



Donna Wolf R.D. CLT
Registered Dietitian & Certified Leap Therapist
donnawolfrd@cox.net
Phone: 858-335-2140
www.healthydirectionspoway.com

Kid Friendly Healthy Snack Recipes:

Low-Fat Whole Wheat Oatmeal Raisin Cookie

Ingredients:

3/4 cup of 100% whole wheat flour
1/2 tsp of baking soda
3/4 tsp of vanilla extract
1/2 tsp of ground cinnamon
1/4 cup of unsweetened applesauce
1/2 cup of brown sugar or molasses
3/4 cup of dry, quick cooking oats (not instant)
2 Tbs olive oil
1/4 cup raisins
1 egg
1/4 cup of nuts or seeds (optional)
1/4 tsp of salt (optional)

Directions:

Preheat oven to 350F. Prepare a cookie sheet either with non-stick spray or a parchment paper. Sift the salt, cinnamon, baking soda (and salt if you are using) into the flour in a bowl. In the mixing bowl, beat olive oil together with the brown sugar or molasses. Add in applesauce and egg and beat well. Now add in the flour mixture and beat on medium until a semi-stiff dough forms. This dough will be very slightly sticky. At this point, add the vanilla extract, raisins and nuts (if you are using) and mix well into the dough. This step will require a little more strength because the dough is pretty stiff due to the whole wheat flour. But just try to incorporate the raisins into the dough. Drop by tablespoonful about 3 to a row. Flatten to about 3/4". Just keep in mind that this dough will barely flatten out when it's baking so what you see is what you get. Just don't flatten it too thin that it will turn out to be crunchy like a biscuit instead of crispy on the outside and chewy on the inside. You will probably get about 15 to a standard 9"x13" cookie tray. Bake in the center of oven for about 10-12 minutes. When it's done, remove from cookie tray and cool on a rack. It is very good just out of the oven and still slightly warm. The finished cookie will look "uncooked" on the inside but that's because of the color of the whole wheat flour together with the applesauce so don't be afraid to take a bite. Serves: 18

Pasta Salad With Fresh Vegetables

Ingredients:

1 tablespoon extra virgin olive oil
½ cup shredded carrots
1 red bell peppers, chopped
6 ounces Fusilli pasta, cooked, drained and cooled
1 cup baby spinach leaves, washed and dried
3 ounces Fresh Mozzarella
1/2 cup Grape Tomatoes, cut in half
1/2 small red onion, thinly sliced
1 tablespoons chopped fresh basil
1/4 cup Balsamic Vinaigrette
sea salt, to taste
freshly ground pepper, to taste

Directions:

In a large bowl, toss all ingredients together. Season with salt and pepper.

Super-Duper Keep You Regular Healthy Muffins

Ingredients:

¾ cup 100% whole wheat flour
¾ cup whole 7-grain, high fiber cereal
½ cup brown sugar
1 tsp baking powder
½ tsp baking soda
1 tsp cinnamon
1 med ripe banana, mashed
½ cup plain-yogurt or buttermilk
1 egg
2 T vegetable oil (not corn or soy)
½ tsp vanilla extract
½ cup shredded carrots
½ cup chopped dates
½ cup chopped walnuts

Directions:

Mix together dry ingredients. Mix liquid ingredients in separate bowl. Combine the two mixtures and stir until moistened. Fold in carrots, dates, and walnuts. Line a muffin tin with paper cups. Fill 2/3 full and bake at 375 degrees for 15-18 minutes. Makes 12. Eventually you'll double the recipe because these will not last!

Blueberry Muffins

Ingredients:

2 cups all-purpose flour
2/3 cup 100% whole wheat flour
1/4 cup ground flaxseed
2 cup brown sugar
2 tsp baking powder
2 tsp baking soda
1 tsp salt
1 cup 2% milk or buttermilk or yogurt
1 large egg, lightly beaten
3 tbsp unsalted butter, melted
2/3 cup unsweetened apple sauce
1 cup blueberries, fresh or frozen
Cooking spray

Directions:

Preheat oven to 400 degrees. In a large bowl combine all-purpose flour, whole wheat flour, flaxseed, sugar, baking powder, baking soda and salt. In a medium bowl combine milk, egg, butter and apple sauce. Add the milk mixture to the flour mixture and stir until moist. Fold in blueberries. Spoon the batter into 12 muffin cups coated with cooking spray. Bake for 20 minutes or until muffins spring back when lightly touched. Makes 12 servings.

Banana Nut Bread

Ingredients:

1 cup sifted unbleached all-purpose flour
1 cup 100% whole-wheat flour
1/4 cup toasted wheat germ (Kretschmer)
1 tsp. baking soda
1/4 tsp. salt
1/2 cup unsalted butter or organic virgin coconut oil, unrefined
1 cup brown sugar
2 eggs
1 tsp. vanilla
3 lg. or 4 sm. mashed bananas
1 cup chopped nuts

Directions:

Measure and sift together flour, wheat germ, baking soda and salt. Cream butter, add sugar. Cream butter and sugar together. Add eggs and vanilla. Stir until thoroughly mixed. Stir in mashed bananas. Fold in dry ingredients and nuts. Place in well-greased 9x5x3 inch loaf pan. Bake at 325 degrees for 55 to 60 minutes.

Bean Salad

Ingredients:

Salad:

3 15-ounce cans beans (choose a variety from garbanzo, red kidney, white kidney, black, and pinto)

1 cup corn, fresh cooked and cooled, or frozen

1/2 red pepper, chopped

2 slices red onion, chopped

1/4 cup chopped fresh cilantro or parsley

Vinaigrette:

6 tablespoons olive oil

2 tablespoons balsamic vinegar

1 teaspoon Dijon mustard

Salt and pepper to taste

Directions:

Drain and rinse the canned beans, then place them in a large bowl. Add the corn, red pepper, red onion, and cilantro and stir. Next, prepare the vinaigrette. Measure the olive oil, vinegar, and mustard into a jar. Screw on the lid tightly and shake the dressing well. Add salt and pepper to taste. Pour the vinaigrette over the beans a little at a time and mix to coat. Add enough vinaigrette to suit your taste. Refrigerate the salad until you are ready to serve. Serves 8 to 10.

Easy Tuna Pasta Salad for One

Ingredients:

1/2 cup elbow macaroni

1 (3 ounce) can tuna in spring water, un-drained

1 small tomato, chopped

1/2 teaspoon dried basil

1 T lemon juice (or to preference)

1 tablespoon grated Parmesan cheese (or more to taste)

2 T olive oil

salt and pepper (to taste)

Directions:

Cook macaroni according to package directions. Drain and rinse with cold water to cool. In a mixing bowl, combine macaroni and tuna. Gently break up tuna while mixing. Add tomato, basil, lemon juice and olive oil. Combine well. Mix in Parmesan cheese. Add salt and pepper to taste. Combine well. Chill to allow flavors to blend at least one hour or overnight.

No-Nonsense Nuggets

Ingredients:

3 cups corn flakes

1/3 cup grated Parmesan cheese

½ tsp salt

¼ tsp onion powder

¼ tsp garlic powder

pinch of pepper

1 pound skinless, boneless chicken breast halves, cut into nugget-size pieces

¼ cup all-purpose flour

2 large eggs, beaten

Directions:

Preheat the oven to 425°F. Lightly oil or coat a large baking sheet with nonstick cooking spray and set aside. Place the corn flakes in a releasable plastic bag and crush to a fine texture using a rolling pin or the bottom of a small saucepan, or place in a food processor and pulse several turns until finely crushed. Combine with Parmesan cheese, salt, onion powder, garlic powder, and pepper in a medium bowl. To bread the chicken, coat in flour, shake off excess. Dip in the egg, then coat well in the corn flake mixture. Arrange the chicken on the prepared baking sheet and cook until golden brown, about 12 minutes.

Homemade Trail mix

Ingredients:

1 c. cashews

1 c. walnuts

1 c. raisins

1 c. dried cranberries

1 c. peanuts

1 c. shredded coconut

1 c. Cheerio's or whole-grain cereal

Utensils:

large bowl

airtight container

Directions:

Mix all ingredients in a large bowl.

Store in an airtight container and refrigerate.

Serves: 14; Serving size: 1/2 cup

Try these recipes with other kinds of foods that your kid's like. Be creative!