

After School Fuel



September

Shake-It Up Snack Mix

Makes 6 servings

- 1 cup of any of your favorite cereal
- 1/4 cup roasted peanuts or sunflower seeds
- 1 cup pretzel sticks or twists, or bite-size crackers
- 1 cup dried fruits such as raisins, apples, apricots, dates, pineapple, etc.

Place all ingredients in a gallon-size baggie and shake to mix.

October

Mexican Pinwheels

Serves 2

- 2 flour tortillas
- 1/2 cup refried beans
- 1 tablespoon salsa
- shredded cheese (any kind)

1. Mix the beans and salsa together in a microwave-safe bowl or container.
2. Heat the bean mixture in the microwave until warm and spreadable.
3. Using a spatula, spread the bean and salsa mixture onto the tortillas.
4. Sprinkle the tortillas with shredded cheese.
5. Carefully roll up the tortillas, starting at one end, and finishing at the other end.
6. Starting at one end, slice the rolled tortillas into pinwheels (about 1/2 inch thick).
7. Place the pinwheels on a microwave-safe plate and heat 30 seconds in the microwave, or just until cheese is melted.

November

Bugs on a Rug

Any kind of spread: for example, peanut butter, jam, applesauce, or low-fat cream cheese; raisins or other dried fruit such as finely-chopped apples, dried cherries, or banana chips. Flour tortillas (one per child)

- Spread a thin layer of one of the spreads on the rug (tortilla).
- Top with dried fruit (bugs).
- Roll up the rug and eat the bugs!

December

Hokey Pokey Bananas

Serves 2

2 bananas
1 cup rice cereal

$\frac{1}{4}$ cup flavored yogurt or a few tablespoons honey
Colorful candy sprinkles (optional)

4 craft sticks

1. Cut bananas in half and insert sticks into the ends.
2. Spread yogurt all over the banana.
3. Roll in rice cereal and sprinkles (if desired.)
Eat immediately!



January

Animal Cheese Toast

Serves 2

2 slices bread
cookie cutters in animal shapes

2 slices cheese or shredded cheese (any kind)

1. Toast bread.
2. Place slices of cheese on bread and cut out shapes using cookie cutters.
3. Place on a microwave safe plate or paper towel and heat just until cheese is melted.

February

Cottage Cheese Faces

Serves 2

1 cup low-fat cottage cheese
shredded coconut, raisins, bananas, sliced kiwi fruit, pineapple tidbits

carrot sticks

1. Place a scoop of cottage cheese on a small plate for each child.
2. Decorate it as a face using the fruits and vegetables.
3. Enjoy!

March

Power-to-Play Fruit Smoothie

Serves 2

1 banana
1 tablespoon peanut butter (optional)
4 ice cubes

1 cup vanilla low-fat yogurt or vanilla low-fat frozen yogurt
1 tablespoon chocolate syrup

Using a blender, blend all ingredients until smooth.



April

Breadsticks and Sauce

Makes 12 servings

1 loaf enriched bread dough (thawed)
3 tablespoons coarse salt or sesame seeds
already-prepared spaghetti or pizza sauce

1 egg white, beaten with one teaspoon water
non-stick cooking spray

1. Cover the thawed dough and let rise in a warm place until it doubles in size.
2. Divide dough into 12 pieces.
3. Roll each into a long rope.
4. Place ropes 2 inches apart on a greased cookie sheet.
5. Brush with egg and sprinkle with salt or sesame seeds.
6. Bake at 400 degrees for 15-20 minutes.
7. Remove from oven and cool slightly.
8. Serve with warm pizza sauce or spaghetti sauce for dipping.

May

Pita Pocket Prizes

Serves 2

1 piece of pita bread
any chopped vegetables such as: cucumber, carrots, tomatoes, celery, peppers, lettuce

low-fat cream cheese, shredded cheese, or a slice of cheese



1. Cut the pita bread in half.
2. Carefully open the "pockets" on each side and spread a thin layer of cream cheese inside or add choice of cheese.
3. Fill with chopped vegetables.

June

Frozen Fruit and Yogurt Cups

Serves 4

2 cups fruit cocktail drained

1 cup low-fat fruit-flavored yogurt

1. Divide fruit cocktail into four small plastic cups.
2. Top with ¼ cup yogurt.
3. Insert a plastic spoon or Popsicle stick for a handle.
4. Freeze until firm. Eat when frozen.

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