

SNACKS

Peanut Butter Banana Quesadilla

- 1 whole wheat tortilla
- 2 tablespoons Peanut Butter
- ½ banana, sliced
- 2 teaspoons chocolate chips, optional

Heat a fry pan over medium-high heat. Spread peanut butter over half of the tortilla and top with sliced banana. Sprinkle with chocolate chips, if desired. Fold tortilla in half and gently place in warmed fry pan. Grill each side until lightly brown.

Kid-friendly Trail Mix

- ½ cup Multigrain cheerios
- ¼ dried cranberries
- ¼ dried raisins
- ½ pretzel sticks
- ½ cup nuts (almonds, peanuts, etc)
- ½ whole grain fish crackers

Mix together in a bowl and serve. Makes five ½ cup servings.

Yogurt Parfaits

- ½ cup low fat vanilla yogurt
- ½ cup fruit (berries, bananas, mango, etc)
- ¼ cup WIC cereal

Layer in a cup or small bowl and serve.

Black Bean and Corn Salsa

1 can (14 ½ ounces) diced tomatoes with a little juice reserved

1 pound cooked black beans

1 can (15 ¼ ounces) whole kernel corn, drained

1 packet (1 ounce) ranch dip mix

16 oz. reduced-fat sour cream

2 Tablespoons chopped cilantro

Tortilla chips

Make ranch dip according to package directions.

In a medium-size bowl, mix together prepared ranch dip, corn, beans, tomatoes, and cilantro.

Place in refrigerator for 1 hour. Serve with chips, rice, or tortillas.

Recipe adapted from <https://www.hiddenvalley.com/recipe/371/black-bean-and-corn-salsa/>