



Medical City Children's Hospital

kids teaching kids®

Texas Recipe Book 2021-2022

Seasonal
Snack Recipes
For Kids



TEXAS
ProStart
National Restaurant Association
Educational Foundation

TEXAS
RESTAURANT
ASSOCIATION
EDUCATION
FOUNDATION



An ER for ALL ages.

Find care for all of life's unexpected emergencies — close to home. **Medical City Healthcare** has brought the specialized pediatric care of **Medical City Children's Hospital** to North Texas neighborhoods. Our convenient ERs offer full-service pediatric and adult emergency care. We're working with parents to get kids healthy and back to playing — faster.



To find an ER near you, visit **MedicalCityER.com**



Medical City Children's Hospital

Welcome to the 2021–22 edition of the kids teaching kids® Texas Recipe Book!

This year, we're excited to announce that the 21-Day Challenge program is expanding to include the whole child. Along with the healthier snack recipes, we are incorporating wellness activities and social-emotional learning in partnership with the Texas Association for Health, Physical Education, Recreation & Dance (TAHPERD). To make social-emotional learning the priority that it needs to be for students and their parents, we have included some great videos and resources from Psych Hub.

About the recipe book.

This book is a collection of healthy snacks created by Texas ProStart® culinary students from 14 North Texas school districts. Every snack has one serving of fruit or veggies, follows the Dietary Guidelines for Americans and is designed for elementary school-age students to prepare themselves.

The theme for this year's edition highlights fruit and vegetable snacks representing the different seasons. The recipes will help you celebrate the seasons, one snack at a time.

The digital book has a lot of neat features. For example, clicking on a snack photo pulls up a how-to video demonstrating how to make the snack.

We encourage families to take the challenge together while developing lifelong healthy eating habits, one healthy snack substitution at a time! Get in the kitchen, play with your food and have fun being healthy together.

Visit us at kids-teaching-kids.com and MedicalCityChildrensHospital.com

Join us on Facebook: Medical City Children's Hospital

Follow us on Twitter: @MedCityChildren

Parents, to ensure your childrens' safety, please supervise them while they are preparing these recipes and handling kitchen tools and equipment.

Children, always ask an adult for permission before preparing these recipes.



Post your
Healthy Snack Selfies at
#KTK21Day



Ariadne
PTA 7 years

Veronica
PTA 10 years

Amelie
PTA 4 years



everyone can back the future

Because anyone can join PTA

Join any PTA to help support Texas students by ensuring every child has a voice.

Visit JoinPTA.org today!

#YouCanPTA

A child's overall well-being is essential to them being their very best. Texas PTA strives to make every child's potential a reality by engaging and empowering families and communities.

Check out Texas PTA's Healthy Lifestyles webpage to learn more.

txpta.org/healthy-lifestyles

“LETTUCE” TACO 'BOUT IT



IT'S NOT
“CHEESY” TO
TALK ABOUT YOUR
**FEELINGS OR
PROBLEMS.**



“OLIVE” US HAVE
THEM! SO LET'S
“MEAT UP”
AND CHAT!



If you have chosen any of the
ingredients, [click here](#).

If any of the ingredients align with you, here are
a few condiments that will make it taste better.
[Reducing Anxiety](#) and [Mindfulness](#)

More resources [HERE](#)

PsychHub™



TAHPERD

Promoting Healthy Lifestyles

Texas Association for Health, Physical Education, Recreation & Dance

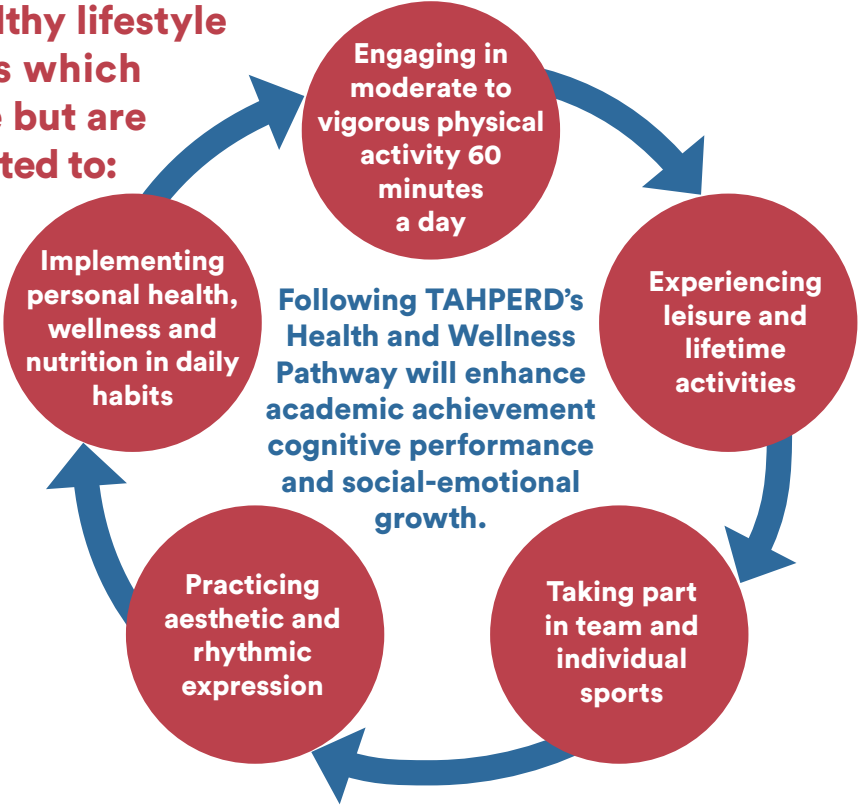
The Texas Association for Health, Physical Education, Recreation & Dance (TAHPERD) was founded in 1923 and is a not-for-profit professional association of individuals in the allied fields of health education, physical education, recreation and dance. This Texas-based association is composed of over 3,100 professional and student members serving education from early childhood through college. TAHPERD is the only association in Texas serving education in all four of our disciplines – health, physical education, recreation and dance.

MISSION STATEMENT

The Texas Association for Health, Physical Education, Recreation and Dance is committed to the development of knowledge and programs that promote active, healthy lifestyles and enhance skilled, aesthetic motor performance.



TAHPERD advocates
for healthy lifestyle
choices which
include but are
not limited to:



Random Acts of Fun

Students, click on a logo and enjoy wellness activities
created for you during the 21-Day Challenge



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SPRING



Cucumber Caterpillar

Dallas ISD



VIDEO

Equipment

- Butter knife
- Cutting board
- Plate



Ingredients

- Cucumber, medium, washed (1/2 item)
- Cream cheese (1 tsp)
- Blueberries, washed (1/2 cup)
- Candy eyes (optional)



Nutrition

- No. of servings - 1
- Calories - 70
- Fat (g) - 2
- Saturated fat (g) - 1
- Fiber (g) - 2
- Sugar (g) - 9

Directions

1. Cut cucumber into fourths, lengthwise.
2. Spread cream cheese onto cucumber slices.
3. Place 2 blueberries at the front of the caterpillar for the eyes (may use candy eyes instead).
4. Place remaining blueberries on top of cream cheese.
5. Enjoy your cucumber caterpillars!



Recipe By:

Kera Morgan, Jose Serrano,
Caser Terrazas

Honey Yogurt Cantaloupe Bites

Lewisville ISD



VIDEO

Equipment

- Butter knife
- Cutting Board
- Serving bowl
- Spoon
- Measuring cup
- Measuring spoons



Ingredients

- Cantaloupe, pre-cut into bite-size chunks (3/4 cup)
- Greek yogurt, plain, nonfat (1 Tbsp)
- Granola (2 Tbsp)
- Honey (1/4 tsp)



Nutrition

- No. of servings - 1
- Calories - 100
- Fat (g) - 1.5
- Saturated fat (g) - 0
- Fiber (g) - 2
- Sugar (g) - 15

Directions

1. Take out a bowl and a spoon.
2. Put 3/4 cup of the pre-cut chunks of cantaloupe in a bowl. (If cantaloupe is not cut, ask a parent to cut it for you.)
3. Measure 1 tablespoon of yogurt and put it on top of the cantaloupe.
4. Measure 2 tablespoons of granola and put it on top of the yogurt.
5. Measure 1/2 teaspoon of honey and drizzle it all over the top.
6. Put the spoon in the bowl and enjoy!



Orange Banana K-Bobs

Northwest ISD



VIDEO

Equipment

- Butter knife
- Cutting Board
- Measuring spoons
- Toothpicks



Ingredients

- Banana, medium, (1/2 each)
- Mandarin oranges, juice packed, drained, single-serve cup (1 each)
- Peanut butter, creamy (1 1/2 tsp)
- Crispy rice cereal, chocolate flavored (1 1/2 tsp)



Nutrition

- No. of servings - 1
- Calories - 140
- Fat (g) - 4
- Saturated fat (g) - 0.5
- Fiber (g) - 3
- Sugar (g) - 13

Directions

1. Peel banana and cut in half.
2. Cut the half banana into slices.
3. Spread peanut butter evenly among the banana slices.
4. Sprinkle cereal evenly onto the banana slices.
5. Put a toothpick through the banana slice, then through an orange slice.
6. Continue until all fruit is on k-bobs.
7. Enjoy!



Recipe By:

Zachary Villasenor, Nik Henry, Anthony Andrews, Jose A. Cotto, Kamryn Kuhn

Pineapple Poptastic

Wylie ISD



VIDEO

Equipment

- Blender
- Measuring cups
- Measuring spoons
- Spatula
- Small bowl
- Small balloon
- Plate
- Fork or toothpick
- Butter knife

Ingredients

- Greek yogurt, plain, nonfat (1/4 cup)
- Vanilla almond milk, unsweetened (1 1/2 tsp)
- Blueberries, washed (1/2 cup)
- Pineapple fresh, washed cubed (1/4 cup)
- Oat cereal (1/4 cup)



Nutrition

- No. of servings - 1
- Calories - 140
- Fat (g) - 0
- Saturated fat (g) - 0
- Fiber (g) - 3
- Sugar (g) - 15

Directions

1. ASK AN ADULT FOR PERMISSION TO USE THE BLENDER.
2. Combine yogurt, milk and 1/2 of the blueberries in blender.
3. Put lid on blender and blend until smooth.
4. Pour mixture into a small bowl. Use a spatula to scrape the blender, if needed.
5. Blow up a small, 3-inch balloon and dip the bottom half of balloon in yogurt.
6. Put balloon on plate and place in freezer for 20 minutes.
7. Pop balloon with a toothpick or fork and remove all pieces.
8. Fill your frozen yogurt bowl with remaining blueberries, pineapple and oat cereal.
9. Eat your snack, bowl and all.



Recipe By:

Sydney, YaDestini, Adriana,
Amy

Snow Peas Pizza

Lewisville ISD



VIDEO

Equipment

- Microwave-safe plate
- Microwave
- Table knife
- Measuring cups
- Measuring spoons



Ingredients

- Pita bread, small
- Snow peas, washed (1/4 cup)
- Mozzarella cheese, shredded (2 Tbsp)
- Ham, or deli/lunch meat, lean (1 slice)
- Broccoli, fresh washed (1/4 cup)



Nutrition

- No. of servings - 1
- Calories - 170
- Fat (g) - 4.5
- Saturated fat (g) - 2
- Fiber (g) - 3
- Sugar (g) - 2

Directions

1. Place the pita bread on microwave-safe plate.
2. Measure 2 tablespoons of mozzarella cheese and spread it all over the pita bread.
3. Then use your hands to shred the ham or deli/lunch meat into pieces and place on top of the cheese.
4. Using a table knife, cut each snow pea into 3 pieces and place them all over the pita.
5. Make sure broccoli has been rinsed, then cut florets from broccoli and chop into bite-size pieces.
6. Spread chopped broccoli all over the pita.
7. Finally, place in the microwave and cook for 3 minutes.
8. Let cool in microwave for 1 minute before removing with hot pads.
9. Slice pita pizza into 4 triangles and enjoy!



Zucchini Rolls

Northwest ISD



VIDEO

Equipment

- Microwave
- Butter knife
- Cutting board
- Spoon
- Microwave-safe plate
- Small bowl
- Hot pads

Ingredients

- Zucchini, raw, medium, washed(1/2 each)
- Deli sliced turkey breast (2 slices)
- Mozzarella cheese, shredded (1 1/2 Tbsp)
- Cherry tomatoes, washed (4 each)

Nutrition

- No. of servings - 1
- Calories - 90
- Fat (g) - 3
- Saturated fat (g) - 1.5
- Fiber (g) - 2
- Sugar (g) - 5

Directions

1. Cut the zucchini in half and put half in the fridge.
2. Cut the half of the zucchini into 4 long stalks and scrape out seeds using a spoon.
3. Shred 1 turkey slice and mix with mozzarella cheese in a bowl.
4. Spread turkey and cheese mixture evenly on the zucchini.
5. Cut the remaining turkey into 4 strips.
6. Wrap the 4 turkey strips around the zucchini with the turkey and cheese mixture.
7. Place on a microwave safe plate and cook for 1 minute.
8. Let cool in microwave for 1 minute before removing with hot pads.
9. Cut tomatoes in half, put on top.

Recipe By:

Richard McVeigh, Caden Baird,
Aaron Jones, Jazmane Walker

SUMMER



Apricake

White Settlement ISD



VIDEO

Equipment

- Butter knife
- Cutting board
- Small bowl
- Measuring spoons
- Fork
- Plate
- Measuring cups

Ingredients

- Brown rice cake, plain, no salt (1 each)
- Cream cheese, fat free (2 tbsp)
- Mediterranean apricots, dried, unsweetened, sliced (1/8 cup)
- Cinnamon, ground (1/4 tsp)
- Banana, fresh, washed sliced (about 1/3 of small banana) (1/4 cup)

Nutrition

- No. Of servings - 1
- Calories - 150
- Fat (g) - 0
- Saturated fat (g) - 0
- Fiber (g) - 3
- Sugar (g) - 13

Directions

1. Using a butter knife, slice banana until you have 1/4 cup.
2. In a bowl, add cream cheese and the sliced banana. Using a fork, mash the sliced bananas into cream cheese until well combined.
3. Place a rice cake on a plate and then spread cream cheese mixture onto the rice cake.
4. Place sliced apricots on top of the cream cheese mixture.
5. Sprinkle cinnamon on cake.
6. Enjoy your apricake!



Recipe By:

Claudia Salinas Salazar, Michael Valero, Angelica Cortez

Blueberry Graham Cracker Cheesecake

Frisco ISD



VIDEO

Equipment

- Measuring spoons
- Measuring cups
- Table knife
- Small plate

Ingredients

- Graham crackers, low fat (4 squares)
- Cream cheese, whipped (4 tsp)
- Blueberries, fresh (1/2 cup)

Nutrition

- No. of Servings - 1
- Calories - 140
- Fat (g) - 4
- Saturated Fat (g) - 2
- Fiber (g) - 3
- Sugar (g) - 11

Directions

1. Spread 1 teaspoon of cream cheese onto each cracker square
2. Top cream cheese with blueberries.
3. Enjoy!



Crispy Crunchy Pizza Chips

Frisco ISD



VIDEO

Equipment

- Measuring spoons
- Cutting board
- Table knife
- Microwave
- Microwave-safe plate
- Hot pads

Ingredients

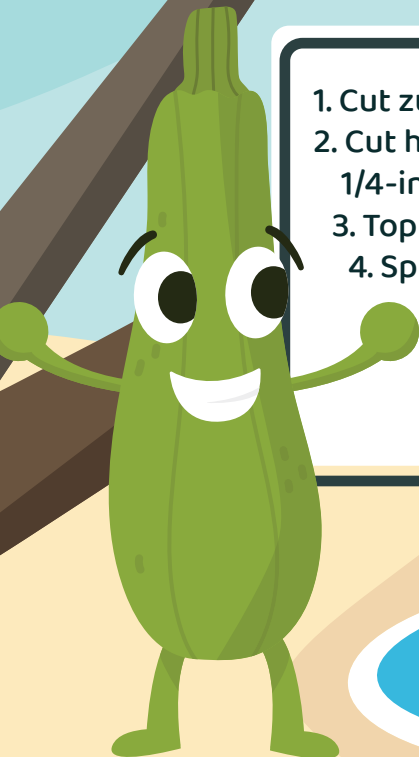
- Zucchini, medium, washed (1/2 each)
- Pizza sauce, (2 tbsp)
- Mozzarella cheese, shredded, reduced fat, (3 tbsp)
- Dried parsley flakes, (1/4 tsp)

Nutrition

- No. of servings - 1
- Calories - 80
- Fat (g) - 3.5
- Saturated fat (g) - 2
- Fiber (g) - 2
- Sugar (g) - 4

Directions

1. Cut zucchini in half and put half in the fridge.
2. Cut half of the zucchini into 8-10 slices, about 1/4-inch thick.
3. Top each slice with pizza sauce.
4. Sprinkle cheese over sauce.
5. Microwave for 30 seconds to melt cheese.
6. Wait 10 seconds before removing with hot pads.
7. Sprinkle parsley over "chips."



Recipe By:

Alexis Cobler and Rickey DeShaw

Paradise Popsicles

Sanger ISD



VIDEO

Equipment

- Blender
- Butter knife
- Cutting board
- Measuring cups
- Measuring spoons
- 2 Popsicle molds (or 2 small cups)
- 2 Popsicle sticks (if using small cups)

Ingredients

- Strawberries, fresh, medium, sliced (10 Each)
- Pineapple chunks, canned in 100% Pineapple juice, drained (1/2 cup)
- Almond milk, unsweetened, plain (4 tbsp)
- Pineapple juice, 100% juice (4 tbsp)

Nutrition

- No. of servings - 2
- Calories - 70
- Fat (g) - 0.5
- Saturated fat (g) - 0
- Fiber (g) - 2
- Sugar (g) - 13



Directions

1. ASK AN ADULT FOR PERMISSION TO USE THE BLENDER.
2. Using a butter knife, slice the strawberries and put into the blender.
3. Add pineapple chunks, almond milk, and pineapple juice into the blender. Blend until smooth.
4. Divide evenly and pour into 2 Popsicle molds (or in 2 small cups and place the Popsicle stick in center).
5. Put into freezer overnight until frozen.
6. Once frozen, enjoy with a friend.



Video Created By:

John Marshall High School - San Antonio

12

Recipe By:

Rainey Gray, Gabriel Ramirez

Pizza Peppers

Rockwall ISD



VIDEO

Equipment

- Microwave
- Butter knife
- Cutting board
- Paper towel
- Microwave-safe plate
- Can opener
- Small strainer
- Measuring cups
- 2 small mixing bowls
- Measuring spoons
- Hot pads

Ingredients

- Green bell pepper, large, washed (1 each)
- Diced green chiles and tomatoes, canned, mild (1/2 cup)
- Green onion, medium stalks (5 each)
- Mozzarella cheese, reduced-fat, shredded (1/2 cup)
- Cherry tomatoes washed (6 each)
- Onion powder (1/4 tsp)
- Oregano, dried (1/4 tsp)
- Cumin, ground (1/4 tsp)
- Paprika (1/4 tsp)

Nutrition

- No. of servings - 2
- Calories - 120
- Fat (g) - 4.5
- Saturated fat (g) - 2
- Fiber (g) - 3
- Sugar (g) - 5

Directions

1. Cut off the top and bottom of the bell pepper. With pepper upright, cut each of the corners downward, making 4 rectangle pepper pieces.
2. Place a paper towel on a microwave-safe plate and place the 4 pepper pieces skin-side down on paper towel.
3. Chop the green part of the green onions until you have 1/4 cup
4. Using a can opener, open the can of diced chiles and tomatoes, strain liquid into sink and measure out 1/2 cup. Add to a mixing bowl along with green onions. Mix well.
5. Place 2 Tablespoon of the mixture onto each of the pepper pieces, then add 2 Tablespoon of cheese to each of the pepper pieces.
6. Slice cherry tomatoes in half with butter knife and place 3 halves on top of each pepper piece.
7. In a small bowl, mix the onion powder, oregano, cumin and paprika. Sprinkle the mixture over each pepper, place in microwave for 2 minutes and 30 seconds.
8. Let cool for 1 minute. Remove from microwave with hot pads and enjoy!



Recipe By:

Madison Alexander, Evan Scott

Summer Fun

Dallas ISD



VIDEO

Equipment

- Measuring cups
- Sandwich-size resealable bag
- Gallon-size resealable bag
- Ice cream scoop
- 2 small bowls

Ingredients

- Low-fat milk, 1% (1 cup)
- Diced peaches
- Salt (1/4 cup)
- Ice (4 cups)
- Bran flakes (1/2 cup)



Nutrition

- No. of servings - 2
- Calories - 110
- Fat (g) - 1.5
- Saturated fat (g) - 1
- Fiber (g) - 3
- Sugar (g) - 13

Directions

1. Pour milk and one individual serving cup of peaches into a sandwich-size resealable bag. Seal the bag.
2. Put 1/4 cup of salt and 4 cups of ice into a gallon-size resealable bag.
3. Place sealed sandwich-size bag inside the gallon-size bag. Seal the gallon-size bag.
4. Shake the gallon-size bag until the milk turns to ice cream.
5. Place a scoop of ice cream in each of the small bowls.
6. Drain the other individual serving cup of peaches and pour half onto each scoop of ice cream.
7. Sprinkle bran flakes on top of peaches.
8. Share the other scoop with a friend.



Recipe By:

Sofia Soto, Miriam Masso,
Kasandra Romero

SUPER Delicious Raspberry Yogurt

Allen ISD



VIDEO

Equipment

- Measuring cups
- Small bowl
- Measuring spoons

Ingredients

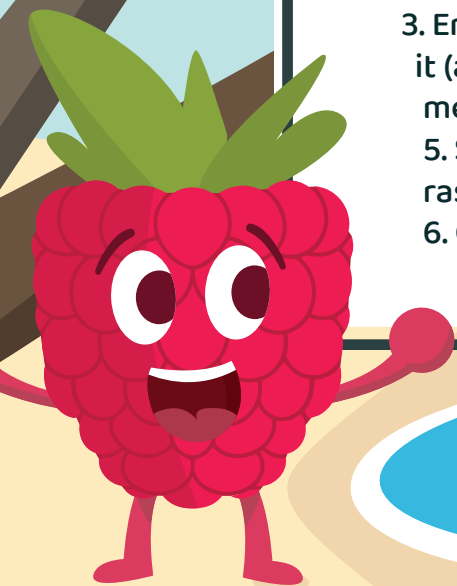
- Granola, oats 'n' honey, crushed (1 tsp)
- Raspberries, whole, raw, washed (1/2 cup)
- Yogurt, Greek, nonfat, single-serve cup (6 oz)

Nutrition

- No. of servings - 1
- Calories - 140
- Fat (g) - 1.5
- Saturated fat (g) - 0
- Fiber (g) - 4
- Sugar (g) - 9

Directions

1. Gather all ingredients listed.
2. Measure out 1/2 cup of raspberries. Reserve 2 to decorate at the end.
3. Empty yogurt into a bowl and add the raspberries to it (all except the 2 you set aside). Stir well.
4. Next, measure out 1 tablespoon. of granola, crush it.
5. Sprinkle granola on top and add your 2 reserved raspberries.
6. Grab a spoon and enjoy!



Recipe By:

Addyson Wright

The Layers of Plum Magic

Arlington ISD



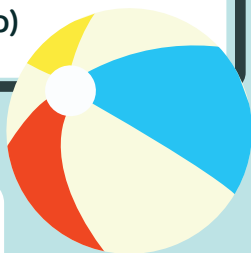
VIDEO

Equipment

- Butter knife
- cutting board
- Measuring cups
- MEasuring spoons
- Wooden spoon
- mall Bowl
- Small cup

Ingredients

- Yogurt, Greek, plain, nonfat (1/2 cup)
- Plum, medium (1 each)
- Pomegranate seeds (1 Tbsp)

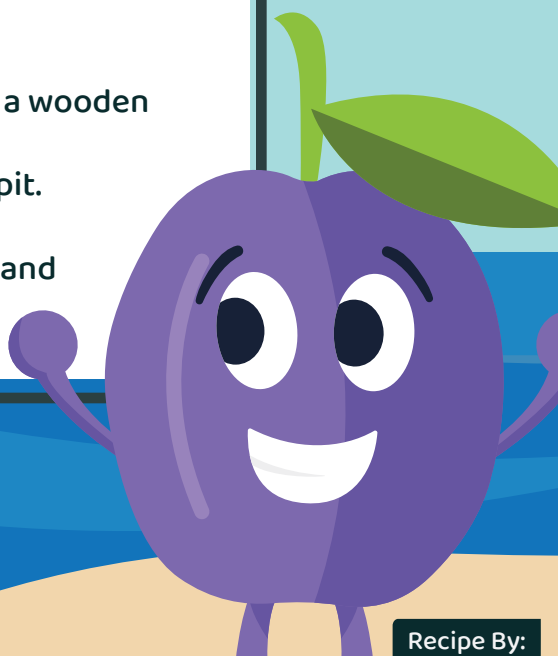


Nutrition

- No. of Servings - 1
- Calories - 110
- Fat (g) - 0
- Saturated Fat (g) - 0
- Fiber (g) - 2
- Sugar (g) - 14

Directions

1. Gather all the ingredients and equipment listed.
2. If using a fresh pomegranate, roll the whole pomegranate on the counter.
3. Cut the fruit in half.
4. Hold each half over a bowl and tap with a wooden spoon while squeezing.
5. Wash and cut plum in half. Remove the pit.
6. Cut plum into 6-8 pieces.
7. In a small cup, layer yogurt, plum pieces and pomegranate seeds.



Recipe By:

Jocelyn Loya, Richy Tran, Destiny Germany, Matthew Guivas

FALL



Jerkin' Sweet Potato Wedges

Sanger ISD



VIDEO

Equipment

- Microwave
- Butter knife
- Microwave safe-plate
- Cutting board
- Measuring spoons
- Brush
- Hot pads



Ingredients

- Sweet potato, medium, washed, baked (1 each)
- Olive oil (1 tsp)
- Salt (1 pinch)
- Jerk seasoning (1 tsp)

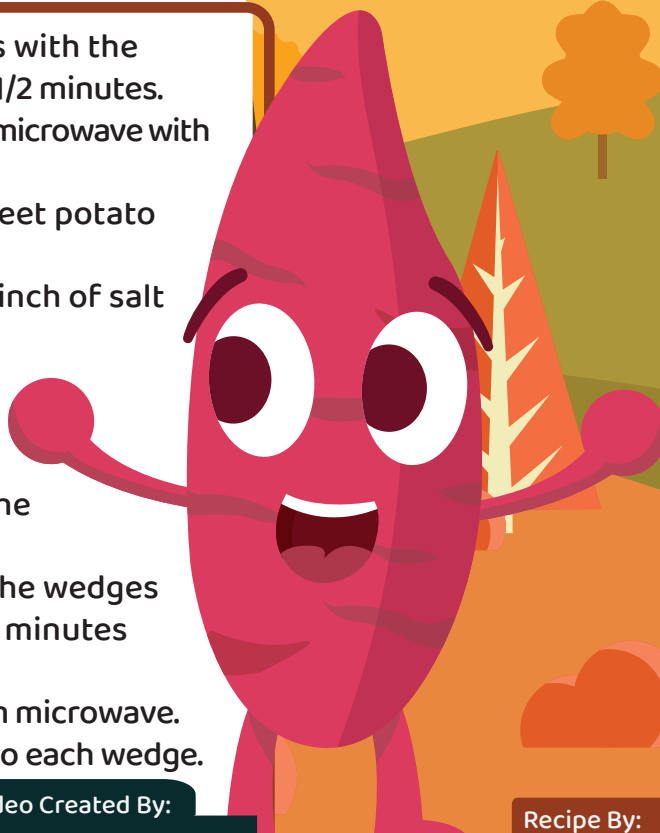


Nutrition

- No. of servings - 1
- Calories - 150
- Fat (g) - 4.5
- Saturated fat (g) - 0.5
- Fiber (g) - 4
- Sugar (g) - 7

Directions

1. Poke the sweet potato a few times with the butter knife and microwave it for 1 1/2 minutes. Wait 1 minute before removing from microwave with hot pads.
2. With a butter knife, cut heated sweet potato lengthwise into 8 wedges.
3. Put a teaspoon of olive oil and a pinch of salt onto a plate and gently mix.
4. Brush the olive oil mixture onto the 8 sweet potato wedges.
5. Put the 8 wedges on to a microwave-safe plate and put in the microwave for 3 minutes.
6. Wait 1 minute, then carefully flip the wedges over and microwave for another 3 minutes until cooked.
7. Wait 1 minute before removing from microwave. Add two pinches of jerk seasoning to each wedge.
8. Enjoy!



Munchy Monsters

Keller ISD



VIDEO

Equipment

- Apple slicer
- Butter knife
- Cutting board
- Measuring spoon
- Plate



Ingredients

- Granny Smith apple, medium, washed (1 each)
- Strawberries, medium, washed (2 each)
- Creamy peanut butter (1 tbsp)
- Mini marshmallows (8 each)
- Chocolate chips (4 each)



Nutrition

- No. of servings - 2
- Calories - 120
- Fat (g) - 4.5
- Saturated fat (g) - 1
- Fiber (g) - 3
- Sugar (g) - 12

Directions

1. Use the apple slicer to cut the apple into slices.
2. Spread peanut butter evenly on one side of each apple slice.
3. Using the butter knife, cut off strawberry stems, and then cut strawberries in half vertically.
4. Place each strawberry half on a peanut butter-covered apple slice.
5. Place a dot of peanut butter on the flat end of each chocolate chip.
6. Place one chocolate chip on the skin side of each apple slice without a strawberry.
7. Place 2 mini marshmallows, side by side, below the chocolate chip on the peanut butter.
8. Share with a friend.



Recipe By:

Daniel Hott, Monica Scott, Lexi Riberich, Madison Lazarus, Delaney Owens, Patrick Weber

Peanut Butter Turkey

Richardson ISD



VIDEO

Equipment

- Small plate
- Butter knife
- Cutting board
- Measuring spoons

Ingredients

- Whole-wheat bread (1 slice)
- Baby carrots, washed (9 each)
- Pretzel sticks (2 each)
- Raisins (2 each)
- Celery stalk, washed (1 each)
- Almond (1 each)
- Peanut butter (1 tsp)
- Honey (1/4 tsp)

Nutrition

- No. Of servings - 1
- Calories - 160
- Fat (g) - 4.5
- Saturated fat (g) - 1
- Fiber (g) - 5
- Sugar (g) -

Directions

1. Align carrots in a semicircle on top of the plate.
2. Cut bread into a rectangle with a circle on top of it.
3. Put peanut butter on one side of the bread.
4. Place the bread on the plate toward the bottom, just underneath the carrot semicircle.
5. Place 2 pretzel sticks through the bottom of the bread to make legs.
6. Cut celery into 7 equal sections.
7. Place celery below the pretzel legs.
8. Use honey to secure the raisins as eyes and the almond as the nose.



Recipe By:

Cameron Bailey, Reece Coker, Kiara Croom, Juilan Galindo, Kelaun Jones

Pumpkin Carrot Ball

White Settlement ISD



VIDEO

Equipment

- Measuring cups
- Measuring spoons
- Mixing bowl
- Whisk
- Cup or mold
- Plastic wrap



Ingredients

- Pumpkin puree, 100% pure (1/4 cup)
- Oats, dry (1/4 cup)
- Almond butter, smooth (1 1/2 tsp)
- Honey, raw (1/2 tsp)
- Cinnamon, ground (1/4 tsp)
- Carrot juice, 100% juice (1/4 cup)



Nutrition

- No. of servings - 1
- Calories - 180
- Fat (g) - 6
- Saturated fat (g) - 0.5
- Fiber (g) - 5
- Sugar (g) - 10

Directions

1. Place all ingredients, except carrot juice, in a large bowl and stir to combine. The mixture may seem too thick at first, but it will come together with continuous mixing.
2. Place the mixture in a cup or mold and pour carrot juice over the mixture.
3. Cover with plastic wrap and freeze until solid.
4. Once frozen, take it out of the cup/mold and place into a small bowl. Enjoy your frozen treat!



Recipe By:

Guillermo Esparza, Rebecca Lares, Isabella Kimbrow, Isiah Avilla

Pumpkin Mug Cake

Allen ISD



VIDEO

Equipment

- Microwave
- Microwave safe-mug
- Can opener
- Small bowl
- Fork
- Measuring spoons
- Hot pads

Ingredients

- Cooking spray (2 sprays)
- Banana, extra small, washed (1/2 each)
- Pumpkin, (canned), (4 Tbsp)
- Flour (4 Tbsp)
- Baking soda (1/4 tsp)
- Sugar (1 tsp)
- Pumpkin spice (1/2 tsp)

Nutrition

- No. of servings - 1
- Calories - 200
- Fat (g) - 1
- Saturated fat (g) - 0
- Fiber (g) - 4
- Sugar (g) - 13

Directions

1. Lightly spray the inside of the mug to prevent sticking.
2. In a small bowl, mash the banana with a fork.
3. Open the canned pumpkin with a can opener and measure 4 tablespoons into the small bowl with mashed banana.
4. Add all the remaining ingredients to the bowl and mix well.
5. Transfer mixture from bowl to mug and place mug in microwave for 1 minute and 15 seconds, or until fully cooked.
6. Allow cooked muffin to cool in mug for 1 minute before removing from microwave with hot pads.



Recipe By:

Jose Hernandez, Morgan Scott, Kaleb Carper, James Davis, Alex Sparrow

Spiced Pears

Birdville ISD



VIDEO

Equipment

- Microwave
- Pizza cutter
- Cutting board
- Microwave-safe plate
- Small bowl
- Spoon
- Hot pads

Ingredients

- Pear halves, canned, in water (1/2 cup)
- Honey (1 tsp)
- Ground cinnamon (1/4 tsp)
- Ground nutmeg (1/4 tsp)

Nutrition

- No. of servings - 1
- Calories - 60
- Fat (g) - 0
- Saturated fat (g) - 0
- Fiber (g) - 2
- Sugar (g) - 13

Directions

1. Use pizza cutter to slice the pear.
2. Sort the pear slices in a single layer on the plate.
3. Mix honey, cinnamon and nutmeg in a small bowl.
4. Spread the mixture over the pears with a spoon.
5. Put it in the microwave for 1 1/2 to 2 minutes or until soft.
6. Allow to cool in microwave for 30 seconds before removing with hot pads.
7. Serve warm.



Recipe By:

Connor Calhoun, Luis Maldonado,
Jasma Inthavong

State Fair Fruit Dog

Rockwall ISD



VIDEO

Equipment

- Butter knife
- Cutting board
- Rolling pin
- Plate
- Spoon
- Measuring cups

Ingredients

- Whole-grain rice crispy treat (1/2 each)
- Strawberries, fresh, large, washed (3 each)
- Apricots, canned, lite (1/4 cup)

Nutrition

- No. of servings - 1
- Calories - 90
- Fat (g) - 1.5
- Saturated fat (g) - 0.5
- Fiber (g) - 2
- Sugar (g) - 15

Directions

1. Cut the rice crispy treat in half.
2. Flatten the rice crispy treat on the cutting board with a rolling pin.
3. Fold the sides of the rice crispy treat bar up so that it looks like a hot dog bun.
5. Using a butter knife, cut the strawberries and apricots into small pieces.
6. Layer fruit onto the rice crispy "hot dog bun" as follows: strawberries, apricots, strawberries.
7. If you have any extra apricots, you can sprinkle them on the plate around the fruit dog.
8. Enjoy!



Super Duper Sweet Potato Dip

Wylie ISD



VIDEO

Equipment

- Microwave
- Fork
- Microwave-safe plate
- Apple slicer
- Cutting board
- Hot pads
- Butter knife
- Spoon
- Small bowl
- Measuring spoons



Ingredients

- Sweet potato, medium, raw, washed (1 each)
- Granny Smith apple, small, washed (1 item)
- Nonfat Greek yogurt, plain (2 Tbsp)
- Honey (1 tsp)
- Pecans, chopped (2 Tbsp)

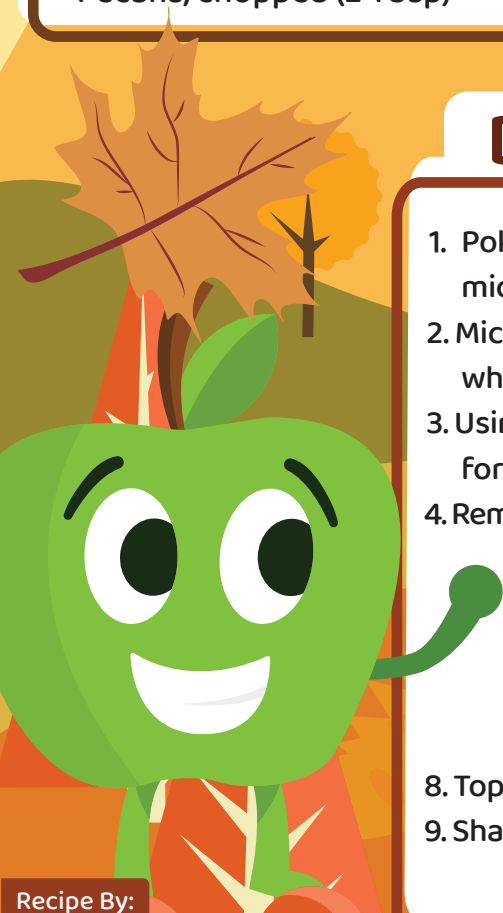


Nutrition

- No. of servings - 2
- Calories - 170
- Fat (g) - 5
- Saturated fat (g) - 0
- Fiber (g) - 5
- Sugar (g) - 15

Directions

1. Poke holes in sweet potato with a fork and place on a microwave-safe plate.
2. Microwave for 6-8 minutes. Let cool in microwave while preparing the rest of the recipe.
3. Using an apple slicer, slice whole apple into wedges for dipping.
4. Remove sweet potato from microwave, using oven mitts.
 5. Cut sweet potato in half lengthwise with a butter knife.
 6. Using a spoon, scoop the insides into a small bowl.
 7. Add the yogurt and honey to the bowl and mash together with a fork.
8. Top with pecans.
9. Share with a friend!



Recipe By:

Alexis Cannell, Mackenzie Space,
Andrew Bortz, Anne Flores

WINTER



Celery Reindeer

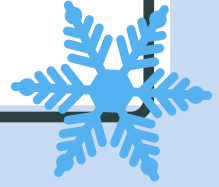
Prosper ISD



VIDEO

Equipment

- Butter knife
- Measuring spoons
- Plate



Ingredients

- Celery, medium stalk, (5-7 inches long), washed (2 each)
- Peanut butter (2 1/4 tsp)
- Chocolate chips (4 each)
- Mini marshmallows (4 each)
- Pretzels (2 each)
- Raspberries, washed (2 each)

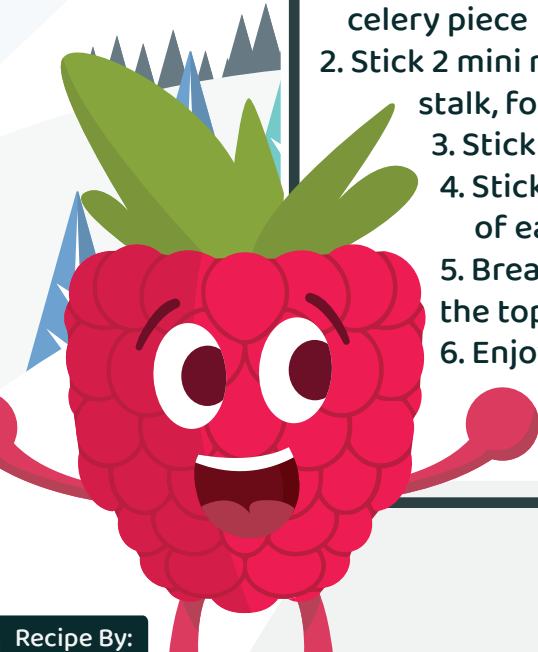


Nutrition

- No. of servings - 1
- Calories - 140
- Fat (g) - 7
- Saturated fat (g) - 1.5
- Fiber (g) - 2
- Sugar (g) - 5

Directions

1. Spread 1 teaspoon of peanut butter in the crevice of each celery piece
2. Stick 2 mini marshmallows on one end of each celery stalk, for the eyes.
3. Stick 1 chocolate chip onto each marshmallow.
4. Stick a raspberry to peanut butter at the bottom of each celery piece, like a nose.
5. Break each pretzel in 2 and attach them at the top of each celery piece, like antlers.
6. Enjoy!



Recipe By:

Sophia Colon, Nahomi Arias, McKenzie Hasslet, Jayden Gray

Grinch Bites

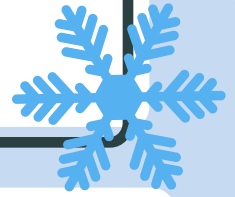
Richardson ISD



VIDEO

Equipment

- Butter knife
- Toothpicks
- Cutting board
- Plate



Ingredients



- Small banana (1/2 each)
- Strawberries, medium (6 each)
- Green, Seedless Grapes (6 each)
- Miniature Marshmallows (6 each)

Nutrition

- No. of Servings - 2
- Calories - 50
- Fat (g) - 0
- Saturated Fat (g) - 0
- Fiber (g) - 2
- Sugar (g) - 8

Directions

1. Slice the banana into 6 pieces, then slice the top off the strawberries.
2. Take a toothpick and slide a grape onto the bottom.
(If the grapes are too big, cut off some of the top)
3. Put a slice of banana on top of the grape
4. Then put a strawberry on top of the banana.
Make sure the tip is pointing to the sky!
5. Last, put a small marshmallow on top to finish the snack.
6. Repeat 7 more times.
7. It should look like the Grinch in Santa's hat!
Share with a friend and enjoy!



Kale Mashed Potatoes

Birdville ISD



VIDEO

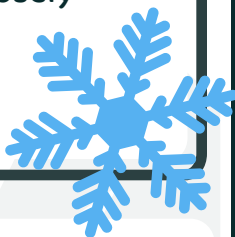
Equipment

- Microwave
- Plastic knife
- Cutting board
- Measuring cups
- Liquid measuring cup
- 2 large microwave-safe bowls
- Hot pads
- Metal fork



Ingredients

- Butter and herb instant mashed potatoes (1 package, about 2 cups)
- Kale, pre-cleaned, chopped, loosely packed (4 cups)
- Water (3 cups)

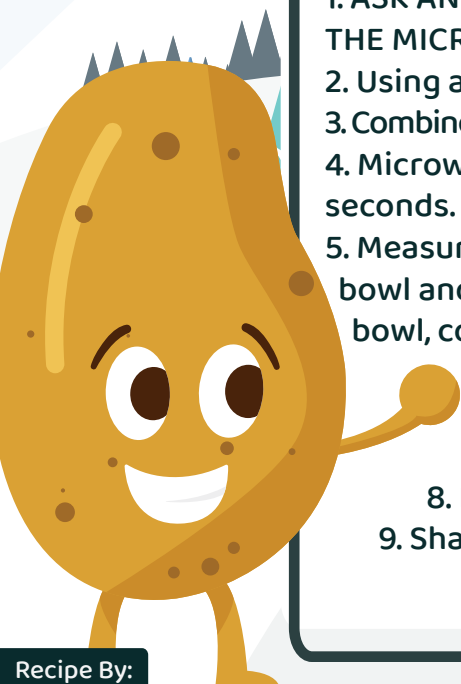


Nutrition

- No. of servings - 4
- Calories - 140
- Fat (g) - 3.5
- Saturated fat (g) - 1
- Fiber (g) - 2
- Sugar (g) - 2

Directions

1. ASK AN ADULT FOR PERMISSION TO BOIL WATER IN THE MICROWAVE!
2. Using a plastic knife, chop the kale into small pieces.
3. Combine kale and 1 cup of water in a microwave-safe bowl.
4. Microwave on high for 45 seconds. Let cool for 60 seconds. Use oven mitts to remove from microwave.
5. Measure 2 cups of water into the other microwave-safe bowl and microwave on high for 4 minutes. 6. Let the bowl, cool for 60 seconds, then use oven mitts to remove from the microwave.
7. Immediately add in bag of mashed potatoes all at once, and use a fork to stir until moistened.
8. Drain the kale, add to mashed potatoes and stir.
9. Share with 3 friends!



Recipe By:

Blake Evans, Olivia Lopez, Aspen

Pepper Power Wrap

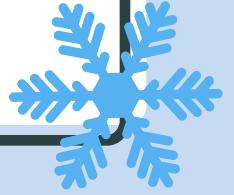
Keller ISD



VIDEO

Equipment

- Plate
- Measuring spoons
- Butter knife
- Cutting board
- Measuring cups



Ingredients



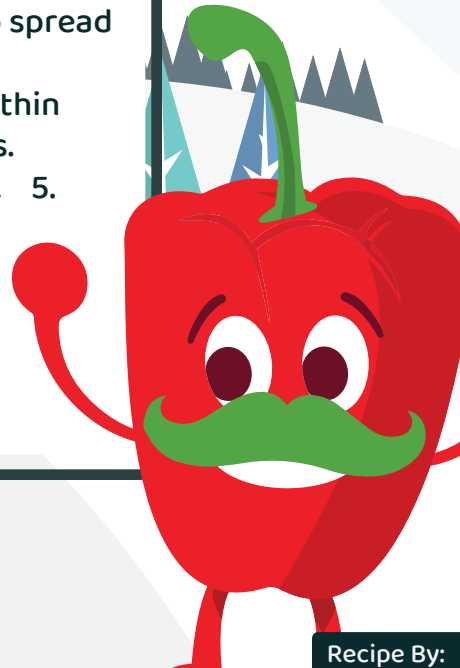
- Tortilla, Flour, carb balance, 8 inches (1 item)
- Baby spinach, raw, fresh, washed, tightly packed (1/2 cup)
- Hummus, red pepper roasted (2 Tbsp)
- Bell pepper, orange, washed, thin strips (1/2 cup)

Nutrition

- No. of servings - 1
- Calories - 130
- Fat (g) - 7
- Saturated fat (g) - 1.5
- Fiber (g) - 11
- Sugar (g) - 3

Directions

1. Lay tortilla on a plate.
2. Measure out hummus, and use a butter knife to spread it onto the tortilla.
3. Use the butter knife to cut the bell pepper into thin slices to get 1/2 cup of orange bell pepper strips.
4. Put the thin slices of bell pepper on the tortilla.
5. Measure a half cup of spinach, line it up on the tortilla.
6. Carefully roll the tortilla tightly.
7. Use the butter knife to cut the tortilla into 4 pieces.
8. Place on a plate and enjoy!



Recipe By:

Alora Jones, Addy Haynes, Courtney Caplinger, Campbell Erk

Roti Spinach Squares

Arlington ISD



VIDEO

Equipment

- Butter knife
- Cutting board
- 2 toothpicks
- Ruler
- Plate
- Blunt kids scissors, sanitized (or butter knife)
- Measuring spoons
- Measuring cups



Ingredients

- Grape tomatoes, washed (1 each)
- Tortilla spinach herb, 10 inches (1 each)
- Hummus plain (1 Tbsp)
- Turkey oven roasted, 98% fat free, sliced (1 slice)
- Baby spinach, fresh, washed tightly packed (1/4 cup)
- Carrot spinach, fresh, tightly packed (1/4 cup)

Nutrition

- No. of servings - 1
- Calories - 140
- Fat (g) - 3.5
- Saturated fat (g) - 1
- Fiber (g) - 2
- Sugar (g) - 2

Directions

1. Cut grape tomato in half. Poke the toothpick into each half and set aside for now.
2. Use the ruler to measure 2 4X4- inch squares of tortilla, then carefully cut with kid's scissors or butter knife.
3. Spread ½ tablespoon of hummus in the center of each tortilla square.
 4. Divide turkey slice, spinach and carrots into 2 portions and place a portion of each on top of the hummus on each tortilla square.
 5. Fold the corners of the square toward the center and put the toothpick with the grape tomato through the center to hold in place. Enjoy your Roti Spinach Squares!



Sweet Banana Sushi

Prosper ISD



VIDEO

Equipment

- Microwave
- Fork
- Microwave-safe plate
- Small plate
- Butter knife
- Measuring spoons
- Hot pads
- Spoon

Ingredients

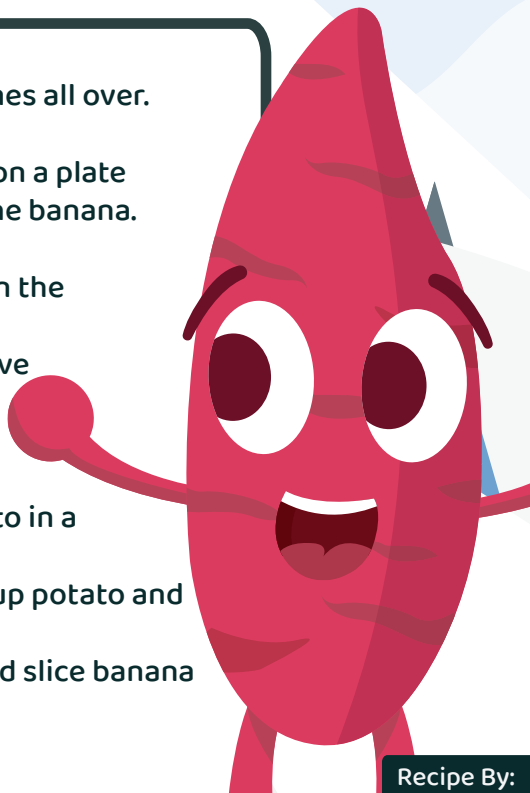
- Sweet potato, small, washed (1/2 item)
- Banana, medium, washed (1/2 item)
- Yogurt, plain, non-fat (1 Tbsp)
- Brown sugar (1 tsp)

Nutrition

- No. of servings - 1
- Calories - 120
- Fat (g) - 0
- Saturated fat (g) - 0
- Fiber (g) - 3
- Sugar (g) - 15

Directions

1. Poke holes in sweet potato with a fork 4-5 times all over. Place on plate and microwave for 4 minutes.
2. While sweet potato is cooking, place banana on a plate horizontally and cut in half. Peel one half of the banana. Store other half of banana for another time.
3. Lightly spread 1 tablespoon of nofat yogurt on the peeled banana half.
4. Carefully flip sweet potato over, and microwave for 4 minutes. Allow to cool 5 minutes before removing from microwave with hot pads.
5. Remove skin from sweet potato with a butter knife or spoon, and place skinless sweet potato in a small bowl.
6. Mash sweet potato with a fork. Measure 1/4 cup potato and spread over the yogurt-covered banana half.
7. Sprinkle 1 teaspoon of brown sugar on top, and slice banana into "sushi" pieces.
8. Enjoy and clean up!



Recipe By:

Britannie Wishon, Katie Farmer,
Aaron Carey

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13 Reasons Milk Is Essential



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Protein

Helps build and repair tissue; supports immunity.

16%
Daily Value



Niacin

Used in energy metabolism in the body.

15%
Daily Value



Calcium

Helps build and maintain strong bones and teeth.

25%
Daily Value



Pantothenic Acid

Helps your body use carbohydrates, fats and protein for fuel.

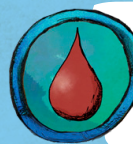
20%
Daily Value



Potassium

Supports healthy heart, blood pressure, body fluid balance and muscle function.

10%
Dietary Reference Intake²



Vitamin B12

Supports normal blood function and nervous system.

50%
Daily Value



Vitamin D

Supports strong bones, teeth and immune system.

15%
Daily Value



Iodine

Crucial for bone and brain development in pregnancy and infancy.

60%
Daily Value



Zinc

Supports healthy immune system, development and skin.

10%
Daily Value



Phosphorus

Supports strong bones and teeth; helps tissue growth.

20%
Daily Value



Vitamin A

Supports healthy skin, eyes and immune system; promotes growth.

15%
Daily Value



Selenium

Supports healthy immune system and metabolism; helps protect healthy cells from damage.

10%
Daily Value



Riboflavin

Helps your body use carbohydrates, fats and protein for fuel.

30%
Daily Value



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Daily Value indicates the percentage that a nutrient in a serving of food contributes to a general diet of 2,000 calories per day.

1. USDA FoodData Central online at <https://fdc.nal.usda.gov/>. Mean values calculated from database entries across all fat levels of plain vitamin D-fortified fluid milk in Legacy, Foundation, and Survey (FNDDS) data sources. 2. USDA FoodData Central. FDA's Daily Value (DV) for potassium of 4700 milligrams is based on a 2005 Dietary Reference Intake (DRI) recommendation. In 2019, the National Academies of Sciences, Engineering, and Medicine updated the DRI to 3400 milligrams. Based on the 2019 DRI, a serving of milk provides 10% of the DRI. FDA rule-making is needed to update this value for food labeling.

FAQ

1. What is the 21-Day Challenge?

The 21-Day Challenge encourages you to make healthier snack choices for the next 21 days. Every day, prepare and eat a snack that contains a fruit or veggie. Choose a recipe from this book, use our Healthy Snack Finder tool to search our database of over 500 recipes or make your own creation that contains 1/2 cup of fruit or vegetable. We encourage you and your family to participate together and share in the fun!

2. What is kids teaching kids®?

The kids teaching kids® program educates and engages students in better nutrition. Registered dietitians work with high school culinary students to create a recipe book for elementary school students full of healthy, flavorful snacks featuring fruits and vegetables.

3. How do I register to take the challenge?

Parents may register their child(ren) by visiting the website kids-teaching-kids.com. Click on “Sign-Up.” Choose the box “Sign-Up a Student.” Simply follow the directions to register.

4. Why does a parent/guardian have to sign up a child?

You must be 18 years or older to fill out the form. Medical City Children’s Hospital only communicates with adults through the email address and/or phone number you provide. The information you give at registration is used to communicate to your school that your child has registered, to provide updates during the challenge, to compare your child’s responses at sign-up to the final assessment questions and to ensure delivery of your child’s reward.

5. If the ingredients in the book don’t match up to the ingredients I have in my house, do I have to make a special food purchase?

No. We developed a tool on our website called “Healthy Snack Finder.” You can use the Healthy Snack Finder to search for snacks, from our database of over 500 recipes, that match the ingredients you have on hand in your pantry or refrigerator. You may also create your own healthy snack (see guidelines for a healthy snack).

FAQ

6. What if I miss a day in the 21-Day Challenge?

It is OK to miss a day. Though, during the 21-Day Challenge, we would like for you to think ahead and plan your snack each day, even on weekends. Remember, you can make and enjoy your snack anytime of the day.

7. How do I take the final assessment?

Two weeks after the challenge ends, we will send you an email and/or text message with a link to the final assessment. You will receive separate communications for each child that you registered, and you will fill out separate assessments for each child. The final assessment is required for your child to qualify for their reward.

8. During the 21-Day Challenge, do I have to make EVERY snack from the book I have?

No. We understand there may be issues with food allergies, availability of ingredients, etc.

9. What are the guidelines for a Healthy Snack?

Below are the guidelines for your healthy snack. Don't forget to check your portion size!

- 200 calories or less
- 7 g of fat or less
- 2 g of saturated fat or less
- 2 g of fiber or more
- 15 g of sugar or less
- Must contain a minimum of 1/2 cup fruit or vegetable per serving

10. Can parents and teachers sign up to take the challenge too?

No, the 21-Day Challenge sign-up and final assessment are only for students. We only give awards to elementary students enrolled in public schools. However, we encourage you to participate with your student(s). You may access the recipe book for free and use the Healthy Snack Finder as well.

11. What if I have questions about the 21-Day Challenge?

Contact your PE teacher.

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Recipe book designed by Mark Chrissan
Prosper ISD

