



OASIS CATCH Healthy Habits Snack Recipes

Apples and Yogurt

Ingredients:

- 1 Fresh apple (washed and cut into slices, but not peeled)
- ½ Cup low-fat flavored yogurt (preferably fruit-juice sweetened)
- ½ Teaspoon cinnamon (optional)

Utensils:

- Knife (to core and slice apples)
- Spoon (for dipping out the yogurt)
- ½-Teaspoon measuring spoon (optional)

Preparation Instructions:

1. Wash and core the apple. (Do not peel it.)
2. Cut the apple into slices.
3. Put yogurt on a plate.
4. Sprinkle cinnamon on the yogurt. (optional)
5. Dip apples into the yogurt—and enjoy!

Fruit Kabobs

Ingredients:

- 1 Can of pineapple chunks (with no added sugar)
- 1 Small bag seedless grapes
- 1 Apple, cut into chunks
- 1 Banana
- 4 BBQ wooden skewers (or use toothpicks)

Utensils:

- Knife (to cut the fruit)
- Can opener
- 4 BBQ wooden skewers (or 32 toothpicks)

Preparation Instructions:

1. Wash the grapes and apple.
2. Slice the apple into 8 pieces.
3. Open the can of pineapple.
4. Peel and slice the banana into 4 or 5 chunks.
5. Spear 2 pieces of each fruit onto the skewers or toothpicks.
(There should be 8 pieces of fruit on each skewer.)
6. Eat and enjoy!



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Veggies with Dip

Ingredients:

Choose 4 of the following veggie items. (Eight pieces of veggies equal 1 serving.)

- Fresh broccoli florets (cut into bite-size pieces)
- Fresh cauliflower florets (cut into bite-size pieces)
- Fresh summer squash slices
- Fresh mushroom slices
- Fresh celery sticks
- Fresh baby carrots
- Fresh Chinese pea pods
- Fresh cherry tomatoes
- 2 Tablespoons of low-fat ranch dressing

Utensils:

- Knife
- Tablespoon measuring spoon

Directions:

1. Put the veggies on a plate.
2. Put the ranch dressing on the plate.
3. Dip the veggies in the dressing.
4. Eat and enjoy!

Snackin' Time on the Trail

Utensils, Supplies and Ingredients:

- ½-Cup measuring cup
- ¼-Cup measuring cup
- 1 Tablespoon measuring spoon
- 1 Bowl
- ½ Cup whole-wheat, corn, or rice squares cereal
- ¼ Cup toasted oat cereal
- 2 Tablespoons raisins, dates, or other dried fruit

Preparation Instructions:

1. Measure ½ cup of the “squares” cereal, ¼ cup of the toasted oat cereal, and 2 tablespoons of dried fruit into a bowl.
2. Mix carefully.

Eat and enjoy!