



Peanut Butter Pinwheels

Whole wheat tortillas
Peanut Butter (Chunky or Creamy)
Honey (optional)

Spread creamy or chunky peanut butter and a little bit of honey (optional) on a fresh whole wheat tortilla. Sprinkle with granola, roll up the tortilla, and then slice it into bite-size pinwheels.



Sandwich Puzzler

2 slices whole wheat bread
Peanut Butter and Jam or
Cheese and meat

Let your child put this puzzling lunch together. Start by making a sandwich with peanut butter and jam or cheese and meat and whole wheat bread. Cut the sandwich into a number of shapes, then separate the shapes, mix them up and place them on your child's lunch plate. Have your child reconstruct the sandwich by interlocking the puzzle pieces before your child eats it!



Cookie-Cutter Cheese Toasts

2 slices of whole wheat bread
2 slices of low-fat cheese

Preheat the oven to 350 degrees. Place the bread slices on a cookie sheet and top with a slice of cheese. Cut out shapes using cookie cutters. Heat until the cheese melts and bubbles. Serve warm or cold.



Banana Pops

3 Bananas
6 Popsicle sticks
¼ cup peanut butter, softened
¼ cup chopped peanuts, granola, crispy rice cereal
or dried fruit (optional)

Peel the bananas. Cut them in half, widthwise, and push a Popsicle stick through the cut end of each half. Spread peanut butter on the bananas, and then roll them in the nuts





Arctic Oranges

- 4 oranges
- 4 cups orange juice
- 4 cherries (optional)

Cut the tops off the oranges in a zigzag pattern. Hollow out the insides, remove the seeds and combine in a blender with the juice. Set the rinds in a muffin tin and fill with the mixture. Drop a cherry inside each orange (optional). Freeze for 2 to 3 hours. Soften the treats for 5 minutes, and then serve. (Makes 4)



Apple Bites

- Apples
- Slivered almonds

Just quarter and core an apple, cut a wedge from the skin side of each quarter, then press slivered almonds in place for teeth. TIP: if you're not going to serve right away, baste the apples with orange juice to keep them from browning.



Monster Paws

- Clear Plastic glove (available at beauty supply stores)
- Slivered Almonds
- Air- Popped Popcorn
- Yarn

Begin with washed gloves. Stick one slivered almond at the tip of each finger, pointy side up, for fingernails. Fill the glove with popcorn. Use yarn to tie a bow at the wrist and serve!



Carrot-Finger Food

- 4 long carrots
- 1 Medium Carrot
- Sliced Almond
- Baby carrots
- *Vegetable Dip
- 1 (16oz) pkg low-fat cottage cheese
- 2-3 tbsp. skim milk
- 1 tsp Worcestershire sauce
- ½ pkg onion soup

To prepare them just fill a serving bowl with your favorite vegetable dip. Wash and peel 4 long carrots for fingers and 1 medium carrot for a thumb. With a paring knife (a parents job), cut a flat, shallow notch in the tip of each carrot. Then use a dab of dip to glue a sliced almond fingernail atop each notch. Stick the fingers in the dip, as shown, and serve with plenty of peeled baby carrots for dipping.

