



# TEXAS A&M AGRI LIFE EXTENSION

## After School Snack Ideas

1. **Fruits Smoothie** – Puree 1 cup vanilla yogurt, 1 cup frozen strawberries, 1 frozen banana and  $\frac{1}{4}$  cup orange juice in a blender until smooth.
2. **Sweet Bagel Chips** – Slice stale cinnamon-raising bagels crosswise into thin rounds. Brush the tops with melted butter and sprinkle with cinnamon sugar. Bake 10 minutes at 325 degrees. Flip and brush with more butter, sprinkle with more cinnamon sugar and bake 10 more minutes.
3. **Fruits and Dip** – Mix 1 cup low-fat sour cream and 2 tablespoons each of brown sugar and lime juice; sprinkle with cinnamon sugar. Thread fruit onto skewers, serve with the dip.
4. **Cheesy Chex Mix** – Toss 2 cups of Chex cereal, 2 cups mini pretzels and 1 cup chees crackers with  $\frac{3}{4}$  cup grated parmesan,  $\frac{1}{2}$  stick melted butter and a pinch of garlic powder. Spread on a baking sheet and bake 15 minutes at 325 degrees F, stirring every 2 to 3 minutes.
5. **Caramel Popcorn** – Melt  $\frac{1}{3}$  cup butter and 1 tablespoon honey and a pinch of salt. Toss with 12 cups popcorn and 1 cup pecans. Spread on a parchment-lined baking sheet and bake 15 minutes at 325 degrees F., tossing. Cool
6. **Sesame Potato Chips** – Preheat 2 baking sheets in a 425 degrees F oven. Toss thinly sliced russet potatoes with olive oil and salt. Spread on the hot baking sheets, sprinkle with sesame seeds and bake 10 minutes.
7. **Curry Potato Chips** – Preheat 2 baking sheets in 425 degrees F oven. Toss thinly sliced russet potatoes with olive oil, salt and curry powder. Spread on the hot baking sheets and bake 10 minutes.
8. **Ham snails** – Top strips of refrigerated breadstick dough with 1 strip of each American or Swiss cheese and ham; roll into pinwheels. Brush with olive oil and sprinkle with dried oregano. Bake as the dough label directs.
9. **Pita Nachos** – Split a whole-wheat pita into 2 rounds, then cut into wedges. Broil until golden, then sprinkle with grated cheddar and salsa and broil until the cheese melts. Top with sliced green onions.
10. **Apple quesadillas** – Melt some butter in a skillet, the lay a flour tortilla in the pan and top with grated cheddar and thinly sliced apple on one side. Fold the tortilla in half and cook until golden on both sides. Cut into wedges.

11. **Granola Bars** – Melt 2 tablespoons butter in saucepan with 1/3 cup each honey and brown sugar and a pinch of salt. Mix in 2 cups rolled oats, 1 cup each chopped nuts and dried fruit and 2 tablespoons wheat germ. Press into a parchment lined 8 inch pan and bake 30 minutes at 300 degrees F. Cool, then cut into bars.
12. **Ham Pinwheels** – Spread scallion cream cheese on a dried-tomato tortilla or flour tortilla and top with thinly sliced ham. Roll up the tortilla and cut into ½ inch pieces.
13. **Pepperoni Pizza Bread** – Halve a small loaf of Italian bread horizontally and toast under the broiler. Brush with olive oil, the top with tomato sauce, grated mozzarella, parmesan and sliced pepperoni. Broil until bubbly. Sprinkle with dried oregano.
14. **Granola** – Mix 3 cups rolled oats, 1 cup mixed seeds, 1 cup chopped mixed nuts, ¼ cup shredded coconut and a pinch each of salt and cinnamon. Toss with 1 tablespoon vegetable oil and 3 tablespoons honey. Spread on a baking sheet and bake 25 minutes at 325 degrees F., tossing. Cool Stir in 2 cups mixed dried fruit.
15. **Salsamole** – Mix ½ cup salsa, 2 mashed avocados, 2 tablespoons each of lime juice and chopped cilantro and salt to taste. Serve with tortilla chips.
16. **Mango Salsa Scoops** – Toss 1 cup each diced mango and black beans with ¼ cup diced red onion. Add 2 tablespoons each chopped pickled jalapenos and the liquid from the jar, chopped cilantro and lime juice. Season with salt. Service in tortilla scoops.
17. **Chocolate Chow Mein** – Microwave ¼ cup each peanut butter, chocolate chips and butter until melted. Put 3 cups each chow mein noodles and Chex cereal and ½ cup each chopped peanuts and raisins in a resealable plastic bag; add the chocolate mixture and shake to coat. Add 2 cups confectioners' sugar and shake again.
18. **Bean Roll-ups** – Spread bean dip on a flour tortilla, top with shredded cheddar cheese and roll up. Brush with vegetable oil and bake 10 minutes at 400 degrees F. Serve with salsa.
19. **Crunchy Chickpeas** – Cook a 15-ounce can drained chickpeas in an oven proof skillet with 2 tablespoons olive oil and 1 teaspoon each, cumin and smoked paprika, 2 minutes. Season with salt, then bake 20 minutes at 425 degrees F.
20. **Cinnamon Sugar Sticks** – Beat ½ cup softened cream cheese with 1 tablespoon cinnamon sugar until smooth. Spread onto strips of refrigerated breadstick dough. Twist and stretch into 12-inch sticks and bake as the dough label directs. Brush with melted butter.
21. **Black Bean Hummus** – Puree a 15-ounce can drained black beans with 1 garlic clove, 2 tablespoons each lemon juice and tahini and 1 teaspoon cumin; add water if needed. Season with salt. Service with crackers or vegetables.
22. **Edamame Hummus** – Puree 1 cup cooked shelled edamame with 1 garlic clove, 2 tablespoons each lemon juice and tahini and 1 teaspoon cumin; add water if needed. Add 1 teaspoon sesame oil and top with sesame seeds. Season with salt. Serve with rice crackers.
23. **White Bean Hummus** – Puree a 15 ounce can drained white beans with 1 garlic clove, 2 tablespoons each lemon juice and tahini., ½ cup chopped scallions, and 1 teaspoon cumin; add water if needed. Season with salt. Serve with pita bread or breadsticks.
24. **Nutty Pretzel Wands** – Spread peanut butter on the top few inches of pretzel rods. Roll in chopped peanuts and or dried fruit.

25. **Apple Moons** – Slice an apple in crescents. Spread with peanut or almond butter and press granola on top.
26. **Crackerwiches** – Spread peanut butter on saltines. Top with thin strawberry slices. Drizzle with honey and top each with another saltine cracker.
27. **Smoky Pretzel Mix** – Mix melted ½ stick butter with 3 tablespoons brown sugar, 1 teaspoon smoked paprika and ¼ teaspoon cayenne. Toss with 3 cups mini pretzels and 2 cups mixed nuts. Spread on a baking sheet and bake 20 minutes at 325 degrees F, stirring.
28. **Artichoke-Pesto Bites** – Mix ½ cup each ricotta cheese, chopped artichoke hearts and pesto with ¼ cup grated parmesan and salt and pepper. Spread on cracker or bread and top with mozzarella. Bake 10 minutes at 375 degrees F.
29. **Jam Pockets** - Roll out refrigerated pizza dough to ¼ inch thick; cut into 3-inch rounds. Dollop with cream cheese and jam. Brush the edges with beaten egg, fold in half and press to seal. Brush with egg and sprinkle with sugar. Poke a hole in each; bake 20 minutes at 400 degrees F.
30. **Ricotta-Apple Pockets** – Roll out refrigerated pizza dough to ¼ inch thick; cut into 3-inch rounds. Fill with ricotta cheese, diced apple and a pinch of cinnamon sugar. Brush the edges with beaten egg, fold in half and press to seal. Brush with egg and sprinkle with cinnamon sugar. Poke a hole in each; bake 20 minutes at 400 degrees F.
31. **Broccoli Cheddar Pockets** – Roll out refrigerated pizza dough to ¼ inch thick; cut into 3-inch rounds. Fill with chopped cooked broccoli and shredded cheddar cheese. Brush the edges with beaten egg, fold in half and press to seal. Brush with egg and sprinkle with parmesan. Poke a hole in each; bake 20 minutes at 400 degrees F.
32. **Pizza Pockets** – Roll out refrigerated pizza dough to ¼ inch thick; cut into 3-inch rounds. Fill with tomato sauce and grated mozzarella and parmesan cheese. Brush the edges with beaten egg, fold in half and press to seal. Brush with egg and sprinkle with more parmesan. Poke a hole in each; bake 20 minutes at 400 degrees F.
33. **Tortellini Kebabs** – Toss cooked spinach tortellini, grape tomatoes and mini mozzarella balls with pesto, olive oil, salt and pepper. Thread onto skewers.
34. **Yogurtwiches** – Place a scoop of frozen yogurt between graham cracker squares. Roll the edges in chocolate chips. Freeze until firm.
35. **Better Brownies** – Prepare your favorite brownie batter, adding 1 cup shredded zucchini (squeezed dry); divide among greased mini-muffin cups and bake 15 to 18 minutes at 350 degrees F.
36. **Berry Brownies** – Prepare your favorite brownie batter and divide among greased mini-muffin cups. Press a raspberry or sliced strawberry into the batter, bake 15 to 18 minutes at 350 degrees F.
37. **Pretzel Melts** – Sandwich small slices of cheddar cheese between mini pretzels. Put on a parchment-lined baking sheet and bake about 10 minutes at 425 degrees F. Serve with mustard.
38. **Loaded Oatmeal Cookies** – Prepare a 17.5 ounce package oatmeal cookie mix as the label directs, but substitute ½ cup applesauce for the butter or oil and add ¼ cup wheat germ and 1 cup each of chopped mixed nuts, dried fruit and shredded coconut to the batter.
39. **Jicama Sticks** – Peel a jicama; cut into sticks. Toss with lime juice and sprinkle with chopped cilantro, salt, sugar and chili powder.

40. **Fruit-Nut Treats** – Make Rice Krispie Treats as the label on the box of cereal directs, adding ½ cup sesame seeds and ½ cup each chopped dried fruit and sunflower seeds with the cereal.
41. **Elvis Waffles** – Spread peanut butter on toasted mini whole wheat waffles. Top with sliced banana, crumbled bacon and honey.
42. **Tuxedo Olives** – Cut cheese sticks into thin strips. Stuff inside large pitted olives. Toss with olive oil, red wine vinegar and parsley.
43. **Banana Chips** – Slice a banana into 1/8 inch thick rounds and lay on a greased baking sheet. Bake at 200 degrees F. until golden, 2 to 3 hours. Let harden a room temperature.
44. **Chicken and Waffles** – Mix chicken salad with some sliced grapes and chopped walnuts. Spoon onto toasted mini whole-wheat waffles.
45. **Pomegranate Slushes** – Blend 1 cup pomegranate juice and 2 tablespoons honey with 3 cups ice until slushy. Pour into glasses and top with more juice.
46. **Fruit Leather** – Mix 1/3 cup no-sugar added fruit preserves with 1 teaspoon cornstarch. Spread into a 2 by 12 inch strip on greased parchment paper; bake 45 minutes at 225 degrees F. Cool, then trim the parchment and roll up.
47. **Dried Apples** – Cut an apple in half and scoop out the seeds with a spoon. Slice into ¼ inch thick round. Lay on a greased baking sheet and bake at 200 degrees F until dry, 2 to 3 hours.
48. **Matzo Melts** – Brush matzo crackers with olive oil and sprinkle with salt, pepper and dried rosemary. Top with sliced turkey and shredded cheddar cheese. Bake 5 minutes at 400 degrees F.
49. **Sweet and Saltines** – Place saltine crackers on a greased cookie sheet. Drizzle with butter, brown sugar and chocolate for the ultimate sweet-salty bite.

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