

Let's Celebrate!

Ready to think outside the cake box?

For more information on founder of Batter Up Kids Culinary Centers, Barbara Beery, visit www.batterupkids.com. And check out all three of Ms. Beery's children's cookbooks, which feature 80 creative kids' recipes, many spotlighting healthy fruits and vegetable dishes. For details on the Texas Department of Agriculture's Food and Nutrition Division, visit www.squaremeals.org, which includes more recipes, details on the Texas Public School Nutrition Policy and other resources for health-minded families.



square meals

Nourishing children's bodies and minds.

A Program of the Texas Department of Agriculture's
Food and Nutrition Division



ALTERNATIVE BIRTHDAY TREATS

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We suggest you get a little nutty! Or corny! Maybe you want to veg out or spice it up!

Why serve the ordinary cupcakes or cake for special occasions when you can liven things up with fresh, healthier options?

Reduce sugar and fat but still satisfy your child's sweet tooth with these tutti-frutti, flavor-poppin', fruit-flippin' recipes. Or really shake things up with some volcanic veggies. All of these unique treats were created especially for busy parents by children's cookbook author Barbara Beery.

Try one or all. We hope you'll also be inspired to whip up some bodacious, nutritious recipes of your own!

By the way, kids enjoy making these treats almost as much as eating them, so get them involved! Ms. Beery offers plenty of tips for including kids in the fun too.

Volcano Veggie Cups

"CHECK-IT-OUT" LIST:

All of these vegetables washed and dried.

Green, yellow, orange or red bell peppers

Baby carrots

Celery sticks

Radishes

Cherry tomatoes

Olives

Broccoli

Snow peas

Whatever you like

MEASURE-UP:

Whatever fits into half of a bell pepper!

HERE'S WHAT YOU DO:

1. Cut bell pepper in half. Clean out seeds and inner membrane.
2. Fill with veggies of choice.

Serve it up with your favorite vegetable dip and some baked chips for an "explosion of tastes!"

1 bell pepper = 2 servings.

Nutritional Information: Calories: 56, Cholesterol: 0 Mg, Sodium: 49 Mg, Dietary Fiber: 4.07 G, Protein: 2.31 G, Carbohydrates: 12.74 G, Total Fat: 0.48 G, Saturated Fat: 0.08 G

Nutrition information per serving for a half bell pepper filled with 1 cup of mixed vegetables (carrots, tomatoes, broccoli and celery). Nutrition information may vary depending on ingredients used.





Flip-Over Fruit Biscuits

“CHECK-IT-OUT” LIST:

Unsalted butter or margarine

Dark or light brown sugar

Ground cinnamon

Apples, peaches, nectarines, blueberries, raspberries, pineapple, etc.

1 10-count can refrigerated biscuits (not the large or “grand” size)

Quick cooking oats

Honey

Muffin cup liners

Muffin pans

Sheet pan

MEASURE-UP:

4 tablespoons butter or margarine

4 tablespoons brown sugar mixed with 1 teaspoon ground cinnamon

Approximately 1 cup fruit/fruits of choice cut into small 1/2 -inch slices or cubes (*Small berries don't need to be cut*)

1/4 - 1/2 cup quick cooking oats

1 tablespoon honey

HERE'S WHAT YOU DO:

Preheat oven to 375 Degrees.

1. Combine butter or margarine and brown sugar/cinnamon mix in a small saucepan. Stir until butter or margarine is just melted. Take off heat.
2. Line each of the 10 muffin cups with 2 paper muffin cup liners.
3. Spoon equal amounts of butter/sugar mixture evenly between 10 muffin cups.
4. Place about 1 tablespoon of fruit over the butter/sugar mixture in each muffin cup.
5. Take 1 whole biscuit and put on top of each fruit filled cup. Pat biscuit down carefully to fit the muffin cup. Brush tops of biscuits with a bit of honey, then sprinkle each with 1/4 -1/2 teaspoon of oats.
6. Place muffin pan on a sheet pan and bake for about 15 -20 minutes.*
7. Remove from oven and cool for 5 -10 minutes. Carefully remove muffins from pan.

To remove muffin liners: Flip over each biscuit on a plate or serving tray, biscuit side down. Carefully peel off the muffin liners. May be served with frozen yogurt or a dusting of powdered sugar.

* Cooking School Tip:

There are three good reasons to place a muffin pan on a sheet pan:

1. Keeps spills from getting on oven racks and oven floor.
2. Keeps bottom of muffins from browning too quickly.
3. It is easier to get muffin pan in and out of oven.

You'll “flip” over the taste of these delicious and fruity biscuits!

Makes 10 servings.

Nutritional Information: Calories: 144, Cholesterol: 0 Mg, Sodium: 361 Mg, Dietary Fiber: 1.16 G, Protein: 2.20 G, Carbohydrates: 22.37 G, Total Fat: 5.85 G, Saturated Fat: 1.05 G

Nutrition information per serving for one low-fat biscuit with blueberries and margarine/sugar/honey/oat topping. Nutrition information may vary depending on ingredients used.

"CHECK-IT-OUT" LIST:

6 each 3-inch clean clay flowerpots lined with plastic wrap or small paper cups
Purchased or homemade granola
Animal crackers, vanilla wafers or gingersnaps
Any flavor of frozen yogurt, sorbet or sherbet
Straws
Fresh or fake flowers
Muffin pan

MEASURE-UP:

1 cup granola
2-3 animal crackers, 1-2 vanilla wafers, or 1 gingersnap, crumbled into small pieces
1 pint frozen yogurt, sorbet or sherbet
3 straws, cut in half
6 fresh or fake flowers

HERE'S WHAT YOU DO:

* Cooking School Tip:

Place individual flowerpot or paper cup in a each section of the muffin pan. This keeps them from tipping over. If you are using a clay flowerpot, make sure to line the inside with plastic wrap.

1. Cover the bottom of each flowerpot with several small pieces of crumbled cookies. This helps keep your frozen treat from leaking out the hole in the bottom of the flowerpot. *If you are using a paper cup, you may choose to omit this step.*
2. Place a small scoop of frozen yogurt, sorbet or sherbet into flowerpot or paper cup. Leave about a 1/2 inch space at the top of the pot or cup for granola topping. Smooth out the top of frozen treat with the back of a spoon and sprinkle about 1 tablespoon of granola on top.
3. Insert 1/2 straw into the center of each pot or cup and place muffin tin filled with the Granola Garden Pots into the freezer until ready to use.
4. To serve, remove from freezer and insert a flower into the straw.

You'll "dig" this garden!
Makes 6 1/2-cup servings.

Nutritional Information: Calories: 163, Cholesterol: 1 Mg, Sodium: 80 Mg, Dietary Fiber: 1.33 G, Protein: 3.84 G, Carbohydrates: 28.34 G, Total Fat: 4.29 G, Saturated Fat: 1.92 G

Nutrition information per serving for granola, animal crackers and frozen yogurt. Nutrition information may vary depending on ingredients used.





Baked Cinnamon Tortilla Crisps

“CHECK-IT-OUT” LIST:

1 10-count package flour tortillas
Ground cinnamon
Granulated sugar
Water
Foil-lined sheet pans
Non-stick spray
Pastry brush

MEASURE-UP:

10 flour tortillas
1/2 cup granulated sugar
1 tablespoon ground cinnamon
2 tablespoons water

HERE'S WHAT YOU DO:

Preheat oven to 375 degrees.

Line sheet pans with foil. Spritz lightly with non-stick spray.

1. Combine 1 tablespoon ground cinnamon and 1/2 cup granulated sugar.
2. Brush each tortilla with a small amount of apple juice or water to dampen lightly.
3. Sprinkle cinnamon/sugar mixture evenly on one side of each tortilla.
4. Slice each tortilla into 4 equal triangle shapes (like a pizza).
5. Place cut tortillas on sheet pans and bake for approximately 7-10 minutes.
6. Carefully remove chips from sheet pan and serve.

* Cooking School Tip:

Place sheet pans only on the top rack in the oven. If both sheet pans don't fit on the top rack, bake in two or more batches. When one sheet pan is placed on the top rack and the other one is placed on the lower rack, the bottoms of the chips on the lower sheet pan will burn.

**GREAT served with fresh fruits or flavored yogurt dips.
Makes 8 servings (5 crisps each).**

Nutritional Information: Calories: 238, Cholesterol: 0 Mg, Sodium: 275 Mg, Dietary Fiber: 2.37 G,
Protein: 5.04 G, Carbohydrates: 45.25 G, Total Fat: 4.11 G, Saturated Fat: 1.01 G

Nutrition information per serving.

Puffin' Popcorn

"CHECK-IT-OUT" LIST:

Packaged low-fat microwave popcorn

Puffed rice cereal

Vanilla extract

Butter or margarine

Granulated sugar

MEASURE-UP:

1 3.5-ounce bag low-fat microwave popcorn

2 cups puffed rice cereal

1 teaspoon vanilla extract

2 tablespoons butter or margarine, melted

1 tablespoon granulated sugar

HERE'S WHAT YOU DO:

1. Combine butter or margarine and sugar in small saucepan. Stir until butter is melted, then stir in vanilla. Set aside.
2. Pop popcorn according to package directions. Remove popped corn from package and combine with the puffed rice cereal in a large mixing bowl.
3. Pour sugar/butter mixture over the popcorn mix. Toss to blend flavorings and seasonings. Eat and enjoy!

* Cooking School Tip:

When flavorings and seasonings are added to popcorn, make sure the popcorn is freshly popped and still warm. Flavorings and seasonings are best absorbed on any food that is warm.

**Delicious served with fresh fruit smoothies or icy cold juice.
Makes 12 1-cup servings.**

Nutritional Information: Calories: 71, Cholesterol: 5 Mg, Sodium: 43 Mg, Dietary Fiber: 1.27 G,
Protein: 1.29 G, Carbohydrates: 11.41 G, Total Fat: 2.32 G, Saturated Fat: 1.26 G

Nutrition information per serving.



Scoop-It-Up Tutti Frutti Treats

“CHECK-IT-OUT” LIST:

All of these fruits washed and dried.

For the cups: apples, peaches, nectarines, pears, kiwis, plums, etc.

For the fillings: peanut or cashew butter, yogurt, grated cheese

For the toppings: strawberries, grapes, blueberries, raspberries, raisins, dried cranberries, etc.

Honey

MEASURE-UP:

1 fruit cup serving (*One whole fruit = 2 fruit cup servings*)

1 tablespoon of filling per serving

1-2 tablespoons of fruit toppings per serving

1/2 teaspoon honey

Ground nutmeg, optional

HERE’S WHAT YOU DO:

1. Slice the fruit in half.*
2. Using a small melon baller or teaspoon, scoop out some of the fruit to allow for the filling and topping. Save the “scooped out” fruit for use in the cup.
3. Put in the filling next. You may choose to stir in honey and ground nutmeg into the filling to taste.
4. Finish with fresh fruit topping.

* Cooking School Tip:

Cut a small slice off the bottom of each fruit half to allow it to sit flat on the plate.

Some Fruit/Filling Combination Ideas:

Apples filled with peanut or cashew butter and topped with grapes, raisins or dried cranberries

Kiwi filled with vanilla yogurt and topped with raspberries

Pears filled with grated cheese and blueberries

Peaches or nectarines filled with vanilla yogurt and topped with sliced strawberries

Great for a breakfast, snack or dessert!

Makes 2 servings.

Nutritional Information: Calories: 60, Cholesterol: 1 Mg, Sodium: 10 Mg, Dietary Fiber: 2.05 G, Protein: 1.43 G, Carbohydrates: 14.05 G, Total Fat: 0.37 G, Saturated Fat: 0.15 G

Nutrition information per serving for one peach fruit cup with vanilla yogurt, strawberries and honey. Nutrition information may vary depending on ingredients used.

“CHECK-IT-OUT” LIST:

Toasted wheat squares, toasted oat cereal or granola

Pecans, walnuts, sunflower seeds, cashews or peanuts

Mini pretzels

Your choice of dried fruits such as: raisins, cherries, apricots or peaches, cranberries or blueberries, flaked coconut, pineapple, any pre-packaged dried mixed fruit blend

Cinnamon, optional

MEASURE-UP:

2 cups mixed cereal of choice

1/4 cup of any of the other mixed ingredients

1/2 teaspoon ground cinnamon, optional

HERE'S WHAT YOU DO:

In a very large bowl, combine 2 cups of cereal and 6-8 ingredients of your choice. Sprinkle with a 1/2 teaspoon of cinnamon. Store in air tight container for up to 2 weeks.

* Cooking School Tip:

Here's the scoop... Place 1/2-1 cup portions of trail mix into small zip top plastic bags. Seal the bags and "hit the trail."

Children's Cooking School Idea:

Create a "Happy Trails Bar."

1. Put measuring cups in each of different containers of ingredients
2. Have a zip top bag for each child. Let kids "scoop and go" to stir-up their favorite combination. They might even try something new!

Makes approximately 8 1/2-cup servings.

Nutritional Information: Calories: 129, Cholesterol: 0 Mg, Sodium: 74 Mg, Dietary Fiber: 2.10 G,
Protein: 3.25 G, Carbohydrates: 16.27 G, Total Fat: 6.81 G, Saturated Fat: 0.93 G

Nutrition information per serving for a mix of toasted wheat squares, pecans, cashews, peanuts, pretzels, raisins and dried apricots/pears/prunes.
Nutrition information may vary depending on ingredients used.

