

ABC Snacks Cookbook

a pre-reading activity



by
Marie Rippel


ALL ABOUT *Reading*

ABC Snacks Cookbook

Our ABC Snacks Cookbook provides tasty snacks for every letter of the alphabet—59 recipes in all! With these creative recipes, you can spend quality time with your preschooler, support pre-reading skills, and enjoy an alphabet full of yummy snacks—all at the same time.



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A Is for Ants-Go-Munching

Your kids are going to love this fun (and kind of gross) snack idea! Nobody likes to have uninvited guests at a picnic, but this is one lunch that won't be ruined by the ants!

Here's what you'll need to make one ant snack:

- 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.



Directions:

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.

A Is for Alligator Veggies & Dip

If the sight of vegetables makes your little one say “see you later, alligator,” this snack is for you! Your little one won’t be able to resist this appetizing alligator!

Here’s what you’ll need to make one alligator:

- 1 large avocado
- 1 large and 1 small cucumber
- 1 black olive
- 1 carrot
- 1 green bell pepper
- salt and pepper



Directions:

1. Cut avocado in half lengthwise and remove pit.
2. Spoon avocado out of shells and set empty shells aside.
3. Mash avocado and season with salt and pepper to taste.
4. Fill one of the shells with mashed avocado mixture. Place on plate to form the alligator’s head.
5. Slice cucumbers, bell pepper, carrot, and olive.
6. Chop carrot slices into teeth-shaped pieces.
7. Use two small cucumber slices and two olive slices to form eyes at one end of the filled avocado.
8. Use carrot pieces to form teeth around the edges of the filled avocado.
9. Position the remaining cucumber slices behind the avocado to form the alligator’s body and tail.
10. Position four bell pepper slices to form the alligator’s legs.

B Is for Beautiful Butterfly Snack

Our ABC Snacks aren't all 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.

Here's what you'll need to make one butterfly:

- 6 apple slices, about ½ inch thick
- 2 baby carrots
- 2 thin strips of celery, 1 ½ inches long
- 4 raisins



Directions:

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. Decorate the butterfly wings with carrot slices and raisins.

B Is for Bobbing Banana Boy

Nothing feels better on a hot summer day than a relaxing float in the pool, and our Bobbing Banana Boy is looking pretty relaxed. Want to join him? Your preschooler will love creating and eating this healthy and delicious snack.

Here's what you'll need to make one banana snack:

- 1 banana
- 2 thick pineapple rings
- Pretzel sticks
- Blueberries
- 1 raspberry
- 1 red or purple grape
- 1 strawberry top



Directions:

1. Stack pineapple rings on plate.
2. Slice the banana in half and rest the banana half in the center of the pineapple rings.
3. Arrange blueberries around the pineapple rings.
4. Create arms with two pretzel sticks.
5. Cut a raspberry in half and place one half on each arm to create floaties.
6. Create a mouth with a small piece of raspberry.
7. Create sunglasses with two thin grape slices.
8. Create hair with the top of a strawberry.

B Is for Buzzing Bumblebee

Preschoolers usually aren't fond of bumblebees, but this is one bee that won't create mayhem when it starts buzzing around your kitchen. It's a honey of a healthy snack that's easy to make and even easier to eat—even for the littlest bee in your hive!

Here's what you'll need to make one bumblebee:

- 1 yellow apple
- 15 blueberries
- ½ cup yellow cereal (round puffs or "O"s)
- 2 carrot slivers
- ½ carrot slice



Directions:

1. Cut a thin, circular slice off one side of the apple and position as the bee's head.
2. Quarter the remaining apple and remove the core and seeds.
3. Form the bee's body with alternating rows of cereal pieces and blueberries.
4. Cut two thin, crescent-shaped slices from one of the apple quarters.
5. Form wings by positioning the crescent-shaped apple slices next to the bee's body.
6. Cut two tiny, circular slices off the side of a blueberry to form eyes.
7. Position the half carrot slice to form the mouth.
8. Position two slivers of carrot at the top of the bee's head to form antennae.
9. Place a piece of cereal at the top of each antenna.
10. Position a thin sliver of blueberry to form the bee's stinger.

C Is for Candy Corn Cups

Candy corn is the quintessential sweet treat for fall—but it’s definitely not the healthiest. This delicious alternative is made from wholesome ingredients like yogurt and fruit and packs a sweet punch that you can feel good about giving to your kids.

Here’s what you’ll need to make two candy corn snacks:

- 2 clear plastic cups
- ¼ cup pineapple chunks (fresh or canned)
- ¼ cup diced mandarin orange sections (fresh or canned)
- Plain or vanilla yogurt
- Candy corn candies (optional)

Directions:

1. Spoon pineapple chunks into bottom of clear plastic cup.
2. Spoon diced orange sections on top of pineapple.
3. Top fruit with a dollop of yogurt.
4. Garnish with candy corn candies, if desired.



C Is for Caterpillar Sandwich

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 (and cute!) crawlies.

Here's what you'll need to make one caterpillar:

- 1 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
- 2 mini chocolate chips

Directions:

1. Place tortilla on a plate. Spread with a layer of peanut butter.
2. Follow with a layer of jelly.
3. Roll up tortilla and slice into 4-5 pieces.
4. Have your child place tortilla rolls on plate in a curvy caterpillar shape.
5. Using peanut butter as glue, attach cherry tomato and yellow bell pepper strips to one end of body to form head and antennae.
6. Have your child arrange orange bell pepper slices around body to form legs.
7. Using a small amount of peanut butter as glue, attach the mini chocolate chips to the tomato for the eyes.



C Is for Crew in a Canoe

Crew in a Canoe is a fun snack idea that is easy to assemble and even easier to eat! And while you munch, you can learn about the letter C and about sculling—a classic summer sport for a crew!

Here's what you'll need to make two canoes:

- 2 8-inch stalks of celery
- 2 tablespoons cream cheese
- 12 grapes
- 24 pretzel sticks



Directions:

1. Trim two celery stalks to about 8 inches in length.
2. Spread cream cheese in the trench of each celery stalk.
3. Place celery stalks on a blue plate or plastic lid.
4. Create crew members in each canoe by evenly spacing six red grapes in the trench of each celery stalk.
5. Create oars by placing two pretzel sticks in front of each grape.

CH Is for Cheery Chicks

Here's a great way to hatch some springtime fun in your kitchen! Your little ones will enjoy this easy-to-prepare "craft" that they can eat when they're done! These sweet little chicks are not only cute, they're delicious, too.

Here's what you'll need to make this snack for your whole family:

- 6 hard-boiled eggs
- 1/4 cup mayonnaise
- 2 teaspoons mustard
- slivers of olives
- slivers of carrots
- salt and pepper to taste



Directions:

1. Hard boil 6 eggs.
2. For easier peeling, cool hard-boiled eggs in very cold water immediately after boiling.
3. Carefully peel cooled eggs and cut the eggs in half (length-wise).
4. Remove egg yolks and place into a bowl.
5. Add mayonnaise, mustard, and salt and pepper to the egg yolks. Smash until well blended.
6. Cut one corner off a plastic baggy and place the deviled egg mixture into the baggy.
7. Squeeze the baggie to fill the empty egg halves with the deviled egg mixture.
8. Insert olive slivers into the eggs to create eyes.
9. Create beaks and feet by inserting carrot slivers.
10. Take a picture of your cheery chicks, and then gobble them up!

CH Is for Cheesy Mac Bites

Kids love macaroni and cheese, and this is a really fun (and wholesome) way to make and eat this always popular lunchtime classic! We even added a surprise ingredient that gives this recipe a fun seasonal twist.

Here's what you'll need to make eighteen Cheesy Mac Bites:

- ½ pound elbow macaroni
- 2 tablespoons butter
- 2 tablespoons flour
- 1 ½ cups milk
- 2 cups shredded sharp cheddar cheese
- 2 ounces cream cheese
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ can pureed pumpkin

Directions:

1. Preheat oven to 400°.
2. Spray muffin tins with cooking spray.
3. Cook pasta according to package directions. Drain and set aside.
4. In a medium-sized pan, combine butter and flour over medium heat. Whisk until butter is melted and mixture is smooth. Slowly add milk and bring to a simmer. Add 1 ½ cups of cheese, cream cheese, salt, and pepper. Stir until smooth and creamy. Remove from heat.
5. In a large mixing bowl, combine pasta, cheese sauce, and pumpkin until thoroughly mixed.
6. Spoon mac and cheese into muffin tins. Sprinkle with remaining cheese.
7. Bake for 15 minutes or until golden brown.
8. Cool for 5 minutes before gently removing the bites from muffin tins.



D Is for Delicious Dirt Cups

Don't let the name—or the appearance—of this snack fool you! These Delicious Dirt Cups may look like dirt, but I think you'll agree that they taste much better!

Here's what you'll need to make four dirt cups:

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



Directions:

1. Crush chocolate sandwich cookies and divide evenly into two bowls.
2. Combine pudding mix and milk according to 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.
6. Garnish each dirt cup with one or two gummy worms.
7. Eat dirt!

D Is for Dynamic Dads Toast

In honor of dynamic dads everywhere, here's an extra special snack!

All our snacks are fun to create and tasty to eat, but this one takes the cake! The fun part is that this isn't just a snack to make *for* dad...we want you to make it look *like* dad!

Get those creative juices flowing, because this snack doesn't have a recipe to follow. The ingredients are up to you.

Here's what you'll need to make this snack:

- You'll need fruit, veggies, bread, tortillas, noodles, pita bread, cheese, popcorn... anything you think will help you make a face that looks like Dad.
- Need a little inspiration? We made a few faces to help stimulate your creativity.



E Is for Emperor's Eggs

There aren't many winter animals more fascinating than emperor penguins! And this yummy snack will give your student a chance to learn something about these interesting Arctic animals while munching on a delicious and nutritious breakfast or lunch!

Here's what you'll need to make two penguins:

- 2 hard-boiled eggs
- 4 large black olives
- 3 baby carrots
- Red licorice rope
- Toothpicks



Directions:

1. Peel two hard-boiled eggs. Slice off bottoms to create a flat surface.
2. Cut two baby carrots in half lengthwise and position them side by side to form feet.
3. Position eggs (flat side down) on carrots and secure with toothpicks.
4. Cut two black olives in half lengthwise. Attach them with toothpicks to sides of eggs to form wings.
5. Use a toothpick to attach a whole olive to top of each egg with the hole facing forward.
6. Cut two small pieces of carrot and place them in olive holes to form beaks.
7. Wrap a piece of red licorice rope around each penguin's neck to keep him warm!

Note: Be sure to remove the toothpicks before eating your Emperor's Eggs!

E Is for 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.

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
- Sliced veggies for faces (sweet pickle, celery, carrot, olives, etc.)

Directions:

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 veggie slices.



F Is for Fancy Flakes

Here's a warm, wintry snack to enjoy on a cold January day! Made from ingredients that are often found in a well-stocked kitchen, this is a quick and tasty snack your children will ask for again and again!

Here's what you'll need to make two flakes:

- 2 large flour tortillas
- Safety scissors
- 2 tablespoons butter, melted
- Cinnamon and sugar mixture



Directions:

1. Preheat oven to 350°.
2. Soften tortillas by wrapping them in a paper towel and heating in microwave for about 15 seconds.
3. Fold soft tortillas in half and in half again.
4. Etch small triangles along each folded edge and the outer edge of the tortillas using the tip of a knife or toothpick.
5. Help your child cut out the drawn shapes.
6. Unfold tortillas and lay flat on baking pan or cookie sheet. Also lay out the cut-out tortilla pieces to make some cinnamon chips.
7. Brush tortillas and tortilla pieces with melted butter.
8. Sprinkle tortillas and tortilla pieces with cinnamon and sugar mixture.
9. Bake tortillas for 10 minutes or until golden brown and crispy.

F Is for Fantastic Fruity Flags

Whether it's Flag Day or the 4th of July, summer gives us great opportunities to celebrate the history and heritage of the United States of America. This patriotic snack will help make your celebration a little bit tastier!

Here's what you'll need to make one flag:

- 1 slice of bread, toasted
- 2-3 tablespoons softened cream cheese
- 1 banana, halved and sliced
- 2-3 strawberries, halved and sliced
- 4-6 blueberries

Directions:

1. Spread cream cheese on toasted bread.
2. Place blueberries in corner of each piece of toast to create stars.
3. Place banana and strawberry slices in alternating rows to create stripes.



F Is for Fish in a Stream

If you're fishin' for a great kid-friendly snack idea, this is it! Your preschooler will flip for this snack of fun-lovin' goldfish flipping in a stream of crispy celery and ranch-flavored veggie dip.

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

- 1 celery stalk
- 1 cup sour cream or plain yogurt
- 1 packet ranch dip mix
- 9 goldfish crackers



Directions:

1. Clean and trim celery stalk and cut into three equal segments.
2. Combine sour cream and ranch dip mix according to instructions on packet.
3. Fill each celery trench with approximately one tablespoon of ranch dip.
4. Arrange goldfish crackers in ranch dip streams.

G Is for Gobble, Gobble Turkey Snack

This adorable turkey snack is a perfectly healthy way to begin your holiday feast. Our Gobble, Gobble Turkey is the best kind of snack—healthy, beautiful, and delicious. It will add just the right touch to your Thanksgiving festivities!

Here's what you'll need to make one turkey:

- ½ cup hummus
- 1-2 stalks celery
- 2 large carrots
- 1 red pepper
- 1 yellow pepper
- 2-3 cherry tomatoes
- 1 small olive



Directions:

1. Spread hummus on plate to form the turkey's head and body.
2. Cut celery into four 4-inch pieces.
3. Position celery sticks to form tail feathers.
4. Chop carrots, red and yellow peppers, and tomatoes into bite-sized pieces.
5. Fill space between tail feathers with chopped carrots, tomatoes, and peppers.
6. Position two small strips of carrot to form feet.
7. Use carrot and pepper pieces to form the beak and caruncle.
8. Use a small piece of olive to form the eye.

G Is for Grilled Grapey Cheese Sandwich

What's better than a warm and gooey grilled cheese sandwich on a crisp fall day? Well, this fun recipe takes comfort food to a whole new level by combining two kid favorites—grilled cheese and grapes—into one amazing sandwich.

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



Directions:

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.

H Is for Handy Hammy Roll-ups

Hands-on snacks are the best kind, and this one is no exception. These Handy Hammy Roll-ups are as fun to make as they are to eat. And as a bonus, just add some chips and a piece of fruit and you've got a delicious lunch!

Here's what you'll need to make 8-10 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



Directions:

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 the easiest way 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.

H Is for Happy Homerun Hitter

This wholesome snack honors an all-American summer combination—kids and baseball! This fun recipe brings together kid-friendly foods and a little artistic ability to create the perfect summertime snack!

Here's what you'll need to make one baseball snack:

- ½ cup peanuts, or your favorite nut
- 1 small white or clear plastic cup
- ½ cup plain or vanilla yogurt
- 12 small strawberry slices



Directions:

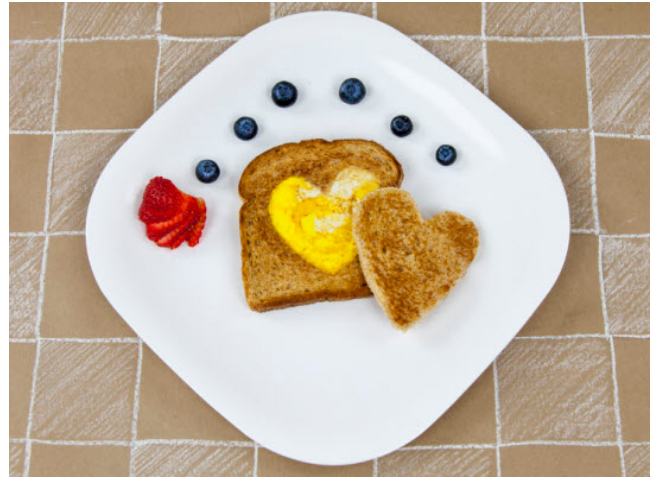
1. Spoon yogurt into cup.
2. Position strawberry slices on yogurt to create baseball stitches.
3. Arrange nuts in the shape of a baseball bat on a plate. Place baseball yogurt cup next to peanut bat.
4. Batter up!

H Is for Have a Heart Egg Sandwich

If you've ever made "eggs in baskets," you're going to love this heart-shaped twist on the old classic. In fact, I think *everyone* in your family will love this one! And it's a great way to show your little ones just how much you love them!

Here's what you'll need to make two egg hearts:

- 2 slices of bread
- 1 tablespoon melted butter
- 2 eggs
- Large heart-shaped cookie cutter



Directions:

1. Preheat electric griddle or frying pan.
2. Brush both sides of bread with melted butter.
3. Cut a hole in the center of each slice of bread with a heart-shaped cookie cutter.
4. Place bread and cut-out hearts on preheated griddle.
5. Crack an egg into the hole in the center of each slice of bread.
6. When the eggs begin to firm up, flip the bread to grill the other side.
7. Cook eggs to desired firmness.
8. Transfer your egg hearts to a plate and enjoy!

I Is for Icky Insects

What do you get when you combine yummy dried fruit, seeds, a little chocolate, and a big dose of imagination? Well, with this recipe you get icky insects! Just be prepared to hear a few *eeews* and *yuuuucks* as you create and eat your icky insects together.

Here's what you'll need to make a plate full of insects:

- A variety of dried fruit: dates, apricots, raisins, banana chips, cranberries, etc.
- Dried noodles or chow mein noodles
- A variety of nuts and/or seeds: pumpkin seeds, flax seeds, chia seeds, slivered almonds, etc.
- Small chocolate chips



Directions:

Use your creativity and combine your ingredients to create the creepiest, crawliest bugs you can come up with. Use larger pieces of dried fruit like dates and apricots to form the bodies of large insects. Use raisins or cranberries to create small-bodied insects. Almonds, small seeds, and banana chips make great wings, and dried noodles or chow mein noodles are perfect for legs. Create eyes with chocolate chips. Sprinkle your insects with flax or chia seeds to add a little texture and extra protein to your snack.

I Is for Instant Insect Nibbles

If your little ones squeal at the sight of a bug, this recipe might be just what you're looking for! Try calming their fears by introducing these colorful, ladybug-inspired Instant Insect Nibbles into your snack time.

Here's what you'll need to make four ladybugs:

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



Directions:

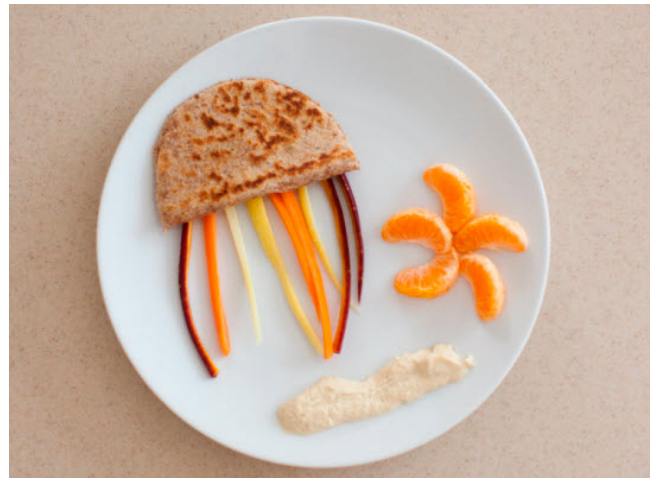
1. Spread cream cheese or hummus on each round cracker.
2. Cut cherry tomatoes into two or four pieces depending on the size of the tomato.
3. On the edge of each cracker, place a whole black olive with the hole facing up to form the ladybug's head.
4. Form wings by arranging two tomato pieces under the olive head.
5. Dice an olive into tiny pieces. Dot each wing with the pieces.
6. Form antennae by slicing slivers of celery and inserting two slivers into each olive.

J Is for Jolly Jellyfish Sandwich

It's not always easy to get children to eat food that is good for them, but this easy-to-assemble lunch combines wholesome ingredients with a cute design that's as much fun to put together as it is to eat. And I'll bet you've never had a jellyfish for lunch before!

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

- ½ sandwich round or pita pocket
- Your favorite sandwich filling
- 10-12 long slivers of multicolored heirloom carrots
- 5 sections of an orange
- 1-2 tablespoons of hummus



Directions:

1. Fill sandwich round or pita pocket with your favorite sandwich filling.
2. Position sandwich at upper edge of plate.
3. Create jellyfish tentacles with slivered carrots.
4. Position five orange sections to create a starfish shape.
5. Spread hummus on bottom of plate to make a sandy ocean floor.

J Is for Juicy Jiggly Cups

This combination of kid favorites is sure to be a hit with your little ones. Juicy Jiggly Cups are made with 100% fruit and fruit juice, so they're not only refreshingly yummy, they're healthy too.

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

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



Directions:

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.

K Is for Kiwi Kabobs

Kiwi Kabobs combine a few of the foods that kids love best with some hands-on fun. And because they're made with wholesome ingredients, you don't have to worry about adding this yummy snack to your little one's menu.

Here's what you'll need to make two kabobs:

- 2 slices of bread
- 1 tablespoon peanut butter
- 1 tablespoon jelly
- 8 red grapes
- 1 kiwi fruit
- 2 wooden skewers
- Star-shaped cookie cutter

Directions:

1. Make a peanut butter and jelly sandwich.
2. Peel and slice the kiwi fruit.
3. Cut star shapes from the sandwich and the kiwi fruit slices.
4. Create kabobs by alternating pieces of sandwich, kiwi, and grapes on the skewers.



K Is for Kooky Kite Lunch

We've taken pretty standard lunchtime ingredients, including a sandwich, fruit, and veggies, and put them together in a way that your preschooler is going to adore. This is more than a snack—it's lunch!

Here's what you'll need to make one kite lunch:

- 2 slices of sandwich bread
- your favorite sandwich filling
- 1 piece of string cheese
- 1 navel orange
- 1 stalk of celery
- 1 carrot

Directions:

1. Make a sandwich using your favorite sandwich filling.
2. Slice the corners off the sandwich to form the shape of a kite.
3. Cut a thick slice from the center of a navel orange.
4. Slice a stalk of celery into 8-10 long, thin strips.
5. Cut a carrot into 8-10 thin strips.
6. Pull apart a piece of string cheese to create two short and one long string.
7. Place the sandwich near the top of the plate. Add cheese strings to create kite ribs and kite string.
8. Position the orange and carrot strips to form the sun.
9. Position the celery to form grass.



L Is for Ladybug Lollipops

Nothing says summer like watermelon and ladybugs, so why not put them together? These cute creepy-crawlies are easy to make and fun to eat. Made with healthy foods that kids love, this snack will make you happy too!

Here's what you'll need to make two ladybug lollipops:

- 1 ½- to 2-inch thick slice of watermelon
- 2 wood skewers or large popsicle sticks
- 3 strips fruit leather
- 6-8 chocolate chips
- 2 blueberries



Directions:

1. Use a cup or mug to cut two circular ladybug bodies from watermelon.
2. Cut 12 L-shaped legs from fruit leather.
3. For each ladybug, insert skewer through watermelon circle until it pokes out of the top.
4. Attach one blueberry to the skewer to form ladybug's head.
5. Press 3-4 chocolate chips into watermelon to form ladybug's spots.
6. Insert L-shaped fruit leather pieces into sides of watermelon to create ladybug's legs.

L Is for Lemonade 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? These Lemonade Squares mix up 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



Directions:

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

L Is for Lucky Leprechaun Lunch

With this holiday-inspired recipe, your children will have fun creating and eating a great veggie snack, learning about St. Patrick, and practicing the letter L—all at the same time. And with a little luck, this sweet leprechaun will be able to get your preschooler to eat all his veggies.

Here's what you'll need to make one leprechaun:

- Small bowl
- ½ cup ready-made ranch dressing
- Green pepper
- 3-4 black olives
- 7-8 baby carrots

Directions:

1. Fill bowl with ranch dressing.
2. Arrange a carrot beard around bottom of bowl.
3. Slice each black olive into 3 or 4 thin round slices.
4. Cut and arrange green pepper pieces to form hat.
5. Create a face with slices of olive and green pepper.
6. Decorate hat with a small square of carrot.
7. Arrange remaining olive slices around leprechaun.



M Is for Marvelous Mittens

If your little monkey is always clamoring for a snack, then this recipe is just what the monkey ordered! These fun snack crackers are easy to assemble and yummy to eat.

Here's what you'll need to make two pairs of marvelous mittens:

- 4 slices of sandwich bread
- 1 tablespoon butter
- 2 eggs
- ½ cup milk
- ¼ teaspoon vanilla extract
- 2 tablespoons cinnamon and sugar mixture



Directions:

1. Cut four mittens from slices of sandwich bread with a mitten-shaped cookie cutter.
2. Whisk together eggs, milk, and vanilla.
3. Melt butter in a skillet.
4. Dip both sides of each mitten into the egg mixture and place on hot skillet.
5. Cook both sides of mittens until golden brown.
6. Sprinkle warm mittens with cinnamon and sugar mixture.
7. Garnish with seasonal fruit and enjoy!

M Is for Mice Munchies

After you're done creating this fun snack, you might have to abandon the "don't play with your food" rule. These adorable and edible vermin are just begging to be played with.

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

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



Directions:

1. Slice a sliver off the side of each strawberry so they will sit flat on a plate.
2. For each strawberry, press three chocolate chips into the tapered end to form eyes and nose.
3. Insert two slivered or slice almonds to form ears.
4. Arrange strawberries on a plate. Place one licorice string tail behind each mouse.
5. Place cheese triangles in front of each mouse.

M Is for Monkey Mayhem Crackers

If your little monkey is always clamoring for a snack, then this recipe is just what the monkey ordered! These fun snack crackers are easy to assemble and yummy to eat.

Here's what you'll need to make four monkeys:

- 4 round snack crackers
- 2 tablespoons peanut butter
- 1 sliced banana
- 8 O-shaped cereal pieces
- 4 smile-shaped pretzel pieces
- 8 chocolate chips

Directions:

1. Spread crackers with peanut butter.
2. Position one banana slice on the bottom edge of each cracker.
3. Place two chocolate chips above each banana slice to form eyes.
4. Position two cereal O's on each side of cracker to form ears.
5. Place pretzel piece on banana slice to form mouth.



N Is for Nutty Apple Nachos

It's like eating a caramel apple, but with less mess! Nutty Apple Nachos provide a winning combination of crisp apples, smooth nut butter, crunchy granola, and chocolate chips that will be a major win for moms and kids alike!

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

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

Directions:

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



O Is for Obvious Octopus Hotdog

Like all our ABC Snacks, this quick and easy lunch also doubles as an engaging hands-on educational activity that you can share with your preschooler. Learning about the letter O has never been so much fun.

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

- 1 hotdog
- Pickle relish, ketchup, and mustard to garnish



Directions:

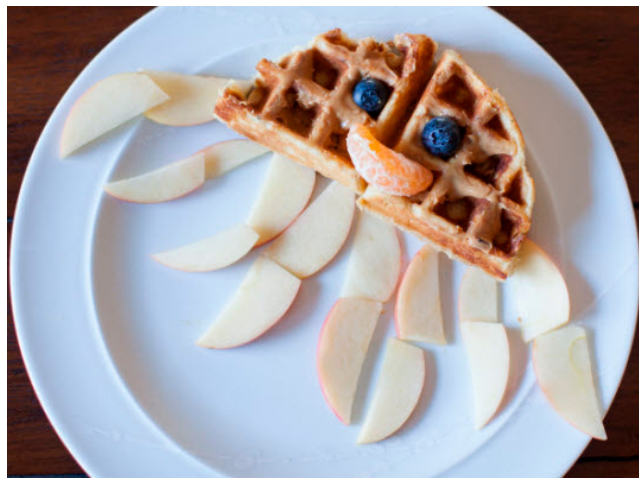
1. Boil hotdog until heated through and remove from water.
2. Spread a layer of relish on a plate. Add ribbons of ketchup and mustard as desired.
3. Slice hotdog lengthwise about two-thirds of the way up. The top will be the octopus head.
4. Slice each of the halved sections in half, and then in half again to form eight appendages—six arms and two legs. (Did you know that's what an octopus has?)
5. Arrange the octopus over the relish, with arms and legs spread beneath it.
6. Apply a mustard face to the octopus with a toothpick.

O Is for Odd Octopus Waffle

Octopuses may look a little odd, but this smiley guy seems ready for some fun! Made with a combination of crunchy waffle, peanut butter, and fruit, our odd octopus is tasty enough to make *any* preschooler happy!

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

- ½ round waffle
- 2 tablespoons peanut butter
- 2 large blueberries
- 1 clementine section
- 1 apple, cored and sliced



Directions:

1. Prepare waffle and cut in half.
2. Place waffle flat side down on the upper edge of a large plate.
3. Spread waffle with peanut butter.
4. Arrange apple slices under flat edge of waffle to form arms.
5. Position two blueberries on waffle to form eyes.
6. Position clementine section to form mouth.

P Is for Papa Polar Bear Toast

Our Papa Polar Bear Toast recipe is easy to make, but is wholesome and hearty enough to be part of your little one's lunch or breakfast on a blustery day. This papa bear and his roly-poly twins are going to work their way right into your child's heart ... and her tummy.

Here's what you'll need to make

Papa and his cubs:

- 2 slices sandwich bread
- 1-2 tablespoons soft cream cheese
- 1 banana, sliced
- 11 blueberries

Directions:

1. Use a small cup to cut two circles from a slice of bread.
2. If desired, toast the whole slice of bread and the two circles.
3. Spread soft cream cheese on toasted bread.
4. Position banana slices to form the bears' ears and snouts.
5. Position blueberries to complete the bears' faces.



P Is for Peaceful Pond Bites

Here's an adorable snack that will let your child's creative juices flow. These Peaceful Pond Bites are healthy, delicious, and so much fun to make—a winning combination for your active preschooler.

Here's what you'll need to make three ponds:

- 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
- 8-10 goldfish crackers
- Veggies and herbs such as broccoli, celery, chives, parsley, bell peppers, etc.



Directions:

1. Mix one drop of blue food coloring into whipped cream cheese.
2. Spread one tablespoon of blue cream cheese on each popped rice cake to form ponds.
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.

P Is for Pretty Patriotic Parfaits

Perfect as a snack on any patriotic holiday, this parfait is all kinds of yummy. With sweet and crunchy layers of red, white, and blue fruit, our Pretty Patriotic Parfaits honor our American heritage while feeding your tummy.

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

- 3 large strawberries, sliced
- ½ banana, sliced
- ¼ cup vanilla yogurt
- ¼ cup blueberries
- ½ cup granola

Directions:

1. In a small, clear glass, alternately layer bananas and strawberries, spooning in yogurt and sprinkling granola between layers.
2. Top with yogurt, blueberries, and remaining granola.
3. Dig in!



Q Is for Quick & Quirky Quesadillas

Here's a quirky twist on a traditional Mexican snack classic. It's like a personal-sized pizza dressed up in a quesadilla's clothing! This snack is quick and easy to create and delicious to eat on a blustery autumn day!

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

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



Directions:

1. In medium skillet, fry pepperoni 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 3-4 minutes on each side or until cheese is melted and tortillas are lightly browned and crispy.

R Is for Roarin' Road Racer

Created from healthy ingredients like bread, cheese, apples, and cucumbers, Roarin' Road Racer is more than a snack—and it just might be as much fun to play with as it is good to eat. Your little one won't be able to resist taking it for a drive!

Here's what you'll need to make one racer snack:

- 1 slice of bread
- 2 tablespoons hummus or cream cheese
- 2-3 cheese slices
- 1 green apple
- Cucumber slices

Directions:

1. Cut two cheese slices into narrow strips.
2. On a dinner plate, create a curvy road with long strips of cheese.
3. Create a center line with short strips of cheese.
4. Cut off the upper corners of a piece of bread to form the shape of a car.
5. Spread hummus or cream cheese on bread.
6. Create the car's features (window, door, headlights, taillights) with pieces of cheese.
7. Position two cucumber slices as wheels.
8. Create three bushes from slices of green apple. Position them along the road.



R Is for Rockin' Rainbow Skewers

These Rockin' Rainbow Wraps promise to deliver a pleasing meal for even the most picky preschooler! Make your skewers with the ingredients listed below or let your little one experiment with his own colorful add-in ideas.

Here's what you'll need to make eight rainbow skewers:

- 8 wooden skewers
- 4 strawberries sliced in half
- 11 oz can mandarin oranges
- 8 oz. can pineapple chunks
- 1 kiwi sliced into 8 chunks
- 8 purple grapes
- 8 blackberries
- 1 cup vanilla yogurt

Directions:

1. Place sliced up fruit on a cutting board next to a stack of wooden skewers.
2. Arrange ingredients on the skewer in the shape of a rainbow. From top to bottom add
 - Red fruit chunks
 - Orange fruit chunks
 - Yellow fruit chunks
 - Green fruit chunks
 - Blue or purple fruit chunks
3. Serve with a cup of vanilla yogurt for dipping. Enjoy!



S Is for Salute Our Soldiers Snack

Whether it's Memorial Day or Veterans Day, this adorable snack is the perfect way to remember and salute the men and women who have served our country as soldiers. It's delicious and easy to assemble, too!

Here's what you'll need to make one soldier snack:

- 1 small flour tortilla
- ¼ cup shredded mozzarella cheese
- ½ small green tortilla
- Black olives
- Pretzel sticks



Directions:

1. Preheat oven to 400°.
2. Place white flour tortilla on a cookie sheet lined with parchment paper.
3. Evenly distribute ¼ cup shredded mozzarella cheese on tortilla.
4. Create a helmet by placing half of a green tortilla over the cheese and flour tortilla.
5. Create eyes, nose, and mouth with slices of black olives.
6. Bake for 10 minutes or until cheese is melted and bubbly.
7. After removing from the oven, create helmet buckles with two 3-inch pretzel sticks.

S Is for Snazzy Snail Snack Bites

You might not be able to get your preschooler to eat escargot, but these bite-sized snail sandwiches will disappear faster than you can say Snazzy Snail Snack Bites! And if you throw in a few extra grapes and a handful of pretzels, this snack can easily become a filling lunch for a hungry preschooler.

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

- 2 slices of bread, crusts removed
- 3 teaspoons peanut butter
- 3 teaspoons jelly
- Red grapes
- Mini pretzel sticks

Directions:

1. Flatten bread slices 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 thinly sliced "snails."
5. Lay the slices on a plate and garnish each snail with a red grape and two pretzels to create a head.



S Is for Sunny Summer Smiles

Kids love eating fruit on a hot summer day, and this cool and refreshing snack will bring a smile to their lips. Made entirely of fruit, this sunny summer smile is fun to make *and* good to eat.

Here's what you'll need to make one sunny snack:

- 1 thick center slice of navel orange
- 2-3 large strawberries, sliced
- 2-3 blackberries or blueberries



Directions:

1. Place navel orange slice in center of plate.
2. To create sun's rays, arrange strawberry slices around orange slice.
3. Create a sunny smile with slices of blackberry or whole blueberries.

SH Is for Shamrocks & Sherbet

Everyone knows that leprechauns love silly shenanigans, so don't be surprised if silliness ensues while your little leprechauns make and eat these fun St. Patrick's Day snacks.

Here's what you'll need to make

10-12 shamrock chips:

- Shamrock-shaped cookie cutter
- 1-2 large green spinach tortillas or wraps
- Cooking spray
- Salt
- ¼ cup hummus or your favorite chip dip



Directions:

1. Cut shamrocks from spinach tortillas with cookie cutter.
2. Lay shamrocks and leftover pieces of tortilla on a baking sheet.
3. Spray pieces with cooking spray and sprinkle with salt and your favorite herbs or seasonings.
4. Bake at 375° for 7-10 minutes or until lightly browned and crispy.
5. Serve with your dip.

Here's what you'll need to make one sherbet float:

- 2 scoops lime sherbet
- 8-12 ounces lime soda
- Lime slices
- Maraschino cherries

Directions:

6. Add two scoops of lime sherbet to tall drinking glass.
7. Pour 8-12 ounces of lime soda over sherbet.
8. If desired, decorate with lime slices and maraschino cherries.

SH Is for Showy Sheep Snack

Let your little one practice the sound that SH makes with this tasty snack. This showy sheep recipe brings together crisp veggies and creamy cottage cheese to create a snack that is rich in nutrients and big in taste.

Here's what you'll need to make one sheep snack:

- ½ cup cottage cheese
- 1 slice white cheese
- 1 stalk celery, sliced into 3-inch strips
- 1 small carrot, sliced into rounds
- blueberries



Directions:

1. Place cottage cheese on a plate to form sheep's body and tail.
2. Cut an oval from cheese slice to form sheep's head.
3. Cut two rectangles from cheese slice to form legs.
4. Cut a triangular notch from the end of each leg to form hooves.
5. Position sheep's head and legs on cottage cheese.
6. Position small pieces of cheese to form ears.
7. Use a blueberry for sheep's eye.
8. To create grass, position celery slices side by side at the bottom of the plate.
9. Position several carrot rounds on celery to form flowers.
10. Top each carrot round with a blueberry.

T Is for Tasty Towering Trees

Here's a fun snack to enjoy after an afternoon of raking leaves. Created with a tasty combination of sweet fruit and salty crunch, this perfect autumn treat is easy to build and fun to eat. In fact, your preschooler will *love* making these colorful leaves disappear!

Here's what you'll need to make one tree snack:

- 1 pretzel rod
- 15-20 pretzel sticks
- 15-20 red and green grapes, halved
- Parchment paper

Directions:

1. Place a sheet of parchment paper on a large baking sheet.
2. Create a tree trunk and branches with pretzel rod and pretzel sticks.
3. Create the base of the tree with three or four pretzel sticks.
4. Add tree leaves by positioning grape halves around branches.
5. Scatter a few fallen leaves (red grapes) around the base of the tree.



T Is for Tasty Turtle Treats

Kids love turtles, and your little ones will love everything about this little guy. It's easy to make, cute to look at, and delicious to eat—what's not to love?

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



Directions:

1. Lay apple slices on a plate.
2. Cut three grapes into round slices.
3. Position five grape slices on each apple slice to form turtle's shell.
4. To create heads, position half a grape at one end of each apple slice.
5. To create faces, use a food decorating pen or press mini chocolate chips into grape head.
6. To create legs, cut six grapes in half and position around each apple slice.
7. To create tails, cut three triangular slivers of grape and place behind each apple slice.

U Is for Upside-down Peach Cake

Upside-down Peach Cake may not be the prettiest snack in our cookbook, but it's definitely one of the sweetest. And with only four ingredients, it will be an easy and delicious addition to your fall festivities!

Here's what you'll need to make one 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.

Directions:

1. Preheat oven to 375°.
2. Pour peaches and syrup into 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.

U Is for Uppity Umbrella Snack

This fruity snack is the perfect lunch to brighten up a rainy day. Yummy fruit and a cloud-shaped sandwich promise to make this a favorite with even the most persnickety preschoolers. And rain or shine, this creative snack is healthy enough to keep *you* happy, too.

Here's what you'll need to make one umbrella snack:

- 1 red apple
- 12 blackberries
- 1 slice green bell pepper
- 2 slices of bread
- Your favorite sandwich ingredients



Directions:

1. Cut an apple in half lengthwise.
2. Remove the core and seeds from one half of the apple.
3. Cut a slice off the bottom of the apple to create an umbrella shape.
4. Peel the apple in vertical stripes.
5. Place the apple on a plate with the flat side down.
6. Place a slice of green bell pepper under the apple to create the umbrella handle.
7. Make a sandwich from your favorite sandwich fixings.
8. Cut the crust off your sandwich to create a cloud shape.
9. Place the cloud on the plate above the umbrella.
10. Sprinkle blackberry raindrops around the plate.

V Is for Very Valentine-y Pizza

Kids love pizza, and this pizza is extra special. Not only will your preschooler enjoy creating and eating his very own Valentine-y pizza—it's a great way to warm up on a chilly February day!

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

- 1 large flour tortilla
- 2 tablespoons pizza sauce
- ¼ cup shredded mozzarella cheese
- Pepperoni slices



Directions:

1. Preheat oven to 400°.
2. Using scissors, cut tortilla into heart shape.
3. Cut pepperoni slices into heart shapes.
4. Spread pizza sauce on tortilla.
5. Evenly distribute mozzarella cheese over sauce.
6. Place 4-6 slices of pepperoni over cheese.
7. Place pizza on cookie sheet and bake for 10-15 minutes, or until cheese is melted and bubbly.

V Is for Veggie Face Pizza

Getting preschoolers to eat vegetables isn't always easy. But kids love pizza and our Veggie Face Pizzas will help make eating veggies more fun, even for your pickiest eaters. Get creative—and may the best face win!

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



Directions:

1. Preheat oven to 350°.
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 for approximately 10-15 minutes or until cheese is melted and bubbly.

W Is for Waffling Walrus Waffle

Made from delicious ingredients, this nutritious breakfast treat is bound to please even the pickiest preschooler. And there's no waffling about it—a tasty waffle, crunchy cereal, cream cheese, and some berries are always a winning combination.

Here's what you'll need to make one walrus:

- 1 round waffle
- 2 tablespoons cream cheese or nut butter
- 3 blackberries or blueberries
- 2 narrow apple wedges
- $\frac{1}{4}$ cup O's cereal

Directions:

1. Prepare a round waffle.
2. Spread cream cheese or nut butter on waffle.
3. Position berries to create eyes and nose.
4. Position apple wedges to form walrus tusks.
5. Cover bottom half of waffle with O's cereal to form walrus beard.



W Is for Wind on the Water

Sailboats, seagulls, and saltwater ... it's the best that summer has to offer! Featuring healthy, kid-friendly foods, our crafty sailboat snack brings it all to a dinner plate near you.

Here's what you'll need to make one sailboat snack:

- 1 slice of bread
- 1 slice white cheese
- 1 pretzel stick
- Yellow bell pepper
- Cucumber
- 1 cup blackberries or blueberries



Directions:

1. Remove crusts from bread and trim all edges to create a square piece of bread. Cut in half diagonally.
2. Cut one piece in half again to form sails. Cut the bottom off large piece to form sailboat.
3. Cut cheese slices to the same size and shape as the bread pieces. Arrange cheese on bread.
4. Create sailboat and sails by positioning bread slices around pretzel stick as shown.
5. Cut cucumber slice to form portholes and tip of mast.
6. Cut one triangular piece of yellow bell pepper to form flag.
7. Cut small pieces of yellow bell pepper with rib to form seagulls.
8. Arrange blackberries or blueberries to form water around the sailboat.

X Is for X-citing X-ray Skeleton

Like most of the recipes in our ABC Snacks cookbooks, this X-citing X-ray Skeleton pairs healthy eating with a hands-on activity that even preschoolers can help create. And this slightly creepy snack has arrived just in time for your autumn costume party!

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

- Assortment of veggies (we used red bell pepper strips, celery sticks, baby carrots, grape tomatoes, and cauliflower)
- 1 small cucumber, thinly sliced
- 2-4 small mushrooms, thinly sliced
- 2 black olive slices
- 1 dark green lettuce leaf
- ¼ cup ranch veggie dip

Directions:

1. Position small bowl of vegetable dip at the top of a cookie sheet or other rectangular pan to form 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 7-10 cucumber slices in a line below the head.
4. Create the pelvis with 7-10 mushroom slices.
5. Create arms, legs, and ribs with an assortment of veggies.
6. Create hands and feet with baby carrots, placing small broccoli or cauliflower florets at the end of each to form fingers and toes.
7. Create eyes, nose, and mouth with olive slices and other small veggie bits arranged in the dip.



Y Is for Yummy Yogurt Parfaits

Yummy Yogurt Parfaits are super-easy to create and are filled with healthy ingredients that kids love. Of course, they'll make a great snack, but these colorful parfaits would be perfect for breakfast or as part of a nutritious lunch.

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

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



Directions:

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

Z Is for Zany Zucchini Muffins

Go grab the last zucchini from the garden before the first frost arrives, because this sweet snack just wouldn't be the same without it! Made with grated zucchini, chunks of apple, and a dash of apple juice, these fun muffins aren't just scrumptious—they're good for you, too.

Here's what you'll need to make 12-14 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 or cooking spray



Directions:

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 grated apple into dry mixture.
5. In a second bowl, beat together eggs, vanilla, apple juice, and oil.
6. Stir wet mixture into 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 for 20 minutes.

Z Is for Zebra-striped Popcorn

Of all our snacks, I think this one is Ziggy Zebra's favorite! Our zebra-striped popcorn combines white popcorn and chocolate stripes for a yummy snack that's fit for a zebra—or a couple of hungry preschoolers.

Here's what you'll need to make five cups of striped popcorn:

- $\frac{1}{4}$ cup of popcorn kernels (makes approximately 5 cups popped corn)
- $\frac{1}{2}$ cup dark chocolate chips
- Parchment paper (optional)



Directions:

1. Pop the corn kernels using your favorite method.
2. Cover a cookie sheet or baking pan with parchment paper.
3. Spread popcorn in an even layer on cookie sheet.
4. Melt dark chocolate chips in a double boiler.
5. Dip a spoon into the melted chocolate and drizzle "stripes" over the popcorn.
6. Allow chocolate to harden.
7. Break up zebra-striped popcorn into chunks and enjoy!

ABC Snacks: Tips for Working on Pre-Reading Skills

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 sheet 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 and 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: "Wind on the Water. *Wind* starts with W!"
- Have your child search for the featured letter, both uppercase and lowercase, in the snack recipe.



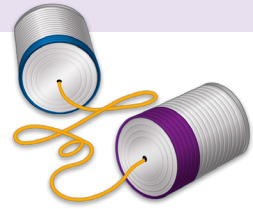
Phonological Awareness

- Say the name of the recipe you are preparing and emphasize the first sound of the words in the title. For example: "V...v...*veggie pizza* starts with /v/!"
- 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, spoon, 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: Picture Books

Pair your snack recipe with a picture book! Below are some suggestions for each recipe.

Ants-Go-Munching

The Ants Go Marching by Dan Crisp

Appetizing Alligator Veggies & Dip

There's an Alligator Under My Bed

by Mercer Mayer

Beautiful Butterfly Snack

Butterfly Butterfly: A Book of Colors

by Dan Crisp

Bobbing Banana Boy

Maisy Goes Swimming by Lucy Cousins

Buzzing Bumblebee

Buzzy the Bumblebee

by Denise Brennan-Nelson

Candy Corn Cups

Julius's Candy Corn by Kevin Henkes

Cheery Chicks

Are You My Mother? by P.D. Eastman

Cheesy Mac Bites

Macaroni and Cheese, Hot Dogs and Peas

by Christine Hickson

Creeping Caterpillar Sandwich

The Very Hungry Caterpillar by Eric Carle

Crew in a Canoe

Who Sank the Boat? by Pamela Allen

Delicious Dirt Cups

Dirt: The Scoop on Soil

by Natalie M. Rosinsky

Dynamic Dads Toast

Daddy Hugs by Nancy Tafuri

Emperor's Eggs

The Emperor's Egg by Martin Jenkins

Excellent Egg Salad Sandwich

The Odd Egg by Emily Gravett

Fancy Flakes

The Snowy Day by Ezra Jack Keats

Fantastic Fruity Flags

The Pledge of Allegiance by Scholastic Inc.

Fun-lovin' Fish in a Stream

A Swim through the Sea by Kristin Joy Pratt

Gobble, Gobble Turkey Snack

Bear Says Thanks by Karma Wilson

Grilled Grapey Cheese Sandwich

Lousy Rotten Stinkin' Grapes

by Margie Palatini

Handy Hammy Roll-ups

Green Eggs and Ham by Dr. Seuss

Happy Homerun Hitter

Curious George at the Baseball Game

by Anna Grossnickle Hines

Have a Heart Egg Sandwich

The Day It Rained Hearts by Felicia Bond

Icky Insects

Bugs A to Z by Caroline Lawton

Instant Insect Nibbles

The Grouchy Ladybug by Eric Carle

Jolly Jellyfish Sandwich

Peanut Butter and Jellyfishes

by Brian P. Cleary

Juicy Jiggly Cups

Cloudy With a Chance of Meatballs

by Judi Barrett

Kiwi Kabobs

Kiwi Simile by M. C. McNellis

Kooky Kite Lunch

Stuck by Oliver Jeffers

Laughing Ladybug Lollipops

Little Ladybug by Chronicle Books

Lickety-Split Lemonade Squares

Maisy Makes Lemonade by Lucy Cousins

Lucky Leprechaun Lunch

Patrick: Patron Saint of Ireland

by Tomie dePaola

Mice Munchies

Alexander and the Wind-Up Mouse

by Leo Lionni

Monkey Mayhem Crackers

Caps for Sale: A Tale of a Peddler, Some Monkeys and Their Monkey Business

by Esphyr Slobodkina

Nutty Apple Nachos

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

Obvious Octopus Hotdog

The Pigeon Finds a Hot Dog! by Mo Willems

Odd Octopus Waffle

Good Thing You're Not an Octopus!

by Julie Markes

Papa Polar Bear Toast

Polar Bears by Mark Newman

Peaceful Pond Bites

Memoirs of a Goldfish by Devin Scillian

Pretty Patriotic Parfaits

Corduroy's Fourth of July by Don Freeman

Quick & Quirky Quesadillas

C is for Cooking by Susan McQuillan

Roarin' Road Racer

That's Not My Car by Fiona Watt

Rockin' Rainbow Wraps

A Rainbow of My Own by Don Freeman

Salute Our Soldiers Snack

The Wall by Eve Bunting

Shamrocks & Sherbet

Jamie O'Rourke and the Big Potato

by Tomie dePaola

Showy Sheep Snack

Sheep Out to Eat by Nancy Shaw

Snazzy Snail Snack Bites

Are You a Snail? by Judy Allen

Sunny Summer Smiles

You Are My Sunshine by Holly Hobbie

Tasty Towering Trees

Tree: A Peek-Through Picture Book

by Shel Silverstein

Tasty Turtle Treats

Yertle the Turtle and Other Stories

by Dr. Seuss

Ugly Upside-down Peach Cake

Peach Heaven by Yangsook Choi

Uppity Umbrella Snack

Umbrella by Taro Yashima

Very Valentine-y Pizza

Click, Clack, Moo I Love You!

by Doreen Cronin

Vivacious Veggie Face Pizza

Pete's a Pizza by William Steig

Waffling Walrus Waffle

Where's Walrus? by Stephen Savage

Wind on the Water

The Little Sailboat by Lois Lenski

X-citing X-ray Skeleton

Jessica's X-ray by Pat Zonta

Yummy Yogurt Parfaits

Yummy Yummy! Food for My Tummy!

by Sam Lloyd

Zany Zucchini Muffins

If You Give a Moose a Muffin

by Laura Numeroff

Zebra-striped Popcorn

Max and Tallulah by Beverley Gooding



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