

# **SNACKS**

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## Beet and Apple Smoothie

Serves 2



### **Ingredients:**

16 oz      Snapple Fruit Juice, or juice of your choice  
1 Can      Beets, juice drained  
2          Apples, cored  
Pinch      Cinnamon or Ginger

### **Directions:**

1. Place all ingredients in blender and blend until smooth.

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## No Bake Granola Bars

Serves 15



### **Ingredients:**

4 Tbs	Unsalted butter
4 Cups	Cereal
1 Cup	Oats
1/3 Cup	Brown Sugar
1/3 Cup	Honey
1/2 Tsp	Salt
1/3 Cup	Peanut Butter
1 Tsp	Vanilla Extract

### **Directions:**

2. Butter a 13x9" baking dish. Toss puffed cereals and oats in a large bowl with your hands to evenly distribute.
3. Bring brown sugar, honey, salt, and 4 Tbsp. butter to a boil in a small saucepan and let cook 1 minute. Remove from heat and whisk in nut butter and vanilla until smooth. Drizzle cereal/oat mixture and stir with a large rubber spatula until everything is evenly coated.
4. Scrape mixture into prepared dish and press and compact down into an even layer with buttered hands. Let cool at least 1 hour before cutting into bars.

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## Cereal Bracelets

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*Simple jewelry/snacks that you can make with your kids.*

### **Ingredients:**

Cereal  
String or dental floss

### **Directions:**

1. Cut string to desired length.
2. Pass string through the middle of the piece of cereal.
3. When the string is full, tie the two ends together.



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## Any Cereal Krispies 20 small servings or 10 large servings

*Simple & Super easy recipe that everyone loves!*

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### **Ingredients:**

- |                  |  |
|------------------|--|
| 1                | Bag of marshmallows (around 400 grams or so) |
| 1 Box or 10 cups | Any flavor cereal                            |
| 1/4 c            | Butter or margarine                          |

### **Directions:**

1. Melt butter and marshmallows in a large pot over medium heat. Continue to stir until melted.
2. Remove from heat and mix in the cereal.
3. Pour into a large greased pan (9x13).
4. Allow to cool and cut into squares.

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## Peaches

Serves 3

*Peaches are a great Fall season treat, that is a healthy, fiber packed power food! High in Vitamin C.*

### **Ingredients:**

1 can Peaches

### **Directions:**

Plate and serve.



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## Cantaloupe Snack

Serves 4

*Most adults need to eat one to two cups of fruit per day and cantaloupe is the way to go because it's full of water, antioxidants, vitamins and minerals.*

### **Ingredients:**

1 Cantaloupe

### **Directions:**

Cut into small cubes



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## Simply Pickled Eggs & Beets

Serves 6-8

*This quick and easy recipe is a great addition to a large family meal or by itself as a snack.*



### **Ingredients:**

1, 15 oz can	Whole medium beets w/ juice
6	Hard boiled eggs, peeled
1	Med Onion, sliced into rings
1 Cup	White vinegar
½ Cup	White sugar
¼ Tsp	Black Pepper
¼ Tsp	Salt
1/8 Tsp	Garlic Powder

### **Directions:**

1. In saucepan, boil vinegar, sugar, pepper, salt, & garlic powder until sugar has melted.
2. Cool in large container, combine beets, eggs, and onions.
3. Pour vinegar mixture over all & mix.
4. Refrigerate at least 2 hrs before serving.