

Bunny Hoppers

- ¾ cup margarine
- 1 ¾ cups flour
- ½ cup packed light brown sugar
- ¼ cup honey
- 1 egg
- 1 teaspoon baking powder
- ½ teaspoon ground cinnamon
- ¾ teaspoon baking soda
- 1 teaspoon vanilla
- 2 cups rolled oats
- 1 cup finely shredded carrot
- ½ cup raisins

- These Bunny Hoppers will jump right down the rabbit hole – your kids’ mouths. But don’t tell them what that crunchy nutritious ingredient is.

MAKES 4 DOZEN

- Heat oven to 375°F. Using an electric mixer or a spoon, beat margarine until soft. Add flour, sugar, honey, egg, baking powder, cinnamon, baking soda, and vanilla. Beat well. Stir in oats, carrots, and raisins. Drop by rounded teaspoonfuls 2 inches apart onto an ungreased cookie sheet. Bake for 10-12 minutes, until golden.
- To store: These may be refrigerated in an airtight container for up to 1 week or frozen for up to 2 months.

Lizard Skins

What do you mean, your kids won’t eat anything green? They’ll love these Lizard Skins, which are just the right color green for a kid.

MAKES 16

Heat peanut butter with marshmallows in a large saucepan over low heat until melted (or melt in a large bowl in the microwave). Add green food coloring and mix in. Pour in cereal and stir quickly. Spray an 8-inch square pan with vegetable oil spray, then pour contents into the pan. Allow to cool in the refrigerator, then cut into long thin strips, about 1" X 4". Cut each raisin in half and stick on one of each strip to make the lizard’s eyes.

- ½ cup peanut butter (creamy or chunky)
- 1 12-ounce package marshmallows
- 2-4 drops green food coloring
- 4 cups Rice Krispies, Cheerios, or Corn Flakes cereal
- Vegetable oil spray
- 16 raisins

Pizza Cake

2 tablespoons pizza
sauce
1 rice cake
2 tablespoons grated
mozzarella, cheddar,
or Monterey Jack
cheese

- This quick and easy lunch is a piece of cake.
- Make that a Pizza Cake. Add toppings if you like or leave it plain. For more variety, substitute an English muffin, a bagel, or a warmed tortilla for the rice cake.

MAKES 1

- Heat oven to 350°F. Spoon sauce over rice cake. Sprinkle on cheese. Add any toppings you wish. Bake for 8-10 minutes or heat in microwave for 1-2 minutes, until cheese is bubbly.

Cheezers

It looks like a cookie, but it tastes like a cheese snack. Let the kids decide what it is.

MAKES 18

Heat oven to 350°F. Spray a cookie sheet with vegetable oil spray. Scoop cheese spread into a bowl and mix with margarine until smooth and creamy. Add flour and mix until smooth. Roll into ½-inch balls and place on cookie sheet. Bake for 15 minutes, until lightly browned.

To store: These may be refrigerated in an airtight container for up to 1 week.

- Vegetable oil spray
- 1 5-ounce jar
- processed cheese
- spread, such as
- Old English, American,
- or pimiento
- ½ cup (1 stick)
- margarine, softened
- 1 cup flour
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Yummers

Serves 6-8

- 1. Grate:
6 teaspoons of cheese
- 2. Add:
2 tablespoons of butter
10 teaspoons of flour
10 teaspoons of Rice Krispies
- 3. Form into little balls.
- 4. Bake at 375°F for 10 minutes.
- 5. Yummy!

*Note: This recipe is named after the storybook Yummers by James Marshall.

Three-in-One Chocolate Chip Cookies

MAKES ABOUT 8 SERVINGS (ONE 12-INCH COOKIE)

6 tablespoons butter or margarine,
softened
½ cup packed light brown sugar
¼ cup granulated sugar
1 egg
1 teaspoon vanilla extract
1 ½ cups all-purpose flour
½ teaspoon baking soda
¼ teaspoon salt
2 cups (12-ounce package)
HERSHEY'S Semi-Sweet
Chocolate Chips

- Beat butter, brown sugar and granulated sugar in large bowl until light and fluffy.
- Add egg and vanilla; beat well. Stir together flour, baking soda and salt; gradually blend into butter mixture. Stir in chocolate chips. Shape and bake cookies into one giant cookie.
- **Giant Cookie:** Prepare dough. Heat oven to 350°F. Line 12 X 5/8-inch round pizza pan with foil. Pat dough evenly into prepared pan to within ¾-inch of edge. Bake 15 to 18 minutes or until lightly browned. Cool; cut into wedges.

Freckle-Faced Bears

Vegetable oil spray
1 10-ounce package
refrigerator biscuits
¼ cup sesame or
sunflower seeds
36 raisins

- Even young children enjoy making their own
- Freckle-Faced Bears. But don't let them get too
- attached, or they won't eat their own creations!

MAKES 6

- Heat oven to 400°F. Spray a cookie sheet with
- vegetable oil spray. Separate biscuits. Cut three
- biscuits into sixths for ears and noses and leave six
- biscuits whole for heads. Roll larger dough pieces
- into balls, roll in seeds, then flatten slightly on cookie
- sheet to form heads. Round three small pieces to
- form two ears and one nose for each head and roll in
- seeds. Press an ear on either side of each head near
- the top. Press a nose into the center of the head.
- Press a raisin into the center of both ears and two into
- the center of the nose. Add two more above the nose
- to make eyes. Bake for 8-10 minutes, until golden
- brown.
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- **To store:** These may be refrigerated in an airtight •
- container for up to 1 week or frozen for up to 2
- months.

* **Note:** You can smuggle good nutrition into your snacks and meals in many sneaky ways. You might try adding shredded fruits or vegetables, wheat germ, seeds, or other nutritious additives to blender shakes, cheese dips, cookie dough, pizza dough, gelatin, hamburger, yogurt, noodle casseroles, pancake batter, peanut butter, scrambled eggs, egg salad, tuna salad, and veggie dips.

Breakfast Cookies

Vegetable oil spray
½ cup (1 stick), margarine,
softened
1/3 cup honey
1 egg
1/3 cup whole-bran cereal
¼ cup orange juice
1 ½ teaspoon vanilla extract
1 teaspoon cinnamon
1 cup flour
1 teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon salt
1/3 cup nonfat dry milk
1 cup rolled oats
1 cup chopped nuts
1 cup raisins

• Cookies for breakfast? You bet – when they're
• made the nutritious way.
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MAKES 3 DOZEN

• Heat oven to 350°F. Spray one or two cookie
• sheets with vegetable oil spray. Cream
• together margarine and honey in a large bowl.
• Beat in egg. Add bran, juice, and vanilla and
• mix well. Add flour, baking powder, baking
• soda, salt, dry milk, and oatmeal. Mix well.
• Stir in nuts and raisins. Drop tablespoonfuls 2
• inches apart onto cookie sheets. Bake for
• 10-12 minutes, until golden brown.

• To store: These may be refrigerated in an
• airtight container for up to 1 week or frozen
• for up to 2 months.

Cinnamon Twists

Ingredients:

1 12 ounce package canned
refrigerator biscuits
1 stick margarine, softened
1/3 cup sugar
1 teaspoon cinnamon
½ cup sifted powdered sugar
water
cookie sheet

Intructions:

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- 1. Separate biscuits. Flatten each into
• a four inch circle.
- 2. Spread each circle with about a
• teaspoon of margarine.
- 3. Combine sugar and cinnamon and
• sprinkle evenly over circle.
- 4. Cut circle in half. Place margarine
• sides together and twist. Place on
• cookie sheet.
- 5. Bake at 400° for 10 to 12 minutes,
• or until light golden brown.
- 6. Combine powdered sugar and water.
- 7. Drizzle over twists.

Incredible Edible Clay

Mix equal parts creamy peanut butter and nonfat dry milk. Knead in a handful of dry oatmeal. If desired, flavor with honey to taste. Your child can nibble while modeling, then eat the creations!

Note: Remember not to let your child eat straight peanut butter because of the possibility of choking.

Nutty Numbers

1. Mix:
 - ½ cup soft butter
 - 1 cup flour
 - ¼ cup honey
 - 1 cup wheat germ
2. Shape into numbers
3. Cover with chopped nuts. Gently press.
4. Bake at 350°F for 10 minutes.
5. Eat! Nice ‘n Nutty!

***Note:** To form numbers, roll “snakes”. Use a large number written on paper and covered with wax paper, as a guide.

Snacksicles

- 3 cups miniature marshmallows
- ¼ cup margarine
- ¼ cup creamy peanut butter
- 3 cups Honey Nut & Oat or similar cereal
- ½ cup raisins
- ½ cup sunflower seeds
- 10 ice cream sticks
- A snack-on-a-stick that’s fun to eat!
- **MAKES 10**
- Heat marshmallows and margarine in a large saucepan over low heat, stirring constantly, until marshmallows are melted and smooth (or melt in a large bowl in the microwave). Blend in peanut butter, then add cereal, raisins, and sunflower seeds and stir well. Let stand 2 minutes. Form mixture into 10 2-inch balls. Insert sticks into balls and let stand about 30 minutes in refrigerator.

To store: These may be refrigerated in an airtight container for up to 1 week.

Pizza Pinwheels

They look like pinwheels, but they taste like pizza.

MAKES 16

Heat oven to 350°F. Separate dough into four rectangles. Press perforation together to seal. Brush rectangles with pizza sauce. Place 8 salami slices on each rectangle. Sprinkle with cheese. Tightly roll up dough from a short side and pinch to seal. Slice each roll into four equal slices. Pinch dough together on one cut side of each slice to seal. Place on an ungreased cookie sheet sealed side down and bake for 20 minutes, until golden brown.

- 1 8-ounce package
- refrigerator crescent
- rolls (8 rolls)
- 1 cup pizza sauce
- 32 thin slices salami
- ½ cup shredded
- mozzarella cheese
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Happy Cookie Pops

- 1 ½ cups granulated sugar
- 1 cup butter-flavored solid vegetable shortening
- 2 large eggs
- 1 teaspoon vanilla extract
- 2 ¾ cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 1 ¾ cups “M&M’s” Chocolate Mini Baking Bits, divided
- Additional granulated sugar
- 2 ½ dozen flat wooden ice cream sticks
- Prepared frostings
- Tubes of decorator’s icing

MAKES 2 ½ DOZEN COOKIES

- In large bowl cream 1 ½ cups sugar and shortening until light and fluffy; beat in eggs and vanilla. In medium bowl combine flour, baking powder and baking soda; blend into creamed mixture. Stir in 1 ¼ cups “M&M’s” Chocolate Mini Baking Bits. Wrap and refrigerate dough 1 hour.
- Preheat oven to 375°F. Roll 1 ½ tablespoons dough into ball and roll in granulated sugar. Insert ice cream stick into each ball. Place about 2 inches apart onto ungreased cookie sheets; gently flatten, using bottom of small plate. On half the cookies, make a smiling face by placing some of the remaining “M&M’s” Chocolate Mini Baking Bits on the surface; leave other cookies for decorating after baking. Bake all cookies 10 to 12 minutes or until golden. Cool 2 minutes on cookie sheets; cool completely on wire racks. Decorate cookies as desired using frostings, decorator’s icing and remaining “M&M’s” Chocolate Mini Baking Bits.

To Store: In single layers in a tightly covered container.

Monkey Bars

They'll go ape for these Monkey Bars. And these make great lunchbox stuffers.

MAKES 2 DOZEN

Heat oven to 350°F. Spray a 9" X 13" pan with Vegetable oil spray. Stir together flour, oats, sugar, baking powder, cinnamon, baking soda, salt, and raisins in a large bowl. Add banana, milk, egg whites, and vanilla; beat until smooth. Spread batter into pan and bake until cake is golden brown, about 35-40 minutes. Serve warm or cool, cut into 2-inch squares.

To Store: These may be refrigerated in an airtight container for up to 1 week or frozen for up to 2 months.

- Vegetable oil spray
- 1/3 cup flour
- 1 cup quick-cooking oats
- 1/3 cup sugar or 1/4 cup honey
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking soda
- Dash salt
- 1/2 cup raisins
- 1 cup mashed banana
- 1/4 cup skim milk
- 2 egg whites
- 1 teaspoon vanilla extract
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