

United Future Leaders
Snack Recipe Book
2012-2013



Leadership is good.

Introduction: In a world where childhood obesity is prevalent, it is imperative for youth practitioners to equip students with skills to incorporate healthy food choices in their daily life. The United Future Leaders recipe book offers youth practitioners healthy, economical, and simple recipes, which provides nutritious and delicious alternatives to unhealthy snacks and fast food.

Why Nutrition: In the United Future Leaders (UFL) program, we find educating students in nutrition is essential in helping them become great leaders. A healthy snack time is dedicated during program delivery to teach students basic nutritional information and etiquette. This experiential approach to healthy snack options encourages students to realize that nutritious food can be fun and delicious.

Healthy Eating Creates Healthy Leaders: Each week 5th and 6th grade students participate in a theme activity, physical activity, and nutrition lesson. Healthy snacks are integrated into the nutrition lesson to facilitate experiential and developmentally appropriate learning. Students enjoy taking an active role in making their own snacks, which increases the overall effectiveness of the lesson.

Conclusion: It is important for youth to make informed nutritional choices and understand the impact those choices have on how they feel, grow, and lead.

All UFL recipes are designed with student taste buds in mind. We have adapted the recipes to best meet their nutritional needs by substituting healthier ingredients when possible.

Students often request parents to purchase ingredients to replicate UFL snacks at home. This evidence suggests students are applying nutritional concepts outside of UFL, thus fulfilling our mission to promote *healthy bodies, healthy minds, and healthy behaviors*.

UFL Philosophy

UFL defines leadership as “I bring out the best in myself and others.” Students learn how a healthy lifestyle positively impacts their leadership abilities. Coupling nutrition with daily leadership lessons creates a holistic approach to leadership development in youth.



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Go, Slow, Whoa Kabobs

Ingredients:

Grapes (GO)

Cherry tomatoes (GO)

Wheat bread (cut into squares) (GO)

Cheddar cheese (cubed) (SLOW)

Sliced ham (SLOW)

Cheese tortellini (WHOA)

Directions:

Cook the cheese tortellini according to the directions. Cut cheese into cubes. Slice ham and wheat bread into squares.

Using skewers, make a kabob using go, slow, and whoa foods.

Remember:

GO- Foods you can eat all the time (fruits, veggies)

SLOW- Foods you eat in moderation (full fat cheese, mashed potatoes)

WHOA- Foods you eat in small amounts on special occasions (birthday cake, soda, pizza)

Angel Food Cake

Ingredients:

Angel Food Cake or Pound Cake

Fresh strawberries

Non-fat whip cream

Directions:

Slice the strawberries. Spoon strawberries on angel food cake and top it with a dollop of whip cream.

This is a special treat, so enjoy!



Fall Chex Mix

Ingredients:

Chex Cereal (rice, corn, or wheat)
M&M's or Reese's Pieces candy
Raisins
Candy Corn
Pretzels



Directions:

Combine all ingredients to make a yummy fall snack.

Remember:

Raisins and Wheat Chex (GO)
Pretzels (SLOW)
M&M's and Candy Corn (WHOA)

Banana Pudding

Ingredients:

Vanilla or chocolate pudding
Vanilla wafers
Bananas

Directions:

This is an easy one! Remember to eat more bananas than wafers!



Bugs on a Log

Ingredients:

Apples
Peanut butter
Celery
Raisins
Almonds
Dried cranberries



Directions:

Cut celery into small sticks. Fill inside of celery with peanut butter. Put almonds, raisins and dried cranberries on top of the peanut butter.

Eat celery sticks with apple slices for a more filling snack.

Pinwheels

Ingredients:

Sliced turkey
Cream cheese
Tortillas (flour or wheat)

Directions:

Lay tortilla flat. Spread cream cheese on tortilla and place a turkey slice on top. Roll up tortilla. Cut the tortilla to create pinwheels.



Ranch Chex Mix

Ingredients:

Cheese crackers

Life cereal

Pretzels

Ranch seasoning packets

Directions:

Combine all ingredients. Sprinkle the ranch seasoning over ingredients and mix well.



Cook-Free S'mores

Ingredients:

Graham crackers

Marshmallow crème

Nutella

Directions:

Spread the marshmallow crème and nutella on one graham cracker. Place another graham cracker on top and enjoy a yummy smore sandwich.



Fruit Sandwiches

Ingredients:

Mixed fruit (black berries, blueberries, raspberries, strawberries)

Whole wheat bagel thins

Schmear (low fat whip cream and fat free cream cheese)

Directions:

Combine whip cream and softened cream cheese to make a schmear for the bagel. Spread the schmear on the bagel thin and top with delicious mixed fruit of your choice.



Fruit and Yogurt Parfaits

Ingredients:

Vanilla Greek yogurt

Mixed fruit (black berries, blueberries, raspberries, strawberries)

Granola



Directions:

Layer the ingredients in the order and quantity of your preference!

UFL Mini Pizza

Ingredients:

Whole wheat bagel thins
Pizza sauce
Turkey pepperoni
Mozzarella cheese

Directions:

Separate bagel thin to make 2 mini pizzas. Spread pizza sauce on bagel thin. Top with grated cheese and pepperoni.



Fruit and Yogurt Smoothies

Ingredients:

1 large container of vanilla Greek yogurt
1 bottle of apple juice or cranberry juice (8 oz)
1 banana
2 cups of mixed fruit (black berries, blueberries, raspberries, strawberries, mangos)
Ice (optional)

Directions:

Blend until all ingredients are combined and smooth.
Enjoy!!

