
“Produce” Snacks

...Search for ideas

...Explore grocery stores, farmers markets, or grow your own fruits and veggies

...Create combinations

...Taste and adapt

...START A HEALTHY TREND of “Produce Snacks”

The following are “starter” suggestions. For more information, resources and links, go to www.ctahr.hawaii.edu/NEW



WATER - The Basic Nutrient



Chilled bottled water
Chilled lemon water
Chilled lime water
Frozen water “iced cakes”



FRUITS - Chilled fresh, frozen, canned, dried, whole, peeled, sliced, cubed fruit cocktail



Acerola
Apple
Apricot
Banana
Orange
Papaya
Peach
Plum

Persimmon
Pineapple
Pommelo (jabon)
Starfruit (5 finger; carambola)
Surinam cherry
Tangerine
Watermelon

Honeydew melon
Cantaloupe
Kiwi
Lychee
Mango
Cherimoya
Grapefruit
Grape

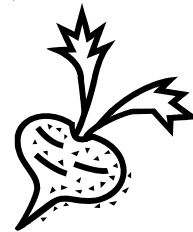
*continued... **FRUITS** - Chilled fresh, frozen, canned, dried,
whole, peeled, sliced, cubed fruit cocktail*



- Dried fruit and cereal (example: toasted oats and dried cranberries/cherries, raisins)
- Frozen fruit pieces or frozen whole fruit (examples: drain canned fruit, lay on tray, freeze; peel oranges, freeze whole; peel bananas, dip in orange juice, freeze whole)
- “Bottled/canned/boxed” 100% fruit juices
- 100% juice “iced cakes” (example: 1 can 100% frozen juice concentrate with 1 1/2 - 2 cans water: freeze in small paper cups)
- Fruit “sandwiches”: bread/rolls/peanut butter/sliced fruits; cinnamon optional
- Bananas, mangoes, papayas and other fruits marinated in:
 - 1) skim milk and coconut flavoring
 - 2) orange juice and almond flavoring
 - 3) pineapple juice and coconut flavoring
 - 4) evaporated skim milk and almond flavoring
- Any of the above with: flavored yogurts, piña colada sauce (see recipe section)

VEGETABLES - Chilled fresh, frozen, canned,
whole, peeled, sliced, cubed

- Cabbage slaws with fruit
- Vegetable sticks with dips (see recipe section)
- Pumpkin chunks
- Somen salads
- Pasta salads (you may use local ethnic pastas like saimin, somen, pancit, etc.)
- Tomato salsa (see recipe section) with vegetable chunks
- Potato chunks with dips
- Peanut butter rolled in manoa lettuce leaves
- Tomatoes, green onions and round onions, lomi-lomi style



COMBINATIONS

- Sweet bread tuna sandwiches, 1% or skim chocolate milk, banana or apple
- Hard pretzels and fruit
- Soft pretzels (see recipe section) and fruit
- Peanut butter sandwiches and fruit
- Popcorn and fruit
- Animal crackers and fruit
- Trail mix (see recipe section) and fruit
- Baked chips, salsa and fruit
- Small boxed cereal (with or without milk) and fruit
- Pudding and fruit
- Flavored gelatins and fruit
- Yogurt and fruit (see recipe section)
- Tortilla chips and fruit salsas
- Cookies and fruit

Soft Pretzel

Number of servings: 4

Ingredients:

- 1 tablespoon active dry yeast
- 1/2 cup lukewarm water
- 1/2 teaspoon salt
- 1 1/3 cups flour (unbleached or bread)
- 1 teaspoon pancake syrup

- wax paper
- extra flour
- cooking spray
- 1 egg



Directions:

1. PREHEAT oven to 400° F.
2. In a medium bowl, DISSOLVE yeast in lukewarm water. Let sit for 3-5 minutes or until bubbles form.
3. In a small bowl, thoroughly MIX salt and flour together.
4. ADD pancake syrup, salt, and flour to yeast. KNEAD.
5. PLACE some flour on a large piece of wax paper and on top of dough.
6. KNEAD dough for about 5-8 minutes (until dough becomes elastic). Use just enough flour so dough doesn't stick to hands.
7. DIVIDE dough into 4 pieces.
8. ROLL dough into pretzel shape or to the shape of your choice.
9. SPRAY pan with cooking spray.
10. PLACE pretzel shape dough on cookie sheet pan.
11. In a small bowl, BEAT egg.
12. BRUSH beaten egg on pretzel.
13. BAKE for 10-15 minutes.

Apple Turnover

Yield: 16 pieces

Ingredients:

- 2 large apples (red OR green)
- 1 (8-ounce) package refrigerated crescent rolls
- 1 teaspoon cinnamon
- 2 tablespoons sugar
- 1-2 tablespoons butter

Directions:

1. PEEL apples. REMOVE center with seeds and SLICE each apple into 8 pieces.
2. SEPARATE rolls and CUT each triangle in half lengthwise, making 2 triangles.
3. In a small bowl, MIX cinnamon and sugar together.
4. In a small pot, MELT butter. SPREAD butter all over each triangle.
5. SPRINKLE crescent roll lightly with cinnamon/sugar mixture.
6. PLACE apple on each triangle at large end.
7. ROLL up to form turnover.
8. PLACE turnover on cookie sheet or foil with the point of triangle tucked under.
9. BAKE at 400°F for 25-30 minutes or until goldenbrown.
10. REMOVE from cookie sheet and COOL.

Variations:

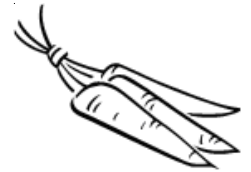
Other fruits may be used as a filling.

Vegetable Namul

Number of servings: 4

Ingredients:

- 1 clove garlic
- 1 medium carrot
- 1 bunch watercress
- 1 1/2 cups boiling water
- 1 teaspoon sesame oil
- 1/4 teaspoon sugar
- 3 tablespoons soy sauce
- Optional: 1/8 teaspoon cayenne pepper OR red pepper
- 1 teaspoon sesame seed



Directions:

1. MINCE garlic.
2. GRATE carrot.
3. WASH watercress, REMOVE undesirable leaves and tough stems, and CUT into 1 inch lengths.
4. PLACE watercress in 1 1/2 cups boiling water for 3 minutes.
5. DRAIN thoroughly.
6. In a large bowl, ADD garlic, sesame oil, sugar, and soy sauce. MIX well.
7. ADD watercress and carrots.
8. CHILL until ready to serve.
9. Optional: ADD cayenne pepper or finely chopped pepper, and sesame seeds.

Variations:

In place of watercress, use 1 package bean sprouts, 1 package chop suey mix, or cabbage.

Salsa

Yield: approximately 4 cups

Ingredients:

- 1/2 -3/4 pound tomatoes OR 1 (28-ounce) can whole tomatoes
- 1/2 small round onion
- 2 tablespoons Chinese parsley
- 1 piece chili pepper
- 1 teaspoon lemon OR lime juice



Directions:

1. Finely CHOP tomatoes, onions, and parsley.
2. MINCE chili pepper.
3. In a medium bowl, COMBINE tomatoes, onion, chili pepper, lemon or lime juice, and Chinese parsley.
4. COVER and REFRIGERATE until ready to SERVE.

Variations:

Canned stewed tomatoes may be used instead of whole tomatoes.

Trail Mix

Yield: 4 cups

Ingredients:

- 2 cups circle shaped cereal
- 2 cups square shaped cereal (rice, wheat, corn — one OR more combined)

Directions:

1. In a large bowl, MIX circle shaped cereal and square shaped cereal.
2. STORE in airtight container.

Variations:

For breakfast, add milk and fresh fruits.
Eat cereals with 100% fruit juice.
Use a mixture of any 2 or more cereals.
Add pretzels, nuts, and/or dried fruits.

Piña Colada Sauce

Yield: approximately 3 cups

Ingredients:

- 3 (6-ounce) containers lowfat vanilla yogurt
- 1 (12-ounce) can frozen 100% pineapple juice concentrate
- Coconut extract flavoring to taste

Directions:

1. In a small bowl, MIX ingredients well.
2. COVER and REFRIGERATE. SERVE with sliced fruit OR vegetable sticks.

Creamy Fruit / Vegetable Salad

Number of servings: 6

Ingredients:

- 3 cups fresh, frozen, canned OR dried fruit OR
- 3 cups fresh OR frozen vegetables
- 1 (6-ounce) container flavored lowfat yogurt

Directions:

1. Depending on fresh, frozen, OR canned fruits OR vegetables used:
CHOP fresh ingredients OR
THAW frozen ingredients OR
DRAIN canned ingredients.
2. In a large bowl, MIX all ingredients together.
COVER and REFRIGERATE until ready to SERVE.



Variations:

Examples of fruits: pineapple, orange, banana, papaya, mango, apple, or raisins.
Examples of vegetables: frozen vegetable combinations, fresh cabbage, carrots, broccoli, cauliflower, green beans, and/or zucchini.
Chopped nuts may be added.

Thousand Island Dressing

Yield: approximately 1 1/2 cups

Ingredients:

- 1 (6-ounce) container lowfat vanilla yogurt
- 1/4 cup ketchup
- 1/4 cup pickle relish
- 1/4 teaspoon pepper

Directions:

1. In a small bowl, MIX yogurt, ketchup, pickle relish, and pepper.
2. CHILL for 1-2 hours before serving.

Variations:

Use as a dressing or dip for vegetables and salads in place of mayonnaise.