



# Snacks

Hop  
into the  
kitchen and  
get some  
super snack  
skills!



**M**ake great snacks for yourself and your friends. When you eat them, they'll give you the energy to think, hike, run around, dress up—and do all the other activities you love to do!

## Steps

1. Jump into the world of snacks
2. Make a savory snack
3. Try a sweet snack
4. Snack for energy
5. Slurp a snack

## Purpose

When I've earned this badge, I'll know how to make yummy snacks for my family and friends.





Every step has three choices. Do ONE choice to complete each step. Inspired? Do more!



## Tip Before Takeoff

Never use (or even touch!) the stove, oven, knives, or other kitchen appliances without an adult to help you.

### STEP

# 1 Jump into the world of snacks

One of the easiest snacks is just a washed fruit or vegetable! But when you make a snack, you combine ingredients. So how do you know which ones are best? Find out in this step.

### CHOICES – DO ONE:

**Is the food good for me?** You've probably heard words like *vitamins*, *fat*, *carbohydrates*, and *fiber*. Choose one of these or another food word you've heard and find out what it means. Then bring a food that contains that thing to a meeting. Tell your friends what it is, how your body uses it, and if it's good for you.

OR

**Is the food good for the earth?** Make a report for one fruit or vegetable. Draw a picture of it. Write why it's good for you, how it grows, and how to tell if it's ready to eat. Then go to the grocery store or farmers' market and ask where it travels from to get to your area.

FOR MORE **FUN**: Have a "food miles" relay with your Brownie group! See the next page for instructions.

OR

**What's in that snack?** Go on a scavenger hunt in your kitchen or at a grocery store and find three packaged snacks. Look at the list of ingredients. Find three you don't recognize and team up with an adult to figure out what they are and if they're good for you.

The best part about snacks is sharing them with people you love!









Cooking can get messy, so you might want to wear an apron. You could make or decorate your own!



## Recipes

- ▶ Many foods you eat are made from recipes. A **recipe** is like a road map for your kitchen creation. It tells you what things to put in your snack and how much.
- ▶ For each recipe, you'll need to know how many people you're making a snack for. A **recipe** will tell you how many it will serve, and if you have more people you may need to use your math skills to double it. (That means using two of each ingredient.)

## STEP 2 Make a savory snack

A savory snack is one that's not sweet—it might be salty or spicy. Try one of these!

### CHOICES – DO ONE:

- Make your own restaurant snack.** When you make a snack at home, it's often healthier for you than when you eat it in a restaurant. Restaurants may use more oil, butter, sugar, and salt! Find a recipe for a favorite snack, like potato skins, cheese sticks, or fish sticks, and make it yourself.

**FOR MORE FUN:** Ask a restaurant for the list of ingredients they use for their snack and compare it to yours. Which is better for you?

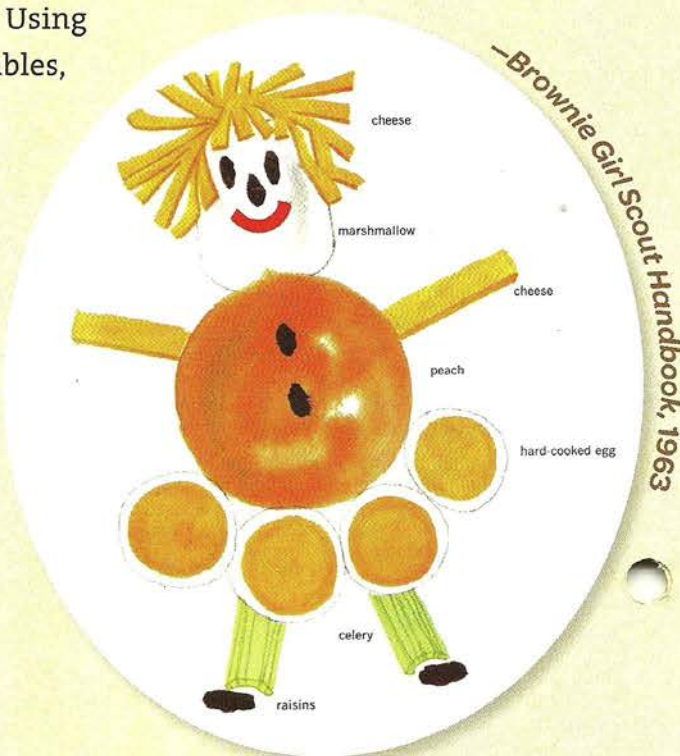
OR

- Make a savory snack from a different country.** Kids from different parts of the world eat some amazing snacks. Try making a Japanese sushi roll, a Vietnamese lettuce roll, or Mexican guacamole with baked tortilla chips.

OR

- Make a veggie face.** Using your favorite vegetables, make a funny face on your plate. With an adult's help, cut up veggies such as cucumbers, celery, carrots, peppers, and broccoli. Then create a veggie face. Don't forget to eat it!

**FOR MORE FUN:** Make your own dip.





## Fresh Guacamole

Makes about 3 cups

### Ingredients:

6-8 avocados, ripe and soft but not mushy  
½ cup cilantro leaves, chopped  
½ cup tomatoes, chopped fine  
½ cup white onions, chopped fine

**\*Be careful when handling fresh jalapeños!**

They can irritate your skin. You might want to wear plastic or latex gloves (like the kind used for washing dishes) when you touch them. If you do touch them with bare hands, wash your hands before touching your eyes.

1 jalapeño\*  
1 teaspoon cumin powder  
Salt  
5-6 limes, halved

### Directions:

1. Peel and pit avocados. In a large mixing bowl, mash avocados one by one with a large fork until fairly smooth.
2. Add cilantro, tomatoes, white onions, jalapeño, cumin, and a few pinches of salt. Mash and mix all ingredients.  
\*Take out the jalapeno seeds if you don't like it hot!
3. Squeeze the limes into the guacamole one by one, mixing after each one.
4. Taste, and add salt pinch by pinch until it's as salty as you like it. You will probably need about 3 teaspoons all together.

## Honey Mustard Yogurt Dip

Makes about 1 cup

### Ingredients:

½ cup plain yogurt  
½ cup milk  
2 tablespoons mayonnaise  
2 tablespoons honey mustard

Goes  
great with  
veggies!

2 tablespoons honey  
1 tablespoon fresh parsley, chopped fine  
1 tablespoon fresh chives, chopped fine  
1 teaspoon salt

### Directions:

In a small mixing bowl, whisk together all ingredients until smooth and creamy.  
Taste the mixture, and add more salt if you'd like it saltier or honey if you'd like it sweeter.





STEP

## 3 Try a sweet snack

If you like desserts, you'll like these snacks. Sweet snacks are best to eat on special occasions.

### CHOICES – DO ONE:

- Create a holiday dessert.** Holidays are the perfect time to celebrate with a special sweet snack. With an adult, look online for recipes. Some ideas: make the Purim cookies called hamantaschen; Valentine's Day cupcakes; strawberries and blueberries dipped in white chocolate for the Fourth of July; or delicious winter gingerbread!

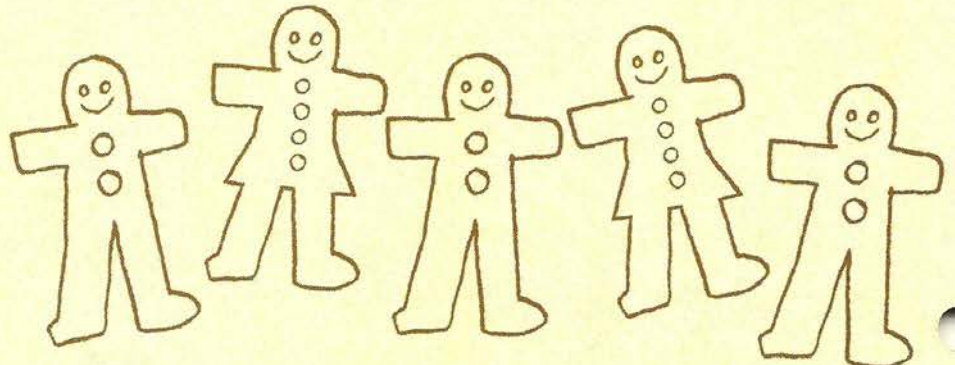
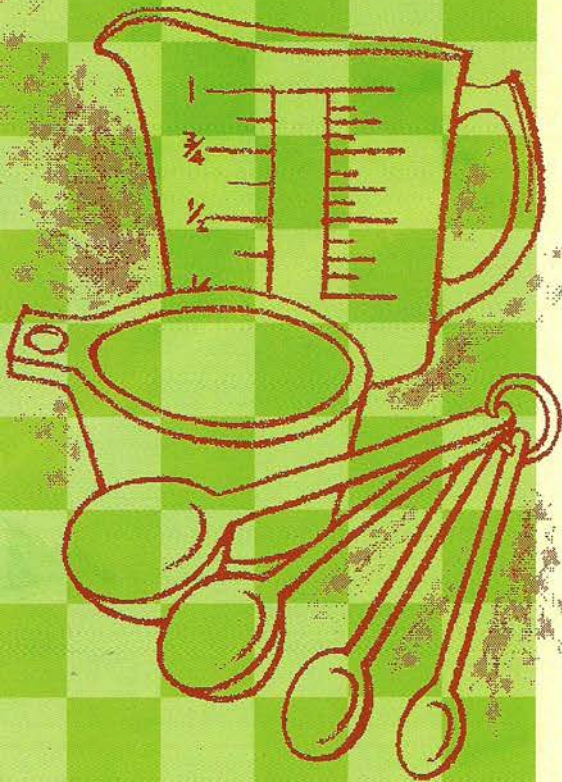
OR

- Make a snack "in disguise."** Have fun and trick your friends and family with a food that looks like one thing but tastes like something else. Try the recipe on the next page. They'll expect a filling of sweet jam, but these toaster pastries are filled with yummy broccoli and cheese.

FOR MORE **FUN**: Make the snack for April Fools' Day!

OR

- Make your own cookies.** There are thousands of cookie recipes out there, but why not make it your own? Find a basic chocolate chip cookie recipe, but instead of chocolate chips, add what you like best! You could try dried fruit, candy bits, or marshmallows.





## Make your own "toaster pastry"!

Usually they're filled with sweet fruit, but these have something savory in disguise.

**Yum!**

You could even make your own crust for a great Brownie challenge!



### Broccoli Cheese "Toaster Pastry"

Makes 8 pastries without ham, 12 pastries with ham

Use pre-made whole-wheat pie crust or pizza dough for the pastry

#### Filling Ingredients:

$\frac{3}{4}$  cup cooked broccoli, chopped fine  
3 tablespoons carrots, chopped fine  
2 tablespoons yellow onion, chopped fine  
5 slices ham, chopped (optional)

$\frac{1}{3}$  cup cheddar cheese, shredded  
2 tablespoons milk  
1 egg  
Salt and pepper

#### Directions:

1. In a large bowl, combine all ingredients and mix well. Season with salt and pepper. Set aside.
2. Have an adult help you preheat the oven to 350°F.
3. Lay one rolled piece of pie crust or pizza dough, about 3" in diameter, on a greased baking sheet. Place one heaping tablespoon of the filling in the center.
4. Cover with another piece of crust or dough and flatten edges with the tines of a fork. (You can brush top with egg white so the baked crust will have a golden shine.) Repeat with remaining crust or dough and filling.
5. Bake in preheated oven for 20 minutes, or until golden brown. Serve warm.



STEP  
**4** **Snack for energy**

Sometimes you don't have time to sit at home and enjoy a snack. So try some snacks that are good for you and perfect for taking along. When you're on the go, it's important to have energy snacks that help you move and think and be strong.

**CHOICES – DO ONE:**

- Make no-bake energy bars.** These are great for a hike! Team up with an adult to find a recipe in a cookbook or online.

FOR MORE **FUN:** Make an energy snack into jewelry — you could string pretzels or licorice together for a yummy hiking necklace.

**OR**

- Create a snack for a group.** It might be for sports teammates, your Brownie group, or even a club. Try to make a snack that is easy to carry, doesn't need silverware, and that a lot of people might like. What about fruit kebab?

**OR**

- Make a lunchtime snack.** Create a snack that can sit in your lunch box and that doesn't need to be heated or kept cool. How about turkey jerky or your own blend of snack mix?

**Tip:** Did you learn anything in step 1 that could help you tell if a snack is good for you?



**Words Worth Knowing**

\*A **RAW NUT** is one that hasn't been roasted, toasted, or salted.





## Sweet & Salty Nuts

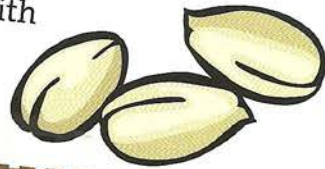
Makes 2½ cups

### Ingredients:

- |                                       |  |
|---------------------------------------|--|
| 2½ cups raw nuts*                     | ½ teaspoon paprika                       |
| 3 tablespoons honey                   | 1½ teaspoons salt                        |
| 2 tablespoons unsalted butter, melted | 2 teaspoons fresh rosemary, chopped fine |
| 1 teaspoon cinnamon                   | 1 tablespoon fresh thyme, chopped fine   |

### Directions:

1. Have an adult help you preheat the oven to 350°F.
2. In a large bowl, combine all ingredients except the fresh herbs.
3. Spread onto a cookie sheet in a single layer.
4. Put into the oven and cook 15 to 20 minutes, until toasted.
5. Remove from the oven and let cool completely. Toss with fresh herbs before serving.

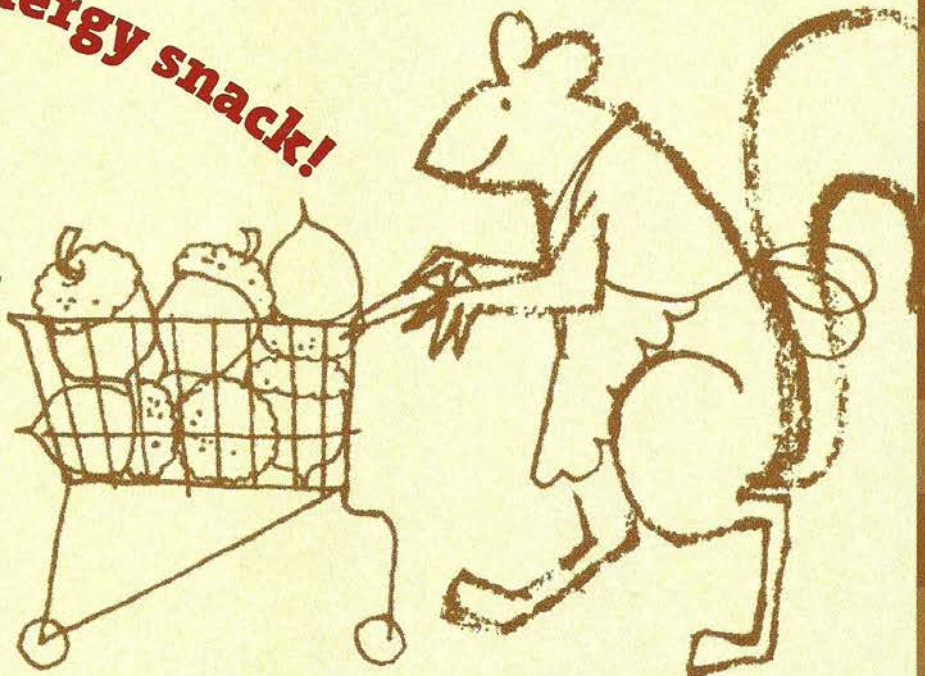


## More to Explore

### The perfect energy snack!

You can choose any combination of nuts you'd like.

What about almonds, cashews, pecans, walnuts, or pumpkin seeds?





## Make Your Own Snack Cards

Just like snacks, recipes are fun to share. You can write them on index cards to keep in a box. Or create a book of your group's or your family's recipes on the computer. (If you've earned your Computer Expert badge, this is a great time to use those skills!)

**Favorite  
Fruit Snack**

**Favorite  
Vegetable Snack**

## STEP 5 Slurp a snack

Some snacks are best in a cup. Just because these snacks are liquid doesn't mean they're any less delicious. And they can still be great for you if you choose the right ingredients!

### CHOICES – DO ONE:

- Make your own milk shake.** Milk shakes taste so good and are usually good for you! Milk has calcium, which kids need when they're growing. Find a recipe for a low-sugar milk shake to build up your bones. (If you don't drink milk, you could use soy, rice, or almond milk instead.)



OR

- Make your own fruit smoothie.** Just like milk shakes, smoothies provide a lot of vitamins in a little cup. Try the recipe to build your own fruit smoothie.

**FOR MORE FUN:** Make another smoothie with a different fruit. Which one do you like better?

OR

- Make your own party punch.** Sodas and packaged drinks add lots of sugar to your diet. For the next family gathering or party with friends, create your own punch using natural juices—or make your own cola with the recipe.

**“Cola”  
flavor is just  
a combination  
of spices—why  
not make your  
own?**

**FOR MORE FUN:** Add seltzer water to make it fizz, or sorbet to make it foamy. With an adult's help, you might even make your own juice!



## Fruit Smoothie

Makes 4 cups

Choose your favorite fruit to make this delicious smoothie. Some great smoothie options are strawberry, blueberry, mango, and peach. Many fruits taste great together—try combinations like strawberry banana or kiwi raspberry.

Get an adult's help to cut the fruit and use the blender! (If you don't use pre-frozen fruit, make sure to cut the fruit before you put it in the freezer.)

### Ingredients:

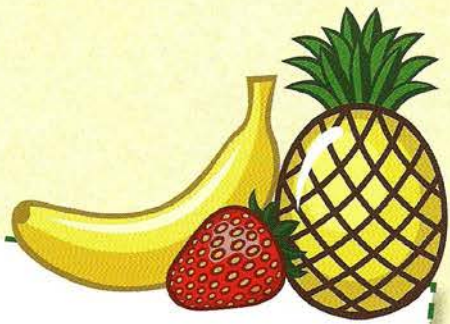
- 1 cup frozen fruit cut into cubes
- 1 tablespoon honey
- 1 cup 100% juice or water
- 1 cup ice

### Directions:

Place all items in a blender and blend until smooth!

### Optional:

- For a thicker smoothie, add 1 chopped banana
- For a creamier smoothie, add 1 cup low-fat plain or vanilla yogurt



## Make Your Own Cola

Makes 6 cups

Get an adult's help: this recipe includes heat!

### Ingredients:

- |                            |                         |                                 |
|----------------------------|-------------------------|---------------------------------|
| 3 cloves                   | $\frac{1}{2}$ cup sugar | 4 cups seltzer water/soda water |
| $\frac{1}{2}$ cup molasses | 1 teaspoon cinnamon     | Cherries (optional)             |
| $\frac{1}{2}$ cup water    | 1 cinnamon stick        |                                 |

### Directions:

1. In a medium saucepan, heat the cloves and molasses on low for about 15 minutes.
2. In another saucepan, combine the water, sugar, cinnamon, and cinnamon stick. Bring the second pan to a boil and then turn on low and allow to simmer for about 10 minutes.
3. Take out the cinnamon stick. Allow both pans to cool for about 10 minutes.
4. Place the molasses and the cinnamon syrups in a large pitcher and mix well.
5. Add the seltzer and mix again.
6. Pour into a glass filled with ice. Add cherries, if you like!