

NUTRITIOUS SNACKS FOR CHILDREN

- Sticks of carrots, celery, cucumber, icama, green or red bell peppers
- Sprouted Essene bread and apple slices
- Ants on a log (see recipe), and carrot sticks
- Oatios, almonds and raisins
- Banana "Ice Cream" (see recipe)
- Popcorn
- Whole grain crackers with nut butters
- Popsicles made with fresh juice frozen in a popsicle maker
- Smoothies (blended fruit or fruit and yogurt)
- Whole wheat pretzels

Healthy Substitutions

Instead of..... Try.....

Cupcakes	Essene bread or make your own cupcakes using whole grain flour and honey or molasses as sweetener.
Ice Cream	Fruit smoothies Frozen blueberries Frozen bananas, blended, may add berries or carob Frozen yogurt, on occasion
Soda Pop	Fresh fruit juice diluted at least 1/2 and 1/2 with mineral water Mineral water Herb tea - Kids especially like those with rose hips, lemon grass, or hibiscus (e.g. Pelican Punch) Water
Kool Aid	Tea (Pelican Punch) mixed with apple cider
Jello	Mix 1 Tbsp. agar-agar with 3-1/2 cups fruit juice and simmer for 15 minutes. Pour into mold with fresh fruit berries, and refrigerate.
BBQ Potato Chips	Hain's BBQ rice crackers
Popsicles	Frozen juice Blend a banana, milk, and carob powder, and freeze.
Candy	Dried fruit and nuts Health "Candy" (see recipe) Pitted dates stuffed with peanut butter, almond butter, or an almond
Cookies	Convert your favourite recipe using natural sweeteners, whole wheat flour. For special treats, buy natural food store animal crackers.
Pies	See recipes.
Cake berries	Cut a watermelon into the shape of cake layers. Use sliced bananas for filling between the two layers and toothpick various fruits or on. Great for summer birthday parties!

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Nutritious Snack Recipes

"Ice Cream"

Peel a number of very ripe bananas. Break into one-inch pieces and freeze in a closed plastic bag until very hard. Just before serving, run through a juicer, or blend in blender with a small amount of liquid (water or juice). Serve immediately. Add carob powder or berries to blender for different flavours or top with fruit and nuts.

"Pie Crust"

2 cups whole wheat flour (or 1-3/4 cup brown rice)
1 tsp. salt
3/4 cup oil and butter (1/2 and 1/2)

Blend flour and salt. With pastry fork, cut in oil and butter. Sprinkle with 5 to 6 tbsp. cold water, mixing between each tbsp. Roll out into crust. Makes top and bottom crust.

"Apple Pie"

Slice enough apples to mound in bottom pie crust. Sprinkle with 2 tbsp. whole wheat flour and

1 tbsp. cinnamon, mixing gently. Squeeze juice of 1 lemon on top. Drizzle with honey so that apples are about half covered. Cover with top crust and bake at 425 degrees, for 40-50 minutes.

"Fresh Strawberry Pie"

Filling: 2 pints strawberries
1-1/2 cup apple juice
2 tbsp. arrowroot powder
1/8 cup honey

Bake bottom pie crust at 425 degrees for 15 minutes or until golden brown. Wash berries. Heat

1-1/4 cups juice in a saucepan. Mix arrowroot with reserved juice and add to boiling juice.

Cook over medium heat until thick and clear. Remove from heat and stir in honey and 1 cup sliced strawberries. Cover and let "set" at room temperature until cool. Fill pie crust (cooled) with remaining berries and pour sauce over them. Return to freezer for a few minutes.

"Ants on a Log..(a sure hit!)"

Spread almond or peanut butter into celery sticks. Dot with raisins (the ants).

"Candy" (for special occasions)

1 cup natural almond butter or peanut butter
1/2 cup carob powder
1/2 cup mashed banana
2 tsp. vanilla

Mix together, shape into balls, and roll in cinnamon. If desired, press a walnut half on top.

Store in the refrigerator. Variation: Mix peanut and almond butter and granola and refrigerate.

"Healthy Recipe Substitutions"

Use these substitutions to make your favourite recipes healthier and allergy-free.

Sugar	1/2 cup honey (or less) for 1 cup sugar. Decrease oil by 1/2 when using honey.
Shortening	Use 1/2 oil and 1/2 butter.
White Flour	Use same amount of whole wheat flour.
Wheat Flour	Use 7/8 cup brown rice flour for 1 cup wheat flour.