

15 EASY & YUMMY SNACK RECIPES

After School Snacks



CHILD AND ADULT NUTRITION SERVICES

**SOUTH DAKOTA DEPARTMENT OF
EDUCATION**

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Frosty No-Bake Granola Bars

ingredients

- 4 large overripe bananas
- 2 cups rolled oats
- 1 cup crunchy cereal granola or nuts
- 1/4 cup maple syrup or any other sweetener
- 1/4 cup nut or seed butter
- 1/4 cup semi-sweet chocolate chips
- 1/4 cup dried cranberries or other dried fruit
- 2 Tbsp unsweetened cocoa powder

directions

- Line a muffin pan with paper liners, or use a silicone muffin pan for easy removal.
- Mash the bananas. Add wet ingredients and cocoa powder and mix well. Add all other ingredients, mix well then press into prepared muffin tin.
- Freeze at least 60 minutes before enjoying.

Makes 20-24 Bars!



Frozen Fruity Yogurt Bites

ingredients

- 3 cups yogurt of your choice
- 2 c. fresh/frozen raspberries
- 2 c. fresh/frozen blueberries

directions

- Lay out 24 cupcake cases or silicone muffin cups on a small baking sheet or tray (this will need to fit in your freezer, so it may be worth checking it for size before you start).
- Using a spoon, dollop some yogurt into the bottom of each cake case until all the yogurt has gone.
- Pop a few pieces of fruit into each cup, pressing them down into the yogurt with the tip of your finger.
- Place the cups (still on the baking tray) into the freezer and leave to freeze for a couple of hours until set solid.
- Once frozen through, remove from the cases and serve (or bag up and pop straight back in the freezer to eat later).

Makes 24 Yogurt Bites!



Triple Berry Smoothie

ingredients

- 12 bananas
- 12 c. frozen strawberries
- 12 c. frozen blackberries
- 12 c. frozen raspberries
- 15 c. milk
- 6 c. yogurt

directions

- Blend all ingredients until smooth
- Divide into serving cups

Learn about it!

Berries protect your brain cells to help you be more organized in school. While strawberries are not technically berries, they can do amazing things too like whiten your teeth!

Makes 50 servings!



Fruit Kabobs & Crackers

ingredients

- 6 cups watermelon
- 6 cups pineapple
- 6 cups cantaloupe
- 6 cups strawberries
- 6 bananas
- 6 apples

directions

- Cube all fruit
- Put a cube of each on a skewer
- Serve with graham crackers or pretzels

Learn about it!

Pineapples contain more vitamin C than oranges. When you have a cough, just reach for some pineapple juice because of it's anti-cough properties!

Makes 24 Kabobs!



Trail Mix

ingredients

- 6 cups honey nut cheerios
- 3 cups raisins
- 2 cup mixed nuts or plain peanuts
- 2 cup plain M&M candies or chocolate chips

directions

- Combine all in mixing bowl
- Portion into 1/2 cup servings
- Serve with milk or juice

Learn about it!

Nuts are full of good fats that help keep you full. They are very transportable and make for an easy snack on the go!

Makes 28 servings!



Veggies & Dip

ingredients

Dip:

- 7.5 cups sour cream
- 3.75 cups mayonnaise
- 5 Tbsp. dried minced onion
- 5 tsp. garlic salt
- 5 tsp. dill weed
- 5 tsp. dried parsley flakes
- 2 tsp. Worcestershire sauce

Veggies:

- 10 cucumbers
- 12 carrots
- 1 celery stalk
- 4 cups grape tomatoes

directions

- Mix all ingredients for dip together
- Portion dip into 1/4 cup servings
- Cut veggies
- Serve dip with veggies

Makes 45 servings!

Yogurt Split



ingredients

- 12 Bananas
- 12 cups yogurt
- 6 cups granola
- 6 cups berries

directions

- Cut bananas in half lengthwise and width wise
- Put half a split banana in serving containers
- Add 1/2 cup yogurt to each container
- Top with 1/4 cup berries and/or 1/4 cup granola

Learn about it!

Yogurt helps your tummy because it is full of good bacteria that your tummy needs to digest food properly. Not all bacteria is bad!

Makes 24 servings!



Grahamwiches

ingredients

- 50 graham crackers
- 5 bananas
- 2.5 cups peanut butter
- 1/2 cup + 2 Tbsp. honey
- 3 Tbsp. cinnamon

directions

- Break graham cracker into squares
- Slice bananas
- Combine peanut butter, honey, and cinnamon
- Assemble sandwiches by spreading peanut butter mix on cracker, adding a layer of banana slices and putting another cracker square on top.
- Serve

Makes 50 Sandwiches!



Applesauce Cones

ingredients

- 25 cups applesauce
- 50 ice cream cones
- 1/4 cup cinnamon

directions

- Freeze applesauce completely and let thaw until able to scoop it.
- Scoop 1/2 cup frozen applesauce into cone
- Sprinkle with cinnamon

Learn about it!

Apples float in water because they are 25% air.
Apples are one of the most widely grown tree fruit.
Apple trees can live for more than 100 years!

Makes 50 Cones!

Salsa

ingredients

- 12 medium tomatoes
- 2 red onions
- 3 jalapeno chilies
- 4 limes juiced
- 2 cups cilantro
- 1 tsp oregano
- 1 tsp cumin
- 1 tsp salt

directions

- Chop tomatoes, onion, chilies, and cilantro
- Add all ingredients to food processor and pulse.
- Portion into 1/2 cup servings
- Serve with tortilla chips

Learn about it!

Tomatoes have long been debated as being either a fruit or a vegetable. Culinary, they are a vegetable. Botanically, they are a fruit. Either way, they taste good!

Makes 24 Servings!



French Toast Sandwich

ingredients

- 24 slices of French Toast
- 3 cups strawberry cream cheese spread
- 6 cups strawberries

directions

- Thinly slice strawberries
- Lay out all French Toast
- Spread cream cheese on toast
- Add a layer of strawberries
- Place another slice of French Toast on top
- Slice sandwiches in half
- Serve with milk or juice

Makes 24 Servings!

A close-up photograph of several banana pops. Each pop consists of a banana half coated in a thick, golden-brown, crunchy layer of rice crispy cereal. A wooden skewer is visible, holding one of the pops. The background is slightly blurred, showing more of the same treats.

Crunchy Coated Banana Pops

ingredients

- 12 bananas
- 3 cups peanut butter
- 4.5 cups rice crispy cereal

directions

- Cut bananas in half
- Put a skewer in each half
- Spread a layer of peanut butter around each pop
- Roll the pop in the cereal

Learn about it!

Bananas are actually considered a berry.
In Latin, banana means "Fruit of the Wise Men".
There are almost 1,000 varieties of bananas!

Makes 24 Pops!



Pumpkin Bread

ingredients

- 2 cups flour
- 1/2 tsp salt
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1 tsp ground cloves
- 1 tsp ground cinnamon
- 1 tsp ground nutmeg
- 3/4 cup butter
- 2 cups sugar
- 2 large eggs
- 1 15-oz can pumpkin

- Preheat the oven to 325°F. Generously grease two 8 x 4-inch loaf pans with butter and dust with flour.
- In a bowl, combine the flour, salt, baking soda, baking powder, cloves, cinnamon, and nutmeg.
- In a mixer, beat the butter and sugar until just blended. Add the eggs one at a time. Beat until very light and fluffy. Beat in the pumpkin.
- Add the flour mixture and mix until combined.
- Turn the batter into the prepared pans. Bake for 65 – 75 minutes. Let the loaves cool.
- Slice and serve with milk or juice

directions

Makes 24 Slices!



ingredients

- 24 sugar cookies
- 3 cups vanilla cream cheese spread
- 2 cups blueberries
- 2 cups diced kiwi
- 2 cups diced strawberries

directions

- Spread cream cheese on each cookie
- Top with fruit
- Serve

Learn about it!

Fruits come in many different colors. This makes eating them fun but also the different colors are made up of different compounds that help fight cancer!

Makes 24 servings!



Deviled Eggs

ingredients

- 24 hard boiled eggs
- 1 cup mayonmaise
- 4 tsp vinegar
- 4 tsp mustard
- 1/2 tsp salt
- 1/4 tsp pepper
- Paprika for garnish

directions

- Peel eggs, cut in half, and remove yolks
- Mix yolks and rest of the ingredients
- Using a frosting bag, squeeze the yolk mixture onto the egg whites.
- Serve with crackers, milk, or juice

Learn about it!

Eggs contain the highest quality protein you can buy. This protein helps you build muscles and stay healthy.

Makes 24 Servings!