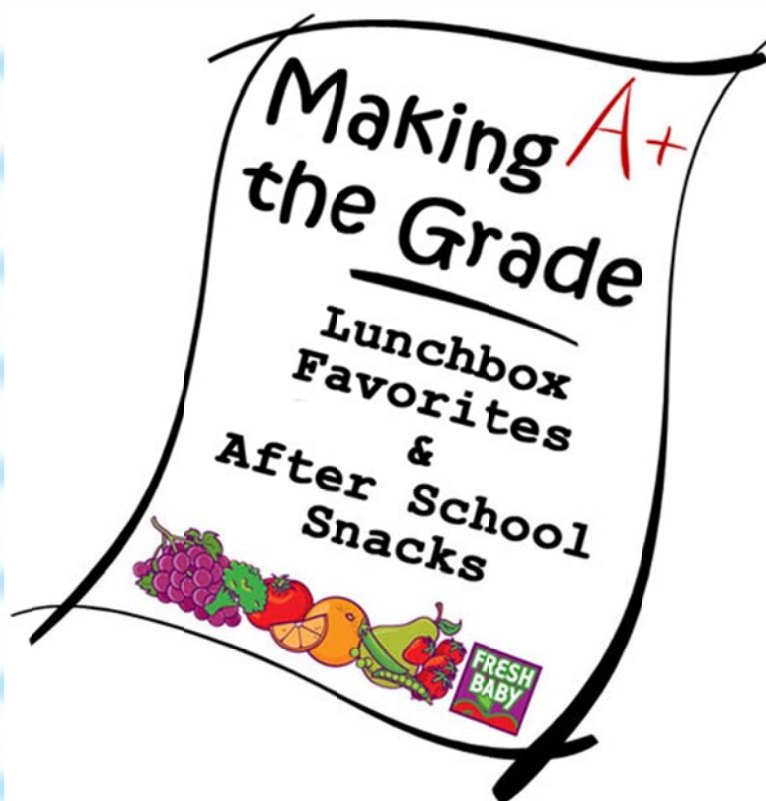


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By Fresh Baby Fans and Cheryl Tallman

Special thanks to the contestants and contributors
of these very tasty
lunchbox and snack recipes!



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Lunchbox and Snack Tips Entered by Victoria Hostin

1	Snack sized seaweed. more calcium than milk and if your kids develop a taste for it, it will become a treat in their lunch box
2	Pumpkin seeds - buy them unprocessed/unsalted and then toast them at home with earth balance and salt - this lets you control the salt content.
3	Buy a high quality thermos. It will change the dynamic of packing lunches and increase the variety.



2010 Winners

Chicken Quinoa Salad

Entered by: Julie Riley

Ingredients:

- 1 cup quinoa
- 3 boneless skinless chicken breasts
- 1 can of black beans
- 1-2 cucumber diced
- 1 medium or large tomato diced
- 1 bag of frozen carrots (or 4-5 fresh) diced
- 3 mushrooms diced
- 2 stalks of celery
- Oil and vinegar dressing or vinaigrette of your choice



Directions:

1. Wash and drain the quinoa till the water is clear
2. Boil the 1 cup of quinoa with 2 cups of water and a pinch of sea salt till all water is absorbed. Place in bowl and put in fridge to cool.
3. Cook the three chicken breasts to liking (for this recipe I just microwave them)
4. Drain and rinse the black beans
5. Cook carrots and then cool
6. Dice all veggies & chicken. Place in fridge to cool
7. After everything is cooled and chicken is finished mix all ingredients together in a big bowl and add dressing to taste. Serve Chilled



Breakfast Pancake Cups

Entered by Abby Pivacek

Ingredients:

- Your favorite "just add water" pancake mix (buttermilk is tasty)
- 1 or 2 eggs, depending on the amount of pancake batter
- Sharp Cheddar Cheese

Directions:

1. Pre-heat oven to 350 degrees
2. Prepare pancake batter as directed on box
3. Pour batter into a normal or mini-muffin pan, lined with papers
4. Poke small slices of cheese into the middle of each cup
5. Mix eggs separately and pour even amounts on top of each cup
6. Bake for 20-25 minutes or until inserted toothpick comes out clean



*When using a mini-muffin pan, cook for about half the time

Fun Food Collage

Entered by Stacy Lynn Brunscheen Hancock

Start with several bowls filled with different foods, such as:

1. Dry things: crackers and pretzel sticks
2. Fruits: apple slices, grapes cut in half, etc.
3. Veggies: red and yellow bell pepper slices, celery, carrots, cucumber slices, etc..
4. Dipping: hummus, yogurt, peanut butter, etc...

Sit down at the table and create! Using the foods make collages and pictures : a flower, boat, car, train, house, etc! The kids will love it. It's amazing the raw veggies they will eat this way.



Sandwiches & Wraps

Tofu Pastina

Entered by Victoria Hostin

Ingredients	Directions
1 box Pastina (orzo works too) 1/2 package soft tofu - pureed 3/4 cup grated parmesan cheese 1 tablespoon butter 1/2 cup pureed yellow squash (optional)	Cook pastina according to package, drain and combine all ingredients.

Cucumber Mint Sandwiches

Entered by Nannette Melamed

Ingredients:

- 1/4 cup loosely packed fresh mint leaves, rinsed, spun dry, and chopped fine
- 2 tablespoons unsalted butter, softened
- 2 tablespoons cream cheese
- 6 slices of whole-wheat bread
- a 3-inch length of seedless cucumber, cut into thin slices

Directions:

In a small bowl combine the mint, the butter, and the cream cheese and stir the mixture until it is combined well. Spread the bread slices with the butter mixture, top 3 of them with the cucumber, distributing the cucumber evenly and seasoning it with salt, and top the cucumber with the remaining bread slices. Cut off and discard the crusts and cut each sandwich diagonally into quarters.



Pineapple Kabobs

Entered by Fresh Baby

Ingredients:

- 4 pineapple chunks (½ inch pieces)
- 4 Colby Jack cheese cubes (½ inch pieces)
- 2 slices deli-ham, cut into 1-inch squares or 4 ham steak cubes (1 inch pieces)
- Toothpicks



Directions: Assemble mini-kabobs on a toothpick in the following order: a ham square, a pineapple chunk, and a cheese cube.

Caution: Toothpicks can be dangerous for young children. Please supervise children under 3 while they are eating.

Lunchmeat Roll Ups

Entered by Fresh Baby

Ingredients	Directions
1 slice of deli-ham, turkey, or roast beef trimmed to fit the size of the bread	Spread cream cheese evenly on the bread. Save about ½ tsp for later.
1-2 Tbsp of cream cheese	Layer the deli meat evenly over the bread, except for a ½ inch strip down one side of the bread.
1 steamed string bean, asparagus spear, or raw celery stick	Spread the remaining cream cheese down the strip, this will be glue to seal the edge of the roll up.
1 slice whole wheat bread, crust removed	Place the vegetable piece along one side of the bread and roll it up from one end to the other.
	Makes 1 rollup



Sunshine Wrap

Entered by Fresh Baby

Ingredients:

- 2 Tbsp peanut butter
- 1 Tbsp apple, grated
- 1 Tbsp carrots, grated
- 8-10 raisins
- 1 whole wheat or flour tortilla

Directions:

Spread peanut butter on the tortilla. Sprinkle one half with apples, carrots, and raisins. Beginning on the side with the apple mixture, roll up the tortilla. The peanut butter will act



like glue to seal the wrap. Makes 1 wrap.

Sunshine Wraps can be stuffed with many flavors. Instead of the apples, carrots, and raisins, try any of these foods:

- Shredded coconut
- Chopped dates
- Dried cranberries
- Banana slices
- Sliced turkey
- Chopped celery
- Mini marshmallows
- Bacon crumbles

NOTE: About one child in 80 is allergic to peanuts. For kids with a peanut allergy or if you child is in a “peanut-free” room, sunflower butter can be substituted for peanut butter. You can find sunflower butter at natural food stores.



Veggie & Fruit Sides

Whole Wheat Vegetable Flat Pancake

Entered by Pallavi Lal

Ingredients:

- 1 cup whole wheat flour
- 1 cup chickpea flour (Garbanzo bean flour)
- 2 tbsp wheat germ
- 2 tbsp ground flaxseed
- 1 tsp sesame seeds
- 1 tsp ginger garlic paste
- salt to taste (if you want)
- 1/4 cup peas
- 1 small beet
- 1/4 cup carrots
- 1/8 cup brocolli
- 1/8 cup cauliflower
- 1/4 cup spinach
- 4 tbsp olive oil to bind the dough

Directions:

Steam vegetables and grind them in a thick paste. Do not add water while grinding. Mix whole wheat flour, chickpea flour, wheat germ, flaxseed, sesame seeds, ginger garlic paste, and salt and oil. Add the thick vegetable paste to flour mixture and knead it into soft dough. Ensure that this is not too sticky, if it is add some more what flour to make it a little less sticky. Roll the dough to flat and thin pancakes (just like Tortilla). Heat pan for few minutes. Put the rolled dough on the heated pan and wait for 3 min, flip sides, wait for 2 min till both sides are cooked. You can serve this pancake warm with salsa or ketchup or dip. For babies, make small pieces of this pancake and you can give as finger food without any dip etc. You can also press on the rolled dough while cooking and make it crispy and it can be healthy replacement to cookies or chips.



Sweet & Sour Cucumber Moons

Entered By Fresh Baby

Ingredients	Directions
1-2 cucumbers, peeled	Slice cucumber down the middle, longwise.
¼ cup rice vinegar	With a tablespoon, scrape out the seeds and discard.
¼ cup water	Slice cucumbers, crosswise, to make crescent moon shapes. Place cucumbers in a serving bowl.
1 Tbsp sugar	In a small mixing bowl, combine vinegar, water, sugar and sesame oil. Stir until sugar is dissolved.
Splash of sesame oil	Pour dressing over cumpers and toss.

Fruit Kabobs with Yogurt Dipping Sauce

Ingredients	Directions
Fruit Cubes/Pieces, such as: <ul style="list-style-type: none">○ melon○ Berries○ Pineapple○ Peaches○ Plums	Thread fruits cubes/pieces onto toothpicks or bamboo skewers. Serve with yogurt for dipping.
Toothpicks or short skewers	
1/4 cup vanilla or fruit flavored yogurt	



Here are few suggestions for including fruits and vegetable in your child's lunchbox.

Fruit Choices:

- Whole Fruits: Some fruits turn brown quickly, so they are better whole than cut up. This includes apples, bananas, and pears. Small bunch of grapes or a handful of blueberries are also good whole fruit choices.
- Oranges may sound like a good whole fruit, but they are not. They take too much time to peel and are messy. Its best to peel the orange or cut it into wedges before it goes into the lunchbox.
- Dried fruits are perfect for the lunchbox - A handful of dried apricots, raisins, pears, blueberries, cherries are sweet and neat to eat.
- Cut up fruits that are great in a container include melon, watermelon, strawberries, peaches, plums, pineapple and mango. Don't forget a spoon or fork!

Beware of these store-bought items:

- Fruit snacks in the shape of TV characters. These are not fruit, they are candy.
- Dried Fruits with lots of sugar added - read the labels (typical culprits are dried pineapple, bananas, and mango - they are often caked with extra sugar)

Veggie Choices:

- Sticks: carrot, celery, sugar snap or snow peas all make great choices. They'll stay crunchy in the lunch box and are easy to eat.
- Cherry or grape tomatoes with a small container of dip is fun.
- Cucumber circles with a dipper of ranch dressing or tossed in Italian dressing are yummy!
- Quick veggie salads can be made with leftover rice, couscous or pasta, chopped veggies - carrots, green beans, broccoli, cauliflower, peas, or celery. Simply toss together with your child's favorite salad dressing.



Snacks

Yummy Fruit & Veggie Smoothie Entered by Melissa Little

Ingredients	Directions
1 cup orange juice	Mix in blender and serve with straws. It makes 4 servings. It can also be frozen as popsicles for a frosty treat!
1 cup frozen blueberries	
1 banana	
1/2 cup frozen spinach	
1 cup carrot juice	

Banana (Green) Smoothie

Entered by Cami Stewart

Ingredients:

- 1 cup milk
- 2 bananas, cut in pieces and frozen
- 1 Tbsp. peanut butter
- 3/4 cup crushed ice
- 1 large handful fresh spinach (can be fresh frozen)
- 1 Tbsp. honey (*optional*)
- 1 tsp. cocoa powder (*optional*)

Directions:

Blend in blender until smooth. For color-sensitive eaters, pour into an opaque cup with a lid and straw so they'll actually taste it! When they do, they'll say YUM! (adding a little cocoa powder will also hide the green color!)



Toddler Trail Mix

Entered by Kimberly Cowan-Kilts

Ingredients		Directions
1 cup original Cheerios		Combine all ingredients in a Ziploc bag or container with lid. Enjoy!
1 cup Multi-Grain Cheerios		
1 cup raisins or other dried fruit of choice		
1 cup Gerber Yogurt Melts or Beech Nut Yogurt Nibbles		
1 cup Wholegrain Goldfish		

Peanut Butter Rice Cakes

Entered by Emily Krakow

Ingredients:

- 1 (or as many as you're hungry for) Quaker rice cake(s), lightly salted flavor
- 1 jar of crunchy JIF peanut butter (or creamy if you prefer)
- Sprinkles of your choice (to add some color and awesomeness)

Directions:

Spread some peanut butter on each rice cake and top with lots of sprinkles. If you're putting it in a lunch box, place a square of parchment paper on top and slide into a plastic bag. When you take it out at lunchtime, the peanut butter will be on the rice cake, not the bag.



Pumpkin/Banana Oatmeal Muffins

Entered by Katie Clemmons

Ingredients		Directions	
1 1/2 cups all-purpose flour		Preheat oven to 400 degrees and line a 12-cup muffin tin with paper cases.	
1 cup quick oats			
3/4 cup firmly packed brown sugar		Combine dry ingredients in a large bowl.	
1/2 cup raisins (optional)		In a medium bowl, combine the pumpkin, banana, milk, oil and egg(s), blending well.	
1 tsp baking powder			
1/2 tsp baking soda		Stir pumpkin mixture into dry ingredients until the dry ingredients are just moist.	
1 1/2 tsp pumpkin pie spice			
1 cup canned or fresh pumpkin		Fill muffin cases evenly and bake for 22-25 minutes.	
1 very ripe banana			
3/4 cup fat-free milk			
1/3 cup canola oil			
1 egg lightly beaten, or 2 egg whites			

Fruit and Nuts Stacks entered by Maiah Albi

Toss unsalted roasted almonds, walnuts, dried apricots and prunes in a sandwich bag.

When it's time to eat the snack, put one or two almonds on top of the dried apricot, and a walnut on top of the prune for a protein-packed sweet treat.

The fiber in the fruit is a great source of energy, making this the perfect on-the-go snack after school and before a sports practice. Naturally sweet and filling, these mini "sandwiches" of nuts and fruit are delicious!

