

Chicken Feed

Ingredients:

- 2 cups toasted oat cereal or square corn cereal
- 1 cup slivered almonds
- 1/2 sunflower seeds
- 1 cup raisins
- 1 cup dried fruit such as cranberries or copped dates

Directions:

Remember to wash your hands!

1. Combine all ingredients in a large mixing bowl and stir gently.
2. Serve in paper cups or small bags

Super-Duper Spread

Ingredients:

- 1 apple
- 1 cup of peanut butter
- 1/4 cup honey
- 1 teaspoon cinnamon

Directions:

Remember to wash your hands!

1. Wash, core and dice apple (peeling optional)
2. In a medium mixing bowl, combine apple, peanut butter, honey and cinnamon until well blended.
3. Spread filling on celery sticks, pretzels, graham crackers, or whole wheat toast.

Breakfast Banana Split

Ingredients:

- 1 small banana
- 1/2 cup granola type cereal
- 1/2 cup low fat vanilla yogurt
- 1/2 cup mixed fruit in light syrup

Directions:

Remember to wash your hands!

1. Peel and split banana lengthwise and place in banana split dish or cereal bowl
2. Spoon yogurt on top of banana
3. Top with fruit and cereal

Snack Wrap

Ingredients:

- 2 teaspoons spicy mustard
- 1 (8-inch) whole wheat flour tortillas
- 1 slice reduced-fat American cheese, torn into half
- 2 ounces fat-free oven-roasted turkey breast (optional)
- 1/4 cup shredded carrots (about 1 medium) or shredded broccoli mix
- 1 romaine lettuce leaf, washed and torn into bite-size pieces

Directions:

Remember to wash your hands!

1. Spread mustard evenly over tortilla.
2. Top with 2 cheese halves, shredded carrots or broccoli mix and torn lettuce leaves
3. Add optional turkey if desired
4. Roll up tortilla and cut in half

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