



RECIPES

Ants on A Log (serves 15 - 2 pieces each)

Ingredients:

- 10 Celery stalks, each cut into 3 pieces
- 1 Container (8oz.) light cream cheese
- ½ Cup raisins

Directions:

Spread celery stalks with cream cheese.
Place raisins on top of the cream cheese.

***If you don't have any children with peanut allergies in your program you could substitute peanut butter for the cream cheese.

Banana Cheese Pinwheels (Serves 4 - 3 pieces each)

Ingredients:

- 2 Whole-wheat tortillas
- 2 tbsp light cream cheese
- 2 Bananas

Directions:

Spread cream cheese on the tortillas.
Place one banana down the center of each tortilla.
Wrap the tortilla around the banana and tightly wrap with plastic wrap and refrigerate for at least 30 minutes.
Unwrap when ready to serve and cut each roll into 6 pieces.

***If you don't have any children with peanut allergies in your program you could substitute peanut butter for the cream cheese.



Carrot Pinwheels (Serves 4 - 3 pieces each)

Ingredients:

- 2 tbsp light cream cheese
- 2 tbsp light ranch dressing
- 2 flour whole-wheat flour tortillas
- 1 cup finely shredded carrots

Directions:

Mix cream cheese and ranch dressing until blended. Spread this mixture on the tortillas. Sprinkle the carrots on the tortillas.

Roll the tortillas tightly and wrap in plastic wrap. Refrigerate at least 30 minutes.

Unwrap when ready to serve and cut each roll into 6 pieces.

Adapted from Kraft Canada's Website: www.kraftfoods.com

Apple Cheese Halves

Ingredients:

- ½ cup cheese spread (ex. Cheese Whiz)
- 6 medium apples, cut lengthwise in half, cored
- ¼ cup raisins
- 2 tbsp sunflower kernels

Directions:

Mix cheese spread, sunflower kernels and raisins.

Spread mixture into the hollow part of each apple half.

Serve immediately or place the two halves back together, wrap in plastic, and refrigerate until ready to serve.

You can substitute peanut butter or light cream cheese for the cheese spread in this recipe.

Adapted from Kraft Canada's Website: www.kraftfoods.com



Cheese Pretzel Dips

Ingredients:

Block of cheddar cheese 20 M.F. or less

Pretzel Sticks

Mustard

Directions:

Cut cheddar cheese into cubes.

Insert a pretzel stick into each cube

Place mustard in a small container or on plate to dip cheddar cube in.

You can use regular mustard or try Dijon mustard for a slightly different flavor.

Adapted from Kraft Canada's Website: www.kraftfoods.com

Strawberry Banana Pops

Ingredients:

Bananas ($\frac{1}{2}$ per child)

Yogurt ($\frac{1}{4}$ cup per child)

Graham cracker crumbs (2 crackers crushed per child)

Popsicle sticks (one per child)

Directions:

Cut banana in middle so it is in two halves (top and bottom)

Place Popsicle stick in cut end of banana

Dip banana in strawberry yogurt

Sprinkle graham crumbs over the yogurt on the banana

Place bananas on sheet of waxed paper and refrigerate for ~2 hours

Serve.

****You can use any flavor of yogurt for this recipe. You can involve the children in making these, having them crush the graham crumbs and dip the bananas in yogurt and the crumbs.**



Whole-Wheat Pita Pizza

Ingredients:

Whole-wheat pita breads or whole-wheat flat breads

Pizza Sauce

Shredded mozzarella cheese

Mixture of sliced vegetables (mushrooms, onions, peppers, etc)

Directions:

Spread pizza sauce on the pita breads

Place the vegetables on the pizza sauce

Sprinkle cheese on top.

Heat in microwave or in oven at 350 degrees.

****Note:** You can try different cheeses such as feta cheese for a new taste. You can also use large flatbreads and cut into slices or individual size flatbreads/pitas.