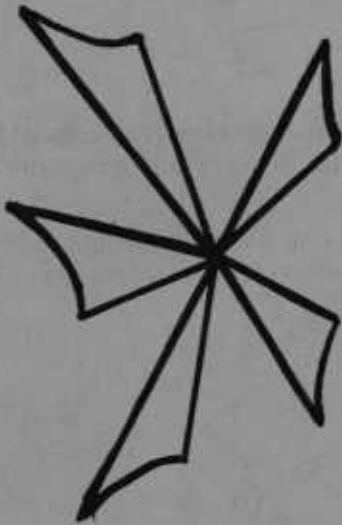


ADD: H, RC COST: 04 sub: 00 2200 on hand  
low: 200 D



## Focus on Nutrition:

## Super Snacks That Count!

Everyone loves snacks! They are fun foods—foods we like to eat. They also help fill the “hunger gap” between meals and before bed.

Snacks fill you up and taste good, but they should do more than that. Snacks can help you feel good and look your best. Help your family choose snacks that count. Milk, raw fruits and vegetables are just a few of the snacks which are good for everyone. Such foods are low in calories for weight-watchers, too!

- \*\* Snacks should be easy to prepare.
- \*\* To save money, make your snacks at home.
- \*\* Have nutritious snacks in the refrigerator for between meal nibblers.

Try these snacks for a nutritious taste treat that counts! Foods received through the Abundant Food Distribution Program may be used to make many of them.

### TASTY DRINKS

#### HONEY MILK

1. ADD 2 Tbsp. honey or molasses to each cup of milk you use.
2. ADD cinnamon to taste.
3. HEAT gently. Do not boil.
4. SERVE hot.

NOTE: There is a recipe for cocoa mix or chocolate milk on the sheet “EVERYONE NEEDS BREAKFAST.”

#### FRUIT COOLERS

1. COMBINE:
  - 1/2 cup sugar
  - 2 cups cold water
2. ADD and CHILL or POUR over ice:
  - 1 cup grape juice
  - 1 cup orange juice
  - 1/2 cup lemon juice
3. SERVE cold.

NOTE: You can use juices such as apple, apricot nectar, etc. in place of the grape juice.

#### FRUIT MILK SHAKES

Great tasting! They give us calcium for strong bones and teeth plus vitamins and minerals for good health!

1. MEASURE 2 cups of milk.
2. ADD to the milk:
  - 1 mashed banana or
  - 2 cups orange juice + 1/4 tsp. almond extract or
  - 1 cup prune juice or
  - 1/2 cup crushed sweetened strawberries or
  - 1/2 cup unsweetened pineapple juice + 1 to 2 Tbsp. maple syrup
3. SHAKE or BEAT until well blended and frothy.

NOTE: Use ANY fruit you like (about 1/2 cup for 2 cups milk). Use ANY fruit juice (you may want to add a little sugar). ADD a scoop of ice cream if you like.

## TASTE TINGLERS

High in vitamin C for a healthy you!

### 1. COMBINE AND CHILL:

- Equal amounts of unsweetened grapefruit juice and apricot nectar *or*
- Equal amounts of grape juice and unsweetened grapefruit juice *or*

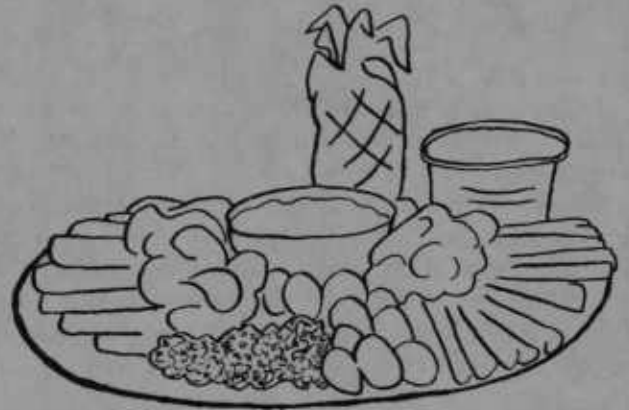
- 3 cups apricot nectar (two 12-oz. cans) + 1/2 cup lemon juice + 3/4 cup orange juice *or*
- 2 cups unsweetened pineapple juice and 1 cup orange juice and 1 Tbsp. lemon juice.

## CHIPS 'N DIPS

### ONION DIP

Serve this with vegetable sticks, crackers, corn crisps, cheese sticks, etc.

1. MASH or SIEVE 1 cup cottage cheese until fairly smooth.
2. ADD 1/2 package onion soup mix and BLEND well.
3. ADD enough milk to thin the mix to dipping thickness.
4. MIX well and CHILL.



### PINEAPPLE DUNK

Great with fruit pieces, vegetable sticks or crackers.

1. MASH or SIEVE 1-1/2 cups creamed cottage cheese until it is fairly smooth.
2. MIX with 1/2 cup drained crushed pineapple.
3. THIN to dipping thickness with pineapple juice.

**TO SERVE DIPS:** Place a bowl of dip in the middle of a plate. Put fruit wedges, vegetable sticks, corn crisps, crackers or chips around the bowl on the plate.

**TO STORE DIPS:** Always cover and store dips in the refrigerator.

## SNACKS TO HAVE ON HAND

**NIPPY CHEESE STICKS** Makes 12 to 14 servings.  
The cheese adds food value.

1. MIX together:
  - 2 cups flour
  - 1 Tbsp. baking powder
  - 1 tsp. salt
2. CUT in 1/4 cup shortening until the mixture is crumbly.
3. ADD 1 cup milk, stirring until flour is well moistened.
4. FOLD in 1 cup shredded cheddar cheese.
5. Using two forks, DROP mixture on a greased baking sheet.
6. STRETCH dough into long narrow 1 x 5 inch sticks.
7. SMOOTH the sides of the dough.
8. BAKE at 450° for 10 to 15 minutes.

## CORN CRISPS Makes 8 servings!

1. MIX together:
  - 1 cup corn meal*
  - 1/2 cup flour*
  - 1/4 tsp. baking soda*
  - 1/2 tsp. salt*
2. STIR in slowly:
  - 3 Tbsp. salad oil*
  - 1/3 cup milk*
3. KNEAD dough on lightly floured surface until it sticks together.
4. BREAK off small pieces and roll them paper thin.
5. SPRINKLE *grated cheese* on center if you like.
6. PLACE on ungreased cookie sheet.
7. BAKE in 375° oven for 8 to 10 minutes. COOL.
8. BRUSH with *melted butter* or *margarine* and SPRINKLE with *salt* just before serving.

## COOKIES AND BARS

### PRUNE-OATMEAL BARS

1. SIMMER *1 cup dried prunes* until plump. Let cool.
2. PIT and CHOP cooked prunes.
3. MIX together in a large bowl:
  - 3/4 cup flour*
  - 1 cup sugar*
  - 1/4 tsp. baking powder*
  - dash salt*
4. ADD and BEAT until smooth:
  - 1/2 cup liquid fat*
  - 2 eggs or 1/2 cup packed dried egg mix +*
  - 1/2 cup water*
  - 1/2 tsp. vanilla*
5. ADD and MIX:
  - 1 cup rolled oats*
  - chopped prunes*
6. SPREAD in a greased pan about 9 x 12 inches.
7. BAKE at 350° for 20 to 25 minutes.
8. COOL 5 minutes and cut into bars while warm. SIFT *powdered sugar* on top if you like.

### CRISPY COOKIES

A good recipe using bulgur!

1. COOK *1 cup dry bulgur* in *3 cups boiling water* for 25 to 30 minutes.
2. MIX together in a large bowl:
  - 1 cup shortening*
  - 1 cup white sugar*
  - 1 cup brown sugar*
3. BEAT in:
  - 2 eggs or 1/2 cup packed dried egg mix +*
  - 1/2 cup water.*
4. ADD and MIX well:
  - 1 tsp. vanilla*
  - 2 cups cooked bulgur*
5. MIX together in a bowl and then add to bulgur mixture:
  - 2 cups flour*
  - 1 tsp. soda*
  - 1/2 tsp. baking powder*
6. BLEND into mixture:
  - 1/2 to 1 cup raisins*
7. DROP by teaspoonsful on greased cookie sheet.
8. BAKE 12 to 15 minutes at 350°.

### PEANUT BUTTER COOKIES

Children's favorite cookie!

1. MIX together in a large bowl:
  - 1/2 cup peanut butter*
  - 1/4 cup shortening*
2. ADD slowly as you BEAT:
  - 1/2 cup brown sugar*
  - 1/2 cup granulated sugar*
3. ADD *1 egg* or *1/4 cup packed dried egg mix +*  
*1/4 cup water.*
4. MIX together in a small bowl:
  - 1 cup less 2 Tbsp. flour*
  - 1 tsp. baking soda*
5. ADD flour mixture to peanut butter and MIX well.
6. DROP by teaspoonsful on cookie sheet. PRESS down with a fork.
7. BAKE 10 to 15 minutes at 350°.

## NUTRITIOUS, DELICIOUS NIBBLERS FOR THE WHOLE FAMILY

Cheese cubes or slices  
Sliced, hard cooked egg  
Stuffed Celery Sticks: stuff with peanut butter,  
cheese, cottage cheese dip.  
Deviled Eggs  
Fresh or Canned Fruit: pears, apples, oranges, ba-  
nanas, grapefruit, apricots, cantaloup, etc.

Vegetable sticks (cold and crisp): carrot, turnip and  
celery sticks, cucumber, cabbage wedges, green  
peppers, cauliflower. Try these with dips.  
Crunchy crackers spread with peanut butter.  
Oatmeal or Peanut Butter Cookies.  
Dried Fruits: prunes, raisins, apricots.  
Popcorn

## TREATS FOR THE WHOLE FAMILY

### PEANUT BUTTER DANDIES

They're gone in a hurry!

1. PUT into a bowl and mix:  
*1/2 cup peanut butter*  
*1/2 cup honey or molasses or corn syrup*
2. STIR in a little at a time:  
*1 cup dry powdered milk*
3. PLACE mixture on a sheet of waxed paper.
4. SPREAD  $3/4$  inch thick and cut into squares or  
FORM dough into a long roll and cut it into  
slices or roll into small balls.
5. ROLL pieces in *graham cracker crumbs* if you  
like.

### PIZZA PIE

Makes two large pizzas—enough for  
dinner if you like!

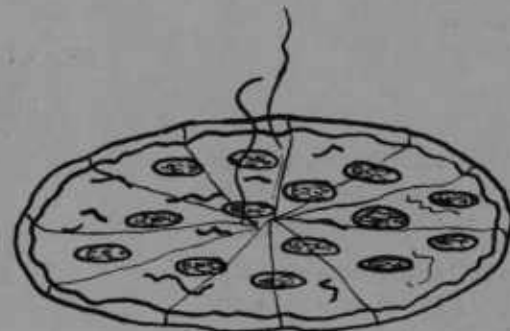
#### HOW TO MAKE CRUST:

1. PLACE in a small mixing bowl:  
*1 cup hot water*  
*2 Tbsp. shortening*
2. PLACE in a large mixing bowl and MIX:  
*1 cup flour*  
*1 package dry yeast*  
*1-1/2 tsp. salt*
3. ADD water-shortening mixture to flour mixture  
and BEAT.
4. ADD *2 cups flour* slowly, beating hard after  
each addition.
5. TURN dough out onto board. COVER and let  
rise for 5 to 10 minutes.

6. GREASE two 12 x 15 inch baking sheets.
7. DIVIDE dough in half. PAT each half into  
11 inch rounds. FORM edge around outside  
of dough to hold topping in.
8. BRUSH dough with *cooking oil*.

#### TOPPING:

1. MINCE *1 small onion*.
2. SHRED or SLICE *2 cups cheddar cheese*.
3. BROWN and DRAIN *1/2 lb. sausage, ham-  
burger, or diced chopped canned meat*.
4. SPREAD *1 8-oz. can tomato sauce* on each  
pizza.
5. SPRINKLE each pizza with *3 Tbsp. parmesan  
cheese*.
6. SPRINKLE each pizza with *minced onion,  
shredded cheese, meat, salt and pepper, and  
oregano*.
7. BAKE at  $375^{\circ}$  for 20 to 30 minutes.
8. SERVE warm.
9. NOTE: Baked pizza may be frozen after it is  
cooled. Wrap it in foil. Reheat for serving in  
the foil.  
Pizza may also be refrigerated. Use it within  
two days.



---

Prepared by Nutrition Staff of the  
Cooperative Extension Service, Oregon State University

---