

Brown Bag Demonstrations

Cool Snacks

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Supplies Needed: Ingredients for recipes, blender, 3 trays

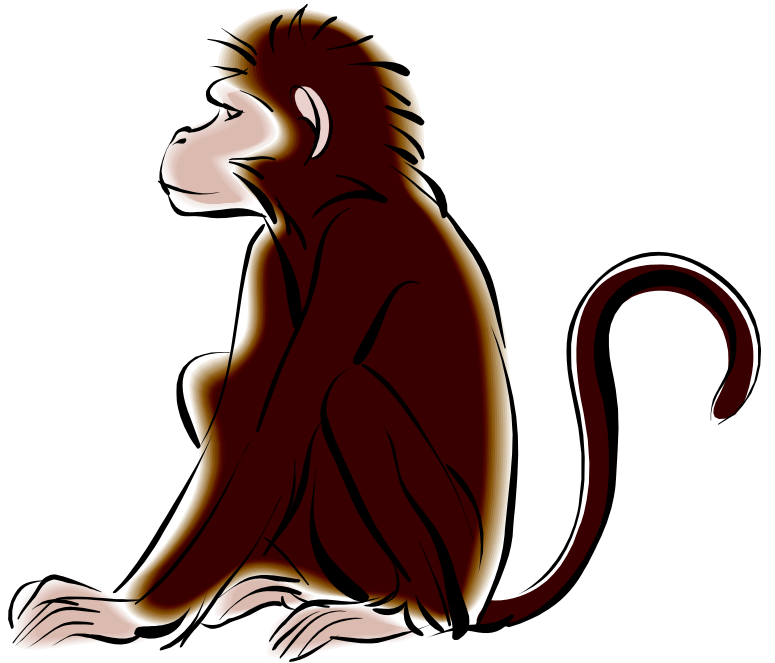
What to Do	What to Say								
Chart #1	With summer coming, you'll be looking for cool snacks. Here are some unusual things to make. Even grown-ups should like these recipes. They are healthier than soft drinks and sweets.								
Chart #2	For a Monkey Milkshake, I will need: <ul style="list-style-type: none"> • 1 cup skim milk • ½ banana • ¼ tsp vanilla • Dash of Cinnamon (a dash is a quick shake) 								
Put items in blender	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: <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">1 cup tomato juice</td> <td style="width: 50%;">1 Tbsp. lemon juice</td> </tr> <tr> <td>1 stalk celery, diced</td> <td>¼ tsp. salt</td> </tr> <tr> <td>1 carrot, diced</td> <td>dash of pepper</td> </tr> <tr> <td>½ small onion, diced</td> <td>dash of Worcestershire sauce</td> </tr> </table>	1 cup tomato juice	1 Tbsp. lemon juice	1 stalk celery, diced	¼ tsp. salt	1 carrot, diced	dash of pepper	½ small onion, diced	dash of Worcestershire sauce
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1 stalk celery, diced	¼ tsp. salt								
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½ small onion, diced	dash of Worcestershire sauce								
Put items in blender	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: <ul style="list-style-type: none"> • 3 Tbsp raisins • 10-12 whole peanuts • 1 cup popcorn 								
Mix items together	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: <ol style="list-style-type: none"> 1. Nutritious 2. Quick to make 3. So tasty & refreshing <p>Are there any questions? Why don't you try one of these, or all of these snacks soon!!</p>								

Cool Snacks



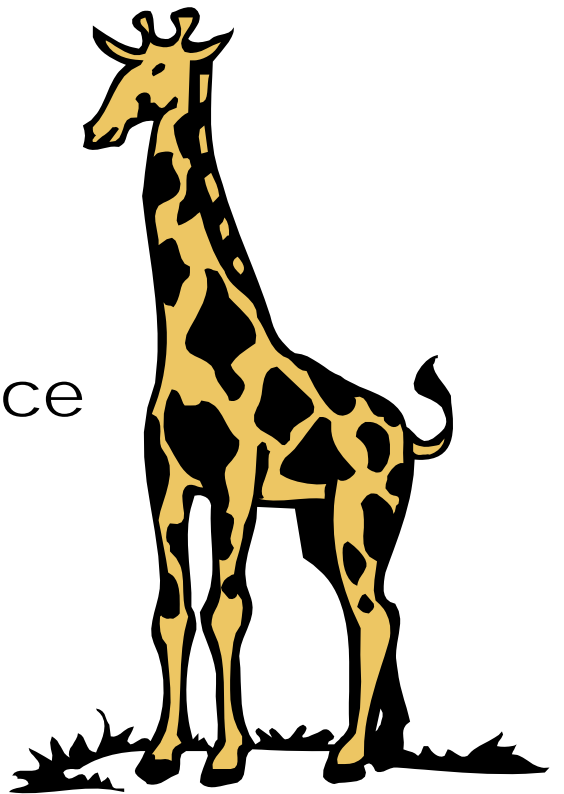
Monkey Milkshake

- 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

