

Berry Banana Split

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Bananas	3	6	12	24
Vanilla yogurt, low-fat	1-1/2 cups	3 cups	6 cups	12 cups
Berries, fresh or frozen, any variety	1 cup	2 cups	4 cups	8 cups

Directions:

1. Cut bananas in half lengthwise, and then cut again, so each banana produces 4 long slices.
2. Put 1/4 cup yogurt in each bowl.
3. Place 1 banana quarter on either side of each bowl.
4. Top with berries.

Food For Thought You can switch the flavor of low-fat yogurt and use any fruit you have available.

CACFP Crediting For 3-5 year olds; Snack. Must serve *two* of the following:

- Grain/Bread
- Fruit/Vegetable
- Meat/Meat Alternate
- Milk

Nutrition Facts

Serving size: 1/4 cup yogurt (146g)
Servings Per Recipe: 24

Amount Per Serving

Calories 104 Cal. from Fat 12
% Daily Value*

Total Fat	1g	2%
Saturated Fat	1g	4%
Cholesterol	4mg	0%
Sodium	44mg	2%
Total Carbohydrate	21g	8%
Dietary Fiber	2g	8%
Sugars	14g	

Protein 4g

Vitamin A	2%	Vitamin C	10%
Calcium	10%	Iron	0%

Recipe adapted from Network for a Healthy California. *Champions for Change*. California Department of Public Health. www.cachampionsforchange.net/en/Recipes.php. Accessed May 23, 2010.

Friends Trail Mix

Ingredients	8 Servings	16 Servings	32 Servings	64 Servings
<i>Multi-grain Chex</i> ®	1-1/2 cups	3 cups	6 cups	12 cups
<i>Cheerios</i> ®	1-1/2 cups	3 cups	6 cups	12 cups
Raisins (optional)	1/3 cup	2/3 cup	1-1/3 cups	2-2/3 cups
Apricots, dried, chopped (optional)	3 Tbsp	1/3 cup	2/3 cup	1-1/3 cups
<i>Kix</i> ®	1-1/2 cups	3 cups	6 cups	12 cups
Finely chopped almonds, walnuts or pistachio nuts (optional)	1/3 cup	2/3 cup	1-1/3 cups	2-2/3 cups
Soy nuts (<i>only 6 years and older, optional</i>)	1-1/3 cups	2-2/3 cups	5-1/3 cups	10-2/3 cups
Pretzels (<i>only 5 years and older</i>)	1-1/3 cups	2-2/3 cups	5-1/3 cups	10-2/3 cups

Directions:

1. Toss cereal, dried fruit and chopped nuts together.
2. Serve in resealable bags or plastic cups.

Food For Thought Trail mix is a fun way to get kids involved in making their own snack. Let them scoop their own servings with a tablespoon or pre-measured scoops. Give them a variety of healthy options to choose from to design their own. Knowing that they made the snack themselves will make them more likely to eat it!

CACFP Crediting For 3-5 year olds;
Snack. Must serve *two* of the following:

- Grain/Bread
- Fruit/Vegetable
- Meat/Meat Alternate
- Milk

Nutrition Facts

Serving size: 1/2 cup (29g)
Servings Per Recipe: 32

Amount Per Serving

Calories 95 Cal. from Fat 6
% Daily Value*

Total Fat 1g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 139mg 6%

Total Carbohydrate 23g 8%

Dietary Fiber 2g 10%

Sugars 8g

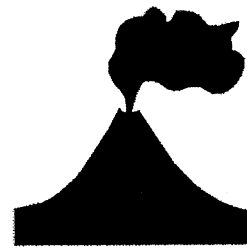
Protein 2g

Vitamin A 8% Vitamin C 4%

Calcium 8% Iron 35%



Molten Lava



Ingredients (for 12 servings):

- 3 cups Refried Black beans, canned, low-sodium
- 1 cup Mild salsa
- **1 cup Tomato sauce, no salt added**
- ¼ cup Whole-grain pita wedges/crackers
- ¾ cup Vegetables (such as bell peppers, carrots, or celery)

Directions:

1. Mix salsa and tomato sauce with beans
2. Serve with whole grain pita wedges/crackers or vegetables for dipping

CACFP Crediting

- ✓ Grain/Bread (if served with pita or crackers)
- ✓ Fruit/Vegetable (if served with dipping vegetables)
- ✓ Meat/Meat Alternate