

Recipes and Snack Ideas

Snack Ideas for Child Care Settings



Cheese Cubes & Veggies

Mini Cucumbers- cut into chunks (or appropriate size for child)

Cherry tomatoes

Homemade applesauce & Pancake Bites:

Use regular pancake recipe and make very small pancakes or cut regular pancakes into triangles and serve.

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Hamburger Soup

Serves 10

Ingredients:

1 lb. lean hamburger

1 onion, chopped

1 large can tomatoes (look for low sodium variety)

6 cups water

3 Tablespoons low sodium beef broth

1 can reduced sodium tomato soup

4-5 carrots, chopped

3 stalks celery, chopped

½ cup of brown rice or wild rice or barley

Seasonings: 1 teaspoon thyme, oregano or basil.

Procedure:

1. Brown the meat and onions in a large pot.
2. Add other ingredients and simmer for 60 to 90 minutes.

