### Brown Bag Demonstrations

#### Cool Snacks

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**Supplies Needed:** Ingredients for recipes, blender, 3 trays

<table>
<thead>
<tr>
<th>What to Do</th>
<th>What to Say</th>
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<tbody>
<tr>
<td><strong>Chart #1</strong></td>
<td>With summer coming, you’ll be looking for cool snacks. Here are some unusual things to make. Even grown-ups should like these recipes. They are healthier than soft drinks and sweets.</td>
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| **Chart #2** | For a Monkey Milkshake, I will need:  
• 1 cup skim milk  
• ½ banana  
• ¼ tsp vanilla  
• Dash of Cinnamon (a dash is a quick shake)  
Just put everything in a blender and blend with lid on for 20 seconds. It doesn’t even take a whole minute to make this delicious shake!! This drink has servings from the dairy and fruit sections of the pyramid. |
| **Chart #3** | For a Giraffe Cocktail, I will need:  
1 cup tomato juice  
1 stalk celery, diced  
1 carrot, diced  
½ small onion, diced  
1 Tbsp. lemon juice  
¼ tsp. salt  
dash of pepper  
dash of Worcestershire sauce  
Put all the ingredients in a blender and blend for 20 seconds. This will make enough for you and a friend. This drink has servings from the fruits & vegetables section of the pyramid. |
| **Chart #4** | To go with the cool drinks, here is a delicious snack that will give you energy for summer fun.  
For Squirrel Popcorn, I will need:  
• 3 Tbsp raisins  
• 10-12 whole peanuts  
• 1 cup popcorn  
Mix peanuts, raisins, and popcorn together. Enjoy! This snack has servings from the fruit, meat, and breads/cereals sections of the food guide pyramid. |
| **Chart #5** | These cool snacks are:  
1. Nutritious  
2. Quick to make  
3. So tasty & refreshing  
Are there any questions?  
Why don’t you try one of these, or all of these snacks soon!! |
Cool Snacks
Monkey Milkshake

- 1 cup skim milk
- ½ banana
- ¼ tsp. vanilla
- Dash of cinnamon
Giraffe Cocktail

- 1 cup tomato juice
- 1 stalk celery, diced
- 1 carrot, diced
- ½ small onion, diced
- 1 Tbsp. lemon juice
- ¼ tsp. salt
- Dash of pepper
- Dash of Worcestershire sauce
Squirrel Popcorn

- 2 Tbsp. raisins
- 10-12 whole peanuts
- 1 cup popcorn