



Fun with Food
Healthy Snacks for Kids

Children's
HOSPITAL • ST. LOUIS
BJC HealthCare™

www.stlouischildrens.org



Newton® Monster Pops
Spooky Gloved Munch Mix
Ritz® Spider, opposite page

Fun with Food

In keeping with St. Louis Children's Hospital's commitment to helping families raise healthy children, we are happy to provide this booklet of nutritious recipes that are fun to make AND fun to eat.

For all your information needs on pediatric health and wellness, visit

www.stlouischildrens.org





5-Minute Banana Split Cup

Spring

5-Minute Banana Split Cup

Prep time: 5 min

Ingredients:

- 4 JELL-O Brand Pudding Snacks, any flavor
- 2 medium bananas, thinly sliced
- 1/4 cup thawed COOL WHIP Whipped Topping
- Sundae topping, any flavor

Preparation:

Top pudding snacks with banana slices, whipped topping and a drizzle of your favorite sundae topping.

RITZ Caterpillar

Prep time: 10 min

Ingredients:

- 5 RITZ Crackers
- 2 tsp. peanut butter
- 1 tsp. grape jelly, or any other flavor
- 10 pieces (1 inch each) shoestring licorice
- 2 small round candies

Preparation:

Spread 3 of the crackers with peanut butter; spread the remaining 2 crackers with jelly.

Arrange crackers alternately on serving tray to resemble caterpillar, overlapping crackers slightly.

Decorate with shoestring licorice and candies for the "caterpillar's legs," "antennae" and "eyes."

Nutrition Details (per serving):

Calories 170, Total fat 10 g, Saturated fat 2 g, Cholesterol 0 mg, Sodium 190 mg, Carbohydrate 18 g, Dietary fiber 1 g, Sugars 6 g, Protein 4 g, Calcium 2% DV, Iron 4% DV

Spring Snack RITZ Tulip

Prep time: 5 min

Ingredients:

- 4 RITZ Crackers
- 2 tsp. PHILADELPHIA Cream Cheese Spread
- 2 small strawberry halves
- 2 pieces green apple peel, about 3x1-inches each

Preparation:

Spread 2 of the crackers with cream cheese spread; top with 2 remaining crackers.

Cut strawberry halves into a tulip shape; place 1 on top of each cracker sandwich. Cut apple peel to resemble stem and leaf shapes; insert into sides of cracker sandwiches.

Nutrition Details (per serving):

Calories 110, Total fat 7 g, Saturated fat 3 g, Cholesterol 10 mg, Sodium 140 mg, Carbohydrate 10 g, Dietary fiber 1 g, Sugars 2 g, Protein 1 g, Vitamin C 8% DV, Calcium 4% DV, Iron 2% DV

Fruity Bear Dip

Prep time: 5 min

Ingredients:

1 container (8 oz.) plain low fat yogurt
2 Tbsp. strawberry jam, jelly or preserves, or your favorite variety
TEDDY GRAHAMS Graham Snacks, any flavor

Preparation:

Swirl yogurt and jam in small bowl.
Refrigerate.

Serve as a dip with graham snacks.

Nutritional Bonus

Kids will enjoy dipping cute bear-shaped graham snacks into this colorful dip for a great tasting dip that's low in cholesterol.

Nutrition Details (per serving):

Calories 170, Total fat 4 g, Saturated fat 1 g, Cholesterol 5 mg, Sodium 170 mg, Carbohydrate 31 g, Dietary fiber 1 g, Sugars 14 g, Protein 3 g, Calcium 6% DV, Iron 6% DV

Summer

Frozen Fruit Pops

Prep time: 15 min

Ingredients:

5 large, ripe strawberries
1 banana
1 cup plain yogurt
1/2 cup applesauce
1/4 cup apple juice
1 Tbsp honey

Preparation:

Remove stems from strawberries and chop into small pieces. Put the pieces in a bowl. Peel and chop banana. Add to the strawberries in bowl. Add the yogurt, applesauce, apple juice and honey to the fruit and stir well to combine. Spoon mixture into 5 oz paper cups, dividing evenly. Cover each cup with foil. Insert a wooden stick through the center of foil down the center to bottom of cup. Put cups in freezer until frozen...about 4 hours. To serve, remove foil and peel off the paper cup.

Red, White and Blue Parfaits

Prep time: 10 min

Ingredients:

1 box each of Strawberry and Berry Blue flavor JELL-O
1 8 oz container whipped topping

Preparation:

Prepare JELL-O as directed on package for JIGGLERS. Cut into small cups. Layer with whipped toppings in parfait glasses.



Frozen Fruit Pops

Frozen Banana Treats

Prep time: 15 min

Ready in: 4 hr 15 min

Ingredients:

- 6 wooden popsicle sticks
- 3 small bananas, peeled, cut crosswise in half
- 1 tub (7 oz.) BAKER'S Dipping Chocolate, any variety
- POST Cocoa or Fruity PEBBLES Cereal

Preparation:

Insert a pop stick into each banana piece.

Dip banana into chocolate, or brush chocolate onto banana pieces with pastry brush. Roll in cereal, completely coating all sides.

Freeze 4 hours or until firm.

Funny Face Cheesers

Prep time: 10 min

Ingredients:

- 1 whole grain English muffin, split, toasted
- 2 Tbsp. CHEEZ WHIZ Cheese Dip
- 1/2 cup cut-up assorted fresh vegetables, such as broccoli, carrots, bell peppers, cherry tomatoes

Preparation:

Spread muffin halves evenly with CHEEZ WHIZ.

Decorate each half with vegetables to resemble funny face.

Nutritional Bonus

Help your kids make this fun wholesome sandwich. Using a whole wheat muffin provides a good source of dietary fiber. As a bonus, the broccoli provides a good source of vitamin C and the carrots provide a good source of vitamin A.

Autumn Halloween Parties

RITZ Spider

Prep time: 5 min

Ingredients:

- 12 RITZ Crackers
- 1/4 cup peanut butter, divided
- 48 small pretzel sticks
- Halloween sprinkles
- 12 currants or small candies

Preparation:

Spread each of 6 crackers with 1 tsp. of the peanut butter; cover with second cracker to form "spider's body."

Insert 8 pretzel sticks into the peanut butter layer of each spider for the "legs."

Spread 1 tsp. of the remaining peanut butter on top of each spider. Decorate with sprinkles, then add 2 currants to each for the "eyes."



Ritz Spiders

NEWTON® Monster Pops

Prep time: 20 min

Ingredients:

Wooden pop sticks
FIG NEWTONS Fruit Chewy Cookies
Decorating gels and frostings
JET-PUFFED Miniature Marshmallows
LIFE SAVERS GUMMIES
Colored sprinkles and assorted
Halloween candies

Preparation:

Insert 1 pop stick into each cookie.

Decorate cookie with gels, frostings, marshmallows, candies and sprinkles to create monster faces.

Let stand to set. If desired, stand pops in a floral foam block inserted into a Halloween container to use as a centerpiece.

Spooky Gloved Munch Mix

Prep time: 10 min

Ingredients:

6 cups POST ALPHA-BITS Wholesome Sweetened Oat & Corn Cereal
4 cups popped popcorn
2 cups JET-PUFFED Miniature Marshmallows
1 cup dried mixed fruit
1 cup candy-coated milk chocolate candies
100 candy corn pieces (about 1 cup)
10 clear large plastic food handlers' gloves
10 pieces raffia, each about 8 inches long

Preparation:

Toss cereal, popcorn, marshmallows, dried fruit and chocolate candies in a large bowl or witch's toy cauldron.

Place 1-1/4 cups of the snack mix in each of 10 small plastic bags. Give one to each child along with 10 pieces of candy corn, a plastic glove and piece of raffia.

Have each child place 2 pieces of candy corn, with the white tips down, in each thumb and finger section of the plastic glove to resemble fingernails. Then, fill gloves with the snack mix and tie closed with the raffia.

Easy Boo Cups

Prep time: 10 min

Ingredients:

- 1 tub (8 oz.) COOL WHIP Whipped Topping, thawed, divided
- 1 pkg. (16 oz.) OREO Chocolate Sandwich Cookies, crushed, divided
- 1 tub (22 oz.) JELL-O Ready-To-Eat Pudding, any flavor

Preparation:

Gently stir 1/2 of the whipped topping and 1/2 of the crushed cookies into pudding.

Spoon 1 Tbsp. crushed cookies into 16 individual cups. Evenly divide pudding mixture among the cups. Top with remaining crushed cookies.

Drop remaining whipped topping by spoonfuls onto desserts to create "ghosts." Refrigerate until ready to serve. Watch the ghosts disappear! Store leftover dessert in refrigerator.

Ghoul's Punch

Source: Better Homes and Gardens

Prep: 20 minutes

Freeze: 8 to 24 hours

Ingredients:

- 6 cups unsweetened pineapple juice, chilled
- 3 cups cold water
- 1 6-ounce can frozen lemonade concentrate
- 4 blood orange or orange slices
- 1 recipe Frozen Hands (see recipe below)

Preparation:

Punch: In a punch bowl stir together pineapple juice, water, and lemonade concentrate. Float orange slices and Frozen Hands in punch. Makes 8 (about 10-ounce) servings.

Frozen Hands: Carefully pour cranberry juice cocktail into 2 or 3 clear plastic gloves.* Fill the gloves so that the fingers can move easily. Tightly seal the gloves with rubber bands. Place on a baking sheet lined with paper towels. Freeze until firm. Use scissors to cut the gloves off the frozen hands. If any fingers break off, add them separately to punch.

*Note: Be sure to use gloves without powder. Or, rinse powdered gloves thoroughly before using.

Nutrition Details (per serving):

Calories: 208, Total Fat: 0g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 8mg, Carbohydrate: 52g, Fiber: 0g, Protein: 1g, Vitamin C: 139%, Calcium: 4%, Iron: 5%, Fruit: 2 Diabetic Exchange, Other Carb: 1.5 Diabetic Exchange



Cheese and Fruit Kabobs with Dips

Winter

Cheese and Fruit Kabob

Prep time: 10 min

Ingredients:

KRAFT Colby & Monterey Jack Cheese, cut into 1-inch cubes
Assorted fresh fruit, such as seedless grapes, strawberries and peeled kiwi chunks
Small plastic drinking straws, cut into 4-inch lengths
JELL-O Ready-To-Eat Pudding, any flavor
BREYERS low fat Yogurt, any flavor
Orange marmalade

Preparation:

Arrange cheese and fruit on small straws.

Serve as dippers with pudding, yogurt and/or marmalade.

Snowman on a Stick

Prep time: 10 min

Ingredients:

3 JET-PUFFED Marshmallows
1 lollipop stick (8 inch)
1 peanut butter cup
1 FAMOUS Chocolate Wafer
Creamy peanut butter
2 pretzel sticks
1 NABISCO FUN FRUIT Fruit Roll
Decorations, such as miniature semi sweet chocolate chips and small candies

Preparation:

Thread marshmallows on lollipop stick to form "snowman."

Attach peanut butter cup to chocolate wafer using small amount of peanut butter. Place on top of snowman for "hat." Insert pretzel sticks into middle marshmallow for "arms."

Cut fruit roll into desired length for scarf; wrap around snowman. Decorate snowman with chocolate chips and candies as desired.

Cinnamon Crunch Mix

Prep time: 5 min

Ingredients:

2 cups POST ALPHA-BITS Wholesome Sweetened Oat & Corn Cereal or HONEYCOMB Brand Sweetened Corn & Oat Cereal
1 cup dried fruit, such as raisins, apples or apricots
Ground cinnamon

Preparation:

Toss cereal and fruit in medium bowl. Season with cinnamon to taste.

Place 1/2-cup portions in individual snack bags. Store at room temperature.

Nutrition Details (per serving):

Calories 250, Total fat 8 g, Saturated fat 1.5 g, Cholesterol 5 mg, Sodium 960 mg, Carbohydrate 36 g, Dietary fiber 7 g, Sugars 6 g, Protein 10 g, Vitamin A 250% DV, Vitamin C 50% DV, Calcium 30% DV, Iron 10% DV

RITZ Snowman

Prep time: 10 min

Ingredients:

- 3 RITZ Crackers
- 1 Tbsp. PHILADELPHIA Cream Cheese Spread
- 2 small pieces HONEY MAID Chocolate Grahams
- 2 small pretzel sticks
- 5 currants or small raisins
- 1 small piece carrot
- 1 strip apple peel

Preparation:

Spread RITZ Crackers evenly with cream cheese spread; place on work surface, with crackers overlapping slightly to form a snowman shape. Top with graham pieces for the "hat."

Decorate with pretzel sticks for the "arms," currants for the "eyes" and "buttons," carrot piece for the "nose" and apple peel for the "scarf."

Nutrition Details (per serving):

Calories 120 , Total fat 8 g, Saturated fat 4 g , Cholesterol 20 mg, Sodium 180 mg , Carbohydrate 11 g, Dietary fiber 1 g, Sugars 3 g, Protein 2 g, Vitamin A 6% DV, Vitamin C 2% DV, Calcium 6% DV, Iron 4% DV

Crunchy Banana Boats

Source: Better Homes and Gardens

Prep time: 15 minutes

Ingredients:

- 1 medium banana
- 2 tablespoons fruit-flavored tub-style cream cheese or peanut butter
- 2 tablespoons granola

Preparation:

Halve banana lengthwise. Spread 1 cut side with some cream cheese or peanut butter. Press some granola into the cheese. Top with the other banana half. Cut filled banana in half crosswise. Makes 1 or 2 servings.

Nutrition Details (per serving):

Calories: 291, Total Fat: 13g, Saturated Fat: 7g, Cholesterol: 25mg, Sodium: 103mg, Carbohydrate: 44g, Fiber: 4g, Protein: 4g, Vitamin A: 9%, Vitamin C: 18%, Calcium: 6%, Iron: 5%

ABC Sandwich Cookies

Source: Better Homes and Gardens

Prep time: 15 minutes

Ingredients:

- 2 ounces reduced-fat cream cheese (tub-style)
- 1 tablespoon strawberry preserves
- Red food coloring (optional)
- 32 alphabet low-fat plain and/or chocolate shortbread cookies

Preparation:

In a small bowl stir together the cream cheese and strawberry preserves. If desired, stir in a drop of red food coloring. Spread cream cheese mixture on the flat side of half of the cookies. Top with the remaining cookies, flat side down. Makes 16 cookie sandwiches.

Nutrition Details (per serving):

Calories: 36, Total Fat: 1g, Saturated Fat: 1g, Cholesterol: 2mg, Sodium: 38mg, Carbohydrate: 6g, Fiber: 0g, Protein: 1g, Vitamin C: 0%, Calcium: 0%, Iron: 1%, Other Carb: .5 Diabetic Exchange



Ritz Tulips
Fruit and Cheese Kabobs
Red, White and Blue Parfait