



# Artful Snacks



by Marilyn LaPenta

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**by Marilyn LaPenta**

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**BEARPORT**  
PUBLISHING  
NEW YORK, NEW YORK

## Credits

All food illustrations by Kim Jones

Publisher: Kenn Goin

Senior Editor: Lisa Wiseman

Creative Director: Spencer Brinker

Design: Debrah Kaiser

### *Library of Congress Cataloging-in-Publication Data*

LaPenta, Marilyn.

Artful snacks / by Marilyn LaPenta ; consultant, Sharon Richter.

p. cm. — (Yummy tummy recipes)

Includes bibliographical references and index.

ISBN-13: 978-1-61772-307-0 (library binding)

ISBN-10: 1-61772-307-X (library binding)

1. Snack foods—Juvenile literature. 2. Cookbooks—Juvenile literature. 3. Cooking—Juvenile literature. I. Title.

TX740.L26 2012

641.5'3—dc23

2011019695

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For more information, write to Bearport Publishing Company, Inc., 45 West 21st Street, Suite 3B, New York, New York 10010. Printed in the United States of America in North Mankato, Minnesota.

073011

042711CGE

10 9 8 7 6 5 4 3 2 1



# Contents

<b>Making Artful Snacks</b> .....	<b>4</b>
<b>Getting Started</b> .....	<b>6</b>
<b>Cheese and Fruit Kebabs</b> .....	<b>8</b>
<b>Quick Peanut Butter Bars</b> .....	<b>9</b>
<b>Nutty Snack Mix</b> .....	<b>10</b>
<b>Healthy Lemon Hummus</b> .....	<b>11</b>
<b>Frozen Fruit Pops</b> .....	<b>12</b>
<b>Cheese Tortilla with Salsa</b> .....	<b>13</b>
<b>Party Pretzels</b> .....	<b>14</b>
<b>Bug Parade</b> .....	<b>15</b>
<b>Chocolate-Dipped Fruit</b> .....	<b>16</b>
<b>Apple Puzzle</b> .....	<b>17</b>
<b>Great Guacamole Dip</b> .....	<b>18</b>
<b>Deviled Egg Delights</b> .....	<b>19</b>
<b>Pizza Bites</b> .....	<b>20</b>
<b>Yogurt, Granola, and Fruit Creations</b> ...	<b>21</b>
<b>Healthy Tips</b> .....	<b>22</b>
<b>Glossary</b> .....	<b>23</b>
<b>Index</b> .....	<b>24</b>
<b>Bibliography</b> .....	<b>24</b>
<b>Read More</b> .....	<b>24</b>
<b>Learn More Online</b> .....	<b>24</b>
<b>About the Author</b> .....	<b>24</b>





# Making Artful Snacks

Get ready to make some of the yummiest snacks you'll ever put in your tummy! The delicious recipes in *Artful Snacks* are super easy to make. Many of them come with ideas for creating treats that are visually interesting as well as tasty. Once you make a recipe, try your own ideas for making the snack look like a work of art!

The great thing about making your own food is that you know exactly what goes into it. When you make your own snacks, for example, you can carefully choose healthy ingredients. You can limit items with **preservatives**, which are not always good for your body. You can also choose **low-fat** dairy products instead of full-fat items to make your snacks more heart healthy. Too many calories, especially from foods high in fat or sugar, may lead to **obesity**. Use the ideas on page 22 for making the healthy snacks in this cookbook even more nutritious.





# Getting Started

Use these cooking and safety tips, as well as the tool guide, to make the best snacks you've ever tasted.

## Tips

Here are a few tips to get your cooking off to a great start.

-  Quickly check out the Prep Time, Tools, and Servings information at the top of each recipe. It will tell you how long the recipe takes to prepare, the tools you'll need, and the number of people the recipe serves.
-  Once you pick a recipe, set out the tools and ingredients that you will need on your worktable.
-  Before and after cooking, wash your hands well with warm soapy water.
-  Wash fruits and vegetables with edible skins before using them in the recipes.
-  Put on an apron or a smock to protect your clothes.
-  Roll up long shirtsleeves to keep them clean.
-  Tie back or cover long hair to keep it out of the food.
-  *Very important:* Keep the adults happy by cleaning up the kitchen when you've finished cooking.

**PREP TIME** 10 Minutes Prep Time

**TOOLS** 

**SERVINGS** 2 Servings

**INGREDIENTS**

1 English muffin	1 tablespoon vegetables cut into small pieces (for example, cut up zucchini, or red bell pepper, or mushrooms) (optional)
3 tablespoons tomato sauce	
2 tablespoons shredded mozzarella cheese	

**Steps**

- 1 Split the English muffin with your hands.
- 2 With help from an adult, toast the muffin halves in the toaster until light brown.
- 3 Put each half on the microwave-safe plate.
- 4 Spoon 1½ tablespoons of sauce onto each toasted muffin half, spreading it evenly.
- 5 Using your fingers, sprinkle cheese on top of the sauce.
- 6 Sprinkle the vegetables on top.
- 7 Heat in the microwave for 40 seconds or until the cheese melts.
- 8 Using pot holders, carefully take the plate out of the microwave, and ask an adult to cut each muffin into halves or quarters so that you can share this tasty snack with a friend.

**RECIPE**

**Pizza means "pie" in Italian. The women of Naples, Italy, created pizzas over 300 years ago.**





## Be Safe

Cook safely by having an adult around to help with these activities:

-  Using a sharp knife or peeler
-  Using the stove, microwave, blender, food processor, toaster, or other electrical appliances
-  Removing hot pans from the oven (Always use pot holders.)
-  Frying foods on top of the stove (Keep the heat as low as possible to avoid burns from oil splatter.)



## Tools You Need

Many of the recipes in this book require a stove, refrigerator, toaster, or microwave oven. Most recipes also require four or five other common kitchen tools.\*

Sharp knife



Butter knife



Paring knife



Mixing spoon

Spoon



Wooden spoon

Serving spoon

Fork

Ice cream scoop



Scissors

Spatula



Masher



Small cookie cutters



Apple corer



Cutting board

Measuring spoons



Small bowl

Can opener

Colander



Measuring cups



Medium mixing bowl



Baking sheet



Small serving dish



Microwave-safe plate



9" X 9" baking pan



Double boiler (or 2 pots, one that fits inside the other)

Small plate



Serving bowl and tray



Medium frying pan



Pot



Stove



Toaster



Plastic wrap



Aluminum foil



Microwave



Pot holders



3-ounce paper cups



1-gallon plastic sealable bag



Wax paper



Blender



Tall glass

\*If you do not have a particular tool, you can usually substitute another. For example, if you do not have a particular kind of knife or spoon—another kind will often work just fine.

## Index

- apple 16, 17
- avocados 18
- bananas 15, 16
- celery 15
- cereal 10, 22
- cheese 8, 13, 15, 17, 20, 22
- chickpeas 11
- chocolate chips 14, 16
- dried fruit 9, 10, 15
- eggs 19
- English muffins 20, 22
- fruit, fresh or juice 8, 12, 15, 16, 17, 21, 22
- garlic powder 11, 18, 19
- granola 21
- honey 9
- lemon juice 11, 18
- mayonnaise 19, 22
- milk 19, 22
- nuts 9, 10, 14, 22
- olive oil 11
- paprika 19
- peanut butter 9, 11, 15, 17
- pita bread 11, 22
- pretzel 10, 12, 14
- rolled oats 9
- salsa 13
- sour cream 18, 22
- sunflower seeds 9, 10, 14
- tahini 11
- tomato, tomato sauce 13, 17, 20
- toppings 14, 16, 17
- tortilla 13, 22
- vegetables 8, 11, 13, 17, 18, 20
- waffle, waffle cone 21
- yogurt 14, 15, 21, 22

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## Read More

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**Wilensky, Amy.** *Healthy Snacks for Kids: Recipes for Nutritious Bites at Home or On the Go.* Guilford, CT: Knack (2010).

## Learn More Online

To learn more about making artful snacks, visit  
[www.bearportpublishing.com/YummyTummyRecipes](http://www.bearportpublishing.com/YummyTummyRecipes)

## About the Author

Marilyn LaPenta has been a teacher for more than 25 years and has published numerous works for teachers and students. She has always enjoyed cooking with her students, her three children, and her three grandchildren. Marilyn lives in Brightwaters, New York, with her husband, Philip.

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# Artful Snacks



When you make your own food, you are taking a giant step toward eating healthier. Plus, it's great fun!

The recipes in this book are all nutritious and dee-licious. Just follow the easy directions, and in no time at all, you and your friends will be enjoying fun-to-look-at, fun-to-eat snacks that are amazingly tasty works of art!

**Artful Snacks**

**Cool Cookies**

**Super 'Wiches**

**Way Cool Drinks**

**BEARPORT**  
PUBLISHING

[www.bearportpublishing.com](http://www.bearportpublishing.com)

ISBN-13: 978-1-61772-307-0



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