

Recipe courtesy of "Full of Beans", Violet Curries and Kay Spicer, Mighton House, 1993

Make-Your-Own Kabobs

Children often like to eat their own creations.

Here are some ideas for children to make their own kabobs. The idea is to have several different ingredients on hand. Children can mix and match the ingredients to make their very own kabobs.

Here is what you will need to have on hand:

- Kabob sticks
Kabob sticks can be sharp. Close supervision of young children is required. As an alternative, you may want to use thin straws.

Here are some ideas of foods that you may want to have the children choose from:

- grapes
- melon balls
- canned mandarin oranges
- pears
- bananas
- orange wedges
- kiwi
- peaches
- apples
- cherry tomatoes
- cucumber slices
- green, red, yellow, or orange pepper
- cheese cubes (different varieties of cheese)
- cubed chicken breast
- cubed meat (e.g. kielbasa)

You do not have to stick to these foods. Be creative!

1. Cut foods into half-inch chunks or wedges
2. Soak kabob sticks (to soften and prevent splitting)
3. Have children choose their favourite foods.
4. Help children thread chosen foods onto a soaked kabob stick

Preparation Time:

15-25 minutes

Equipment:

- paring knife
- cutting board

Advanced preparation:

- to save time, pre-cut all ingredients
- if using straws, pre-poke holes in food with a sharp object

Make-Your-Own Snack Mix

Children often like to eat their own creations.

Here are some ideas for children to make their own snack mix. The idea is to have several different ingredients on hand. Children can mix and match the ingredients to make their very own snack mix.

Here is what you will need to have on hand:

- Sealable bags for mixing

Here are some ideas of foods that you may want to have the children choose from:

- mini crackers
- popcorn
- non-sugar coated cereal
- raisins*
- nuts
- sunflower seeds
- pumpkin seeds
- dried fruit*
- animal crackers
- pretzels
- cheese-flavoured puffs
- chocolate chips
- almonds
- soy nuts
- cut up granola bars*

You do not have to stick to these foods. Be creative!

1. Have children choose their favourite foods.
2. Have children put their choices into a sealable bag
3. Shake

*** It is important to consider children's teeth when planning snacks. Foods that stick to teeth can encourage cavities. Hard and crisp foods, cheese, sugar-free gum and rinsing the teeth with water can help keep teeth clean. (This is especially important after a sweet or sticky snack.)**

Preparation Time:
10-15 minutes

Advanced preparation:

- to save time, prepare all ingredients

Banana Muffins or Bread

1 ¼ cups	all purpose flour	300 ml
1 tsp	baking soda	5 ml
1/2 tsp	baking powder	2 ml
¾ cup	granulated sugar	175 ml
1	egg	1
1	egg white	1
¼ cup	lower fat plain yogurt	50 ml
¼ cup	vegetable oil	50 ml
1 tsp	vanilla	5 ml
1 cup	mashed ripe bananas (about 2-3 medium)	250 ml

1. In a bowl sift together flour, baking soda and baking powder. Set aside.
2. In a large mixing bowl, blend sugar, egg, egg white, yogurt, oil and vanilla. Blend in bananas. Add dry ingredients; mix until just combined. Spoon batter into greased mini muffin tray. If banana bread is desired, pour batter into greased 9 x 5 inch or 2 litre pan.

Bake at 350 degrees F for approximately 8 minutes for mini muffins, 18- 22 minutes for larger muffins and for banana bread 1 hour or until tester inserted in center of loaf comes out clean.

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Cranberry Oat Muffins

3/4 cup	rolled oats	175 ml
1 1/2 cups	all purpose flour, divided	375 ml
1 cup	granulated sugar	250 ml
2 tsp	baking powder	10 ml
1/2 tsp	salt	2 ml
1/2 cup	butter or margarine	125 ml
1 1/2 cups	fresh or frozen cranberries, chopped	375 ml
2 tsp	grated lemon zest	10 ml
2/3 cup	2 % milk	150 ml
1	egg, beaten	1

Topping

2 tsp	ground cinnamon	10 ml
2 tsp	granulated sugar	10 ml

1. In a food processor or blender, process oats until very fine. Combine oats, flour (except for 2 tbsp/25 ml), sugar, baking powder and salt. Cut in butter with a pastry blender or food processor until mixture resembles coarse crumbs.
2. Toss cranberries with reserved flour; stir into flour mixture.
3. Combine lemon zest, milk and egg; mix thoroughly. Add to dry ingredients, stirring just until moistened; do not over mix. Spoon into lightly greased or paper-lined muffin cups, filling three-quarters full.
4. ***Topping:*** Combine cinnamon and sugar; sprinkle over muffins. Bake in preheated 400 degree F oven for about 8 minutes for mini muffins; for regular sized muffins, bake 20 to 24 minutes or until tops of muffins spring back when lightly touched.

Tip: If fresh or frozen cranberries are unavailable, try soaking 3/4 cup (175 ml) dried cranberries in 1/2 cup (125 ml) orange juice or water for about 15 minutes, or replace cranberries with blueberries.

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