



TEEN TUESDAY

Easy Snack Recipes



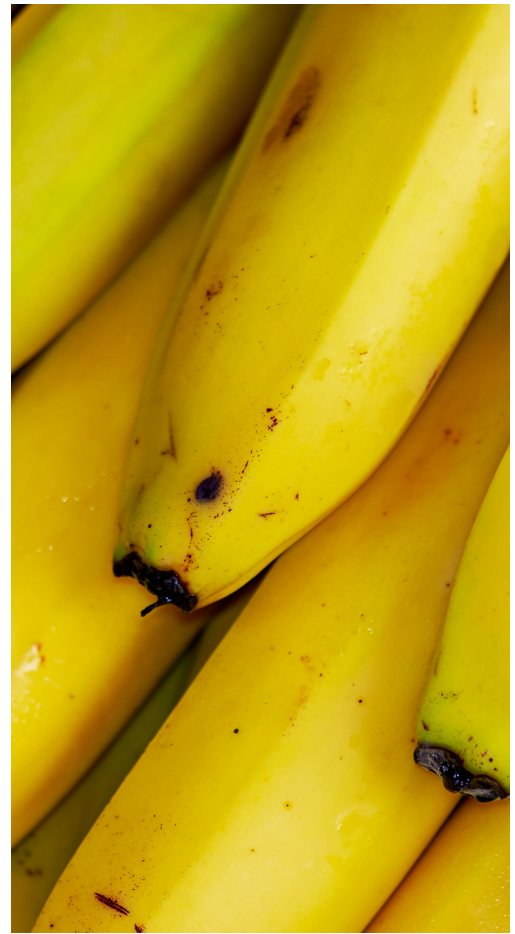
TRY YOUR HAND AT THESE EASY &
FUN SNACK RECIPES!



Frozen Banana Cereal Pops

INGREDIENTS

- 3/4 cup of flavored yogurt (strawberry, peach, berry, whatever you like!)
- 2 cups of cereal (Fruity Pebbles, Fruit Loops, whatever you like!)
- 4 bananas (cut cross way & in half)
- 8 wooden pop cycle sticks



DIRECTIONS

- Place yogurt and cereal in separate bowls.
- Insert pop cycle stick through cut side of bananas.
- Dip the bananas in yogurt, then roll in the cereal. Transfer bananas to waxed paper on lined baking sheets.
- Freeze for about an hour (until firm).
- Store the banana pops in an airtight freezer container or eat right away!



Ranch Snack Mix

INGREDIENTS

- 2 cups of mini pretzels
- 2 cups of Bugles
- 1 cup of peanuts
- 1 cup of cheddar cheese crackers or Chex cereal
- Canola oil
- Ranch seasoning mix



DIRECTIONS

- In a large bowl combine the pretzels, Bugles, peanuts and crackers.
- Sprinkle with ranch seasoning toss gently to combine.
- Drizzle with oil; toss until well coated.
- Store in airtight containers.



FroYo Fruit Bites

INGREDIENTS

- Flavored yogurt (strawberry, vanilla, peach, whatever you like!)
- Diced fresh fruit (strawberries, raspberries, mango, peaches, pineapple, kiwi, blueberries, bananas, etc.)



DIRECTIONS

- Line paper baking cups in a mini cupcake pan.
- Spoon yogurt into baking cups.
- Sprinkle fresh fruit on the top of each mini yogurt cup.
- Place cupcake pan in freezer for about 2 hours, or until firm.
- Remove and enjoy!



Turkey Pinwheels

INGREDIENTS

- 8oz package of soft cream cheese
- 4 large flour tortillas
- 8 green or red lettuce leaves
- 1/2 lb. of thinly sliced turkey lunch meat
- 1 seedless cucumber, thinly sliced
- 2-3 tomatoes, thinly sliced
- Black pepper to taste



DIRECTIONS

- Mix cream cheese with black pepper to your taste.
- Spread a thin layer of cream cheese to the edge of each tortilla.
- Place 2 lettuce leaves on each tortilla.
- Divide turkey meat among each tortilla.
- Place one layer of cucumbers and tomatoes on top of the turkey meat.
- Tightly roll the tortilla and wrap in a damp paper towels and place in the fridge. When you are ready to eat, cut up each roll into 4 pieces.



Cream Cheese Apple Dip

INGREDIENTS

- 8-ounce cream cheese, softened
- 3/4 cup brown sugar
- 2 teaspoons of milk
- 1 tablespoon vanilla



DIRECTIONS

- Mix the ingredients together, until smooth.
- Transfer to a serving bowl and serve with apple slices.



Microwavable Chocolate Chip Cookie

INGREDIENTS

- 2 tablespoons butter
- 1 tablespoon brown sugar
- 1 tablespoon sugar
- ¼ teaspoon baking powder
- ⅛ teaspoon salt
- ¼ teaspoon vanilla extract
- 3 tablespoons flour
- 2 tablespoons chocolate chips
- Vanilla ice cream (optional)



DIRECTIONS

- Add 2 tbsp butter, 1 tbsp brown sugar, 1 tbsp sugar, ¼ tsp baking powder, ⅛ tsp salt and ¼ tsp vanilla in a bowl and mix.
- Add 3 tbsp flour and 2 tbsp chocolate chips into the bowl and mix.
- Transfer the mix to a microwave-friendly bowl and heat for 60 seconds.
- Top with vanilla ice cream & enjoy!

