

About This Snack-book

This cookbook was created by Cassie Gordon as part of her Girl Scout Gold Award project. The goal of her project was to educate young people about the benefits of eating healthy, and the fun that comes with it. Additionally, all of these recipes have at least one ingredient that could be grown in their own garden. Every child should know where their food comes from and how to eat healthy. The hope is that this book will help to enable them to do so.

If anyone wishes for more information, or feels this cookbook is missing an important recipe, feel free to contact Cassie Gordon through email at: hnccgarden@gmail.com or go to her website: healthyhomegardening.weebly.com

The Kid's Snack-book



Have a parent help you, and feel free to experiment to make the recipes your own.



"It's about children
cooking themselves,
growing themselves.
When kids grow it
and cook it, they
eat it."

- Alice Waters

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Zucchini Pizza Bites

This healthy touch on a classic favourite makes a perfect lunch for adults and kids alike.

Ingredients:

- Zucchini
- Sauce
- Cheese
- Toppings



Recipe:

1. Cut zucchini into thick slices
2. Spoon a little bit of sauce on top of each slice
3. Top with some cheese and your favourite toppings
4. Bake at 300°F for 8-10 minutes
5. Enjoy!!!

Ask your parent for help cutting the zucchini and with the oven.

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Zucchini Chips

This healthy take on classic chips makes a great snack for when you get the munchies. Yum!

Ingredients:

- Zucchini
- 1 tablespoon Vinegar
- 1 $\frac{1}{2}$ teaspoons Olive Oil
- $\frac{1}{8}$ teaspoon Sea Salt



Recipe:

1. Combine zucchini, vinegar, and oil in a bowl, tossing to coat well
2. Let sit for 10 minutes
3. Place zucchini in a single layer on a baking sheet, sprinkle with salt.
4. Bake at 200°F for 2 - 2 $\frac{1}{2}$ hours
5. Let cool
6. Enjoy!!!

Ask your parent for help cutting the zucchini and with the oven.

Ants on a Log

This is a childhood favorite, that anyone can make! It is easily made allergy free by replacing the peanut butter with Sunbutter.

Ingredients:

- Celery
- Peanut Butter
- Raisins or nuts



Recipe:

1. Wash and cut the celery into roughly 4 inch long pieces
2. Cover the inside of the celery with peanut butter
3. Place raisins or nuts along the celery
4. Enjoy!!!

Ask your parent for help cutting the celery.

Vegetable Train

This is one Choo-Choo, that is fun to chew-chew! This fun recipe is great for an afternoon snack, or for a big get together.

Ingredients:

- Cucumbers
- Peppers
- Toothpicks
- Vegetables and/or Dip

Recipe:

1. Hollow out the peppers to use as cars and the engine
2. Use the toothpicks to put the cucumbers on as wheels
3. Fill the peppers with your favorite vegetables and/or dip
4. Enjoy!!!



Banana Car

You have probably heard of a banana boat, well meet the banana car. Kids will be racing to eat this one!

Ingredients:

- Banana
- Strawberries
- Toothpicks

Recipe:

1. Peel a banana and place it on a plate
2. Stick a toothpick through the front and back of the banana
3. Put a strawberry slice followed by a banana slice on both sides of the toothpick
4. Place passenger strawberries or other fruit along the top
5. Enjoy!!!



Ask your parent for help cutting the vegetables.

Ask your parent for help cutting the strawberries and banana.

Strawberry - Avocado Salsa

This fresh, vibrant salsa is a tasty and pretty summer treat fit for both kids and adults!

Ingredients:

- 2 Avocados
- 1 cup of Strawberries
- 2 tablespoons of Cilantro
- 2 teaspoons Lime Juice
- Salt



Recipe:

1. Peel and chop your avocados into small chunks
2. Chop your strawberries into small chunks
3. Combine all the ingredients in a bowl and add salt to taste
4. Enjoy!!!

Ask your parent for help cutting the avocados and strawberries.

Banana Split Sundaes

Everybody loves ice cream to cool down in the hot summer months. Make this sweet treat healthier and tastier with this fruity recipe!

Ingredients:

- Strawberries
- Banana
- Nuts
- Vanilla Light Ice Cream
- Whipped Cream



Recipe:

1. Scoop some ice cream into a bowl
2. Top ice cream with lots of delicious strawberries and banana
3. Top with whipped cream and nuts
4. Enjoy!!!

Ask your parent for help cutting the strawberry and banana.

Snails

This tasty treat is as delicious as it is cute! It is easily made allergy free by replacing the peanut butter with sunbutter.

Ingredients:

- Apple
- Celery
- Peanut Butter
- Pretzel



Recipe:

1. Wash and cut the celery into roughly 4 inch long pieces
2. Cover the inside of the celery with peanut butter
3. Place a slice of apple in the peanut butter, you can put more peanut butter if you wish
4. Place two pieces of pretzel for antennae
5. Enjoy!!!

Ask your parent for help cutting the fruits and vegetables.

Blueberry Banana

Tower

This fun, fruity tower is a great bite-size snack, with a dose of both dairy and of fresh fruit. Try to build it up as high as possible without making it topple, whoever topples it has to eat it!

Ingredients:

- Banana
- Blueberry
- Cracker
- Cream Cheese



Recipe:

1. Put a layer of cream cheese on a cracker
2. Place a banana slice on the cream cheese
3. Put on another layer of cream cheese
4. Top with a blueberry
5. Enjoy!!!

Smoothies

This smooth snack is easily made, and can use whatever you have on hand. If you want to make it a little sweeter, you can add some honey!

Ingredients:

- Fruit
- Ice
- Milk



Recipe:

1. Blend your favorite fruits together with some ice and milk
2. Enjoy!!!



Ask your parent for help using the blender.

Caprese Ladybugs

This fancy favorite has a fun flying touch, as everyone's favorite bug joins the fun!

Ingredients:

- Balsamic Vinegar Glaze
- Basil
- Mozzarella Cheese
- Tomatoes



Recipe:

1. Put slices of cheese on a plate
2. Put a basil leaf on top of each cheese
3. Put half of a cherry tomato on top of the basil
4. Use the balsamic vinegar to give your ladybug spots and a head
5. Enjoy!!!

Ask your parent for help cutting the cheese and tomato.

Sandwiches

This very customizable snack is easily made allergy free by replacing the peanut butter with Sunbutter!

Ingredients:

- Apples or Crackers
- Peanut Butter
- Cream cheese
- Cucumbers
- Granola
- Meats
- Cheeses



Recipe:

1. Pick a cracker, apple, or cucumber slice
2. Cover in peanut butter, cream cheese, or your choice of meats and cheeses
3. Put a top on and...
4. Enjoy!!!

Ask your parent for help cutting the apple or cucumber.

Carrot Fries

This healthy take on a favorite fast food makes a great snack or addition to a meal!

Ingredients:

- Carrots
- Olive Oil
- Salt



Recipe:

1. Peel carrots
2. Cut carrots into thick slices
3. Coat carrots in olive oil and salt
4. Bake at 350 for 12 minutes
5. Let cool and...
6. Enjoy!!!

Ask your parent for help cutting the carrots and with the oven.

Safari Snack

The classic combo of celery and peanut butter or the allergy-free option of Sunbutter comes to life in this version that uses animal crackers and fresh fruit!

Ingredients:

- Animal Crackers
- Celery
- Fruit
- Peanut Butter



Recipe:

1. Wash and cut the celery into roughly 4 inch long pieces
2. Cover the inside of the celery with peanut butter
3. Put fresh fruit on it
4. Let the animal crackers try to eat the food
5. Enjoy!!!

Ask your parent for help cutting the celery.

Cute Cucumber Snake

This cute cool treat is a fun, friendly, and tasty reminder of the cool critters you can find in the garden!

Ingredients:

- Cucumber
- Pepper
- Raisin



Recipe:

1. Cut cucumber into slices, then cut the slices in half
2. Cut a small slice of a pepper
3. Line up your cucumber slices and add the raisin as an eye and the pepper slice as a tongue
4. Enjoy!!!

Ask your parent for help cutting the vegetables

Orange Jack-O'-Lantern

This spin on the classic halloween ritual will leave the kids screaming for more. Healthy Halloween!

Ingredients:

- Carving Tools
- Fruit
- Orange



Recipe:

1. Carve the orange, like you would a pumpkin
2. Fill it with fresh fruit
3. Enjoy!!!

Ask your parent for help carving the orange, and handling the tools.

Date Energy Balls

This snack is both Vegan and Paleo and provides a sweet energy boost to get you through the day!

Ingredients:

- 2 cups Walnuts (or other nut/seed)
- 1 cup shredded unsweetened Coconut
- 2 cups soft Medjool Dates, pitted
- $\frac{1}{2}$ teaspoon Sea Salt
- 1 teaspoon Vanilla Extract



Recipe:

1. Process walnuts and coconut in a food processor until crumbly
2. Add in dates, vanilla, and salt and process again until a sticky, uniform batter is formed
3. Form the dough into balls and place the balls in a fridge or freezer for 30 minutes before serving
4. Enjoy!!!

Ask your parent for with the food processor

Kabobs

Pick it up and eat it off of a stick! Kids love to eat with their hands, and these on the go fruit kabobs are great as a snack, or you could have a whole kabob meal!

Ingredients:

- Favorite Fruit
- Kabob Sticks



Recipe:

1. Cut your fruit into bite sized pieces
2. Take your favorite fruit, and skewer it
3. Enjoy!!!



Ask your parent for help cutting and skewering the fruit, and be careful eating off the stick.

Frozen Yogurt Blueberry Bites

Blueberries are delicious on their own, but add some non-fat Greek Yogurt and a cool, tasty, and healthy dessert.

Ingredients:

- 1 cup Blueberries
- 1 cup non-fat Greek Yogurt



Recipe:

1. Dip each blueberry into the yogurt and swirl with a spoon to coat thoroughly
2. Place yogurt covered blueberries on a baking sheet and freeze for an hour or more
3. Enjoy!!!

Guacamole

This great guacamole recipe is healthy and delicious and loaded with flavour!

Ingredients:

- 3 Avocados
- $\frac{1}{2}$ small Onion
- 2 Tomatoes
- 3 tablespoons Cilantro
- 2 Garlic Cloves
- 2 tablespoons Lime Juice
- $\frac{1}{2}$ teaspoon Sea Salt



Recipe:

1. Dice onions and tomatoes, cut up the garlic and cilantro, and mash the avocados
2. Mix all of the ingredients together in a bowl
3. Enjoy!!!

Ask your parent for help cutting the fruits and vegetables.

Fruit People

These cute fruit people are a fun way to take a moment to play with your food. Try mixing different fruits and finding all of the fun shapes and sizes your people will come it!

Ingredients:

- Your Favorite Fruits and/or Vegetables
- Banana
- Strawberries
- Blueberries



Recipe:

1. Use some fruit to make a body for your person.
2. Use another fruit to make a face
3. Add feet and a head or hat
4. Enjoy!!

Ask your parent for help cutting the fruits and vegetables.

Frushi

This has the fun grown-up look of the adult favorite sushi, without the mature flavors. It can be done with any of your favorite fruits and the possibilities are endless!

Ingredients:

- Fruit
- Honey
- Sushi Rice



Recipe:

1. Cook and shape the sushi rice according to its instructions
2. Place your favorite fruits on top
3. Use honey to hold them in place if they do not stay
4. Enjoy!!!

Ask your parent for help cooking the rice.

Fruitsicle

These fresh fruit popsicles are beautiful and a delicious and healthy summer treat!

Ingredients:

- Fruit
- Fruit Juice
- Water
- Popsicle Sticks



Recipe:

1. Put your fruit in a cup or popsicle maker with some water and a stick and freeze
Or
2. Blend your fruit together, put it in a cup or popsicle maker with a stick and freeze
Or
3. Put your fruit in a cup or popsicle maker with some fruit juice and a stick and freeze
4. Enjoy!!!

Ask your parent for help using the blender.