SnapTastic™ Kitchen
Classroom Cookbook

These easy, no-cook recipes are from the SnapTastic™ Kitchen Cookbook on www.KidsCom.com. They are good to make in the classroom for food tastings.

Kids can practice making these recipes online in their virtual SnapTastic Kitchen using virtual food from their virtual garden on www.KidsCom.com.

To get to their SnapTastic Kitchen, kids can:

1. Sign up for a free account on www.KidsCom.com
2. Visit their Idea Seekers virtual Garden to start gardening
3. Click the button to go to their SnapTastic Kitchen
**Colorful Green Smoothie**

Ingredients:
- 1 cup green grapes
- 1 (130 g) orange, peeled
- 1/2 Bartlett pear
- 1 (120 g) banana, fresh or frozen
- 1 cup kale
- 1/2 cup water
- 2 cups ice cubes

How To:
- Place all ingredients in a blender or food processor. If using an electric mixer instead-smash the fruit during preparation.
- Blend or mix on high until smooth.
- Pour into 2 glasses. Serve right away or cover and chill until later.

**Got Fruit Smoothie**

Ingredients:
- 1 large banana--peeled and sliced
- 1 cup fresh or frozen (thawed) blueberries-washed
- 1 small carton (8 ounces) non or low fat vanilla yogurt
- 1/2 cup 100% fruit juice (apple or other)
Optional: Substitute cherries for blueberries OR combine cherries and blueberries- wash and remove pits

How To:
- Place all ingredients in a blender or food processor. If using an electric mixer instead-smash the fruit during preparation.
- Blend or mix on high until smooth.
- Pour into 2 glasses. Serve right away or cover and chill until later.

Recipe courtesy of the Michigan Nutrition Network
**Fresh Salsa**

Ingredients:
- Wash and dry all produce before prepping
- 6 Roma-tomatoes (or 3 large tomatoes)
- 1/2 medium onion, finely chopped; or use one bunch of green onions
- 3 cloves garlic, finely minced
- 1 Serrano or jalapeno peppers, finely chopped (Caution: Remember to wear gloves when cutting the pepper to reduce irritation of mucous membranes from pepper's oils and seeds)
- Juice of 1 lime
- 3 Tablespoons cilantro, chopped
- 1/8 teaspoon oregano, finely chopped
- 1/8 teaspoon pepper
- 1 bag of corn chips

How To:
- Combine all ingredients in a bowl.
- Serve immediately or refrigerate and serve within 4 to 5 hours

Recipe courtesy of the Northwest Initiative

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**Fruit Critters**

Ingredients:
- 1-1/2 cups vanilla yogurt or plain yogurt (non or low fat recommended)
- 2 Tablespoons peanut butter: Caution! Be sure no one has a peanut allergy before making/serving this dip
- 1 Tablespoon dark brown sugar
- 1 pint of strawberries washed and hulled
- 1/2 cup raisins
- 3 apples and oranges
- 1-1/2 cups seedless grapes
- 3 bananas, peeled
- Thin pretzel sticks
- Sunflower seeds

How To:
- Be sure to wash all produce before beginning
- In a food processor or blender, combine yogurt, peanut butter and dark brown sugar and puree.
- Pour into a pretty bowl and chill in the refrigerator about 20 minutes
- While the dip is chilling, make "Fruit Critters" using the fruits for bodies; pretzel sticks for legs; and raisins, sunflower seeds, etc. for the face. Have fun playing with your food.

Recipe courtesy of the Northwest Initiative
**Fun Flowery Salad**

Ingredients:
- 6-8 cups mixed salad greens
- 2 teaspoons fresh basil
- 8 small nasturtium blossoms
- 1/2 cup untoasted sunflower seed
- 1/4 cup extra virgin olive oil
- 3 tablespoons fresh lemon juice
- coarse sea salt
- fresh ground pepper

How To:
- Place lettuce in a large bowl.
- Add basil, thyme, nasturtiums, and sunflower seeds.
- Toss with oil and lemon juice, and season with salt and pepper.

Recipe from the USDA Snap-Ed Recipe Finder

**Trail Mix**

Ingredients:
Use any combination of dried fruits, nuts, seeds, granola, pretzels, or cereal to create a mix of your own!
We used: granola, dried cranberries, pineapple, banana chips, cheerios and sunflower seeds.

How To:
- Mix all together in a bowl and serve.
- To keep fresh: Store in a sealed container in a dry place.

Recipe courtesy of the Northwest Initiative

**Winter-Garden Inspired Spinach Dip**

Ingredients:
- 1 package of frozen spinach, thawed, drained and water pressed out
- One 7-ounce container of non fat or low fat Greek Yogurt (can substitute low-fat sour cream)
- 1/2 cup of finely chopped cilantro or basil (wash and dry first)
- 4 Tablespoons grated Parmesan cheese

How To:
- Combine and mix all ingredients into a bowl.
- Cover and refrigerate for 2 hours to allow flavors to blend.

Recipe developed by Charmion Wood, volunteer chef instructor with Share Our Strength’s Operation Frontline Program of the Capital Area Food Bank in Washington, D.C.