

RECIPE  **LION**



27 Terrific
After School
Snack Recipes

27 Terrific After School Snack Recipes

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Letter from the Editors

Dear Cooking Enthusiast:

Once school season starts up again, everyone wonders, “What are some great, fun after school snacks I can feed my kids?” Most of us want to make sure we are offering a variety of foods to our children, not just the same old bad-for-you cheesy poofs or candy that so many people resort to. That’s why we’ve compiled this collection of *27 Terrific After School Snack Recipes* for you. Homemade after school snacks are always a better bet than store-bought...they are easier on your conscience, because you know you’re giving your kids and their friends healthier fare, and they are easier on your pocketbook as well.

An analysis published in May 2010 by Kaiser Permanente cited that over one-third of American children are overweight or obese. With childhood obesity in America at an all-time high, it’s high time we took charge of what our children are doing after school. That means not only offering them after school snacks that provide at the very least a modicum of nutrition, but also ensuring they have the opportunity to run around and play after school. When some of our Editors here were little, after school wasn’t video game time...it was get outside and run around with your friends time. Playing kick the can, tag, freeze dance...all types of games that keep kids active. Get your kids running around too!

This collection of *27 Terrific After School Snack Recipes* includes veggie after school snack recipes, after school snack recipes with fruit, and yes, some sweet after school snack ideas as well. Besides eating up these yummy after school snack recipes, get your children involved in making them. Even the littlest kiddie cook can help!

For more delicious after school snack recipes, be sure to visit [RecipeLion.com](http://www.RecipeLion.com). While you’re there, subscribe to RecipeLion’s free [Quick and Easy Recipes](#) newsletter to get free recipes delivered to your inbox every week.

Happy snacking!

Sincerely,

The Editors of RecipeLion

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Table of Contents

Veggie After School Snack Recipes	6
Oven-Fried Zucchini Spears.....	6
Sweet Potato Chips	7
Oven French Fries	8
Oven-Fried Sweet Potatoes	9
Crunchy Zucchini Sticks.....	10
After School Snack Recipes with Fruit	11
Banana Yogurt Pops	11
Fun Fruit Pizza	12
After School Snack Ideas with Cereal	14
Dried Fruit Oatmeal Bars	14
Cheerio Nuggets.....	15
Rice Krispies Treats	17
Cheesy After School Snack Recipes	18
Samantha’s Afternoon Quesadilla	18
The Best Mozzarella Cheese Sticks	19
After-School Pizza Rolls.....	20
Sweet After School Snack Ideas	22
Classic Oatmeal Raisin Cookies	22
Phyllis' Granny Smith Applesauce Squares	24
Chocolate Almond Pretzels.....	26
Snack Mixes and Granola	28

Cinnamon Trail Mix 28

Honey -Glazed Snack Mix..... 29

Granola Bars with Raisins and Chocolate Chips..... 30

White Chocolate Snack Mix 31

Popcorn Snacks 32

 Onion Garlic Popcorn 32

 Peanut Butter Popcorn Balls 33

Chips and Dips 35

 Cheese Crackers 35

 Pita Chips..... 36

 Cara's Honeysuckle Farms Sweet Cream Cheese Dip 37

 Vegetable Pick-Ups 38

 Black Bean and Garbanzo Hummus 39

Veggie After School Snack Recipes

Oven-Fried Zucchini Spears

A delicious snack or appetizer, oven-fried zucchini spears are the perfect thing to make with the bounties of your summer squash. They're easy, they're quick, and they're super tasty. Whip up a batch today!

Serves: 3

Cooking Time: 30 min

Ingredients

- 3 zucchini
- 2 eggs
- $\frac{1}{4}$ cup milk
- 3 cloves garlic, crushed
- $\frac{1}{2}$ cup flour
- $\frac{1}{3}$ cup cornmeal
- 1 teaspoon chili powder
- $\frac{1}{2}$ teaspoon onion powder
- $\frac{1}{2}$ cup Parmesan cheese, grated

Instructions

1. Preheat the oven to 425 degrees F.
2. Cut each zucchini in half, then each lengthwise into 6 pieces or spears.
3. Beat the eggs with the milk and add the garlic.
4. In a separate bowl, mix the flour, cornmeal, chili powder, onion powder, and Parmesan cheese.
5. Dredge the spears in the flour mixture, then coat with the egg mixture, then coat with the flour mixture again.
6. Place the spears on a greased cookie sheet and bake for 25 to 30 minutes or until golden brown.
7. Serve hot. Makes 36 spears.

Sweet Potato Chips

Use this sweet potato recipe to learn how to cook a sweet potato like a regular potato, only with tastier results. Unlike potato recipes, sweet potato recipes are healthier for you because they contain more nutrients.

Ingredients

- 1/2 pound sweet potatoes
- 1/2 tablespoon corn oil

Instructions

1. Preheat oven to 400 degrees F.
2. Lightly coat a baking sheet with non-stick cooking spray. Slice the sweet potatoes by hand in very thin slices, or use a food processor with a 2-millimeter disk.
3. In a large bowl carefully toss the sweet potato slices by hand in the oil to coat the chips lightly.
4. Lay the slices in a single layer in the prepared baking pan. Bake the chips for 15 minutes.
5. Turn each piece over with a metal spatula and bake for 5 more minutes. Chips should be dry and slightly crisp. If not, bake up to 3 more minutes, checking every minute so the chips won't burn.
6. Let cool for 5 minutes before serving.

Oven French Fries

A great easy to make snack or side dish for any dinner, these crunchy oven fries are wonderful. Who needs all that grease when these Oven French Fries are sure to curb any cravings you are having.

Serves: 4

Cooking Time: 45 min

Ingredients

- 1 1/2 pounds potatoes, peeled and cut into julienne
- 1 tablespoon corn oil
- 1/2 teaspoon salt

Instructions

1. Preheat oven to 400 degrees F.
2. Blanch the potatoes in boiling water for 5 minutes.
3. Drain and leave slices to cool for 5 minutes.
4. Put in a bag, add the oil and shake gently until the potato slices are coated.
5. Place the potato slices in a single layer on a lightly oiled baking sheet.
6. Sprinkle on the salt and cook at 400 degrees F for 30 minutes (for thin cut) to 40 minutes (thick cut).

Oven-Fried Sweet Potatoes

When you are craving French fries but want something healthier, slice up some sweet potatoes and bake in the oven. Fresh herbs add wonderful flavor.

Serves: 8

Cooking Time: 17 min

Ingredients

- 5 pounds sweet potatoes (12 to 15 potatoes)
- 2 tablespoons chopped fresh marjoram or thyme
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons freshly ground pepper

Instructions

1. Preheat oven to 475 degrees F.
2. Peel the potatoes and cut them in half across the middle, then cut the halves lengthwise into 1/4-inch- thick slices.
3. Put the slices into a bowl and spray well with nonstick cooking spray. Add the marjoram or thyme, salt and pepper. Toss several times to coat the slices with Pam and seasonings.
4. Spread the slices evenly in a single layer on baking sheets.
5. Bake for 8 to 10 minutes, then turn the slices and bake until slightly crisped and tender, 5 to 7 minutes longer.

Crunchy Zucchini Sticks

These crunchy zucchini sticks are a great alternative to French fries. Bread and bake them and try them with a variety of dipping sauces, marinara or a ranch sauce would work well. A great way to get the kids to eat veggies.

Serves: 6

Preparation Time: 30 min

Cooking Time: 15 min

Ingredients

- 3 medium zucchini
- $\frac{1}{2}$ cup wheat germ
- $\frac{1}{2}$ cup almonds, finely chopped
- $\frac{1}{4}$ cup parmesan cheese, grated
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ cup margarine or butter, melted

Instructions

1. Preheat oven to 350°F.
2. Cut each zucchini lengthwise into fourths, then lengthwise into halves to form sticks. Cut each stick lengthwise into halves (each zucchini makes 16 sticks).
3. Mix wheat germ, almonds, cheese and salt in plastic bag. Roll about 8 zucchini sticks at a time in margarine until evenly coated. Lift with fork. Shake sticks in wheat germ.
4. Lay on an ungreased cookie sheet. Cook until crisp and tender, about 15 minutes.

After School Snack Recipes with Fruit

Banana Yogurt Pops

Combine ripe bananas with tangy yogurt to make the best tasting frozen non fat yogurt pops you have ever had. This tastes better than any TCBY frozen yogurt recipes. Use high quality ingredients to make one of the best recipes for organic frozen yogurt.

Ingredients

- 2 bananas
- 2 ounces plain yogurt
- $\frac{1}{4}$ cup milk
- 1 tablespoon sugar (optional)

Instructions

1. Mash the bananas.
2. Mix with yogurt, then add milk and sugar. Blend thoroughly.
3. Pour into molds and freeze.

Fun Fruit Pizza

A delicious and unique treat that's sure to delight, check out this Fun Fruit Pizza. When it comes to creative kids snacks this is a winner for best fruit pizza recipes.

Serves: 12

Cooking Time: 15 min

Ingredients

- 10 ounces roll refrigerated sugar cookie dough
- $\frac{1}{8}$ teaspoon cinnamon
- 1 package (8-ounce) reduced calorie cream cheese
- $\frac{1}{4}$ cup skim milk
- 2 tablespoons sugar
- $\frac{1}{2}$ teaspoon vanilla extract
- $\frac{1}{2}$ teaspoon almond extract
- 3 or 4 varieties of fresh fruit in season (enough to cover a 14-inch pizza)
- $\frac{1}{2}$ cup all-fruit apricot jam or jelly
- $\frac{1}{2}$ teaspoon strawberry extract
- water (if necessary)

Instructions

1. Preheat oven to 375 degrees F.
2. Cut cookie dough into $\frac{1}{8}$ -inch slices.
3. Arrange cookie slices slightly overlapping on aluminum-foil-covered 14" pizza pan.
4. Press edges to seal. Sprinkle with cinnamon.
5. Bake at 375 degrees F for 12 to 15 minutes or until golden brown.
6. Cool; remove from foil onto serving plate.
7. Combine cream cheese, milk, sugar, vanilla and almond extracts, and mix well.
8. Spread over crust. Arrange fruit in an attractive manner on top of cream cheese mixture.

9. Then combine apricot jam, strawberry extract, and water (if needed) to make thin glaze.
10. Brush or spoon glaze over top of fruit and serve.

After School Snack Ideas with Cereal

Dried Fruit Oatmeal Bars

These dried fruit oatmeal bars feature unusual dried fruits, cranberries and pears. They are also quite sweet, but still much healthier than other popular after school snack recipes for candy and cookies!

Yields: 24

Cooking Time: 20 min

Ingredients

- 3 cups quick-cooking oats
- $\frac{1}{2}$ cup finely chopped dried pears
- $\frac{1}{2}$ cup finely chopped dried cranberries
- $\frac{3}{4}$ cup butter or margarine
- 1 cup packed brown sugar
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon grated lemon rind
- $1\frac{1}{2}$ tablespoons corn syrup
- $1\frac{1}{2}$ teaspoons vanilla

Instructions

1. Preheat oven to 350 degrees F.
2. In large bowl, combine oats and dried fruit; set aside.
3. In large heavy saucepan, melt butter over low heat.
4. Stir in sugar, salt, lemon rind, corn syrup and vanilla; bring to a boil over medium heat, stirring frequently.
5. Remove from heat and stir in oat mixture.
6. Turn into 13x9-inch baking pan; press mixture to form an even layer.
7. Bake for 20 minutes.
8. Cut into bars while still warm. Makes about 24 bars.

Cheerio Nuggets



For an easy and fun dessert, make these yummy nuggets of goodness using an old favorite - Cheerios! They make a great after-school snack for your kids...and all the others in the neighborhood.

Serves: 12

Cooking Time: 25 min

Ingredients

- 1 cup packed brown sugar
- $\frac{1}{2}$ cup softened margarine or butter
- $\frac{1}{4}$ cup lite corn syrup
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon baking soda
- 6 cups Cheerios
- 1 cup Spanish peanuts
- 1 cup yellow raisins

Instructions

1. Heat oven to 250F degrees.
2. Grease 2 rectangle pans 13x9-inch or 1 jelly roll pan 15 $\frac{1}{2}$ " x 10 $\frac{1}{2}$ ".
3. Combine Cheerios, peanuts, and raisins in a 4-quart bowl.

4. Heat brown sugar, margarine or butter, corn syrup, and salt in a 2-quart saucepan over medium heat, stirring constantly, till bubbly around edges.
5. Cook uncovered, stirring occasionally, 2 minutes longer.
6. Remove from heat and stir in baking soda till foamy and light in color.
7. Pour over cereal mixture and stir until coated.
8. Spread evenly in pans and bake at 250F degrees for 15 minutes.
9. Stir, then let stand just until cool, about 10 minutes.
10. Loosen with spatula and let stand till firm, about 30 minutes.
11. Break into bite-sized pieces. Makes about 10 cups.

Rice Krispies Treats



Who doesn't remember making Rice Krispies treats as a kid? If you have kids of your own, they're the perfect dessert to make together. With 3 simple ingredients, they're fast, easy, and require no baking!

Yields: 12

Preparation Time: 15 min

Ingredients

- $\frac{1}{4}$ cup butter
- 4 cups miniature marshmallows
- 6 cups Rice Krispies

Instructions

1. Melt butter in a saucepan.
2. Add marshmallows and stir until melted; remove from heat.
3. Stir in cereal and blend until well mixed.
4. Press into a buttered 13x9-inch pan.
5. Cut into squares when cool.

Notes

Variations: Add nuts or chocolate chips to the cereal before mixing in marshmallows. Substitute 6 cups of granola for the Rice Krispies.

Cheesy After School Snack Recipes

Samantha's Afternoon Quesadilla

By: Samantha Gianulis, Families Online Magazine

For a great, easy snack, take a few minutes and make this if you're near a stove, or pack it up and take it with you. Grains, lean protein, calcium and vegetables all make it into this compact snack.

Serves: 1

Ingredients

- 1 corn or flour tortilla
- 1 egg or 1/2 cup cooked, diced chicken
- 1/4 cup shredded cheese
- 2 tablespoons salsa
- nonstick cooking spray

Instructions

1. Place a griddle or large pan over medium-high heat.
2. Place tortilla on pan and warm tortilla on both sides, then remove from pan and set aside.
3. Spray non-stick spray onto pan, cook the egg as desired; sunny-side up works best. (If using chicken, combine the cheese in pan and heat, stir until cheese is melted).
4. Sprinkle shredded cheese onto egg; cheese will melt as egg cooks.
5. Add salt and pepper.
6. When egg (or chicken) is ready, place atop tortilla, and top with salsa.
7. Wrap in parchment or foil if taking with you.

Notes

Be sure to read [Samantha's guest post](#) on our blog!

The Best Mozzarella Cheese Sticks

Make an easy mozzarella cheese stick recipe tonight, it's a great snack for kids. Everyone in my house boasts these as the Best Mozzarella Cheese Sticks. So wrap up your senses in this cheesy goodness.

Serves: 16

Cooking Time: 5 min

Ingredients

- 1 pound packaged mozzarella (string cheese)
- 2 eggs, beaten
- 1/2 cup flour
- 1 cup flavored bread crumbs
- Vegetable oil for frying

Instructions

1. Slice the mozzarella into flat wedges (it's easier to fry this way).
2. Set up 3 bowls, one with flour, one with egg, one with the bread crumbs.
3. Coat each piece of cheese first with flour, then egg, then bread crumbs, then throw immediately into the hot oil to fry (the coating doesn't turn out as well if you let it sit around inside its coating).
4. Fry for a minute or two on each side until coating is golden brown and the cheese is melted.
5. Sprinkle with lemon juice and serve.

Notes

The difficult part of this is keeping the cheese from escaping the coating while it's frying. For best results, don't let the oil get too hot while frying, and try to keep the oil level at about 1/4 inch deep at all times during the process (i.e., do not deep fry).

After-School Pizza Rolls



Whether you're having a group over for the big game or preparing an after-school snack, everyone will love these delicious and easy appetizers! Impress your guests with homemade, not store-bought pizza rolls.

Cooking Time: 15 min

Ingredients

- 1 jar pizza sauce
- 3 packages crescent rolls
- 1 tablespoon dried onions, minced
- $\frac{1}{4}$ teaspoon dried garlic, minced
- $\frac{1}{2}$ teaspoon Italian seasoning, crushed
- 2 cups Mozzarella, Romano and Parmesan cheese

Instructions

1. Preheat oven to 375F.
2. In a small bowl mix pizza sauce, onions, garlic and Italian seasoning. Let set for 10 minutes or until the onions and garlic have absorbed moisture.
3. Separate the crescent dough into pieces.
4. Spread 1 tablespoon of the pizza sauce down the entire length of each piece of dough.

5. Sprinkle with cheese.
6. Roll up from the large end to the small end.
7. Place on an ungreased cookie sheet.
8. Bake for 15 minutes.

Sweet After School Snack Ideas

Classic Oatmeal Raisin Cookies



For the best old fashioned oatmeal raisin cookie recipe give this version a try. You're kids won't be able to get enough of these Classic Oatmeal Raisin Cookies.

Yields: 30

Cooking Time: 15 min

Ingredients

- $\frac{3}{4}$ cup butter, softened
- $\frac{3}{4}$ cup lightly packed brown sugar
- $\frac{1}{2}$ cup granulated sugar
- 1 egg
- 2 tablespoons water
- 2 teaspoons vanilla
- $\frac{3}{4}$ cup all purpose flour
- $\frac{3}{4}$ teaspoon baking soda
- 1 teaspoon cinnamon
- 3 cups rolled oats
- 1 $\frac{1}{2}$ cups raisins

Instructions

1. Preheat oven to 350 degrees F.

2. Cream butter, sugars, egg, water and vanilla together on medium speed of electric mixer until light and fluffy.
3. Combine flour, soda and cinnamon. Add to creamed mixture, beating on low speed until blended.
4. Stir in oats and raisins. Drop dough by heaping tablespoons onto greased baking sheets.
5. Press flat for crisp cookies, leave mounded for chewy cookies.
6. Bake at 350 degrees F (180C) for 12-15 minutes, or until edges are golden brown. Don't over bake.

Phyllis' Granny Smith Applesauce Squares



I just put together a few easy-to-make, healthy recipes for back-to-school. This one substitutes applesauce for the large amount of butter and white sugar that traditionally makes up a dessert bar.

Yields: 20

Cooking Time: 25 min

Ingredients

- 1/4 cup margarine, softened
- 2/3 cup brown sugar
- 1 egg
- 1 cup applesauce
- 1 cup Granny Smith apples with skin on, small diced
- 1 cup all purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon pumpkin pie spice
- 1 1/2 cups powdered sugar
- 3 tablespoons margarine, melted
- 1 tablespoon milk
- 1 teaspoon vanilla extract

Instructions

1. Preheat the oven to 350F degree.
2. Grease a 9x13-inch baking pan with butter spray.
3. Mix together margarine, brown sugar, and egg until smooth.
4. Stir in applesauce and chopped apples into the mixture.
5. Add flour, baking powder, salt, and pumpkin pie spice, mix until well blended.
6. Pour batter into the prepared pan and spread evenly with a spatula.
7. Bake for 25 minutes in preheated oven, or until edges are golden.
8. Cool in the pan over a wire rack.
9. In a small bowl, mix together the powdered sugar and margarine.
10. Stir in vanilla and milk until smooth.
11. Spread over cooled bars before cutting into squares.

Chocolate Almond Pretzels

Chocolate Almond Pretzels are a special treat and taste great any time! This is a favorite chocolate covered pretzel recipe because of the terrific additional flavor from the almonds. Try it today and you'll see why everyone loves it!

Preparation Time: 1 hr 10 min

Cooking Time: 10 min

Ingredients

- $\frac{2}{3}$ cup unsalted butter; room temp
- $\frac{1}{2}$ cup almond paste; room temp
- $\frac{1}{2}$ cup granulated sugar
- 1 large egg white
- 2 teaspoons almond extract
- 2 cups flour
- 1 cup (heaping) confectioners' sugar for rolling pretzels
- $\frac{1}{2}$ pound semisweet chocolate
- Melted Almond Paste (ingredients follow, recipe below)
- 8 ounces almonds; blanched
- $\frac{1}{4}$ cup unsalted butter; soft
- 1 cup (heaping) confectioner's sugar
- 1 egg white
- 2 teaspoons almond extract

Instructions

1. Preheat oven to 325°F.
2. Line baking pans with parchment or waxed paper.
3. Cream butter and broken-up almond paste (recipe below) with sugar in electric mixer.
4. Add egg white and extract and blend.
5. Add the flour and blend well.
6. Cover bowl and refrigerate one hour or longer.

7. Dust rolling surface with confectioner' sugar.
8. Use a generous teaspoon of dough and roll into a 6-inch rope.
9. Place on baking sheet and form into pretzel shape.
10. Bake about 10 minutes; don't allow to color.
11. Melt chocolate in a double boiler over hot (not boiling) water. Stir to smooth.
12. Dip half of each pretzel in chocolate, then drain on wire rack with a pan underneath (scrape chocolate drippings and re-use). Store in airtight container.

Almond Paste

1. Using the steel blade of the food processor, grind almonds to a fine powder.
2. Add butter in chunks and process to blend.
3. Add sugar; process.
4. Beat egg white stiff with a whisk or electric mixer, then drop into almond paste.
5. Add extract. Process just to blend ingredients.
6. Store paste in an airtight container in the refrigerator. Almond paste will "ripen" and flavors will develop.

Snack Mixes and Granola

Cinnamon Trail Mix

Create a tasty mix of cereals, pretzels, raisins and sunflower seeds accented with cinnamon. This slightly sweet mixture will fuel an active day.

Serves: 6

Cooking Time: 10 min

Ingredients

- 2 cups toasted oat cereal
- 2 cups hexagon-shaped corn cereal
- 2 cups pretzel bits
- $\frac{3}{4}$ cup raisins
- $\frac{1}{2}$ cup sunflower seeds
- 2 tablespoons reduced fat margarine
- 2 tablespoons brown sugar
- 1 tablespoon cinnamon
- nonstick cooking spray

Instructions

1. Preheat oven to 350 degrees F.
2. In a large bowl combine the cereals, pretzel bits, raisins, and sunflower seeds. Toss gently.
3. Melt margarine in a microwave or saucepan and stir in brown sugar and cinnamon. Pour over the cereal mixture. Toss to coat.
4. Spread evenly on a baking sheet that has been sprayed with cooking spray.
5. Bake 8-10 minutes.

Honey -Glazed Snack Mix

Honey-Glazed Snack Mix is a sweet, protein filled snack that's easy and cheap to make. If you're looking for fun snacks to make with kids or creative kids snacks then try this recipe.

Yields: 12

Cooking Time: 15 min

Ingredients

- 8 cups Crispix cereal
- 3 cups miniature pretzels
- 2 cups pecan halves
- $\frac{2}{3}$ cup butter or margarine
- $\frac{1}{2}$ cup honey

Instructions

1. Preheat oven to 350 degrees F.
2. In a large bowl, combine the cereal, pretzels and pecans; set aside.
3. In a small saucepan, melt butter; stir in honey until well blended.
4. Pour over cereal mixture and stir to coat.
5. Spread into two greased 15x10x1 in baking pans.
6. Bake at 350 degrees F for 12-15 minutes or until mixture is lightly glazed, stirring occasionally.
7. Cool in pan for 3 minutes; remove from pan and spread on waxed paper to cool completely.

Notes

Store in an airtight container.

Granola Bars with Raisins and Chocolate Chips

These quick and easy granola bars are perfect for quick snacks or a breakfast before school or work. The flavor is perfect and is a fun treat for kids because of the chocolate chips and sunflower seeds. You won't miss the boxed alternatives for a second.

Yields: 36

Cooking Time: 30 min

Ingredients

- 3 cups oatmeal (Old Mill Oats preferred)
- 1 cup raisins
- 1 cup peanuts
- 1 cup sunflower seeds
- 1 cup semi-sweet chocolate chips
- 1 can sweetened condensed milk
- $\frac{1}{2}$ cup butter, melted

Instructions

1. Preheat oven to 325 degrees F.
2. Line a 15 x 10-inch jelly roll pan with foil; grease.
3. Combine all ingredients in large mixing bowl. Mix well. Press evenly into prepared pan.
4. Bake for 25-30 minutes or until golden brown.
5. Cool slightly; remove from pan and peel off foil. Cut into bars. Store loosely covered at room temperature.

White Chocolate Snack Mix

Make a fun snack both kids and adults will love with this delicious and creative snack. Peanuts add a divine crunch to this decadent recipe. Creative snacks for children rarely taste this good.

Cooking Time: 15 min

Ingredients

- 1 box multigrain Chex cereal
- 1 large jar of dry roasted peanuts
- 1 small bag of pretzel twists
- 2 packages of white chocolate chips
- $\frac{1}{4}$ cup oil

Instructions

1. Mix together the cereal, nuts and pretzels.
2. Melt the white chocolate chips with the oil over lowest heat. Pour this evenly over the dry mixture.
3. Place in a pan and freeze firm. Then break apart mixture and place into a serving container.

Popcorn Snacks

Onion Garlic Popcorn

Give this fun healthy kids snack recipe a try today to discover a whole new world of flavor. Onion and garlic combine to make for an irresistible flavor combination. Make this creative snack recipe today.

Serves: 6

Cooking Time: 5 min

Ingredients

- 1 quart popcorn, popped
- 3 tablespoons butter
- 1 1/2 teaspoons onion powder
- 1 1/2 teaspoons garlic powder
- 1 teaspoon salt

Instructions

1. Melt butter.
2. Add onion powder, garlic powder and salt.
3. Drizzle over popcorn and mix well.

Peanut Butter Popcorn Balls



If you like peanut butter and you like popcorn, this recipe combines the best of both worlds! Get the kids involved in making these peanut butter popcorn balls - they love to get sticky, and they will, and you'll have a good time cooking together!

Yields: 12

Cooking Time: 10 min

Ingredients

- 2 cups peanut butter, smooth or crunchy
- 2 tablespoons honey
- 6 cups popped popcorn
- 3 cups roasted peanuts, chopped
- oil or cooking spray, for your hands

Instructions

1. Place the peanut butter in a saucepot with the honey and place over low heat; mix well and allow to melt completely.
2. Place the popcorn in a large bowl and pour the peanut butter mixture over the popcorn.
3. Mix until well combined (the mixture will be sticky!).
4. Place the chopped peanuts on a flat plate.

5. Oil or spray your hands lightly and shape the popcorn mixture into 12 balls.
6. Roll the popcorn balls in the chopped peanuts and wrap each in waxed paper.

Chips and Dips

Cheese Crackers

For a quick and tasty treat for in between meals or as an after school snack, check out these Cheese Crackers. This is a quick and delicious homemade cracker recipe that's sure to please.

Serves: 6

Cooking Time: 12 min

Ingredients

- 1/2 cup butter or margarine
- 2 cups shredded extra sharp cheddar cheese
- 3/4 cup flour
- dash salt
- dash cayenne pepper (optional)
- 1 1/2 cups crispy rice cereal

Instructions

1. Preheat oven to 350 degrees F.
2. Cream butter and flour. Add cheese, then stir in the rice cereal.
3. Form into balls. Flatten with a damp fork.
4. Bake at 350 degrees F for 10 to 12 minutes (only until just barely brown on edges).
5. Remove from pan to cool completely.

Pita Chips



Seasoned whole-wheat pita chips baked in the oven are a wonderfully healthy alternative to potato chips and other snacks. Enjoy as a snack with hummus or salsa.

Yields: 48

Cooking Time: 20 min

Ingredients

- 1 package whole wheat pita bread (6 slices), cut into wedges
- olive oil or vegetable cooking spray
- seasoning (such as Mrs. Dash)

Instructions

1. Preheat oven to 350 degrees F.
2. Cut pitas into 8 wedges per slice.
3. Place the pita wedges onto a cookie sheet in a single layer.
4. If using olive oil, brush the pita wedges with olive oil, then sprinkle with seasoning. If using cooking spray, sprinkle the pita wedges with seasoning, then spray.
5. Bake until crisp, about 20 minutes. Pita chips may need to be turned half-way through in order to crisp on both sides.

Cara's Honeysuckle Farms Sweet Cream Cheese Dip

By: Cara Riggles, *The Friendly Frugalista*

This is a quick, easy, and versatile 5-ingredient dip recipe that works well as an appetizer, a simple dessert, or as an afternoon snack. My husband's family loves it when I bring this to a family gathering. In fact, some of them frequently request it! I usually make a large batch, as leftovers can be refrigerated for up to one week, or frozen for up to 6 months. I am providing the measurements that I use for both my original recipe and my triple batch. The triple batch measurements will be in parenthesis.

Ingredients

- 8 ounces cream cheese (24 ounces)
- 11 teaspoons white sugar (11 tablespoons, or slightly less than 1 cup)
- 2 tablespoons butter
- 2 1/2 tablespoons milk (1/4 cup)
- 1 tablespoon vanilla (1 tablespoon)

Instructions

1. Melt cream cheese and butter in microwave on medium heat until both are just getting soft. Watch carefully and do not overheat. If overheated, the cheese will begin to cook. It is fine if the butter completely melts before the cheese gets soft.
2. Place the softened mixture into a mixing bowl and add remaining ingredients. Mix at medium speed until blended. Scrape sides of bowl. Mix again at HIGH speed for about 3 minutes. The mixture should be soft, creamy, and very well blended. I use a Kitchen Aid mixer. If using a hand mixer, you may need to mix longer than 3 minutes to attain a creamy consistency.
3. Once mixed, the dip can be served immediately, refrigerated, or frozen.
4. If refrigerated or frozen, reheat carefully with medium heat so as not to overheat. Again, your goal is to warm and soften the dip, NOT to cook the cheese!
5. The dip is best when served warm. I usually serve this dip with pre-made soft pretzels (heated according to instructions on the box), but it could be served with carrots, apple slices, crackers, etc.

Notes

Cara is going to be a regular guest blogger for RecipeLion! [Read about her in this post introducing her.](#)

Vegetable Pick-Ups

Vegetables are the serving pieces for this fun and tasty party dip. Create the filling in just a few easy steps and pipe it right into your cut veggies for an app that won't require a plate.

Serves: 8

Preparation Time: 15 min

Ingredients

- 2 avocados, seeded, peeled and mashed
- 1 (8-ounce) package cream cheese, softened
- 2 tablespoons butter
- 2 teaspoons lemon juice
- 4 drops hot pepper sauce
- 2 stalks celery, cut into 3-inch pieces
- $\frac{1}{4}$ pound fresh mushrooms, stems removed
- 1 each green and red bell pepper, seeded and cut into thick strips
- fresh chives, parsley sprigs, radish slices, olive slices, pecan or walnut halves for garnish (optional)
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Instructions

1. Blend avocados, cream cheese, butter, lemon juice and hot pepper sauce in blender or food processor until smooth.
2. Spoon filling into celery pieces, mushroom caps and pepper strips or use pastry tube to pipe filling onto vegetables.
3. Garnish each as desired and serve.

Black Bean and Garbanzo Hummus

Hummus with a twist of black beans! The creaminess of the tahini added to delicious black and garbanzo beans will surely be an afternoon delight at your house. This black bean and garbanzo hummus recipe is unique and delicious.

Serves: 8

Preparation Time: 15 min

Ingredients

- 2 cans (15-ounce) garbanzo beans
- $\frac{1}{3}$ cup tahini
- $\frac{1}{3}$ cup fresh lime juice
- 4 teaspoons garlic, chopped
- 1 can (15-ounce) black beans, rinsed and drained well
- 1 pinch cayenne powder
- Pita bread, cut into triangles

Instructions

1. Drain garbanzo beans, reserving $\frac{1}{2}$ cup of the liquid. Rinse garbanzo beans; drain well.
2. Combine garbanzo beans, tahini, lime juice and garlic in a food processor or blender and puree until smooth.
3. Add black beans and process just until beans are coarsely chopped.
4. Transfer to a large bowl. Stir in enough reserved liquid from the garbanzo beans to thin the mixture to the consistency of thick mayonnaise.
5. Add cayenne pepper. Season with salt and pepper.
6. Serve with pita bread. Makes 4 cups.

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