



girl scouts
of greater mississippi

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Making Healthy Snacks

The Recipes



Strawberry Lime Smoothie

Ingredients

1 c. strawberry yogurt

½ c. 2% milk

2-4 Tbsp. lime juice

2 Tbsp. honey

¼ tsp. ground cinnamon

2 c. fresh strawberries

Instructions

Combine ingredients and mix in blender until smooth.

Sweet and Spicy Popcorn

02 | Sweet and Spicy Popcorn

Ingredients

1 bag salted microwave popcorn

¼ tsp. chili powder

½ tsp cinnamon

1 Tbsp. honey

Instructions

Cook microwave popcorn according to package directions then place in a large bowl.

Sprinkle spices over popcorn, then drizzle with honey.

Stir well to coat popcorn and serve warm.

Apple Granola Stackers

03 | Apple Granola Stackers

Ingredients

1 Granny Smith apple, skin on, cored and sliced crosswise

1 red apple skin on, cored and sliced crosswise

1/4 cup crunchy peanut butter

1/2 cup granola

1 tablespoon Cinnamon Sugar

(Cinnamon Sugar: 1/2 cup sugar and 1 teaspoon ground cinnamon)

Instructions

Spread all the apple slices (except the top slice) with peanut butter.

Sprinkle granola and cinnamon sugar over the peanut butter.

Stack the apples, alternating between red and green slices.

Wrap tightly in plastic wrap and refrigerate until ready to eat.

*Apples should be of equal size.



Mardi Gras Cauliflower “Potato” Salad

04 | Mardi Gras Cauliflower “Potato” Salad

Ingredients

1 head fresh cauliflower, washed and cut

1 tsp. chopped dill

1 can whole kernel corn, drained

1 purple onion, chopped

1 cup mayonnaise or sour cream

Salt and Pepper to taste

Instructions

Wash head of cauliflower well and use a sharp knife to cut it into bite-sized florets.

Place pieces in a microwave-safe bowl and add just enough water to cover the bottom of the bowl, 2 to 3 tablespoons.

Place a plate over the bowl and microwave for 3 to 4 minutes or until just before soft.

Let the cauliflower sit in the microwave for 1 minute before removing. Be careful as the steam trapped under the plate will be hot. Drain and mix with remaining ingredients.

Turkey Avocado Toast

05 Turkey Avocado Toast

Ingredients

1 avocado

Juice of ½ lime

2-3 small slices ciabatta bread

Salt and pepper

Sliced deli turkey

Instructions

Halve and stone the avocado then scrape out the flesh into a bowl.

Squeeze in the lime, season, then mash roughly with a fork.

Toast the ciabatta, spread with mashed avocado, top with turkey and finish with ground black pepper.



Ice-cream in a Bag

06 Ice-cream in a Bag

Ingredients

1 cup half and half

1.5 tsp vanilla extract

1 tbsp. sugar

ice

1/4 cup salt

Ziploc bags 1 Small, 1 Large (Name brand works best, but if not available use 2 of each bag and shake a few extra minutes)

Instructions

Pour 1 cup of half and half into a small Ziploc bag. Add 1.5 teaspoons of vanilla extract and 1 tablespoon of sugar. Seal the bag firmly and get any excess air out.

In the larger Ziploc bag, fill it about 1/2 way with ice. Add 1/4 cup of salt. Then add your small bag and fill with extra ice on top. Seal the large bag.

Use gloves or towel for shaking and shake for 6-8 minutes. *Gloves are needed since the salt makes the ice extra cold.

Take the small bag out of the large bag and rinse the outside of the small bag with cold water. Make sure to rinse out the top part of the bag also (above the seal).

Once done rinsing, carefully open the small bag to not get any remaining salt from the outside of the bag inside the bag.

The ice cream will be a little icy looking to start. Use a spoon to mix it around and soften it up a bit. Scoop out and enjoy!

Cherry Cheese Pie

06 | Cherry Cheese Pie

Ingredients

- 1 (8 oz. package) cream cheese, softened
- 1 (14 oz. can) Eagle Brand sweetened condensed milk
- 1/3 cup fresh lemon juice
- 1 teaspoon vanilla extract
- 1 (9 ounce) graham cracker crust
- 1 (21 oz. can) cherry pie filling

Instructions

In large mixing bowl, beat cream cheese until fluffy. If your cream cheese isn't soft enough you will get lumps. Gradually beat in sweetened condensed milk until smooth. Mix in lemon juice and vanilla until WELL combined. Pour into graham cracker crust and chill at least 3 hours. Pour on cherries and chill before serving.