

Snack List

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| <ul style="list-style-type: none">• Fruit Skewers (melon, strawberries, bananas, grapes)• Sliced apples and almond butter• “Dessert Apples” – just peel and slice up apples, boil until soft (no added sugar, but maybe a touch of cinnamon). My kids love this!• Dried fruit (dates, apricots, raisins, banana chips)• Vegies and dip• Snap peas• Celery & peanut butter• Salad with a <i>variety</i> of toppings• Humus & pita bits• Chicken and pesto wrap (lettuce, tomato and avocado)• Grilled veggies on a skewer (marinated in balsamic vinaigrette)• Shrimp (place in boiling water; done in 5 minutes)• Hard boiled eggs (or deviled eggs)• Sardines & crackers• Olives• Smoothie (banana & milk, fruit and yogurt, etc.!)• Graham crackers (we have a homemade graham cracker recipe here!)• Baked bread/rolls | <ul style="list-style-type: none">• Trail mix• Nuts or seeds (cashews, pecans, pumpkin seeds, sunflower seeds, pistachios, peanuts, soy nuts)• Roasted Chick Peas (drain and rinse a can of chick peas; roast on a tray 425° for 25 mins)• hard boiled eggs• Wraps (tuna wrap, chicken wrap)• Rice & corn• Popcorn• Homemade pretzels• Fruit leather• Cottage cheese• String Cheese• Black bean wrap• Multigrain bars (granola bars, Cliff bars) – My family loves homemade Nutrigrain bars• Quesadillas• Guacamole• Meatballs on a toothpick• Rice cakes |
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Black Bean Wrap (with avocado or cilantro)

My kids really love these! The recipe is quite forgiving; I'm never precise about the quantities.

- 1 can of black beans rinsed
- frozen corn (I never measure it, I just dump it in. I probably use about a cup.)
- a small amount of finely chopped onion (I used a little less than 1/4 cup.)
- salsa (maybe 1/4 cup or so)
- avocado (when I use an avocado I add in about 1 teaspoon of lime juice) **or** 1/4 cup fresh chopped cilantro (the kids prefer this when I make it with freshly chopped cilantro)

Place a tortilla in a frying pan. Warm one side. Flip it over. Add the black bean mixture. Fold the ends over. Flip it over to brown the other side if you'd like (though sometimes the filling falls out, so I don't bother. Still, my kids prefer when the tortilla is crunchy so most of the time I brown both sides!)



Black Bean Wrap



Roasted Chick Peas



Roasted Chick Peas

My kids really loved these and I like that they are so easy to make!

Just drain and rinse a can of chick peas. Place on a baking sheet. (As you can probably see in the picture below on the left, I have a touch of olive oil on the baking sheet). Add desired spices (I used a bit of garlic powder, but you can use cumin, pepper, etc.). Then roast in the oven at 425° for 25 mins! My kids really like these. Ours are mostly crunchy, though a few are still soft in the middle after 25 mins.



Brioche Bread Recipe



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Brioche Bread

This time of year, I love making bread in the bread maker! We probably make a loaf once a week (and have it with homemade jam, yum!!). My friend shared an amazingly yummy recipe for Brioche. You can't use the delay timer, but it is SO good! I can't even tell you how many times we've made this!

(for a 2-pound loaf in the bread maker)

Place these ingredients in the bread maker:

- 1/2 cup plus 1 Tablespoon milk
- 3 large eggs
- 2 3/4 cup bread flour
- 2 1/2 Tablespoons of sugar
- 1 Tablespoon of gluten
- 1 teaspoon salt
- 2 1/2 teaspoons of bread machine yeast

Start the program on the Basic cycle (for a 2 lb loaf). I did mine on 'Dark.'

- Set kitchen timer for 10 minutes. Over a minute or two, slowly add 1/2 cup plus 2 Tablespoons (ie. 1 1/4 stick) of unsalted butter cut into small pieces. Close the lid

When baking cycle ends, open the lid and let the loaf sit in the pan for 15 minutes. Then remove loaf and cool on a rack.

Amish Bread

The other bread recipe I use a lot is an "Amish Bread" recipe. I like this because I can put the ingredients in the night before:



- 1/4 cup oil (I use plain coconut oil)
- 1 cup and 2 Tablespoons of warm water
- 1/4 cup sugar
- 1/2 teaspoon salt
- 2 3/4 cup flour
- 1 teaspoon of yeast (make an indent in the flour so it stays dry until the cycle begins if you use a delayed start)

I use the "dark" setting for a 2 lb loaf.

We sure love waking to the smell of freshly baked bread! :)

Homemade Graham Crackers

Ingredients:

1 cup all-purpose flour (I now use “white whole wheat)



3 1/2 cups wheat flour

1 tsp salt

1 cup sugar

2 tsp baking powder

1 tsp baking soda

1/2 tsp cinnamon (I put a generous amount in so it's more like 3/4 tsp)

1 cup butter (I usually soften it in the microwave for 25 secs)

1/4 cup honey

1/4 cup molasses

2 tsp vanilla

1/2 cup water

Mix all the ingredients and then roll it out thin with a rolling pin. Cut into squares (or cut out with shapes if you'd like).

Bake for about 10-15 minutes around 350 degrees (170C). The edges will be very slightly brown.



Homemade Nutrigrain Bars



In a mixing bowl mix well:

- 1 cup butter (softened for 30 seconds in microwave)
- 1 cup brown sugar
- 1 cup whole wheat flour
- 1/2 cup all-purpose flour and 1/2 cup almond meal/flour (if you don't have almond meal flour, you can just use plain flour.)
- 1 1/2 cup of oats
- 1/2 teaspoon vanilla
- 1/4 teaspoon almond extract

Place half the mixture in a 9×13 baking pan. Pat down lightly.
Spread a bunch of jam on top (I used our homemade strawberry jam.)



Crumble the rest of the mixture on top of the jam layer...



Bake 350 (170C) for 20-25 minutes.

Cool thoroughly and cut into squares. Really, you need to let them cool or else they're very crumbly! (Do we do that — Um... No! Well, eventually *some* of it cools completely!!)



Yum! I wish they lasted longer around here!

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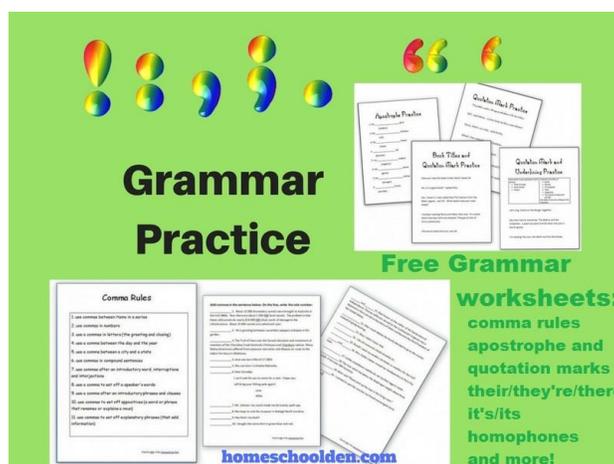
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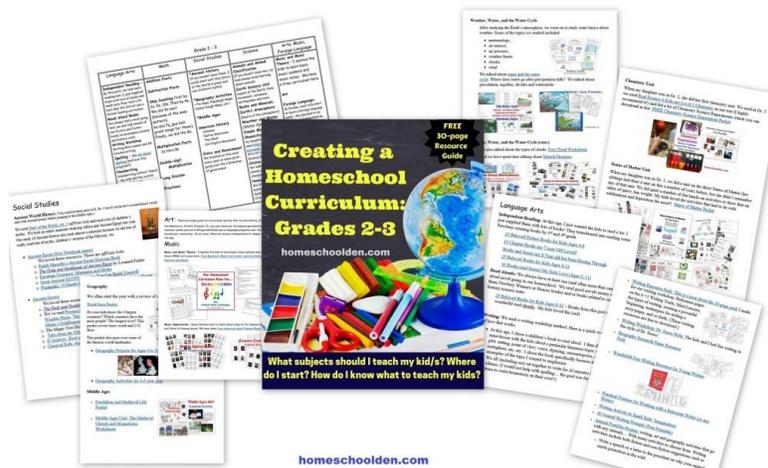
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