



Rural Collaborative Opportunities for Occupational
Learning in Health (R-COOL-Health)

Center *for* Rural Health

The University of North Dakota, School of Medicine & Health Sciences



Scrubs Camp

HEALTHY SNACK RECIPES



Thank you to the Wisconsin Office of Rural Health
Club Scrub program for these recipes.



Tex-Mex Popcorn

*Adult Supervision

- ¼ c. margarine, melted
- 1 Tbsp. dry taco seasoning mix
- ½ c. popcorn kernels
- 2 Tbsp. vegetable oil

Mix the melted margarine with taco seasoning and set aside. Pop the popcorn kernels in the oil in a large, covered pot, pop, then pour into a large serving bowl. Stir in the seasonal margarine and toss lightly. Serves 4.

Arctic Oranges

- 4 oranges
- 4 c. orange juice
- 4 cherries

Cut the tops off the oranges in a zigzag pattern. Hollow out the insides, remove the seeds and combine in a blender with the juice. Set the rinds in a muffin tin and fill with the mixture. Drop a cherry inside each orange. Freeze for 2-3 hours. Soften the treats for 5 minutes, then serve. Makes 4.

Apple Ladybug Treats

- 2 red apples
- ¼ c. raisins
- 1 Tbsp. peanut butter
- 8 thin pretzel sticks

Slice apples in half from top to bottom and scoop out the cores using a knife or melon baller. Place each apple half flat side down on a small plate. Dab peanut butter on to the back of the "lady bug", then stick raisins onto the dabs for spots. Use this method to make eyes too. Stick one end of each pretzel stick into a raisin, then press the other end into the apples to make antennae.



Apple Lips

- 1 apple
- 1 Tbsp. peanut butter
- 5 mini marshmallows

Core and slice apple into 4-6 wedges. Take half of the wedges and spread with peanut butter on the top side. Take the mini-marshmallows and place on top of peanut butter. Spread the other half of the apple wedges with peanut butter and place peanut butter side on top of the marshmallows.

Crispy Cheese Critters

- 1 packet whole wheat flour tortillas
- 2 c. grated cheese
- ½ c. bacon bits
- Assorted cookie cutters

Cut out shapes in the tortillas with cookie cutters. Place shapes on cookie tray or broiler pan. Arrange the grated cheese on the shapes and then sprinkle bacon bits on top. Place tray under broiler for 3-5 minutes or until cheese is melted. Allow to cool slightly before serving. Makes 24.

Turkey Twirls

- 1 flour tortilla
- 1 Tbsp. mayonnaise-optional
- 3 oz. sliced turkey
- 3 oz. sliced cheese
- 2 Tbsp. shredded lettuce

Spread mayonnaise on tortilla. Layer turkey, cheese and lettuce on top of tortilla and roll up.



Cheesy Bagels

One mini-bagel
1 Tbsp. light cream cheese
10 raisins

Top a mini-bagel with the cream cheese and sprinkle with raisins.

Fruit Shakes

1 c. fresh berries
½ banana, cut into 1 inch pieces
¼ c. vanilla nonfat yogurt
¼ c. orange juice
1 c. ice cubes

Blend all ingredients together in a blender until smooth. Serve.

Ants on a Log

5 stalks celery
½ c. peanut butter
¼ c. raisins

Cut the celery stalks in half. Spread with peanut butter. Sprinkle with raisins.

Fruit Roll-up

1 package tortillas
Assorted fresh fruit, sliced thinly:
(strawberries, kiwi, bananas, cantaloupe)
Light cream cheese

Spread tortilla with 1 Tbsp. cream cheese. Spread fruit over the cream cheese. Roll up tortilla and eat.



Spiders

- 2 Ritz crackers
- 1 tsp. peanut butter
- 4 pretzel sticks

Break apart pretzel sticks in half to create the legs. Place the “good” side of the cracker down, and smear peanut butter on the “back” side of the cracker. Place the legs on each side of the cracker. Top with the remaining cracker. Serves 1.

Personal Pizza

- Roll of refrigerator biscuits
- Pizza sauce
- Shredded cheese
- Other toppings as desired
(peppers, mushrooms, tomatoes)

Pre-heat oven to temperature on biscuit package. Open the biscuits and separate. Take one biscuit at a time, flatten them as much as possible on an ungreased cookie sheet. Once biscuits are flattened, spread with sauce, sprinkle with cheese and add other toppings. Put into oven and cook until the cheese is melted.

GORP Balls

- 1/3 c. dried fruit
- 1/3 c. raisins
- 1/3 c. Cheerios
- 2 c. peanuts
- 1/3 c. mixed nuts
- 1 c. chocolate chips
- 1/3 c. coconut flakes
- 1/3 c. honey
- 1/3 c. sunflower seeds
- ½ c. peanut butter

Combine melted chocolate chips, honey, and peanut butter. This is the “glue” that holds together the mix. Add in the remaining ingredients. Roll into balls.



Breakfast Quesadillas

*Adult Supervision

- 2 small flour tortillas
- 2 Tbsp. pasta sauce
- 2 Tbsp. chopped ham
- ¼ c. grated mozzarella cheese

Spread half of each tortilla with pasta sauce, sprinkle with ham, then mozzarella. Fold uncovered half over filling. Heat non-stick fry pan over medium heat, cook quesadilla for about 2 minutes per side or until cheese is melted OR bake at 400 F for about 8 minutes. Cut into wedges. Serves 2.

Nutty Snack Mix

- 4 c. peanuts
- 1 c. M & M's
- 1 c. whole almonds
- 1 c. raisins
- ¼ c. sunflower seeds

Combine all ingredients in a large bowl and mix well. Store in an air tight container.

Additional Healthy Snack Ideas

- Graham cracker and peanut butter
- Frozen grapes
- Yogurt with fruit
- Popcorn
- Cheese and crackers
- Mixed nuts
- Fresh fruit
- Veggies and dip
- Hard-boiled eggs
- Milk with graham crackers