

# ABC SNACKS COOKBOOK



## Appetizing Ants-Go-Munching

Your kids are going to LOVE this fun (and kind of gross) snack idea! Like most of my ABC Snacks, this one pairs healthy yet yummy eating with a hands-on recipe that preschoolers can help create. Include foods from every food group, and *Appetizing Ants-Go-Munching* could even be lunch instead of just a snack. The built-in flexibility of this snack makes it a great one for children with allergies and food sensitivities. Be creative—and of course, have fun. This is one picnic lunch that won't be ruined by the ants!

### Here's what you'll need to make this snack for one child:

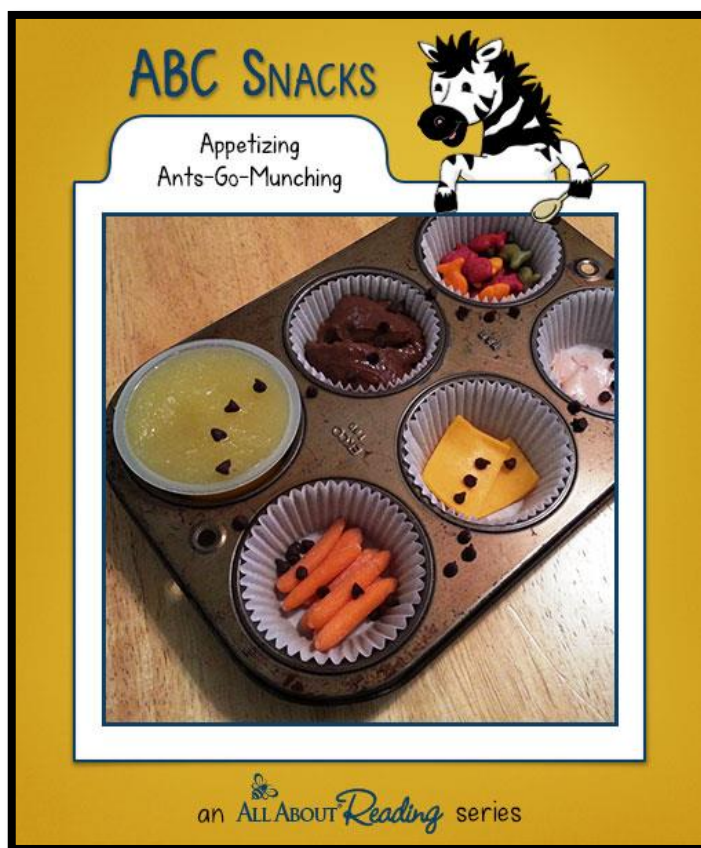
- Muffin tin with six compartments
- Paper muffin cups
- Six kid-friendly food options: lunch meat, mac-n-cheese, cheese slices or cubes, carrot sticks, celery sticks, ranch dip, peanut butter, apple slices, grapes, berries, cookies, apple sauce, pudding, etc.
- Ants: any small, dark food like raisins, craisins, sunflower seeds, mini chocolate chips, blueberries, etc.

### Step-by-step instructions:

1. Place a muffin liner in each compartment of the muffin tin.
2. Fill each compartment with a single food option.
3. Create a munching army of ants using the ant of your choice from the list above. Make sure your ants munch their way through all your food options.

### Variations:

- Be creative! Any food can be substituted for the foods suggested above.
- This recipe can easily be altered to fit special food needs and personal preferences.



## Beautiful Butterfly Snack

If your little ones are anything like mine were, eating fruits and veggies is a lot more appealing when they also get to help in the kitchen. Not all my ABC Snacks are as wholesome as this one, but with the *Beautiful Butterfly Snack*, you might find that your little ones are actually excited to eat some of the “good-for-you” stuff. In addition to providing you with great ways to help your preschooler learn the letter *B*, these do-it-yourself butterfly snacks can help you tackle two *other* bugs with one hand: a great kid-friendly activity **and** a healthy snack.

### Here's what you'll need to make this snack for one child:

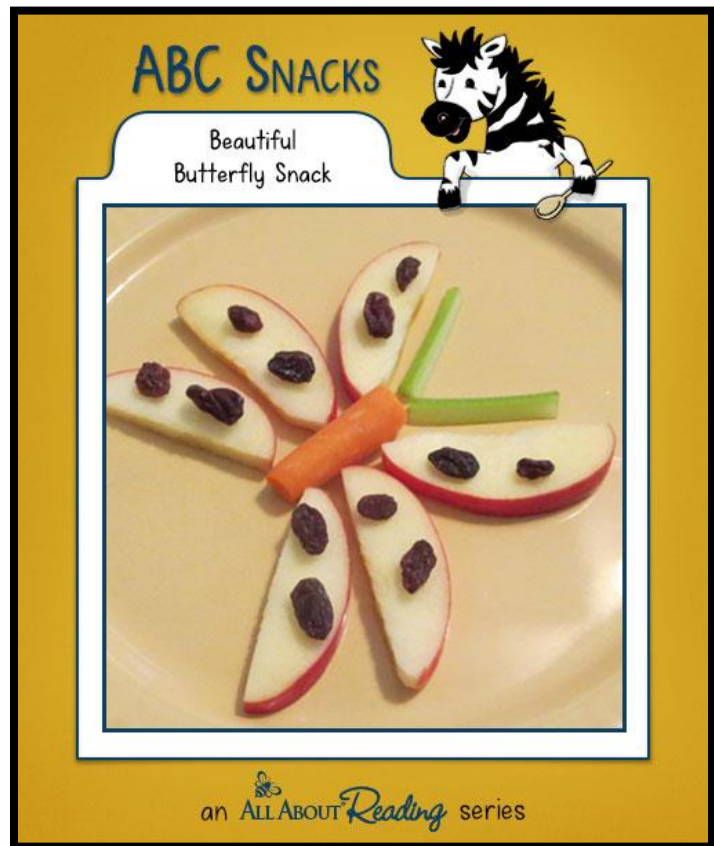
- 6 apple slices, ½ inch thick
- 1 baby carrot
- 2 thin celery strips, 1½ inch long
- 12 raisins

### Step-by-step instructions:

1. Cut apple (core removed) into six thin slices.
2. Place a baby carrot in the middle of a large plate.
3. Form wings by arranging apple slices around the butterfly's carrot body.
4. Add thin celery strips as antennae near one end of the carrot.
5. Place two or three raisins on each wing.

### Variations:

- Don't like raisins? Try using dry cereal pieces or chocolate chips instead.
- Serve with powdered sugar or fruit dip.



## Creeping Caterpillar Sandwich

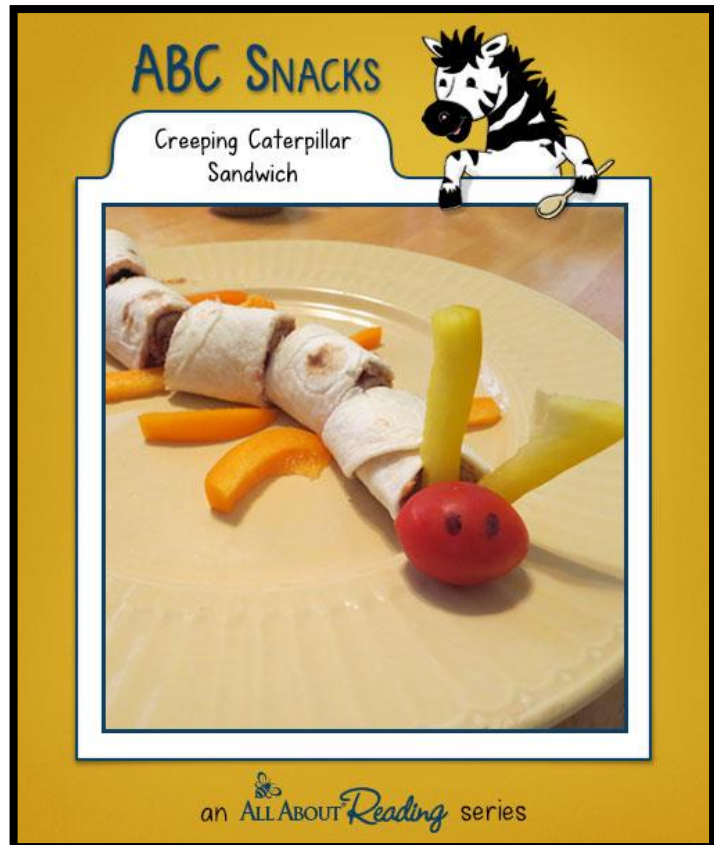
Who wouldn't love this multi-legged variation of the classic PB&J sandwich? These *Creeping Caterpillar Sandwiches* bring the tried-and-true combination of peanut butter and jelly together with a unique flour tortilla twist! Whether you use this recipe to make a mid-afternoon snack or a wholesome lunch, your little ones will be squealing with delight as they make and devour these edible creepy crawlies.

### Here's what you'll need to make this snack for one child:

- Soft 10-inch tortilla shell
- 2 tablespoons peanut butter
- 2 tablespoons jelly or jam, any flavor
- 1 cherry tomato
- 2 yellow bell pepper slices
- 10 orange bell pepper slices
- Black food marker to create eyes (or use black olive or mini chocolate chips)

### Step-by-step instructions:

1. Place the tortilla on a plate. Spread with a layer of peanut butter.
2. Follow with a layer of jelly.
3. Roll up the tortilla and slice it into four or five pieces.
4. Have your child place tortilla rolls on the plate in a curvy caterpillar shape.
5. Using a dollop of peanut butter as glue, attach the cherry tomato (caterpillar head) and yellow bell pepper strips (antennae) to one end of the caterpillar's body.
6. Have your child arrange the orange bell pepper slices (legs) around the caterpillar's body.
7. Use a black food marker to draw eyes on the caterpillar's head. (See dye-free alternatives below)



**Variations:**

- This sandwich can be made with any ingredients you prefer: egg or tuna salad, lunch meat, peanut butter and fluff, and so on.
- If you don't have orange and yellow peppers, use baby carrots or whatever veggies you have on hand to create the legs and antennae.
- Instead of using a black food marker, add eyes to your caterpillar's head using small pieces of black olive or mini chocolate chips.



## Delicious Dirt Cups

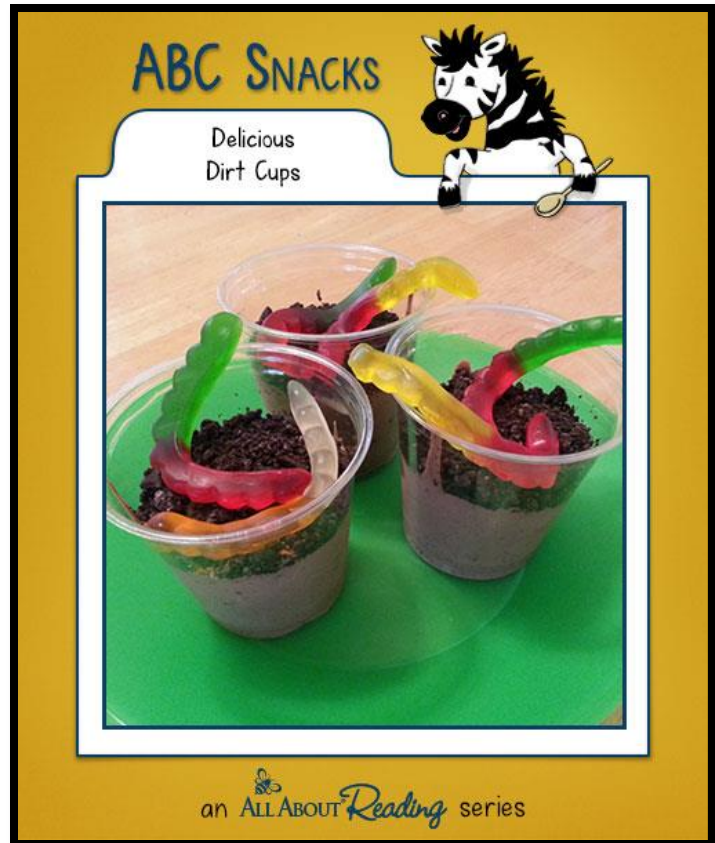
Don't let the name—or its appearance—fool you! This snack may look like dirt, but it tastes delicious. *Delicious Dirt Cups* are as much fun to build as they are to eat, so get ready to dig in dirt with this easy hands-on recipe. And if you and your little one enjoy this snack, check out the rest. I've got a different snack for every letter of the alphabet in my ABC Snacks Series. Be sure to try them all!

### Here's what you'll need to make this snack for one child:

- 1 package instant chocolate pudding
- 2 cups milk
- 8 chocolate sandwich cookies
- 4 ounces whipped topping
- 4-8 gummy worms
- 4 small clear plastic cups

### Step-by-step instructions:

1. Crush chocolate sandwich cookies and divide evenly into two bowls.
2. Combine pudding mix and milk according to the package instructions. Refrigerate for a few minutes.
3. Stir whipped topping and half of the crushed cookies into the pudding.
4. Fill cups with pudding mixture.
5. Sprinkle remaining crushed cookies over pudding mixture in cups.
6. Garnish each of your dirt cups with one or two gummy worms.
7. Eat dirt!



## Excellent Egg Salad Sandwich

Eggs pack a protein-filled punch of goodness, and this delightful snack idea provides a super-fun way to encourage your preschoolers to eat their eggs. One of the heartiest snacks in my ABC Snacks Series, *Excellent Egg Salad* open-faced sandwiches are easy to prepare and fun to eat—a great combination when planning a snack or lunch for your little ones.

### Here's what you'll need to make two open-faced sandwiches:

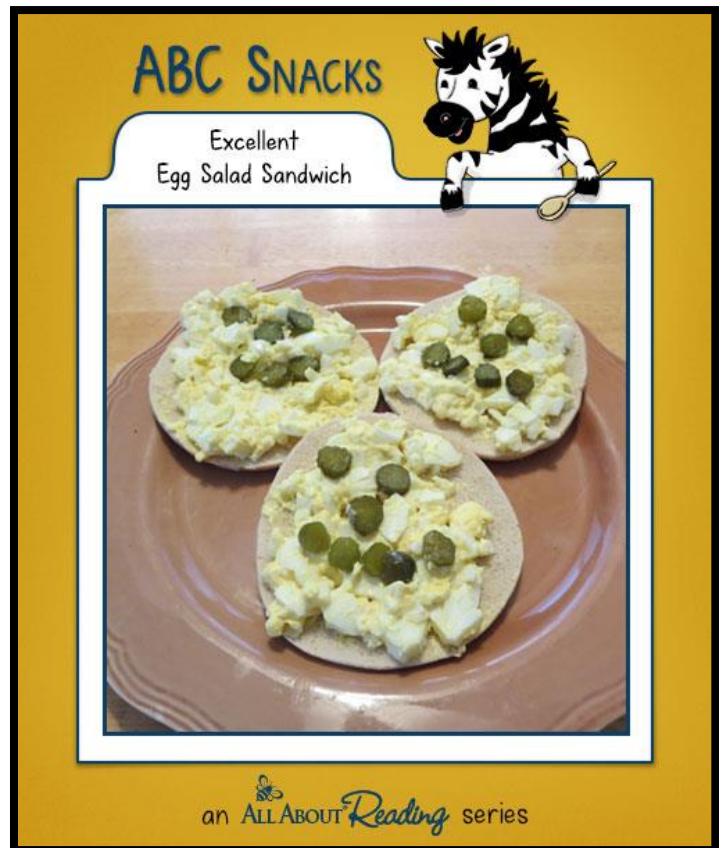
- 2 hard-boiled eggs
- ½ teaspoon mustard, or to taste
- 2 tablespoons mayonnaise or sandwich dressing, or to taste
- Salt and pepper to taste
- 2 sandwich thins, English muffins, or preferred bread
- 4 sweet midget pickles, sliced into thin rounds

### Step-by-step instructions:

1. Peel and chop or mash two hard-boiled eggs.
2. Stir in mustard, mayonnaise, salt, and pepper.
3. Spread egg salad on sandwich thins or other bread.
4. Create faces on egg salad sandwiches with pickle slices.

### Variations:

- Alternate recipes or ingredients for egg salad may be used.
- Use dill pickles instead of sweet pickles.
- Tuna or chicken salad would also work well for this snack.
- Use other veggies to create your faces, such as red pepper slices for a mouth, peas for eyes, shaved carrot for hair, and so on.



## Fun-lovin' Fish in a Stream

Are you fishin' for a great kid-friendly snack idea? Your preschooler will flip over this fun snack from my ABC Snacks Series—fun-lovin' goldfish flipping in a stream of crispy celery and ranch-flavored veggie dip. And *Fun-lovin' Fish in a Stream* is one recipe that kids can make from start to finish, from washing the celery to mixing and spreading the dip to placing the last fish in the stream.

### Here's what you'll need to make three fish streams:

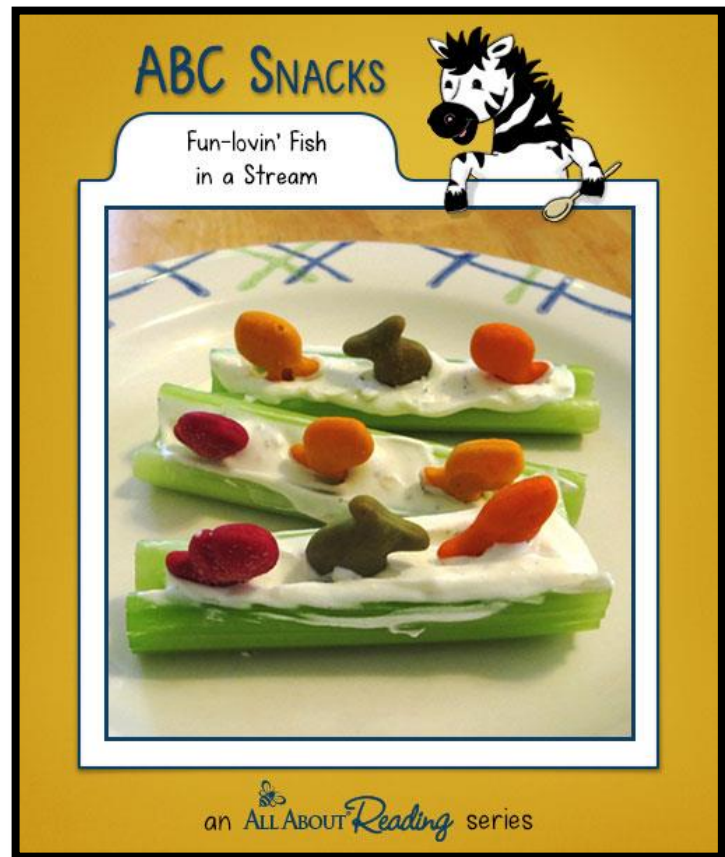
- One stalk of celery cut into three shorter segments
- 1 packet ranch dip mix, mixed according to package instructions
- 1 cup sour cream or plain yogurt
- 9 goldfish crackers

### Step-by-step instructions:

1. Clean and trim one stalk of celery for each child.
2. Cut celery stalk into three smaller lengths.
3. Mix ranch dip according to instructions.
4. Fill the "trench" of each stalk of celery with approximately one tablespoon of ranch dip.
5. Arrange goldfish crackers in your ranch dip stream.

### Variations:

- Substitute ready-made ranch dressing or dip, or a filling of your choice. Other options include whipped cream cheese, cottage cheese, or peanut butter.
- Use any variety of goldfish crackers.





## Grilled Grapey Cheese Sandwich

Preschoolers can be pretty adventurous when it comes to inventing unusual taste sensations. This recipe from my ABC Snacks Series lets your little one combine two kid favorites—grilled cheese and grapes—into one delicious sandwich. Little hands can help spread the softened butter on the bread and place sliced cheese and grapes between the bread slices. Kids will definitely need a bit of help from mom or dad with the grilling part.

### Here's what you'll need to make one sandwich:

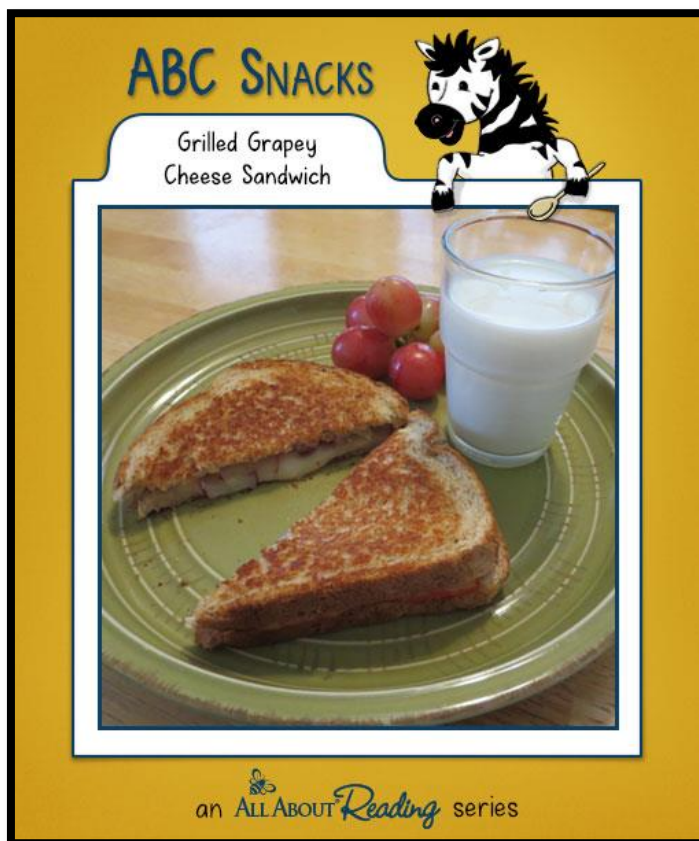
- 2 slices white or wheat bread
- 1-2 tablespoons softened butter
- 1-2 slices American, cheddar, Swiss, or Muenster cheese
- 3-4 grapes, sliced

### Step-by-step instructions:

1. Spread one tablespoon of butter on each slice of bread.
2. Lay one slice of bread, butter-side down, on a small skillet. Place one cheese slice on top of bread.
3. Arrange sliced grapes evenly over sliced cheese.
4. Add remaining cheese, if desired, and top with remaining bread slice, butter-side up.
5. Grill both sides of sandwich until cheese is melted and bread is golden brown and crispy.

### Variations:

- Experiment with a variety of cheeses, breads, and fruits or veggies.



## Handy Hammy Roll-ups

Yum! Get all the deliciousness of a ham sandwich in these easy-to-make, yummy-to-eat roll-ups. One of the snacks from my ABC Snacks Series that can double as lunch, *Handy Hammy Roll-ups* are as fun to make as they are to eat. Even your little ones should be able to help with several of the steps in this kid-friendly recipe. And everyone should be encouraged to “ham it up” as you work together.

### Here’s what you’ll need to make eight to ten roll-ups:

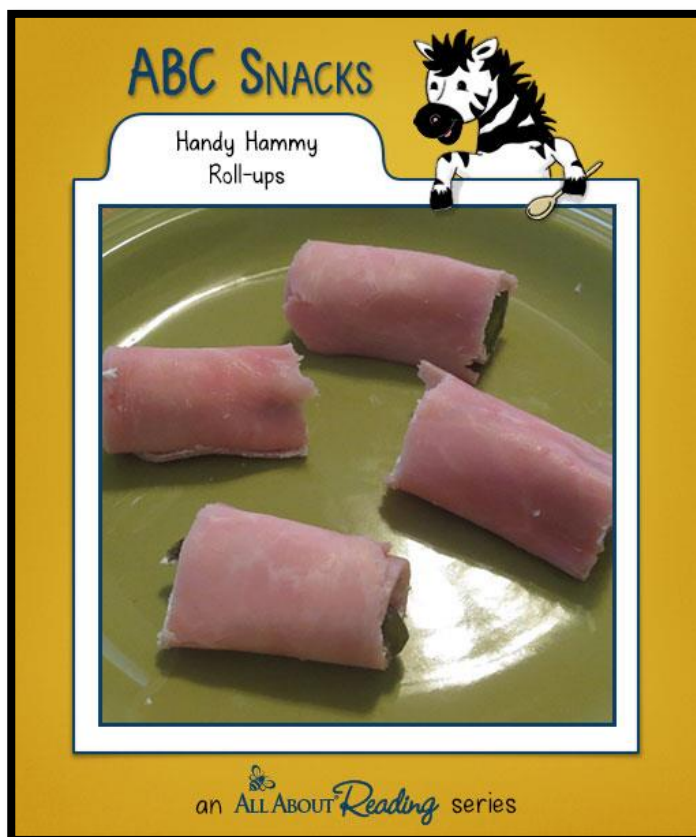
- 3 slices deli ham
- 3 ounces softened cream cheese (Whipped cream cheese will be the easiest to spread.)
- 6-9 sweet gherkin pickles, depending on size

### Step-by-step instructions

1. Spread out slices of ham. Remove excess moisture with a paper towel if needed.
2. Spread cream cheese on each slice of ham. Spreading with clean fingers may be easiest for some children.
3. Place two or three pickles at one end of each ham slice.
4. Roll each slice into a log.
5. Slice each roll into two or three pieces.
6. Enjoy!

### Variations:

- Mix finely chopped bell pepper, celery, or chives into cream cheese.
- Use dill pickles.



## Instant Insect Nibbles

Brighten up your snack-time with these colorful, ladybug-inspired *Instant Insect Nibbles*. Your junior entomologists will gobble up this delicious, easy-to-create snack. And with a healthy snack like this one, you won't mind letting your little bug catcher have more than one.

### Here's what you'll need to make four insect nibbles:

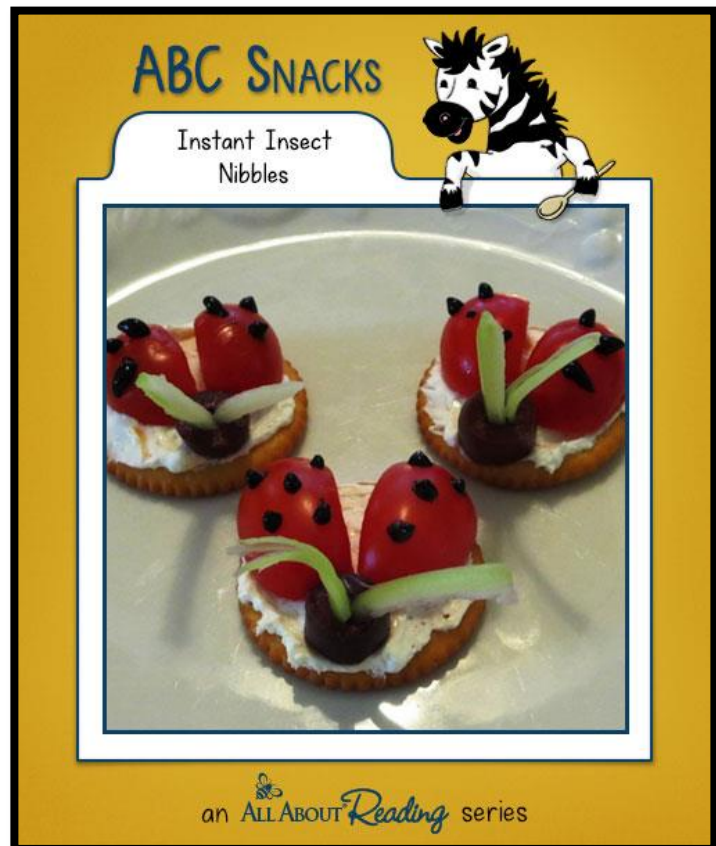
- 2 large or 4 small cherry tomatoes
- 4 black olives
- 4 round crackers
- 2 ounces softened cream cheese, or hummus
- 1 stalk of celery

### Step-by-step instructions:

1. Spread cream cheese or hummus on each round cracker.
2. Cut each cherry tomato into two or four pieces depending on the size of the tomato.
3. Form the ladybug's head by placing one whole black olive in the cream cheese on the edge of a cracker with the hole facing up.
4. Form wings by arranging two tomato pieces beneath and to the left and right of the olive head.
5. Dice an olive into tiny pieces. Dot each wing with the pieces.
6. Form the antennae by slicing slivers of celery. Insert two slivers into the hole of each black olive.

### Variations:

- Add a bit of garlic salt or parsley to the cream cheese. Instead of celery, use scallions or chives for the ladybug's antennae.
- Try a sweet version of this snack. Spread whipped cream on a cookie for the base. Use sliced strawberries as wings and blueberries or blackberries for the head.



## Juicy Jiggly Cups

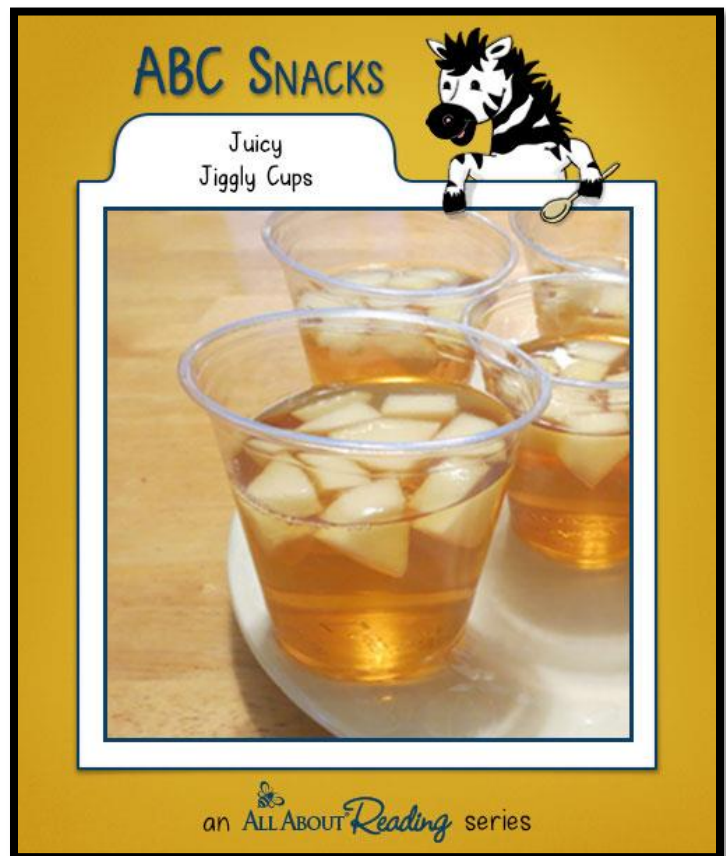
A winning combination of kid favorites is sure to make this colorful snack a hit with your little ones. *Juicy Jiggly Cups* are made with 100% fruit and fruit juice, so they're not only yummy, but they're healthy too. And since kids love to help with the preparations for this wiggly treat, let them do as many of the steps as possible.

### Here's what you'll need to make four cups of jiggly fun:

- 4 12-ounce clear cups, glass or plastic
- 4 cups 100% apple juice
- 2 packets unflavored gelatin
- 1 ½ cups pears, cut into bite-size chunks

### Step-by-step instructions:

1. Heat three cups of juice in a saucepan over medium heat.
2. Sprinkle gelatin into a small bowl with remaining cup of juice.
3. When juice comes to a boil, remove from heat and stir into gelatin/juice mixture with a whisk. Mix until gelatin dissolves.
4. Refrigerate for about 30 minutes. Pour cooled mixture into clear cups.
5. Refrigerate again for one to two hours. Test thickness by dropping a pear chunk into one of the cups. If the pear drops to the bottom of the cup, refrigerate cups a little longer. If the pear floats in the gelatin, move to the next step.
6. Stir a handful of pear chunks into each cup of gelatin.
7. Refrigerate until firm.



**Variations:**

- To add a splash of taste and color, try using other fruits and/or juices in this recipe, like one of these combinations.
- White grape juice and green grapes
- Purple grape juice and sliced bananas
- Cranberry juice and strawberries



## Kettle Corn & Kisses

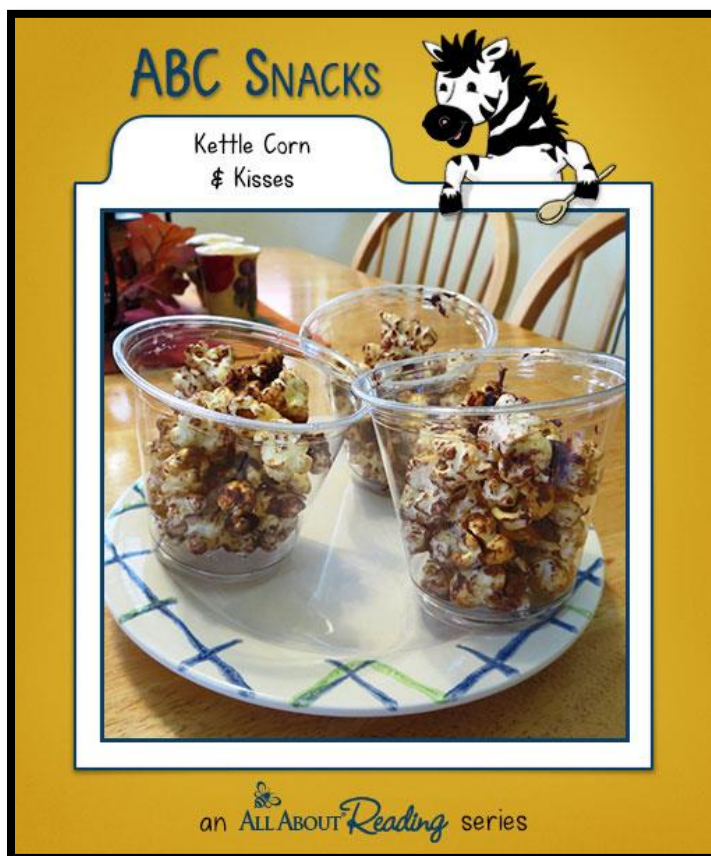
I have always *loved* the kettle corn at my local county fair, but I've kicked it up a notch in this recipe from my ABC Snacks Series. Your kids will pop their lids over the sweet and salty crunchiness of *Kettle Corn & Kisses*, but you may become this recipe's biggest fan once you add the little kisses of chocolate! Your children can help you measure the ingredients, but popping the corn on the stove is definitely a task for the grown-ups.

### Here's what you'll need to make one batch of kettle corn:

- Large pot with a lid
- ½ cup popcorn kernels (Use high-quality popping corn for best results.)
- ¼ cup vegetable oil
- ¼ cup white sugar
- Salt to taste
- ½ cup mini chocolate chips

### Step-by-step instructions:

1. Heat vegetable oil in a large pot.
2. Drop three popcorn kernels into oil to test temperature. Beware of hot oil splatters!
3. When the kernels pop, add sugar to oil. Stir until sugar dissolves, then add remaining popcorn kernels.
4. Shake pot to coat kernels with oil/sugar mixture. Cover and continue to cook over medium heat, lifting and shaking the pot frequently to prevent popcorn from burning.
5. When the popping slows to one pop every two or three seconds, remove pot from heat and continue to shake pot until popping stops.
6. Pour immediately into large bowl, stirring to break up large clumps of popcorn.
7. Add salt to taste.
8. Add mini chocolate chips to partially cooled popcorn. Stir to coat popcorn with chocolate.
9. Cool completely.
10. Enjoy!



**Variations:**

- Add chocolate chips to cooled popcorn instead of stirring into warm popcorn.
- Instead of chocolate chips, add one or more other sweet or salty snack items like chocolate candies, nuts, raisins or other dried fruit, or cereal pieces.

## Lickety-Split Lemonade Squares

If your kids love the summery-fresh taste of lemonade, they're going to love these lemonade-inspired squares. These sweet no-bake bars are flavored with frozen lemonade concentrate for a taste sensation reminiscent of a summer lemonade stand. And the best part is that these *Lickety-Split Lemonade Squares* will mix up...well, lickety-split!

### Here's what you'll need to make nine lemonade squares:

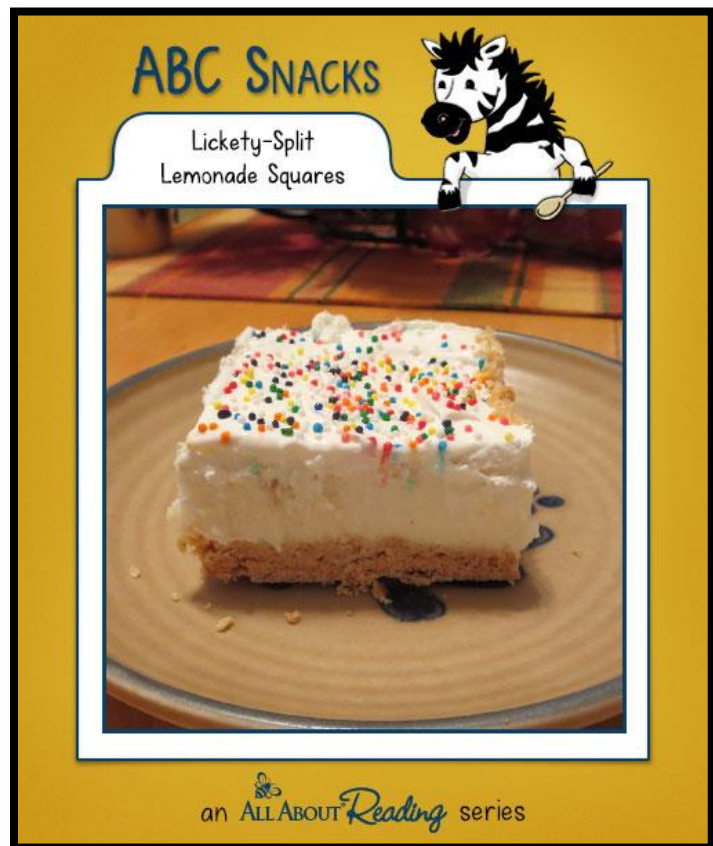
- 18 graham cracker squares, honey or plain, finely crushed
- 1/3 cup butter or margarine, melted
- 1 quart vanilla frozen yogurt
- 1 6-ounce can frozen lemonade concentrate
- ¾ cup whipped topping
- Colorful sprinkles

### Step-by-step instructions:

1. In a small bowl, stir together graham cracker crumbs and melted butter. Press into an 8" or 9" square baking pan.
2. With a mixer, blend together frozen yogurt and lemonade concentrate in a large bowl.
3. Spread frozen yogurt mixture evenly over graham cracker crust.
4. Freeze until firm, approximately four hours.
5. Spread with whipped topping and decorate with colored sprinkles.

### Variations:

- For a healthier version, substitute low-fat vanilla yogurt.
- Use pink lemonade concentrate for a slightly different look and taste.
- Garnish with lemon zest.



## Mice Munchies

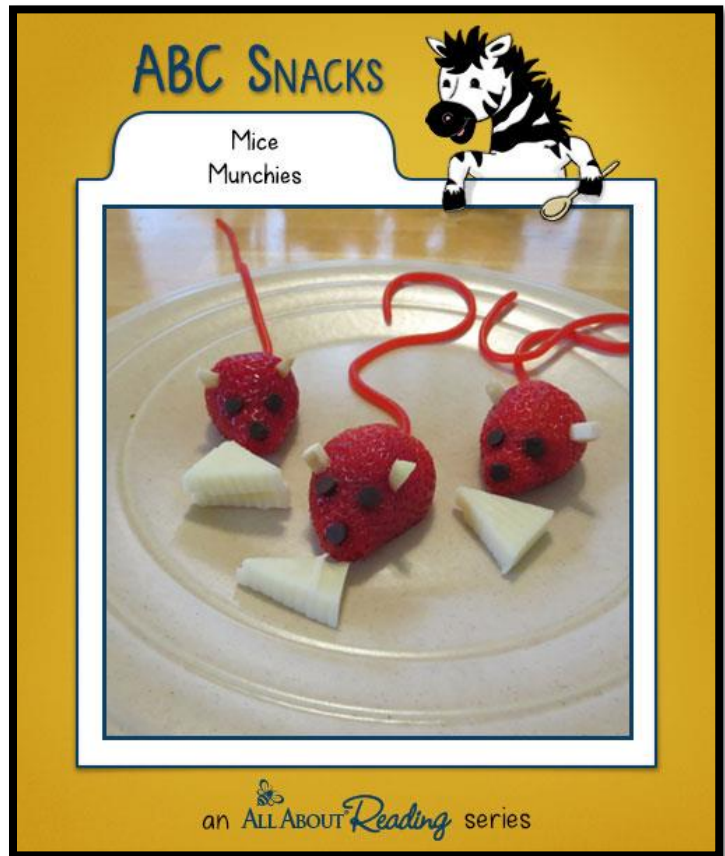
These sweet little *Mice Munchies* just might be too cute to eat. But with chocolate chip eyes and red licorice tails, they're also too difficult to resist! After you're done creating this snack from my ABC Snacks Series, you might have to abandon the "don't play with your food" rule. These adorable edible vermin are just begging to be played with.

### Here's what you'll need to make three mice munchies:

- 3 large fresh strawberries
- 9 miniature chocolate chips
- 6 almond slivers
- 3 red licorice strings
- 1 ounce cheese, any variety, cut into triangle shapes

### Step-by-step instructions:

1. Slice a sliver off the side of each strawberry so they will sit flat on a plate.
2. Press one chocolate chip nose into each strawberry.
3. Press two chocolate chip eyes into each strawberry.
4. Insert two slivered or sliced almond ears into each strawberry.
5. Arrange strawberries on a plate. Place one licorice string tail behind each mouse.
6. Arrange cheese shapes around the plate—after all, your mice deserve a snack, too!



## Nutty Butter Apple Nachos

Here's a wholesome twist on a classic snack that will have your kids clamoring for more. The winning combination of crisp apples, smooth nut butter, crunchy granola, and chocolate chips makes *Nutty Butter Apple Nachos* a winner for moms and kids alike. Use one of the many suggested variations to make a treat that will suit the taste of even your pickiest snacker.

### Here's what you'll need to make one plate of "nachos":

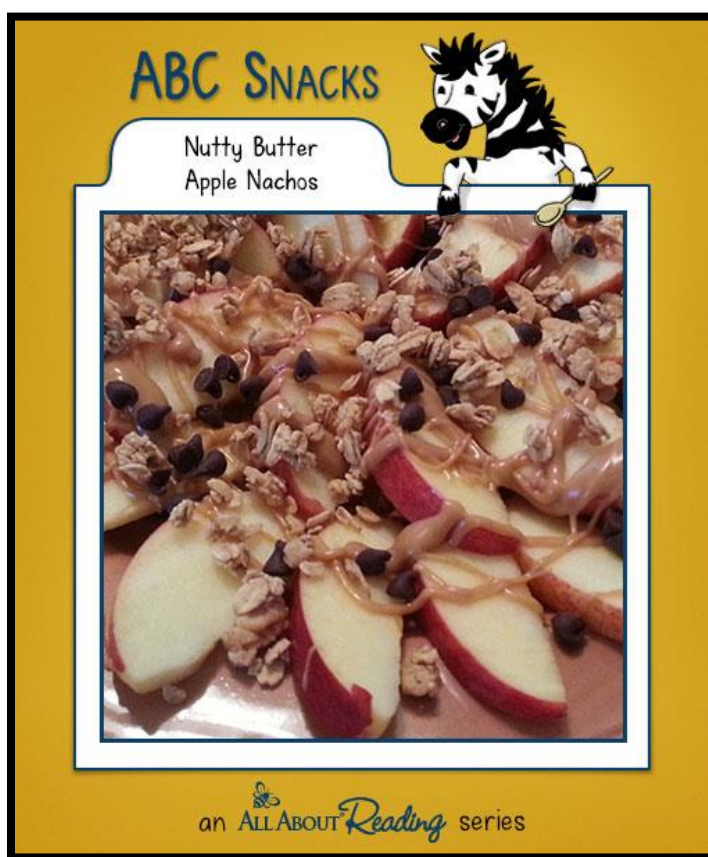
- 2 apples, any variety, washed and thinly sliced
- 4 tablespoons peanut butter or your favorite nut butter
- 4 tablespoons granola, any variety
- 2 tablespoons mini chocolate chips

### Step-by-step instructions:

1. Melt nut butter in the microwave or in a double boiler.
2. Arrange apple slices on a plate.
3. Drizzle melted nut butter over apple slices.
4. Sprinkle granola over warm nut butter.
5. Sprinkle chocolate chips over apple nachos.

### Variations:

- Use any variety of apples, pears, or even bananas.
- Mix it up by adding caramel, Nutella®, melted chocolate, or marshmallow fluff to your favorite nut butter before drizzling.
- Double the fun! Drizzle chocolate, caramel, butterscotch, or another topping over the melted nut butter.
- Skip the granola and chocolate chips and garnish with other toppings like nuts, butterscotch chips, toffee candy bits, or chocolate sprinkles.





## Obvious Octopus Hotdog

If your children are anything like mine, you've been forced to utter these words at meal times: "Stop playing with your food!" But with these *Obvious Octopus Hotdogs* from my ABC Snacks Series, you'll find yourself playing right along. Turn a quick and easy lunch into an engaging activity that you can share with your child. Learning about the letter *O* has never been so much fun—or so tasty!

### Here's what you'll need to make one obvious octopus:

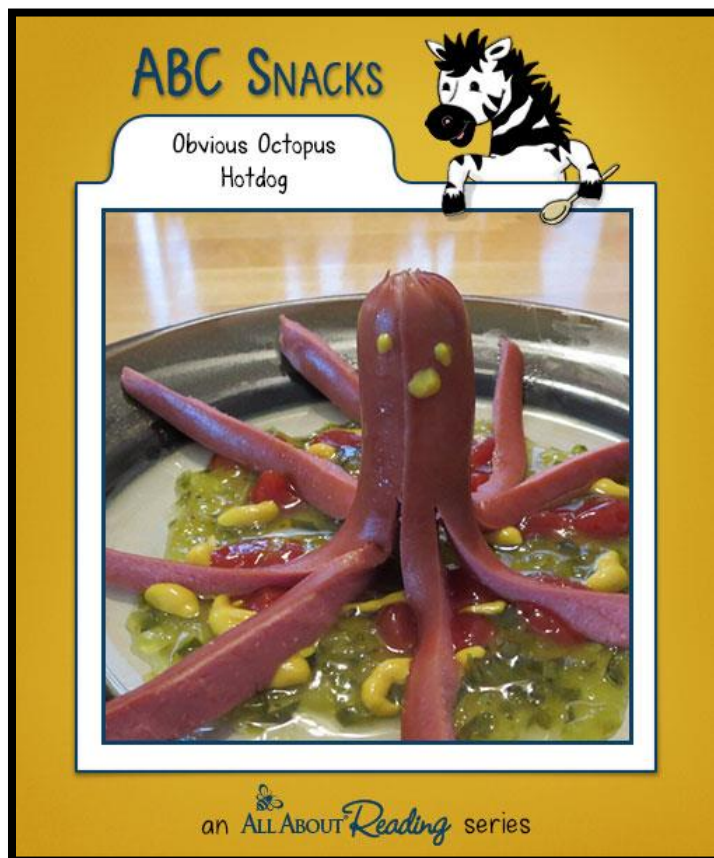
- 1 hotdog
- pickle relish, ketchup, and mustard to garnish
- toothpicks

### Step-by-step instructions:

1. Boil a hotdog until heated through and remove from water.
2. Spread a layer of relish on a plate. Add ribbons of ketchup and mustard as desired.
3. Slice hotdog lengthwise about two-thirds of the way up. The top will be your octopus head.
4. Slice each of the halved sections in half, and then in half again to form eight appendages—six arms and two legs. (Did you know that's what an octopus has?)
5. Arrange the octopus on the plate over the relish, with arms and legs spread beneath it.
6. Apply a mustard face to the octopus with a toothpick.
7. Try to eat your octopus without playing. I dare you.

### Variations:

- Serve your hotdog octopus on a bed of macaroni and cheese or other noodle dish.



## Peaceful Pond Bites

Here's an adorable snack that will let your child's creative juices flow. These *Peaceful Pond Bites* from my ABC Snacks Series are healthy, delicious, and fun—a winning combination. And this is one recipe that your preschooler can handle from beginning to end. So gather the ingredients and let your little ones get to work creating and eating their own peaceful fish ponds.

### Here's what you'll need to make three pond bites:

- 3 small popped rice cakes, any savory flavor
- 3 tablespoons soft (or whipped) cream cheese or hummus
- Blue food coloring or a natural food dye (see below)
- 8-10 goldfish crackers
- Veggies and herbs such as broccoli, celery, chives, parsley, green, yellow, or red bell peppers, etc.

### Step-by-step instructions:

1. Mix one drop of blue food coloring into whipped cream cheese.
2. Spread one tablespoon of blue cream cheese on each popped rice snack.
3. Press one or two goldfish crackers into the cream cheese on each "pond."
4. Add plants to your pond by pressing vegetables and/or herbs into the cream cheese.

### Variations:

- Color cream cheese or hummus with a natural blue food dye (<http://wholenewmom.com/recipes/natural-blue-food-coloring-dye-just-in-time-for-easter/>) or eliminate food coloring completely.
- For a sweet version of this snack, use a sweet popped rice cake with 5 tablespoons whipped cream instead of cream cheese. Garnish with multicolor gummy fish instead of goldfish crackers.



## Quick & Quirky Quesadillas

One of my favorite recipes in the ABC Snacks Series, the *Quick & Quirky Quesadillas* make a great snack or a filling lunch. But these are no ordinary quesadillas. I've added a quirky twist to this traditionally Mexican snack classic: they're really pizzas dressed up in quesadilla's clothing! And the best part is that they're quick, easy, and delicious.

### Here's what you'll need to make one quirky quesadilla:

- 2 10" tortillas
- 2 tablespoons pizza sauce
- 1 ounce grated cheddar cheese
- 1 ounce grated mozzarella cheese
- 8 slices of pepperoni
- Cooking spray

### Step-by-step instructions:

1. Fry pepperoni in medium-sized skillet until crispy. Remove from skillet and set aside. Wipe skillet with paper towel.
2. Place one tortilla on a plate and spread two tablespoons of pizza sauce on it.
3. Sprinkle half of grated cheddar and mozzarella cheese on top of sauce.
4. Arrange fried pepperoni on top of cheese.
5. Sprinkle remaining cheese over pepperoni and cover with remaining tortilla.
6. Spray skillet with cooking spray and preheat over medium heat.
7. Carefully place quesadilla in skillet and cook three to four minutes on each side or until cheese is melted and tortillas are lightly browned and crispy.

### Variations:

- Use only mozzarella cheese.
- Instead of pepperoni, use your favorite pizza topping.



## Rockin' Rainbow Wraps

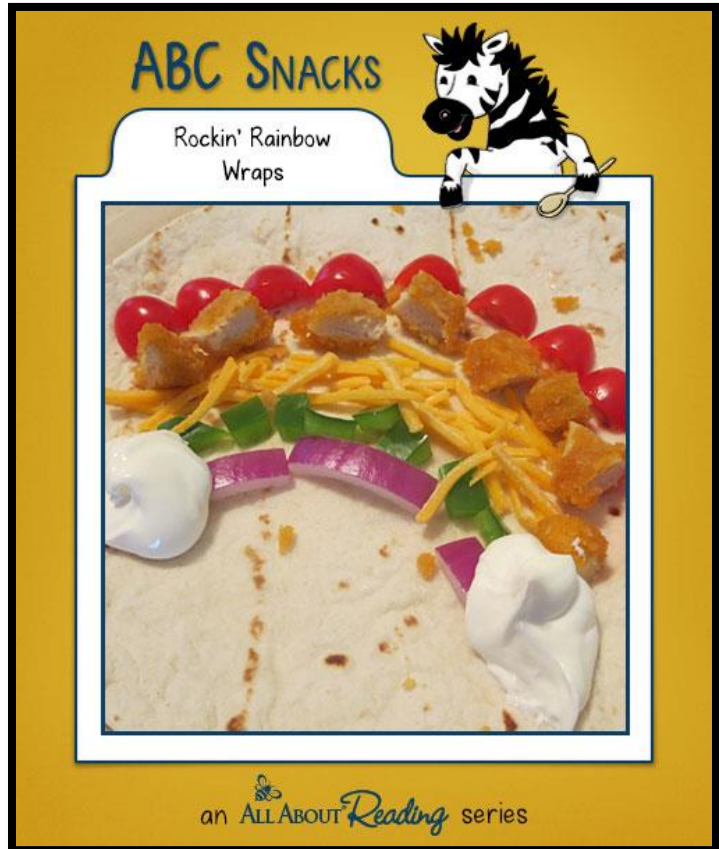
In the biblical story of Noah and the ark, a rainbow was a reminder of God's promises, and the *Rockin' Rainbow Wraps* recipe from my ABC Snacks Series promises to please even the most persnickety preschooler! Make your wraps with the ingredients in the recipe or let your little one have fun experimenting with different add-ins. Just start with chicken nuggets—a perennial kid favorite—and add your child's choice of colorful ingredients.

### Here's what you'll need to make one rainbow wrap:

- 1 flour or corn tortilla
- 8-10 small chunks of red food, such as cherry tomatoes
- 4 chicken nuggets
- 8-10 small chunks of orange or yellow food, such as cheddar cheese or yellow peppers
- 6-8 chunks of green food, such as green bell peppers
- 2-3 chunks of purple food, such as red onions
- 2 dollops of sour cream

### Step-by-step instructions:

1. Place one flour tortilla on a plate.
2. Arrange ingredients on the tortilla in the shape of a rainbow. From top to bottom add
3. Red food chunks
4. Chicken nuggets chunks
5. Yellow or orange food chunks
6. Green food chunks
7. Purple food chunks
8. Add a dollop of sour cream to the bottom of each end of your rainbow.
9. Wrap and enjoy!



### Variations:

- Substitute cream cheese, yogurt, or whipped cream for the sour cream.
- Build a rainbow of fruits and veggies on a plate without a tortilla and just eat it as finger food.
- Use your imagination to substitute other colorful foods for the ones listed above.

### Try some of these colorful foods:

- Red foods--cherries, cranberries, red grapes, raspberries, strawberries, tomatoes, radishes, light red kidney beans, beets, hotdogs, lentils, red quinoa, ketchup, tomato sauce, salsa, red olives
- Orange foods--cantaloupe, peaches, oranges, apricots, orange bell peppers, shaved carrots, orange tomatoes, pumpkin, macaroni and cheese, sweet potatoes
- Yellow foods--bananas, pineapples, squash, yellow tomatoes, yellow cheeses, scrambled eggs, mustard, pasta, garbanzo beans, quinoa
- Green foods--grapes, kiwis, cucumbers, celery, lettuce, spinach, edamame, bell peppers, green beans, broccoli, bean sprouts, pickles, pesto, lima beans, pickle relish, olives, lentils
- Purple foods--blackberries, grapes, blueberries, plums, red cabbage, beets, raisins, dark red kidney beans, black beans, string beans, olives



## Snazzy Snail Snack Bites

You might not be able to get your preschooler to eat escargot, but these snail-shaped sandwiches will disappear faster than you can say *Snazzy Snail Snack Bites*! This easy-to-make version of the classic peanut butter and jelly sandwich will have your kids jumping to help with the prep—and clamoring to eat more. Love this snack idea?

### Here's what you'll need to make six snails:

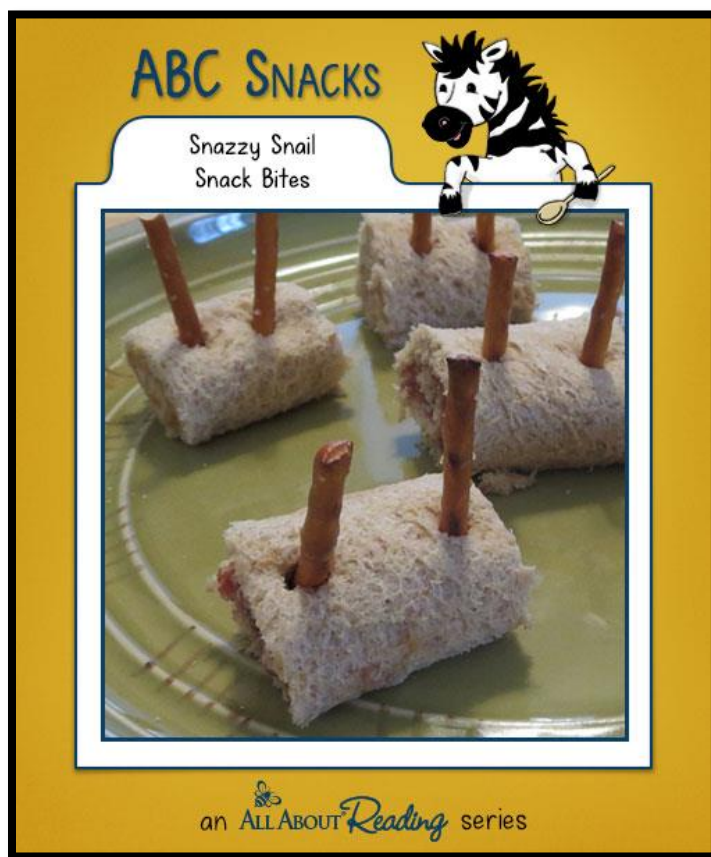
- 3 slices of bread, crusts removed
- 3 teaspoons peanut butter
- 3 teaspoons jelly
- Mini pretzel sticks
- Toothpicks

### Step-by-step instructions:

1. Remove crusts from bread slices and flatten each slice with a rolling pin.
2. Spread peanut butter and jelly on each slice of bread.
3. Roll up each slice of bread tightly.
4. Cut each roll into two “snails.”
5. Form antennae by carefully inserting two small pretzel sticks into each snail.

### Variations:

- Substitute cream cheese for the peanut butter.
- Substitute marshmallow fluff for the jelly.



## Tasty Turtle Treats

Kids love turtles, and your little ones will love *everything* about this turtle. It's easy to make, cute to look at, and delicious to eat—what's not to love? This healthy, kid-friendly *Tasty Turtle Treats* recipe will make it easy to persuade your preschooler to gobble up his fruit.

### Here's what you'll need to make three turtles:

- 1 Granny Smith apple cut into three 1"-thick circular slices
- 12 grapes
- Food decorating pen or mini chocolate chips for eyes and nose

### Step-by-step instructions:

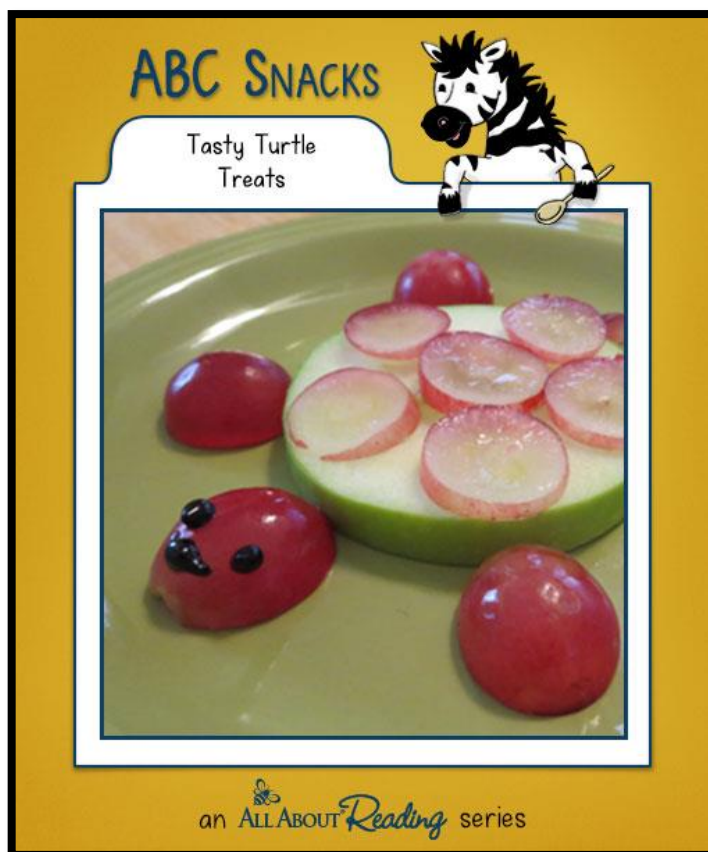
1. Lay one 1"-thick apple slice on a plate.
2. Cut two or three grapes into round slices.
3. Position six grape slices on the apple slice to form the turtle's shell.
4. Position half a grape as the head of the turtle. Create a face on the grape with a food decorating pen or by pressing mini chocolate chips into the grape.
5. Cut two grapes in half and position the pieces as the turtle's legs.
6. Cut one triangular sliver of grape and position it as your turtle's tail.

### Variations:

- Try serving your fruity turtle with the yummy yogurt dip below.

#### Yogurt Dip:

- 8 ounces whipped cream
- 1 cup plain yogurt
- 1-2 teaspoons honey



## Ugly Upside-down Peach Cake

*Ugly Upside-down Peach Cake* may not be the prettiest snack in the *ABC Snack Series*, but it's definitely one of the sweetest. And with only four ingredients and easy-to-follow, step-by-step instructions, it's a kid-friendly recipe that you and your preschooler will both love. The recipe will make a 9" x 13" cake, so this is a snack you'll be able to share with the whole family. Or better yet, have a party and make it with a few of your friends!

### Here's what you'll need to make one 9" x 13" upside-down cake:

- 2 15-ounce cans of peaches in heavy syrup
- 1 packaged yellow cake mix
- ½ cup butter
- ½ teaspoon cinnamon

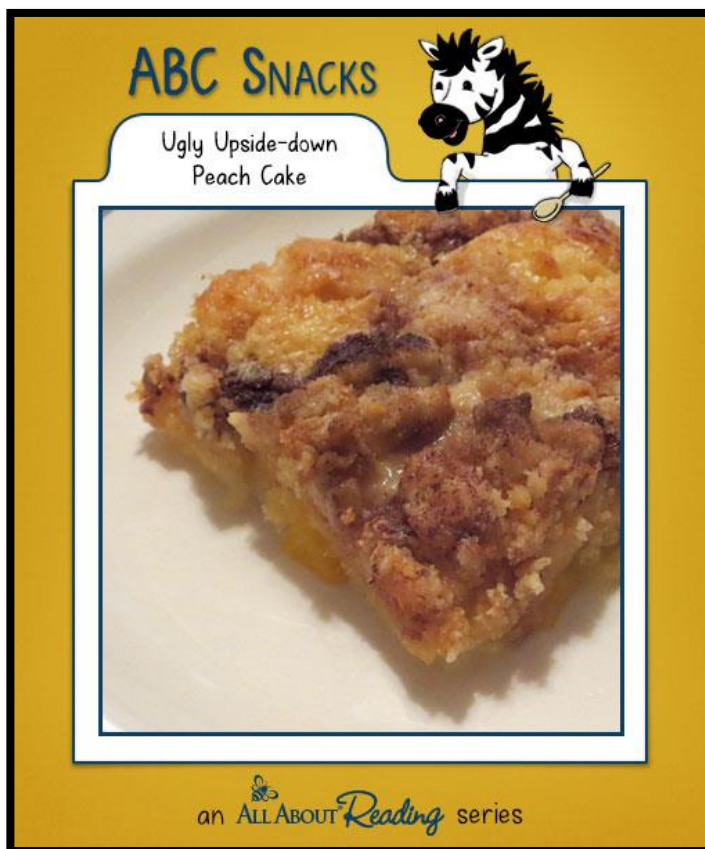
**Note:** The recipe depends on the syrup in the canned fruit, so fresh fruit cannot be substituted.

### Step-by-step Instructions:

1. Preheat oven to 375°.
2. Pour peaches and syrup into a 9" x 13" baking pan.
3. Cover peaches with dry cake mix. Press cake mix firmly onto peaches.
4. Cut butter into small pieces and distribute evenly over dry cake mix.
5. Sprinkle top with cinnamon.
6. Bake for 45 minutes.

### Variations:

- Try other canned fruits like blueberries, pears, or apple pie filling.



## Vivacious Veggie Face Pizza

Getting preschoolers to eat vegetables isn't always easy. But kids *love* pizza and the *Vivacious Veggie Face Pizza* recipe from my *ABC Snacks Series* will help make eating veggies more fun, even for your pickiest eaters. Moms will like the healthy ingredients and easy, kid-friendly preparation. And kids will enjoy creating and eating their very own custom veggie face. Get creative—and may the best face win the taste test!

### Here's what you'll need to make one veggie pizza:

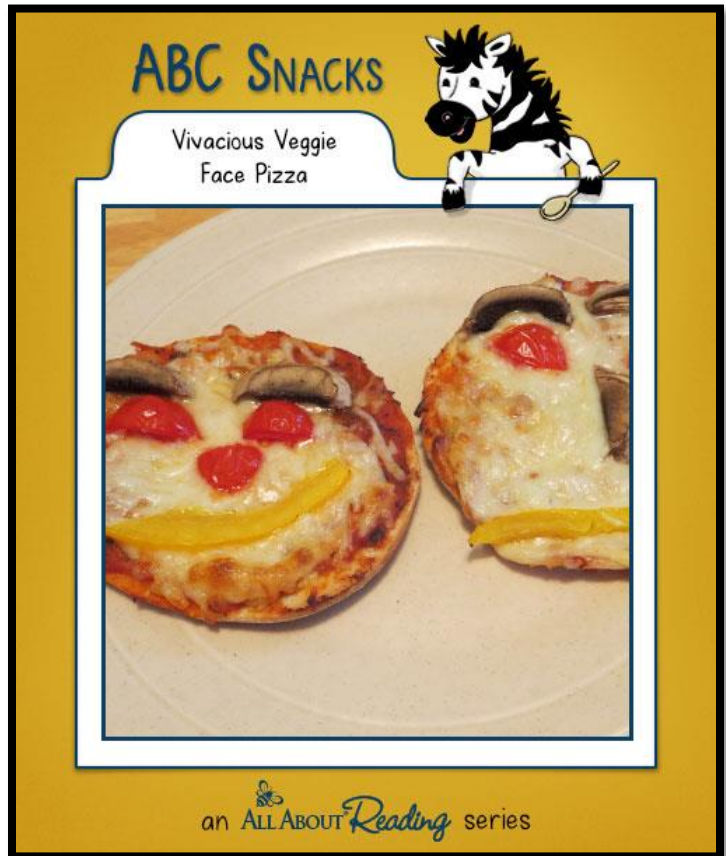
- 1 pita round
- 2 tablespoons pizza sauce
- 3 tablespoons shredded mozzarella cheese
- Chopped or sliced fresh vegetables

### Step-by-step Instructions:

1. Preheat oven to 350° degrees.
2. Place pita bread on a cookie sheet.
3. Spread pizza sauce evenly over pita bread.
4. Sprinkle mozzarella cheese over pizza sauce.
5. Form a face by arranging veggie pieces over the cheese. Use veggies that your child enjoys, and be creative. Hard veggies like carrots may be cooked slightly in advance if necessary.
6. Bake at 350° for approximately ten minutes.

### Variations:

- Substitute a small homemade pizza crust, English muffin, flour tortilla, or sandwich thin for the pita round.
- Use any variety of vegetables your child enjoys.



## Wiggly Worm Trail Mix

*Mom, I'm hungry!* If you're like most mothers, you hear that cry several times a day. Trail mixes are a great way to keep snack-sized servings on hand to satisfy those between-meal cravings. And *Wiggly Worm Trail Mix* combines a medley of kids' favorites in a mix that your little ones will love.

### Here's what you'll need to make five cups of trail mix:

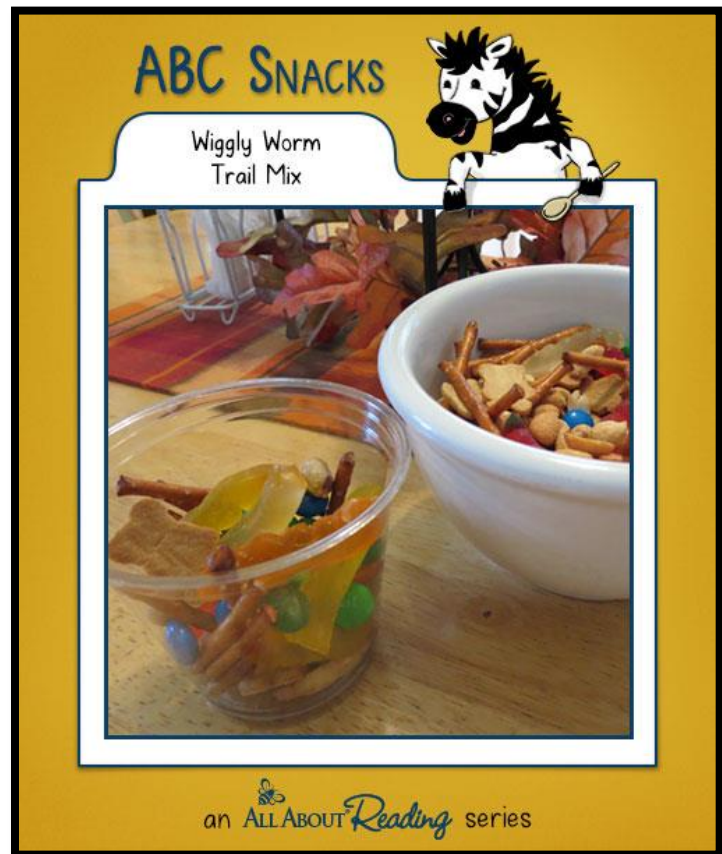
- 1 cup miniature pretzels, any shape
- 1 cup miniature teddy bear graham snacks, any flavor
- 1 cup dry-roasted peanuts
- 1 cup chocolate candies, any variety
- 1 cup gummy worms
- Single serving storage bags or other small containers

### Step-by-step Instructions:

1. Place all ingredients in a large bowl and mix well.
2. Distribute snack mix into single-serve containers for future snack cravings.
3. Enjoy!

### Variations:

- Vary the mix with any of the following ingredients: chocolate chips, raisins or other dried fruit, sunflower or other seeds, goldfish or other bite-size crackers, gummy bugs or other gummy snack.



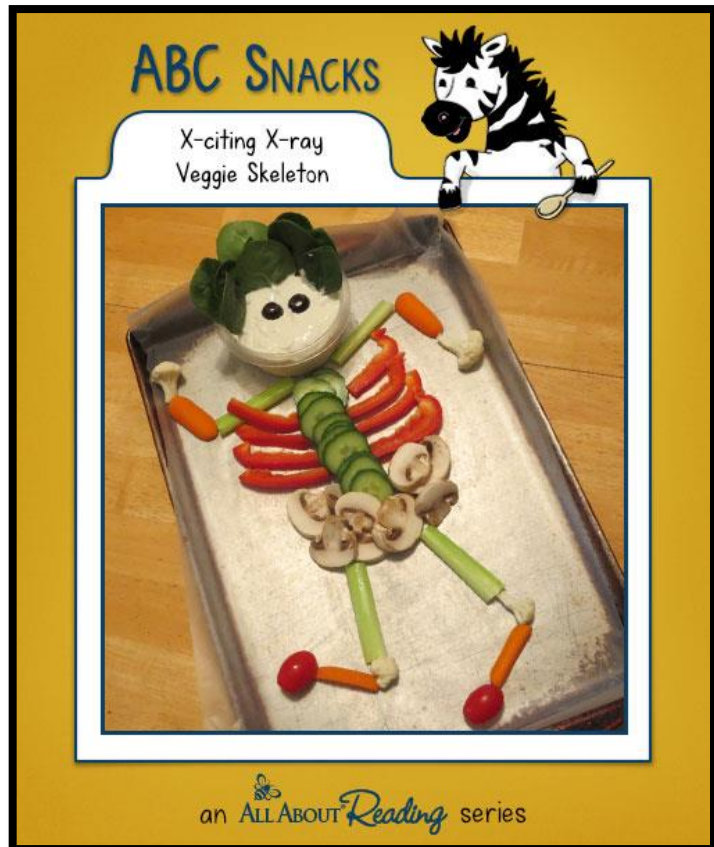


## X-citing X-ray Veggie Skeleton

It's not easy to find a snack for the letter X, but this one is so cute and so much fun. Like most of my ABC Snacks, my *X-citing X-ray Veggie Skeleton* recipe pairs healthy eating with a hands-on activity that even preschoolers can help create. And you can teach all sorts of lessons to your preschoolers while you assemble the skeleton in this recipe. In addition to teaching the letter X, you can also teach your child about vegetables, colors, and even bones!

### Here's what you'll need to make one veggie skeleton:

- 1 red bell pepper, sliced into strips
- 1 small cucumber, sliced into thin rounds
- 4 small celery sticks
- 2-4 small mushrooms, sliced into thin pieces
- 8-10 baby carrots
- 2 small grape tomatoes
- 4 small broccoli or cauliflower florets
- 2 black olive slices
- 1 dark green lettuce leaf
- ¼ cup ranch veggie dip



### Step-by-step instructions:

1. Position small bowl of vegetable dip at the top of a cookie sheet or other rectangular pan to form the skeleton's head.
2. Tear lettuce leaf into small pieces and position around the top of the dip bowl to form hair.
3. Create the spine by arranging 10-12 cucumber slices in a line below the head.
4. Create shoulders with two celery sticks.
5. Create arms with four baby carrots.
6. Create hands with one broccoli or cauliflower floret placed at the end of each arm.
7. Create ribs by arranging six bell pepper slices on each side of the cucumber spine.
8. Create the pelvis with 14-16 mushroom slices.
9. Create thigh bones with celery sticks.
10. Create knee caps with broccoli or cauliflower florets.

11. Create lower legs with two small baby carrots.
12. Create feet with small grape tomatoes or with broccoli or cauliflower florets.

**Variations:**

- Substitute your preferred veggies for those listed in the recipe.
- Substitute any white salad dressing or vegetable dip for the ranch dip.

## Yummy Yogurt Parfaits

Though this recipe is part of my *ABC Snacks Series*, you could make these yogurt parfaits for breakfast or even as part of a nutritious lunch. Super-easy to create and filled with healthy ingredients that kids love, *Yummy Yogurt Parfaits* might become one of your preschooler's favorites. And with *lots* of possible variations, you'll be able to customize the recipe for even your most finicky eater.

### Here's what you'll need to make one yogurt parfait:

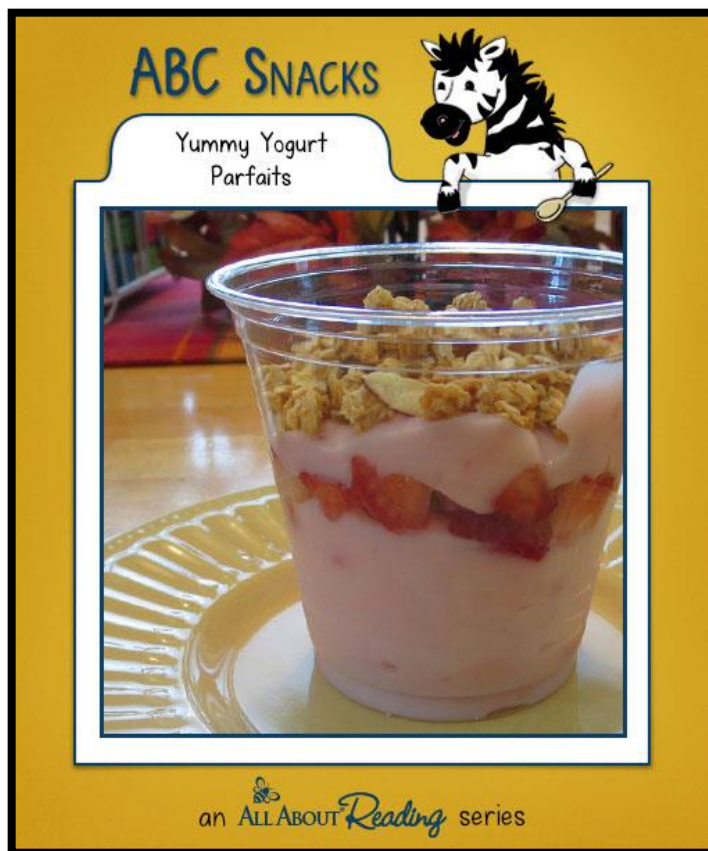
- ½ cup fruit, diced
- 1 cup yogurt, any variety
- ¼ cup granola or other breakfast cereal

### Step-by-step instructions:

1. Put ½ of the diced fruit pieces in a parfait glass or other large, clear glass.
2. Spoon ¼ cup of yogurt over the fruit.
3. Sprinkle ¼ cup of the granola over the yogurt.
4. Layer the remaining ingredients: fruit, yogurt, and granola.
5. Refrigerate and serve cold.

### Variations:

- Use your favorite fruit, yogurt, and cereal options to create your parfaits.
- The parfait pictured in the photo contains strawberries, vanilla Greek yogurt, and granola.

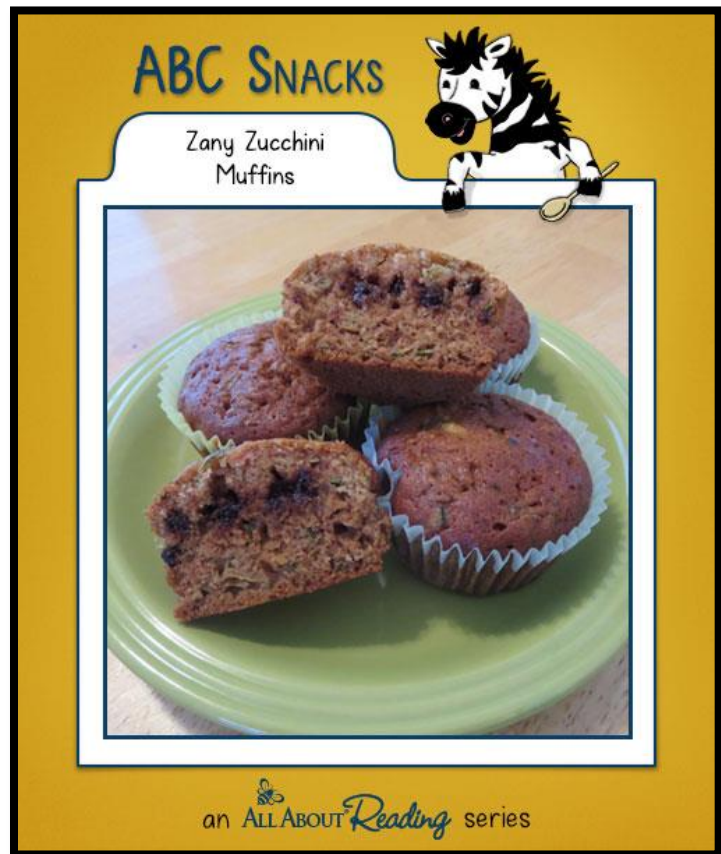


## Zany Zucchini Muffins

Made with grated zucchini, apple, and apple juice, *Zany Zucchini Muffins* aren't just scrumptious, they're good for you, too. And just imagine your preschooler's delight when he finds a sweet and zany surprise in the middle of his muffin! This may be the last recipe in my ABC Snacks Series, but it's by no means the least.

### Here's what you'll need to make 16-18 zucchini muffins:

- 2 cups all-purpose flour
- 1 cup brown sugar
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- $\frac{1}{8}$  teaspoon nutmeg
- $\frac{1}{8}$  teaspoon ginger
- $\frac{1}{8}$  teaspoon allspice
- $\frac{1}{2}$  teaspoon salt
- 2 cups grated zucchini
- 1 apple, peeled, cored, and grated
- 3 eggs
- 2 teaspoons vanilla
- $\frac{1}{2}$  cup unsweetened apple juice
- $\frac{1}{2}$  cup vegetable, canola, or coconut oil
- Chocolate chips
- Paper muffin cups (optional)
- Cooking spray (optional)



### Step-by-step instructions:

1. Preheat oven to 350°.
2. Spray muffin tins with cooking spray or insert muffin cups.
3. In a large mixing bowl, combine flour, sugar, baking soda, cinnamon, nutmeg, ginger, allspice, and salt.
4. Stir grated zucchini and apple into dry mixture.
5. In a second bowl, beat together eggs, vanilla, apple juice, and oil.
6. Stir wet mixture into the dry ingredients just until combined.

7. Fill muffin cups half full with batter.
8. Place two or three chocolate chips in the center of the muffin.
9. Spoon remaining batter over the chocolate chips, filling each cup to the top.
10. Bake muffins at 350° for 20 minutes.



# ABC SNACKS: Tips for Working on Pre-Reading Skills

by Marie Rippel

The ABC Snacks series is perfect for slipping in important pre-reading skills while engaging in a tasty hands-on activity. Pick and choose ideas from this list, and you'll effortlessly increase your child's pre-reading skills.

## Print Awareness

- Run your finger under the words on the recipe cards to show that you are reading the words on the paper. Have your child share the recipe with a family member or friend. Highlight the fact that his friend can make and enjoy the same tasty treat by reading and creating the recipe.
- Point out matching words when possible. For example, show your child the word *flour* on the recipe sheet. Then compare this to the word *flour* printed on the bag of flour.

## Letter Knowledge

- As you create each recipe, use snack ingredients to form the letter of the alphabet that the snack begins with.
- Show your child the first letter of the recipe title. For example: "Ants Go Munching. *Ants* starts with A!"
- Have your child search for the featured letter, both upper- and lowercase, in the snack recipe.

## Phonological Awareness

- Say the name of the recipe you are preparing and emphasize the first sound of the words in the title. For example: "Z...z...zany zucchini starts with /z/!"
- Choose a particular sound and emphasize words in the recipe that begin with that sound. For example, for /m/, search for words like *mix*, *measure*, *make*, *milk*, *mash*, and *melt*. For /s/, look for words like *stir*, *salt*, *slice*, *simmer*, *sugar*, or *steam*.

## Listening Comprehension

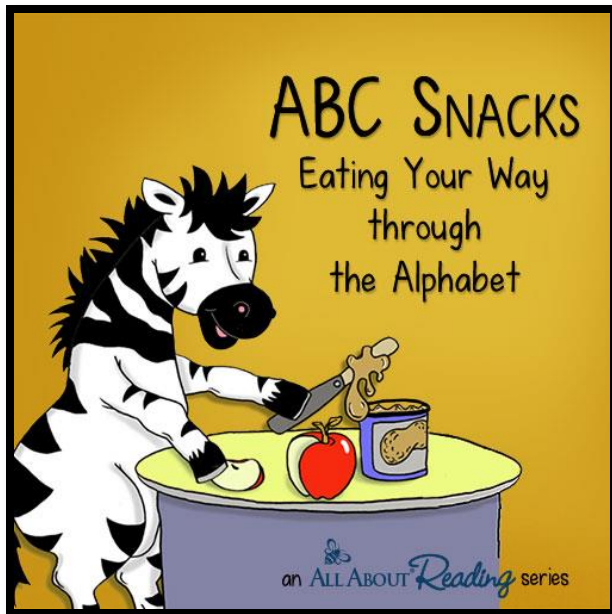
- Have your child help you gather the ingredients.
- Read the recipe instructions aloud and have your child complete the steps that he is able to do, such as stir the batter or add the raisins.
- Begin by giving one instruction at a time, such as “Please bring me a big spoon,” and then build up to two-part instructions, such as “Please bring me two bananas and a spoon.”
- Have your child explain the recipe to a family member or friend.

## Motivation to Read

- Share your own enthusiasm for reading recipes and cooking with your child. Let your child see how exciting it is to be able to read and create recipes together.
- As you and your child enjoy the snacks you have created together, point out that you have to be able to read in order to follow a recipe and make yummy snacks.
- Look at some other cookbooks, preferably those with color photographs. Explore the recipes together and talk about special foods that you might make in the future.

## ABC Snacks

*A picture book for every letter of the alphabet*



### **A is for Appetizing Ants-Go-Munching**

*The Ants Go Marching* by Dan Crisp

### **B is for Beautiful Butterfly**

*Butterfly, Butterfly: A Book of Colors* by Petr Horacek

### **C is for Creeping Caterpillar Sandwich**

*The Very Hungry Caterpillar* by Eric Carle

### **D is for Delicious Dirt Cups**

*Dirt: The Scoop on Soil* by Natalie M. Rosinsky

### **E is for Excellent Egg Salad Sandwich**

*The Odd Egg* by Emily Gravett

### **F is for Fun-lovin' Fish in a Stream**

*A Swim through the Sea* by Kristin Joy Pratt

### **G is for Grilled Grapey Cheese Sandwich**

*Lousy Rotten Stinkin' Grapes* by Margie Palatini

### **H is for Handy Hammy Roll-ups**

*Green Eggs and Ham* by Dr. Seuss

### **I is for Instant Insect Nibbles**

*The Grouchy Ladybug* by Eric Carle

### **J is for Juicy Jiggle Cups**

*Cloudy with a Chance of Meatballs* by Judi Barrett

### **K is for Kettle Corn & Kisses**

*County Fair* by Laura Ingalls Wilder

### **L is for Lickety-Split Lemonade Squares**

*Maisy Makes Lemonade* by Lucy Cousins

### **M is for Mice Munchies**

*Alexander and the Wind-Up Mouse* by Leo Lionni

***N is for Nutty Butter Apple Nachos***

*How to Make an Apple Pie and See the World* by Marjorie Priceman

***O is for Obvious Octopus Hotdog***

*The Pigeon Finds a Hot Dog* by Mo Willems

***P is for Peaceful Pond Bites***

*Memoirs of a Goldfish* by Devin Scillian

***Q is for Quick & Quirky Quesadillas***

*C Is for Cooking* by Sesame Workshop & Susan McQuillan

***R is for Rockin' Rainbow Wraps***

*A Rainbow of My Own* by Don Freeman

***S is for Snazzy Snail Snack Bites***

*Are You a Snail?* by Judy Allen

***T is for Tasty Turtle Treats***

*Yertle the Turtle and Other Stories* by Dr. Seuss

***U is for Ugly Upside-down Peach Cake***

*Peach Heaven* by Yangsook Choi

***V is for Vivacious Veggie Face Pizza***

*Pete's a Pizza* by William Steig

***W is for Wiggly Worm Trail Mix***

*Yucky Worms* by Vivian French

***X is for X-citing X-ray Veggie Skeleton***

*Jessica's X-Ray* by Pat Zonta

***Y is for Yummy Yogurt Parfaits***

*Yummy Yummy! Food for My Tummy!* by Sam Lloyd

***Z is for Zany Zucchini Muffins***

*If You Give a Moose a Muffin* by Laura Numeroff



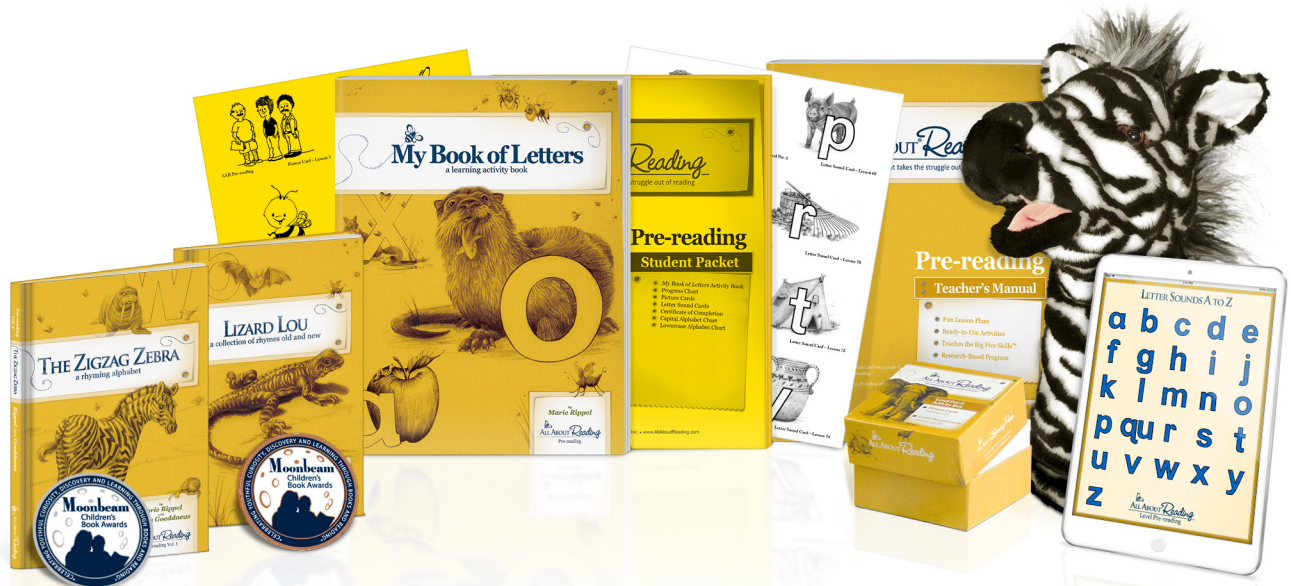
# ALL ABOUT<sup>®</sup> Reading

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The *All About Reading* Pre-reading program is designed for preschoolers and kindergarteners. Your student will enjoy the special games, crafts, and storytime read-alouds, and you will love the way your student effortlessly learns the five essential pre-reading skills:

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- **Listening Comprehension**
- **Motivation to Read**

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