

Icy Grapes

Wash single serving bunches of grapes. Place in freezer bags and freeze for a cool snack anytime.

Nutrient Analysis Per Serving (1 cup grapes)

120 Calories

29g Carbohydrates

1g Protein

0g Fat

Frozen Banana Pops

Cut bananas into chunks about 4 inches (10 cm) long and insert wooden sticks for handles. Roll in plain yogurt and then in crushed cereal (or coconut). Freeze on a foil-lined pan until firm; wrap in plastic wrap to store.

Nutrient Analysis Per Serving (1/3 banana)

64 Calories

11g Carbohydrates

4g Protein

1g Fat

Yogurt Pops

3 cups (750 ml)	plain or flavoured yogurt
1 can (12.5 ounces/355ml)	frozen orange juice concentrate, thawed
1/3 cup (75 ml)	liquid honey
1 tbsp (15 ml)	vanilla

1. In a medium bowl, mix yogurt, juice, honey and vanilla.
2. Pour into 3 oz paper cups, filling 2/3 full. Freeze for 1 hour.
3. When almost frozen, insert wooden stir sticks.
4. When completely frozen, peel off paper and enjoy.

Yields: 25-30 servings

Nutrient Analysis Per Serving

40 Calories

8g Carbohydrates

1g Protein

0g Fat

Source: Unknown

15 Minute Fruit Nachos

1 pkg instant pudding (Make as directed on package)
Graham crackers
Fruit (bananas, strawberries, pineapple, grapes, raisins etc)

Directions:

1. Place graham crackers onto plates.
2. Add 2 tbsp (30 ml) of pudding on top of crackers.
3. Place fruit on top of pudding and serve.

Nutrient Analysis Per Serving

79 Calories

16g Carbohydrates

1g Protein

1g Fat

Source: Kraft Canada, 2003

Carrot Raisin Rounds

1	carrot grated
¼ cup (50 ml)	raisins
2 tbsp (30 ml)	mayonnaise
2 tbsp (30 ml)	plain yogurt
1 tbsp (15 ml)	lemon juice
4 slices	raisin/plain English muffins (can be toasted)

Directions:

1. Clean carrot and shred into small pieces.
2. Mix all ingredients except English Muffins.
3. Spread on English muffins. Serve.

Yields: 4 servings

Nutrient Analysis Per Serving

140 Calories

27g Carbohydrates

3g Protein

2g Fat

Source: NNCC Snacks For School Age Children, 1996

Bahama Bagels

1/3 cup (75 ml)	low fat cream cheese
1 tbsp (15 ml)	chopped nuts
1 tbsp (15 ml)	crushed pineapple
2	bagels, sliced in half

Directions:

Mix cream cheese, pineapple, and nuts into small bowl. Spread on each half of the bagel. Serve

Yields: 4 servings

Nutrient Analysis Per Serving

163 Calories

23g Carbohydrates

1g Protein

8g Fat

Source: NNCC Snacks For School Age Children, 1996

English Muffin Pizza Melts

12	English muffins
1½ cups (375 ml)	pizza or tomato sauce
1½ cups (375 ml)	ground beef*
1	green bell pepper, chopped*
¾ cup (175 ml)	sliced mushrooms*
3 cups (750 ml)	shredded part-skim mozzarella cheese

Directions:

1. Cut muffins in half horizontally; place on baking sheet.
2. Spread pizza sauce over muffins.
3. Sprinkle with ground beef, green pepper, and mushrooms
4. Sprinkle with cheese.
5. Bake in pre-heated oven, 425°F (220°C), for 15 minutes or until cheese is melted.

Yields: 12 servings

* Variations:

Mexican Melts: Substitute mild salsa for the pizza sauce, refried beans for the ground beef and corn kernels for the mushrooms.

Hawaiian Melts: Substitute chopped ham and pineapple tidbits for the ground beef, green pepper and mushrooms.

Nutrient Analysis Per Serving

246 Calories

33g Carbohydrates

14g Protein

6g Fat

Source: Canadian Living Magazine

On-The-Go Snack Bars

1⅓ cup (325 ml)	all purpose flour
1 cup (250 ml)	quick -cooking rolled oats
½ cup (125 ml)	sugar
2 tsp (10 ml)	baking powder
1 tsp (5 ml)	ground cinnamon
½ tsp (2 ml)	nutmeg
½ cup (125 ml)	raisins
½ cup (125 ml)	apple sauce
1 cup (250 ml)	mashed ripe banana
¼ cup (50 ml)	low fat milk
1	egg
1	egg white
1 tsp (5 ml)	vanilla

Directions:

- 1) Stir together first 7 ingredients in large bowl.
- 2) Add remaining ingredients and mix until smooth
- 3) Spread batter evenly in a non-stick 9 x 13 inch pan (or one lightly sprayed with vegetable oil)
- 4) Bake at 350°F (180° C) until is golden brown and just begins to pull from pan side, 35-40 minutes.
- 5) Serve warm or cool, cut into 2 - inch squares, to store, wrap each bar tightly with plastic wrap and keep frozen for use as needed.

Yields: 24 bars

Nutrient Analysis Per Serving

78 Calories

16g Carbohydrates

2g Protein

0.5g Fat

Source: www.personalbest.com

Cranberry Oatmeal Cookies

1 cup (250 ml)	all-purpose flour
¼ cup (50 ml)	wheat bran
½ tsp (2 ml)	baking powder
½ cup (125 ml)	margarine
½ cup (125 ml)	granulated sugar
½ cup (125 ml)	packed brown sugar
1	egg
1 tsp (5 ml)	vanilla
1 cup (250 ml)	quick-cooking oats (not instant)
½ cup (125 ml)	dried cranberries

Directions:

1. In a small bowl, combine flour, wheat bran and baking powder. Set aside.
2. In a medium bowl, cream together margarine, granulated sugar and brown sugar until light and fluffy. Add egg and mix well; stir in vanilla. Add flour mixture and blend thoroughly. Stir in oats and cranberries.
3. Drop heaping teaspoon (5 ml) of the cookie onto prepared cookie sheets, about 2-inches (5 cm) apart. Bake in pre-heated oven, 350° F (180°C), for 10-12 minutes or until edges are lightly browned.

Yields: Approximately 36 cookies

Nutrient Analysis Per Serving

83 Calories

13g Carbohydrates

1g Protein

3g Fat

Source: Dietitians of Canada *Great Food Fast* cookbook