

Simple Home Made Snacks

The most simple and least time consuming snacks are drop cookies and muffins. These child- approved recipes are surprisingly low in sugar and are very simple to make!

MUFFINS:

Chocolate Zucchini Muffins

¼ c butter
½ c vegetable oil
½ c sour milk (1 ½ tsp lemon juice + ½ c milk- let stand 5 mins)
1 c sugar
2 eggs
1 tsp vanilla
2 ½ c all purpose flour
4 Tbsp cocoa
½ tsp baking powder
1 tsp baking soda
¼ tsp ground cinnamon
¼ tsp ground clove
2 c grated zucchini (peel if you want no green to show)
½ c chocolate chips

Mix all. Spoon into lined muffin tins. Bake at 325 degrees for 25 minutes (makes about 24) You can eliminate the chocolate chips if you want to avoid the extra mess or sugar.

Carrot, Apple, Coconut, Raisin Muffins:

1 ¼ cup sugar
½ cup butter
4 eggs
3 tsp cinnamon
½ tsp nutmeg
2 tsp vanilla
2 ½ cups grated carrots
1 ⅓ cup peeled finely chopped apples
⅔ cup finely grated fresh coconut
⅔ cup raisins (optional)
1 ⅓ cup all-purpose flour
1 cup whole wheat flour
2 tsp baking soda
2 tsp baking powder
⅔ cups plain yogurt

In food processor or large bowl cream together sugar and butter. add eggs, cinnamon, nutmeg, and vanilla. Beat well. Stir in carrots, apples, coconut and raisins.
In another bowl combine the rest of the dry ingredients. Add to batter alternately with yogurt, mixing till just combined. Use a large ice cream scoop to fill muffin tins lined with muffin papers.
Bake at 350F for about 25 mins. Makes about 24 muffins.

Banana Chocolate Chip Muffins:

4-5 ripe bananas, mashed
3/4 cup sugar
1/2 cup butter
2-3 eggs
1 cup unbleached all purpose flour
1/2 cup whole wheat flour
1/2 cup wheat germ
1/2 tsp salt
1 tsp baking soda
1/2 cup chocolate chips

Mix sugar and butter, eggs and bananas. Add dry stuff.
Fill lined muffin tins. Bake at 350F for 30 mins

Blueberry Muffins:

1 cup plain yogurt
1 large egg, lightly beaten
1/4 cup canola oil
1/2 tsp vanilla
2 cups all purpose flour
1/2 cup white sugar
1 tsp baking powder
1/2 tsp baking soda
1/4 tsp salt
1 1/4 cup fresh or frozen blueberries (don't thaw)
In a medium bowl whisk together wet ingredients. Add blueberries.
In a large bowl whisk together dry ingredients.
With a rubber spatula, fold wet into dry. Stir until just combined- don't over mix.
Use large ice cream scoop to fill muffin tins lined with papers.
Bake at 375F for 15-20 mins or till toothpick comes out clean. Transfer pan to wire rack to cool for 5 mins before removing muffins from tin.
Makes 12

Sweet Potato Muffins:

1 cup flour
1 cup whole wheat flour
1 cup sugar
2 tsp cinnamon
2 tsp baking soda
1/4 tsp salt
1 1/2 packed cups of coarsely grated sweet potato (orange)
1/2 to 1 cup raisins
1/2 cup vegetable oil
3 large eggs
2 tsp vanilla
1 apple coarsely grated
1/2 cup buttermilk

In a large bowl combine dry ingredients. Add yams and raisins, toss to combine. In medium bowl whisk wet ingredients. Add to yam mixture. Add apple. Stir till just combined- don't over mix.

Fill muffin tins lined with papers. Bake mid-oven at 350 degrees for 25-30 minutes. Makes about 12 muffins.

COOKIES:

Soft Pumpkin Cookies

Oven 350; 15-20 mins

3 3/4 cup flour	1 1/2 cup white sugar
1 1/2 tsp baking powder	3/4 cup brown sugar
1 1/2 tsp baking soda	1 small can pumpkin puree -(398 mL/ 14oz)
3 tsp ground cinnamon	2 eggs
3/4 tsp ground nutmeg	1 1/2 tsp vanilla extract
3/4 tsp ground clove	
3/4 tsp salt	
3/4 cup butter softened	

Preheat oven to 350 F/ 175 C.

Combine flour, baking powder, baking soda, cinnamon, nutmeg, clove and salt. Set aside.

In mixer, combine butter and sugars. Add pumpkin, egg and vanilla; beat till creamy.

Add dry ingredients. Drop on cookie sheets w/ parchment paper in tablespoonfuls. Flatten slightly. Bake for 15 to 20 minutes in preheated oven. Cool cookies, remove from trays. Makes about 95 cookies.

Oatmeal Chocolate Chip Cookies

Oven 375. 10-12 mins

3/4 cup butter
1 cup brown sugar
1 tsp baking powder
1/4 tsp baking soda
2 eggs
1 tsp vanilla
1 3/4 cups unbleached flour
2 cups large-flake oats
1/2 cup dark chocolate chips

Using a mixer and a large mixing bowl combine butter and sugar till smooth. Add baking powder and baking soda. Beat in the eggs and vanilla till combined. Beat in as much of the flour and oats as you can with the mixer. Add the rest and stir by hand if necessary. Stir in the rest of the oats and the chocolate chips.

Drop by spoonful, not too large (2 Tbsp), on a parchment lined cookie tray. Bake at 375 degrees for 10-12 minutes or till edges and bottoms are golden. Makes about 48.

Stove top Chocolate Coconut Cookies

2 cups brown sugar
1/2 cup milk
1 tsp vanilla
3 cups rolled oats
1 cup unsweetened grated coconut
1/2 cup cocoa
pinch of salt

In a large pot on the stovetop, medium heat, mix milk, butter and sugar. Stir often and bring to a boil. Boil for 5 minutes, stirring almost constantly. Remove from heat and add the rest of the ingredients. Let cool a bit. Drop by spoonful onto parchment paper lined cookie sheets. Let cool completely.

OTHER:

Cheerios/ Trail Mix Bars

4 cups Cheerios or other o-shaped oat cereal
3 cups nut-free trail mix (sunflower seeds, pumpkin seeds, raisins, cranberries, dried fruit- no candy)
1/4 cup butter
1 cup brown sugar

1/2 cup corn syrup (or brown rice syrup for a slightly healthier option)
2 Tbsp flour

Grease a 9"x13" baking dish. In a large mixing bowl combine Cheerios and trail mix. In a sauce pan on the stove top melt the butter on medium heat, add the brown sugar, corn syrup and flour. Bring to a boil, stirring often. Boil for 1 minute stirring constantly. Pour over trail mix and cheerio mixture and stir till evenly coated. Pour mixture into greased baking dish and flatten with a greased spatula. Cool completely and cut into bars. Wrap individual bars with plastic wrap.

Puffed Wheat Squares

1 cup brown sugar
1/2 cup butter
1/2 cup corn syrup
4 Tbsp cocoa
8 cups puffed wheat

In a large pot on the stove top, on medium, bring the first 4 ingredients to a boil, stirring often. Remove from heat and add puffed wheat. Pressed into a greased 9"x13" baking dish. Cool completely. Cut into squares.

Rice Krispie Squares

1/4 cup butter
40 marshmallows
1/2 tsp vanilla
5-6 cups Rice Krispies or other crisp rice cereal

In a large glass bowl in the microwave melt the marshmallows and butter. (heat for 1 minute, stir, heat for 1 minute, stir) Stir in vanilla and rice cereal. Press into a greased 9"x13" baking dish. Cool completely. Cut into squares. Can also be rolled into logs in plastic wrap, refrigerated, then cut into slices like cookies.

Healthy Rice Crispy Squares (Vegan)

Author: Detoxinista.com

Serves: 16

A healthier and tastier alternative to the popular crisp rice cereal treat!

Ingredients

2/3 cup brown rice syrup
1/4 cup coconut oil
1 teaspoon vanilla extract
1/4 teaspoon sea salt

4 cups brown rice crisp cereal

Combine the coconut oil and brown rice syrup in a saucepan over medium heat, and bring the mixture to a rolling boil. Boil for one minute, then remove from the heat and stir in the vanilla extract and salt. Pour the cereal into a large mixing bowl and stir in the boiled syrup mixture until the cereal is well-coated.

Line a 9-inch baking sheet with parchment paper to prevent sticking, then spread the coated cereal in the pan. Use an additional piece of parchment paper over the top of the cereal, to keep your hands from getting sticky, then press HARD to pack the cereal tightly into the bottom of the pan. The harder you press, the better.

Place the bars into the freezer to cool for 45 minutes, then remove the pan and bring the bars to room temperature. Slice and serve!

Store any leftover bars in a sealed container in the fridge for best shelf life

Sweet Potato Biscuits (they taste and look like cheddar cheese scones!)

Pre- heat oven to 425

In a large mixing bowl combine:

2 cup mashed cooked sweet potato (peel & boil till soft- or bake if you have time)

1/2 cup melted butter

1 1/3 cup milk (warmed first)

In a medium mixing bowl combine:

2 cups unbleached flour

2 cup whole wheat flour

2 Tbsp baking powder

2 tsp salt

Make sure oven is ready. Prepare countertop or large cutting board by lightly flouring the surface and find a small drinking glass for cutting out biscuits. Combine biscuits by adding dry to wet. Gently mix till just combined and kneed (in bowl or on floured flat surface) 12 times. Don't kneed too much. Press the dough flat- about 1/2" to 3/4" thick. Use small drinking glass to cut out biscuits. Place on parchment lined baking sheets. Bake at 425 for 10-12 minutes.

EASY ALTERNATIVES TO HOME MADE SNACKS:

If you simply can't find the time to make home made snacks here are some alternatives:

A bag of Mandarine oranges

Nut-free trail mix in small baggies

Small raisin boxes

Seaweed snacks in small packets

Small packets of Veggie Chips or Veggie Straws

Small packets of plain potato chips

Small packets of dehydrated apple or other fruit