

THANKSGIVING SNACKS

Thanksgiving is an exciting time for children however it can often be full of unhealthy treats that lack a variety of nutrients. By providing unhealthy treats on holidays or special occasions we teach children that treats can only be junk foods. However, through the student nutrition programs we can model to children that treats don't need to be unhealthy. If we stick to the student nutrition program guidelines, we show children that treats can be both healthy and fun. Children will learn that celebrations do not equal high calorie/sugar food, setting them up for life long healthy eating patterns.

QUICK AND EASY

APPLE CHIPS
PUMPKIN PIE YOGURT DIP & APPLES
GOBBLE GOBBLE SNACK CUPS
FALL TRAIL MIX KITS
PUMPKINS LEAVES & ACORNS
ORANGE PEACH FALL SMOOTHIE
APPLE SANDWICHES
FALL TURKEY KABOBS

ABOVE AND BEYOND

APPLE CINNAMON BAKED OATMEAL MUFFINS
PUMPKIN ENERGY BITES
AUTUMN FRUIT PARFAIT



APPLE CHIPS

1. Pre-heat oven to 250° F.
2. Line baking pan with parchment paper.
3. Wash and core apples. Remove the skin from the apples.
4. Slice into thin chips to ensure crispness. Sprinkle with cinnamon.
5. Place on sheet and bake for 1 hour. Flip and bake for another hour.



Recipe: www.superkidsnutrition.com

PUMPKIN PIE YOGURT DIP & APPLES

- $\frac{3}{4}$ cup of canned pumpkin puree (not pumpkin pie filling)
- 1 cup of plain Greek or regular yogurt*
- 1 teaspoon of ground cinnamon
- $\frac{1}{4}$ teaspoon of ground ginger
- $\frac{1}{4}$ teaspoon of ground nutmeg
- $\frac{1}{8}$ teaspoon of ground cloves
- $\frac{1}{4}$ teaspoon of vanilla extract
- Sliced apples



1. Heat the pumpkin filling over medium heat, stirring occasionally with a spatula, until it becomes fragrant, about 3 minutes.
2. Stir in the spices and allow the puree to cook for about 1 additional minute.
3. Remove the pumpkin from the heat and allow it to cool for a few minutes.
4. Combine the pumpkin mixture, yogurt, and vanilla in a blender, food processor, or even a mixer and process until everything is fully combined.
5. Refrigerate until serving. Serve alongside sliced apples

**Dip is thick. If you want a thinner dip use regular yogurt instead of Greek yogurt*

Recipe: www.natashal.com

GOBBLE GOBBLE SNACK CUPS

Options for Fillings

- Cheese Grape and Pretzels/Crackers
- Vegetables and Dip
- Fruit and Yogurt

If desired use construction paper to cut feathers and glue or tape to back of cup



Recipe: www.bigfamilyblessings.com



FALL TRAIL MIX KITS

Creates kits to send to each classroom. Individually bag different trail mix ingredients. Provide plastic spoon and small cups for students to create their own trail mix.

Potential Trail Mix Items

- Dried Fruit (cranberries, mango, raisins, apricots)
- Banana Chips
- Sunflower Seeds
- Pepitas
- Cheerios, Shreddies
- Coconut
- Pretzels

PUMPKINS LEAVES AND ACORNS

1. Use cookie cutters to cut cheese slices (not processed) into leaves, pumpkins, acorns or whatever you would like.
2. Thinly slice apples and pair with cheese shapes.

Brush apples lightly with lemon juice to prevent browning



Recipe: www.mooreminutes.com

ORANGE PEACH FALL SMOOTHIE

Ingredients

- 1 cup orange juice
- 1 cup milk
- 1/2 cup vanilla yogurt
- 1 teaspoon vanilla
- 1 tablespoon honey
- 1 cup frozen peaches, unfrozen

Combine all ingredients in blender until smooth.
Serves 3-4



Recipe: www.mealplanningmagic.com

APPLE SANDWICHES

Ingredients

- 2 small apples, cored and cut into 1/2-inch thick rounds
- 1 teaspoon lemon juice, optional
- 3 tablespoons peanut butter or nut free butter
- 2 tablespoons raisins
- 3 tablespoons granola

Spread one half of the apple slices with nut butter then sprinkle with raisins and granola. Top with remaining apple slice.

Brush with lemon juice to prevent browning

Serves 2



Recipe: www.wholefoodsmarket.com



TURKEY KABOBS

Ingredients

- 2 slices of turkey lunch meat
- 1/2 c. red grapes
- 1/2 c. green grapes
- 1/2 c. cubed apples
- 2 oz. cubed cheese

Instructions

1. Cut wooden grilling skewers to desired length.
2. Cut turkey slices into 1" strips. Fold accordion-style and slide onto the wooden skewers. Alternate with grapes, apples and cheese cubes



Recipe: www.delightfulemade.com

APPLE CINNAMON BAKED OATMEAL MUFFINS

Yield: 16 muffins

Ingredients

- 3/4 cup packed light brown sugar
- 1/2 cup unsweetened applesauce
- 2 large eggs
- 2 tbsp vegetable or canola oil
- 1 cup 2% milk or your preferred milk/milk alternative
- 2 tsp. vanilla extract
- 2 1/2 cups old fashioned rolled or large flake oats (not quick cooking or steal cut)
- 2 tbsp. ground cinnamon
- 2 tsp. baking powder
- 1/2 tsp. salt
- 1 1/2 cups peeled and diced apples from about 2 small apples



Instructions

1. Preheat oven to 350 degrees F. Line muffin tins with muffin liners.
2. In a large bowl, add the brown sugar, apple sauce, eggs, and oil. Whisk until smooth. Add the milk, and vanilla. Whisk until smooth.
3. Add the oats, cinnamon, baking powder, and salt to the wet ingredients. Stir until well combined. Add the diced apples. Stir to combine.
4. Fill the muffin cups just shy of full. Be sure to scoop from the bottom of the bowl to get an even mix of oats and liquid in each muffin. Bake for 30 minutes.

Recipe: www.thewholesomedish.com



PUMPKIN PIE ENERGY BITES

Yield: 25 balls

Ingredients

- 8 oz. (about 1 packed cup) chopped dates
- 1/4 cup honey
- 1/4 cup pumpkin puree
- 1 Tbsp. chia seeds or flax seeds
- 1 tsp. ground cinnamon
- 1/2 tsp. ground ginger
- 1/4 tsp. ground nutmeg
- pinch of salt
- 1 cup old-fashioned or large flake oats (dry, not cooked)
- 1 cup toasted coconut flakes
- 1 cup toasted pepitas (pumpkin seeds)



Instructions

1. Combine the dates, honey, pumpkin puree, chia (or flax) seeds, cinnamon, ginger, nutmeg and salt in a food processor, and pulse until smooth and combined.
2. Transfer the mixture to a large bowl, and stir in the oats, coconut flakes and pepitas until evenly combined. Cover and refrigerate for at least 30 minutes.
3. Once cool, use a spoon or cookie scoop to shape it into balls. (about 1-inch in diameter.) Refrigerate until serving.

Recipe: www.gimmesomeoven.com

AUTUMN FRUIT PARFAIT

Topping

- 1/4 cup whole rolled oats
- 1 tsp flaxseeds
- 2 tsp unsalted butter (melted)
- 1/4 tsp cinnamon

Fruit Mixture

- 1 T maple syrup
- 1 small Bartlett pear (chopped)
- 1/4 cup blackberries (fresh or frozen)
- 1/4 tsp cinnamon

Yogurt Base

- 2 cups plain yogurt
- 1 T maple syrup

Instructions

Topping: Mix whole rolled oats, flaxseeds, and melted butter in a small bowl. Add the cinnamon to the oats. Toast oat mixture in a dry nonstick pan over medium heat until slightly browned and crunchy. Set aside to cool.

Fruit Mixture: In a small saucepan, combine the maple syrup with the pear, blackberries, and cinnamon. Simmer over medium-low heat for about 5 minutes, then remove from heat, cover, and let stand for 2 minutes.

Yogurt: Mix yogurt with remaining maple syrup.

Assembly: Spoon warm fruit mixture over yogurt and sprinkle topping over the top.



Recipe: www.todaysdietitian.com

