

CATCH A Healthy Snack

Summer is a great time to encourage your child to be a CATCH MVP – someone who: **M**oves and stays active, **V**alues healthy eating, and **P**raktices healthy habits! To help you and your family be CATCH MVPs this summer, here are several easy to prepare healthy snacks for you and your family to try. So, be adventurous and CATCH A Healthy Snack this summer!

Ants on a Log

Remember, never cook alone and only use knives and other cooking tools with the help of an adult.

Ingredients:

- 1 stalk of celery
- 2 tablespoons peanut butter
- 1 tablespoon raisins

Directions:

1. Wash the stalk of celery.
2. Cut the celery into 3 pieces.
3. Spread about 2 teaspoon of peanut butter on each piece of celery.
4. Press 1 tablespoon of raisins into the peanut butter.

Makes 1 serving

Apples 'n Yogurt

Remember, never cook alone and only use knives and other cooking tools with the help of an adult.

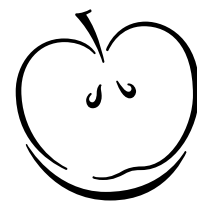
Ingredients:

- ½ fresh apple (washed, cut into slices, but not peeled)
- 1 cup low-fat flavored yogurt
- ½ teaspoon cinnamon (optional)

Directions:

1. Measure the yogurt into a cup.
2. Sprinkle cinnamon on the yogurt. (optional)
3. Dip the apple slices in the yogurt.

Makes 1 serving



Hearty's Stellar Sundae

Ingredients:

- 1 cup low-fat flavored yogurt
- 1/2 graham cracker sheet
- 1/2 banana

Directions:

1. Measure the yogurt into a cup.
2. Stir carefully.
3. Break the graham cracker into small pieces and put on top of the yogurt.
4. Peel and slice the banana and place it on top of the sundae.

Makes 1 serving



Championship Veggies & Dip

Ingredients:

Fresh vegetables, such as carrots, bell peppers, cucumbers, celery, mushrooms, broccoli, and cherry tomatoes

Ingredients for Dip:

- 2 cups low-fat plain yogurt
- 2 tsp. dill weed
- 2 tsp. onion powder
- 2 Tbsp. dried parsley leaves

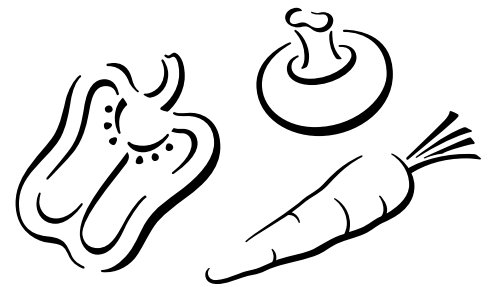
Directions for Vegetables:

1. Clean the vegetables.
2. Cut the vegetables into dip-size pieces, as needed.

Directions for Dip:

1. Mix all the ingredients together.
2. Chill.
3. Serve with the vegetables.

The dip makes 8 servings



Strongheart Rocket Pops

Ingredients:

- 2 bananas
- 1 cup low-fat yogurt measuring cup
- ½ cup graham cracker crumbs

Directions:

1. Peel the bananas and cut them in half.
2. Put the yogurt in a bowl, and spread graham cracker crumbs on a plate.
3. Dip the banana pieces in the yogurt until they are covered.
4. Roll the banana pieces in the graham cracker crumbs.
5. Place the banana pieces in a freezer-safe dish, and put the dish in the freezer.
6. Freeze the rocket pops for at least 2 hours. Serve frozen.

Makes 4 servings



Dr. A. Robic's Trail Mix

Ingredients:

- 1 cup toasted O's cereal
- 1 cup whole-wheat, corn, or rice squares cereal spoon
- 1 cup shredded-wheat cereal
- ¼ cup sunflower seeds
- 1 cup raisins or other dried fruit

Directions:

1. Choose low-sugar cereals and dried fruits without any added sugar.
2. Measure all the ingredients and put them in a large bowl.
3. Mix all the ingredients together.

Makes 4 servings

Refreshing Thirst Quencher

Ingredients:

- 1 cup (8 ounces) 100% pineapple juice
- ½ cup (4 ounces) 100% orange juice
- ½ cup (4 ounces) natural lemonade
- ¼ cup (2 ounces) ginger ale or sparkling water
- Ice

Directions:

1. In a punch bowl or a large pitcher, combine all the juices and water.
2. Serve over ice.

Makes 2 servings

