

give your child  
10 tasteful GIFTS  
that will last a lifetime



A love for beans.

A love for broccoli.

A love for eggs.

A love for milk.

A love for oatmeal.

A love for oranges.

A love for sweet  
potatoes.

A love for  
tomatoes.

A love for whole  
wheat bread.

A love for yogurt.

# how to “package” the gifts that KEEP ON GIVING

## BEANS

**Bean up on Quesadillas.** Place a flour or corn tortilla in a small pan. Sprinkle with canned beans and shredded or sliced cheese. Heat on stove until cheese melts. Slice into pie-shaped pieces and serve. (Add chopped tomatoes, onions and avocado, if desired, after heating.) Great for snacks, breakfast, dinner—anytime!

## BROCCOLI

**Children love to eat what they help prepare.** Put a small amount of olive oil in a spray bottle. Have your child lightly spray cooked broccoli with olive oil. Sprinkle with parmesan cheese.

## EGGS

**This three-minute recipe is perfect for breakfast, meals or snacks.** Crack hard-cooked eggs and smash them with a fork. Add 1 teaspoon Dijon mustard and/or mayonnaise. Sprinkle with salt and pepper. Spread on crackers or bread for a tasty sandwich.

## MILK

**Color milk fun!** Make a glass of milk fun by stirring in 1 drop of yellow food coloring to make Sun Fun milk, one drop of blue food coloring for Jungle Juice, or 1 drop of green food coloring to make Dinosaur Delight.

## OATMEAL

**Kids will flip for these pancakes!** Combine 2 eggs, 2 tablespoons vegetable oil and  $\frac{3}{4}$  cup orange juice in a small bowl. In a larger bowl, mix together 1 cup flour, 1 cup rolled oats, 1  $\frac{1}{2}$  teaspoons baking powder and  $\frac{1}{2}$  teaspoon salt. Stir egg mixture into dry ingredients. Heat large frying pan lightly coated with oil or cooking spray and let the magic begin. Makes 9 medium pancakes.

## ORANGES

**Children love to make fruit kabobs.** Cut oranges and other fruit like bananas and grapes into bite-sized pieces. Arrange fruit on a piece of uncooked spaghetti or thin wooden stick. Great snack or dessert!

## SWEET POTATOES

**You can feel good serving these healthy “French fries.”** Cut sweet potato into the shape of French fries. Lightly coat with oil and add a light sprinkling of salt and pepper. Bake in 425° oven for 30 minutes. (Save time! Cut the sweet potato into 8-10 wedges.)

## TOMATOES

**Power up kid favorites with tomatoes.** Add grape tomatoes cut into quarters to macaroni and cheese. Place a sliced tomato on grilled cheese sandwiches.

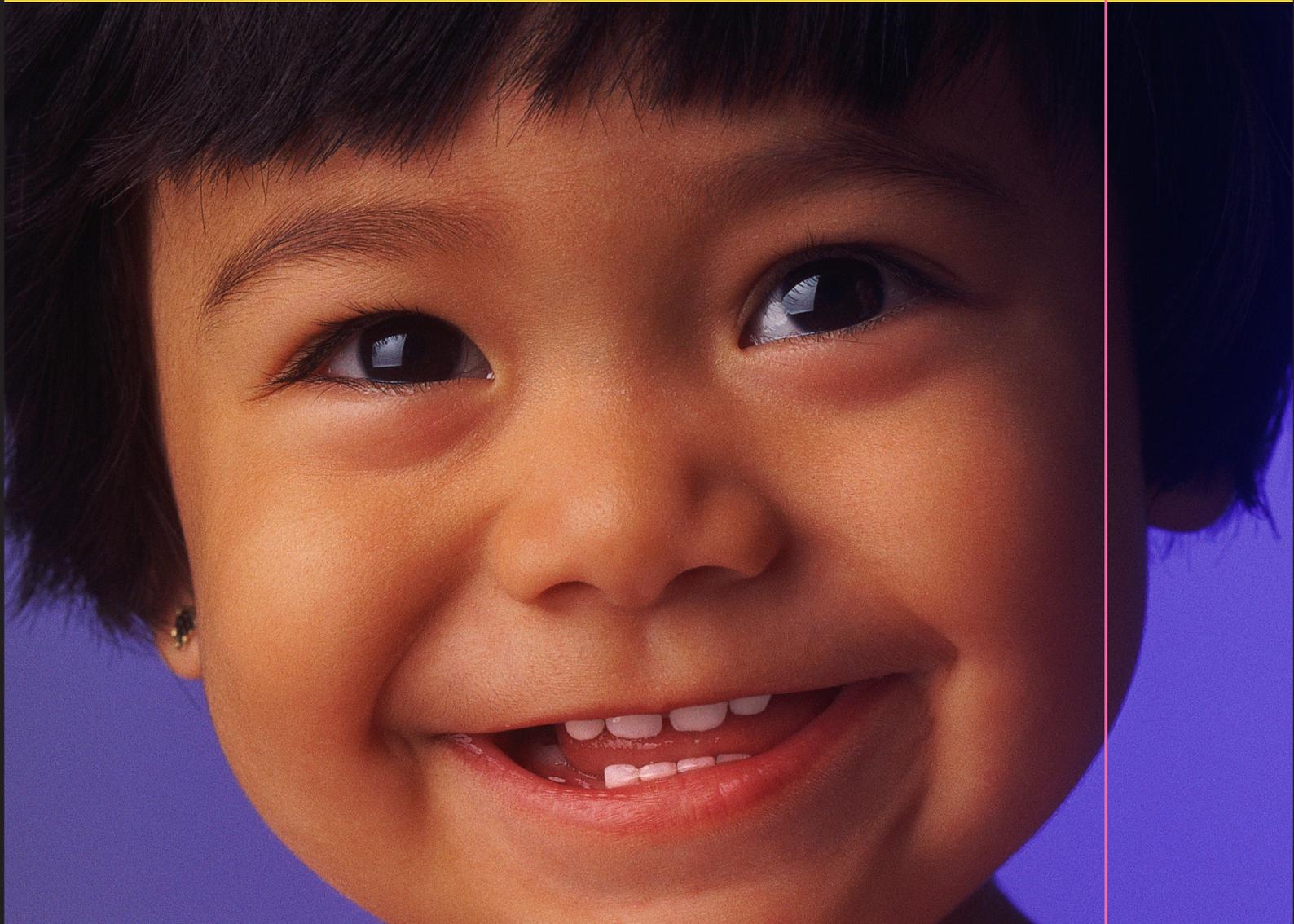
## WHOLE-WHEAT BREAD

**Fill them up with whole-wheat goodness.** Toast one slice whole-wheat bread. Spread lightly with cream cheese. Arrange sliced strawberries and blueberries over the cream cheese. (For extra fun, arrange the strawberries and blueberries to resemble the flag. Salute!)

## YOGURT

**A guaranteed smile-maker!** Sprinkle Grape-Nuts® in the bottom of a cup or bowl. Add a spoonful of lemon or vanilla yogurt. Add a tablespoon of fruit. (Canned mandarin oranges are great.) Sprinkle Grape-Nuts® on top.

healthier snacks make  
happier smiles



Check out our one-minute snack ideas.

# 'mom be nimble, mom be quick'

## ONE-MINUTE SNACK RECIPES

**Tom The Piper's Son's Freeze:** Take two graham cracker squares and spread peanut butter on both halves. Place 3-4 slices of banana on top of the peanut butter of one half and cover with the other half (peanut butter side in). Wrap in plastic wrap and freeze. Serve frozen.

**Little Jack Horner's Dip:** Combine 1 cup plain yogurt with 1 cup salsa. Chill and serve with cut veggies.

**Little Miss Muffet's Mix:** Toss light microwave popcorn with Cheerios™, dried fruit bits, pretzel twists, and roasted, unsalted peanuts. (For children over three.)

**Georgie Porgie's Graperfection:** Freeze red and green grapes. Serve cold. (Cut grapes in small pieces for children under three.)

**Jack Sprat's Parfait:** Put 1/3 of one (8-oz.) container of low-fat vanilla yogurt in a paper cup or medium-size glass tumbler. Top with 1/2 cup chopped fruit or blueberries and 2 tablespoons of Grape-Nuts®. Repeat layering.

**Humpty Dumpty's Pops:** Combine 1 (15-oz.) can pear halves or slices and 1 small carton (6-8 oz) of low-fat vanilla yogurt in a blender. Process until smooth. Divide mixture evenly into paper cups and insert craft stick in center of each pop. Freeze until firm—about 3-4 hours.

**Jack and Jill's Zucchini Hill:** Slice zucchini into rounds. Sprinkle with Monterey Jack cheese and chopped red bell pepper. Microwave on high for 1 minute or until cheese melts

**Simple Simon's Sundae:** Place 2 tablespoons creamy peanut butter in a small microwave-safe dish. Heat until melted—about one minute. Drizzle over 1/2 cup frozen yogurt.

**Little Bo Peep's Banana Split:** Halve banana lengthwise. Spread 1 half with 2 tablespoons peanut butter. Press in 2 tablespoons of cornflakes or other cereal of your choice. Top with other banana half and cut in half.

**Old King Cole's Mini-kabob:** Cut cheese into cubes—about the size of dice. Slide 1 grape and 1 piece of cheese on a toothpick. Repeat with remaining cubes of cheese and grapes. (For children under 3, cut grapes in half.)

**Little Boy Blue's Waffle-wich:** Toast multigrain waffles. Layer with peanut butter, jelly, and banana slice. Top with another waffle. Cut into four pieces.

**Queen of Hearts' Desire:** Spread 2 tablespoons of pasta sauce on a bagel half. Sprinkle with shredded mozzarella cheese. Bake in toaster oven or broil in the oven until cheese is brown.