

# Healthy and Fun Foods for Kid's Programs



## Hummus on pita bread served with olives

Whole wheat pita bread	Slice in half then slice into pie shapes. (For smaller triangles slices off flat edge about 3/4 inch before making triangles)
	Spray olive oil on pita bread pieces and lightly salt. Bake 350 degrees for 7 minutes.
Hummus	Spread hummus on pita bread
Olives	Place sliced olives on top and serve with carrots or arrange as flower with olives in the center.



## Fig Newton Bibles

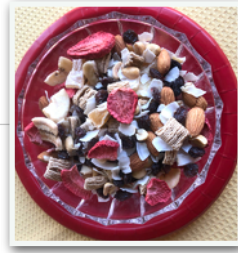
Fig Newtons (Whole grain)	Slice off a little of the fig newton on one side. That way it will look like a book with the edges of the paper (fig filling) showing on 3 sides. The left side will be rounded like the binding of a book.
Strawberry fruit roll up	To make the bookmarks cut the fruit roll up using a sharp knife notching the lower side to look like a bookmark.
	Use a toothpick to stick the bookmark into the lower left part of the book. Press it into the fig filling.
White frosting	You can make your own white cake decorating frosting and pipe on or buy a tube of white frosting. ( I found the purchased frosting harder to work with.)



<b>Apple “Pizza”</b>	
Apples	Core apple, Cut apples horizontally to make circular slices.
	Dip apples in pineapple juice, or use Fruit Fresh to prevent browning.
Peanut butter	Spread a thin layer of peanut butter on the apple. (If allergies substitute another nut butter.)
Topping options: Raisins, shredded coconut, crushed granola bar or granola, cranberries, dried blueberries etc.	Top apple slices with toppings.

<b>Yummy Peanut Butter Dip</b>	Easy
2/3 cup creamy peanut butter	
1/2 cup vanilla yogurt or non dairy yogurt	
1/4 tsp cinnamon	
1 tsp honey	Mix together and serve as a dip for the apple slices. Approximately 1/4 cup dip per child. Serves 4 children.

<b>Frozen Yogurt Covered Blueberries</b>	
Fresh blueberries	About 1/2 cup berries per child
Vanilla yogurt or vanilla non dairy yogurt	Dip each berry in the yogurt using a toothpick
	Freeze on wax paper or parchment paper. Serve in plastic snack bags.



<b>Trail mix</b>	
1 cup Quaker oatmeal squares	Any Chex cereal can be used
1/2 cup Nuts (Peanuts, almonds)	
1/2 cup Dried pineapple pieces	Cut pineapple smaller pieces if needed
1/2 cup Large coconut flakes	
1/2 cup Banana chips	
1/2 cup Raisins	
Red or orange fruit for color such as freeze dried strawberries, dried papaya	



<b>Veggie Skewers</b>	
Olives	Alternate vegetables to add character and color variation
Carrots	
Grape tomatoes or small cherry tomatoes	
Cucumber "stars"	For the top of skewer. I used a small star cookie cutter.
Other vegetables like radishes, celery, kohlrabi if desired	
8 inch bamboo skewers	If tip very sharp you can cut it off a little to make it safer.



<b>Animal Celery Sticks</b>	
Celery	Cut 1/ 1/2 inch, 2 1/2 or 4 inch long pieces, depending on which animal you are making. Then flatten the underside of the celery so they will stay upright when filled.
Grape tomatoes	Use for heads
Edible eyes	I found at Walmart. You can also buy online—look for candy eyeballs.
Whole cashew nuts	For heads of little animals
Peanut butter	For filling. Also used to attach eyes
Cream cheese or non dairy cream cheese	For filling. Also used to attach eyes
Vermicilli noodles	For antennas. Stick into the grape tomatoes.
Grapes red and green	
Cucumber	Cut in circles. Flatten bottom of circle a little before inserting into filling to stabilize.
Kiwi, small	



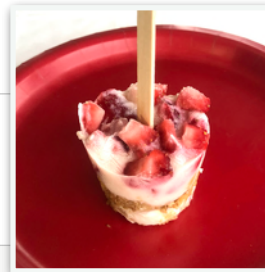
<b>Zacchaeus Grape Tree</b>	
Pretzel sticks	Use 3-5 pretzel sticks for trunk of tree
Green grapes	Use grapes as leaves of tree
	Arrange on a small paper plate



<b>Peanut Butter Bumble Bees</b>	
1/2 cup Smooth peanut butter or other nut butter	Mix together with a spoons all the ingredients except the garnishes.
2 T honey	Make 24 small rounds and shape into ovals.
1/4 cup powdered milk or non dairy milk powder	
1/4 cup wheat germ	
1 tsp sesame seeds (optional)	Mix together the nut butter, honey, powdered milk, wheat germ and sesame seeds.
Garnishes	
1 tsp sesame seeds	Lightly roll bee in sesame seeds.
Cocoa powder or carob powder for garnish	Take a toothpick and dip it in the cocoa powder and lightly press three stripes on the back of the bees
Sliced almonds	Add almond wings
Mini chocolate chips or small carob chips	The chips work good for eyes.
Vermicelli noodles	Use for antennae

<b>Peanut Butter &amp; “Jelly”</b>	
1 cup raisins	Golden raisins if prefer light color. Blend raisins in food processor.
1 cup peanut butter or other nut butter	Add peanut butter and mix.
Whole grain crackers	Nice topping for whole grain crackers.
	Top with a raisin. (Sliced banana would be tasty also.)

<b>Kiwi, Strawberry, Banana Popsicle</b>	
1/2 cup plus 3 Tablespoons vanilla yogurt or non dairy yogurt	
1 small banana	Slice and mash
4 small strawberries	Slice and mash
1 small kiwi	Slice and mash
	Mix together. Cover with tin foil. Insert popsicle stick. Freeze overnight.



<b>Strawberry popsicle</b>	
1 6 oz container Strawberry yogurt or non dairy strawberry yogurt	
Strawberries, 3-4 medium	Dice strawberries. Reserve a few diced strawberries to put on top of each cup
1 small banana	Cut banana into small pieces. Mix fruit with yogurt.
1 1/2 Tbsp Crushed granola bar or granola	Pour mixture into cup, filling half full. Sprinkle crushed granola on the mixture. Add more of the yogurt strawberry mix to the cup. Add a few strawberries on the top. Cover with tin foil. Insert a popsicle stick in the middle. Freeze overnight.
	Makes 3 popsicles using 5 oz Dixie cups.

<b>Frozen fruit pops</b>	
Puree fruit or berries with a little added fruit juice	Puree in blender. Pour the mixture into small paper cups. 5 oz cups work well. Cover with foil and insert popsicle stick through the foil. Freeze overnight.

## Other easy ideas

- Popcorn served in small popcorn boxes (or bags)
- Fresh fruit — watermelon, grapes, pineapple, apples, etc.
- Whole grain crackers spread with nut butter. Place a sliced grape on top
- Small box of raisins or yogurt covered raisins

<b>Bible time foods—easy to serve</b>	
Dried figs	
Dates	
Pomegranate seeds	
Almonds and pistachio nuts	



## Bible texts that mention food

Apples (Prov 25:11; Song of Solomon 2:3)

Almonds (Genesis 43:11; Numbers 17:8)

Dates (2 Samuel 6:19; 1 Chronicles 16:3)

Figs (Jeremiah 24:1-3; Numbers 20:5)

Grapes (Leviticus 19:10; Deuteronomy 23:24)

Melons and cucumbers (Numbers 11:5; Isaiah 1:8)

Olives (Isaiah 17:6; Micah 6:15)

Pistachio nuts (Genesis 43:11)

Pomegranates (Numbers 20:5; Deuteronomy 8:8)

Raisins (2 Samuel 6:19 NKJV)

**Dr. Jeanne Ekvall:** *The recipes have been inspired by many sources, including the ones I've listed below. However, as always, it is important to be selective for those items that are wholesome, healthy, and within our dietary principles. Internet sites: Pinterest, [ministry2kids.com](http://ministry2kids.com), Woman's Day, Ruffles & Rainboots, Family Fresh Meals, Pinkwhen, [Pre-Kpages.com](http://Pre-Kpages.com), [mysillylittleref.wordpress.com](http://mysillylittleref.wordpress.com). Also a thank you to Esther Hanson and Myla Brueske.*