll-ups together. Cut the sheet into long strips and then roll up the strips.

### NOTE

The total baking time will vary depending on the exact thickness of your fruit roll-ups and the differing temperatures of ovens.

The fruit roll-ups will last for up to 1 week when stored in an air-tight container.





## Edamame Hummus

**Prep Time:** 10 minutes

**Cook Time:** 0 minutes

**Servings:** 16

### Ingredients

- 2 cups (~325 grams) edamame, pre-cooked and cooled
- 2 Tablespoons (28 grams) tahini
- 1 handful fresh spinach
- 3 Tablespoons fresh lemon juice (~ 2 small lemons)
- 1 Tablespoon nutritional yeast
- 6-8 Tablespoons water
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{2}$  teaspoon garlic powder
- $\frac{1}{4}$  teaspoon onion powder
- $\frac{1}{4}$  teaspoon cumin

### Directions

1. In a food processor, add all ingredients and blend until smooth. Start with 6 Tbsp water, add up to 8 Tablespoons if thinner consistency desired.
2. To get an extra creamy texture, finish the blending in a NutriBullet or other high-speed blender





## Limey Mango Chunks

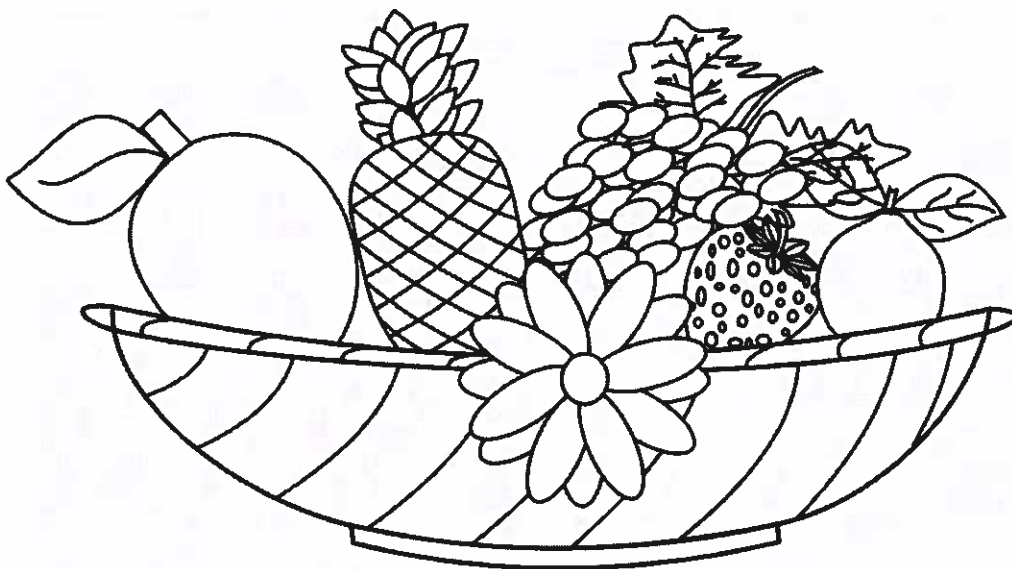
“This refreshing snack boasts plenty of vitamin C. Buying frozen mangoes saves prep time and guessing about ripeness.”

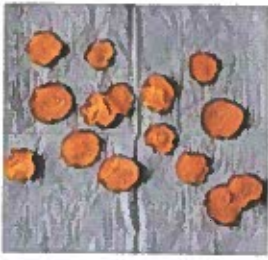
### Ingredients

- ½ cup frozen mango chunks, slightly thawed
- 1 tablespoon fresh lime juice

### Directions

1. Place mango in a bowl; sprinkle with lime juice and toss to coat.





## Sweet Potato Chips

“Make perfectly crunchy veggie chips at home with this healthy recipe. Use a mandolin to slice the sweet potatoes extra-thin for the optimum crunch!”

### Ingredients

- 1 large sweet potato (about 1 pound), thinly sliced (about 1/8” thick)
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon salt

### Directions

1. Preheat oven to 200° F.
2. Line 2 large baking sheets with parchment paper.
3. Toss sweet potato slices with oil and salt. Spread in a single layer on the prepared baking sheets.
4. Bake on the upper and lower over racks until crisp, rotating the pans top to bottom and front to back halfway through, about 3 hours. Cool on the pans for 30 minutes before serving.



