

# Ants on a Log

Ants on a Log is a classic after-school snack! Quick and easy, these treats can be whipped up ahead of time or prepared right before enjoying.



**Average Cost: \$5.14**



**Prep Time: 5 minutes**



**Average Cook Time: N/A**



**Average Servings: 6**

Recipe Source: SNAPFCT

## Ingredient

- 6 Celery stalks
- 1/2 Cup peanut butter (or sunflower butter)
- 1/4 Cup raisins (or unsweetened dried fruit of choice)

## Directions

### Step 1

Cut the celery stalks in half.

### Step 2

Spread with peanut butter.

### Step 3

Sprinkle with raisins.

## Utensils Needed

- Sharp knife
- Cutting board
- Knife or spoon
- Measuring cups

## NUTRITION FACTS

### Serving Size: 2 Logs

Nutrients	Amount
Calories	147
Total Fat	11 g
Saturated Fat	2 g
Cholesterol	0 mg
Sodium	113 mg
Total Carbohydrates	10 g
Dietary Fiber	2 g
Total Sugars	6g
Added Sugars	0 g
Protein	6 g





# Banana Pancakes

With whole wheat flour and mashed bananas, these pancakes are a fiber powerhouse!



**Average Cost: \$16.74**



**Prep Time: 15 minutes**



**Average Cook Time: 20 minutes**



**Average Servings: 9**

Recipe Source: FoodHero.org

## Ingredients

- 2 Eggs
- 1 1/2 Cups nonfat or 1% milk
- 1 Tbsp sugar
- 3 Tbsp oil
- 2 Bananas, mashed
- 3/4 Cup whole wheat flour
- 3/4 Cup all-purpose flour
- 2 Tsp baking powder

## Directions

### Step 1

Beat eggs in medium bowl. Add milk, sugar, oil and bananas and mix well. Add flours and baking powder. Mix gently.

### Step 2

Lightly spray a large skillet or griddle with nonstick cooking spray or lightly wipe with oil. Heat skillet or griddle over medium-high heat (350 degrees in an electric skillet).

### Step 3

Spoon 1/4 cup batter onto the griddle for each pancake. Cook until tops are bubbly and pancakes are dry around the edges. Flip and cook for 2-3 minutes or until golden brown.

### Step 4

Refrigerate leftovers within 2 hours.

## Utensils Needed

- Mixing bowl
- Mixing spoon
- Skillet or griddle
- Measuring cups
- Measuring spoons
- Spatula

## NUTRITION FACTS

### Serving Size: 2 Pancakes

Nutrients	Amount
Calories	180
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	40 mg
Sodium	150 mg
Total Carbohydrates	26 g
Dietary Fiber	2 g
Total Sugars	7 g
Added Sugars	4 g
Protein	6 g





# Black Bean and Veggie Quesadilla

This delicious and nutritious recipe would be great with any veggies you have on hand.



 **Average Cost: \$15.25**

 **Prep Time: 10 minutes**

 **Average Cook Time: 20 minutes**

 **Average Servings: 6**

Recipe Source: [CookingMatters.org](https://www.cookingmatters.org)

## Ingredients

- ½ (15½-Ounce) can black beans, no salt added
- 2 Medium zucchini
- 1 Bunch fresh spinach (about 4 cups)
- 1 Can corn
- 4 Ounces low-fat cheddar cheese
- 1 Tbsp canola oil
- Pinch ground cayenne pepper
- Pinch black pepper
- 1–2 tsp water
- 6 (8-Inch) whole wheat flour tortillas
- Non-stick cooking spray

## Directions

### Step 1

In a colander, drain and rinse black beans, set aside then drain and rinse corn. Rinse zucchini. Cut into thin slices or shred with a grater. Rinse and chop fresh spinach. Grate cheese.

### Step 2

In a large skillet over medium-high heat, heat oil. Add zucchini and cayenne pepper. Cook until zucchini is semi-soft, about 5 minutes.

### Step 3

Add corn and spinach. Cover and cook until tender, stirring a few times, about 5 minutes more. Remove from heat. Add black beans to the veggie mixture. Stir to combine. Smash beans lightly with a fork. Add 1–2 teaspoons water to make a bean-and-veggie paste.

### Step 4

Spread vegetable mixture evenly on half of each tortilla. Add grated cheese. Fold tortillas over. Press lightly with spatula to flatten. Spray skillet lightly with non-stick cooking spray. Heat over medium/high heat. Add one folded tortilla. Cook about 4 minutes per side, or until both sides of tortilla are golden brown. Repeat until all quesadillas are cooked.

### Step 5

Cut each quesadilla into 2 wedges. Serve while hot.

## Utensils Needed

- Box grater
- Can opener
- Colander
- Cutting board
- Fork
- Measuring spoons
- Medium bowl
- Rubber spatula
- Sharp knife
- Large skillet with lid

## NUTRITION FACTS

### Serving Size: 1 Folded quesadilla

Nutrients	Amount
Calories	250
Total Fat	7 g
Saturated Fat	2 g
Cholesterol	5 mg
Sodium	360 mg
Total Carbohydrates	36 g
Dietary Fiber	4 g
Total Sugars	5g
Added Sugars	0 g
Protein	12 g





# Cranberry Oatmeal Balls

This yummy breakfast or snack is full of nutrients and fiber to keep you full until your next meal!



**Average Cost: \$14.55**



**Prep Time: 15 minutes**



**Average Cook Time: 30 minutes**



**Average Servings: 6**

Recipe Source: FoodHero.org

## Ingredient

- 1 Cup oats (quick-cooking or old fashioned rolled)
- 1/3 Cup chopped almonds (optional)
- 1/3 Cup peanut butter or other nut butter
- 1/4 Cup honey
- 1/3 Cup dried cranberries

## Directions

### Step 1

In a medium bowl, combine all ingredients until well mixed.

### Step 2

Form mixture into 18 balls about 1-inch wide.

### Step 3

Place balls on a baking sheet. Refrigerate for 30 minutes.

## Utensils Needed

- Mixing bowl and spoon
- Measuring cups
- Baking sheet

## NUTRITION FACTS

### Serving Size: 3 Balls

Nutrients	Amount
Calories	260
Total Fat	10 g
Saturated Fat	1.5 g
Cholesterol	0 mg
Sodium	90 mg
Total Carbohydrates	35 g
Dietary Fiber	4 g
Total Sugars	18g
Added Sugars	15 g
Protein	8 g





# Fruit Pizza

This sweet treat is quick and easy to make with simple ingredients you may already have around! For variety, try combining fruits!



**Average Cost: \$13.44**



**Prep Time: 10 minutes**



**Average Cook Time: 3-5 minutes**



**Average Servings: 2**

Recipe Source: FoodHero.org

## Ingredients

- English Muffin (try whole grain)
- 2 Tbsp reduced fat or fat-free cream cheese (see notes)
- 2 Tbsp sliced strawberries
- 2 Tbsp blueberries
- 2 Tbsp crushed pineapple

## Directions

### Step 1

Split open the English muffin and toast the halves until lightly browned.

### Step 2

Spread cream cheese on both halves.

### Step 3

Divide the fruit between the two muffin halves and arrange on top of cream cheese.

### Step 4

These are best when served immediately. Refrigerate leftovers within 2 hours.

## Utensils Needed

- Toaster/oven
- Knife
- Serving plate

## NUTRITION FACTS

### Serving Size: 1/2 muffin plus fruit

Nutrients	Amount
Calories	120
Total Fat	8 g
Saturated Fat	1.5 g
Cholesterol	10 mg
Sodium	170 mg
Total Carbohydrates	19 g
Dietary Fiber	2 g
Total Sugars	7 g
Added Sugars	0 g
Protein	4 g





# Rainbow Wrap

This super colorful and healthy recipe is great to try with kids!



 **Average Cost: \$15.58**

 **Prep Time: 20 minutes**

 **Average Cook Time: N/A**

 **Average Servings: 8**

Recipe Source: [MyPlate.gov](https://www.myplate.gov)

## Ingredients

- 4 Whole wheat tortilla
- 8 Tbsp ranch dressing
- 1 Tomato (sliced)
- 1 Yellow bell pepper (sliced)
- 1/4 Cup shredded carrot
- 2 Cups spinach leaves
- 1 Cup shredded red cabbage

## Directions

### Step 1

Spread 2 tablespoons of ranch onto the inside of each tortilla.

### Step 2

Place 1/4 of each vegetable into the tortilla to assemble your rainbow of veggies.

### Step 3

Gently fold in the bottom and roll up your tortilla to make the wrap.

### Step 4

Cut in half to reveal the rainbow, and serve! Refrigerate leftovers within 2 hours.

## Utensils Needed

- Knife
- Cutting Board
- Spoon
- Measuring Utensils

## NUTRITION FACTS

### Serving Size: 1/2 Wrap

Nutrients	Amount
Calories	111
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	5 mg
Sodium	210 mg
Total Carbohydrates	16 g
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars	0 g
Protein	4 g

