

RECIPES

(Adjust as needed for toddlers)

“Go Fish”

Celery sticks (sliced thin)
Peanut butter
Gold Fish crackers

Use the celery sticks as a ‘fishing rod’. Dip the end in a little dab of peanut butter. Now ‘go fish’ by ‘catching’ Gold Fish crackers with the peanut butter end of the celery stick.

“Brown Bear, Brown Bear”

1. Spread a slice of bread with peanut butter.
2. Use 2 banana slices for the ears, and 1 slice for the nose.
3. Use 3 blueberries for the eyes and top of nose.

Brown bear, brown bear, what do you see?

“Strawberry Graham Sandwich”

Graham crackers
Yogurt (strawberry)
Strawberries, sliced

1. Break a graham cracker into two squares.
2. Spread yogurt on one square. Put sliced strawberries onto the yogurt.
3. Place the other square on top to make a ‘sandwich’.

Makes one serving.

“Extra Easy Hummus”

(from www.Allrecipes.com)

1 (15 ounce) can garbanzo beans, drained,
liquid reserved
1 clove garlic, crushed
2 teaspoons ground cumin
1/2 teaspoon salt
1 tablespoon olive oil

Steps:

1. In a blender or food processor combine garbanzo beans, garlic, cumin, salt and olive oil.
2. Blend on low speed, gradually adding reserved bean liquid, until desired consistency is achieved.

“Yo-Cones”

Ingredients:

Yogurt – any flavor
Pineapple tidbits (or fruit of your choice)
Flat-bottomed ice cream cones

Steps:

1. Spoon a little yogurt into the ice cream cone.
2. Add some fruit.
3. Layer more yogurt and fruit until cone is full.

“Grand Slam Hero”

Crackers (round, Ritz style)
Cheese (slices or thin wedge)
Cucumber (peeled, sliced thinly)
Tomatoes (sliced thinly)

1. Start with a cracker. Put a piece of your favorite cheese on top.
2. Add another cracker.
3. Add a cucumber slice and/or a tomato slice.
4. Top with another cracker. Open wide! 😊

“Any-Kind-of Fruit Muffin”

1 1/4 cups whole-wheat flour
1/4 cup sugar
1 teaspoon baking powder
2 tablespoons melted margarine
1 egg, slightly beaten
1/2 teaspoon vanilla extract
1 cup coarsely chopped frozen strawberries or other fruit,
either fresh or frozen

1. Preheat oven to 400°. Spray muffin tin with nonstick cooking spray.
2. In a large bowl, mix flour, sugar, and baking powder. Stir well until all ingredients are blended.
3. In another bowl, combine buttermilk, margarine, egg and vanilla. Pour this mixture into the dry ingredients.
4. Using a large spoon, gently stir ingredients just until moist. Add fruit and stir gently. Be careful not to over-mix.
5. Spoon batter evenly into 9 muffin cups.
6. Bake 20-25 minutes. Leftover muffins can be frozen for later use.