



Recipe Ideas

Tasty Recipes Featuring Clementines from Spain

Makeover sugary and salty treats with the tasty and nutritious snack recipes featured below. These recipes developed by Liz Weiss, MS, RD, mother of two boys, ages 8 and 11, and author of *The Moms' Guide to Meal Makeovers: Improving the Way Your Family Eats, One Meal at a Time!*, are designed to be easy to prepare for kids of all ages.

Snack makeover tips from Weiss, include:

- ***Clementine from Spain:*** Peeled into sections.
- ***Yogurt parfait:*** Alternate layers of low-fat yogurt (Weiss's boys like strawberry and vanilla) with fruit sections and your child's favorite crunchy whole grain cereal.
- ***Citrusy Smoothie:*** Blend together two peeled and sectioned Clementines from Spain, 1 ripe banana, 1 cup lowfat vanilla yogurt, 3/4 cup orange juice, 4 ice cubes and 1/2 teaspoon vanilla.
- ***South-of-the-Border Bagel Bites:*** Spread whole-grain bagel halves with low-fat refried beans and corn kernels. Top with reduced-fat shredded Cheddar cheese and toast until the cheese melts and the beans are heated through.
- ***Veggies and dip:*** Kids may actually prefer veggies raw so serve bell pepper strips, baby carrots, and crunchy green beans with low-fat Ranch dressing or prepared salsa.
- ***Ants-on-a-log:*** Wash and trim two celery stalks. Slice each into thirds, fill with 3 to 4 tablespoons peanut butter and top with dried blueberries and cranberries.
- ***Snack kabobs:*** Slide Clementine from Spain sections on wooden sticks. For a special treat melt 2 tablespoons chocolate chips to make a dipping sauce.