Choose healthy snacks after school!

Choose an apple or a banana, plain or dipped in peanut butter, or some frozen grapes as your after-school snack!

Frozen grapes make a refreshing and healthy snack you will find delicious! You'll get that familiar grape flavor, but when frozen grapes take on a texture almost like sorbet.
Prep time: 5 minutes!

Ingredients:

1 large bunch of seedless grapes, red or green

Preparation:

1. Wash the grapes and pat dry with a paper towel. Remove grapes from stems.
2. Line a baking sheet with paper towels. Place grapes on paper towels, trying to leave some space between them. Freeze until firm.

Eat frozen! (If they thaw, they may become mushy.)

Check out this recipe for No-Nuts Cereal Snack:

Ingredients 2 cups puffed corn cereal
2 cups round toasted oat cereal
1 cup small fish-shape cheese crackers
1 cup chow mein noodles
3 tablespoons cooking oil
1 tablespoon dry buttermilk salad dressing mix

Directions

1. Preheat the oven to 350 degree F. In a 13x9x2-inch baking pan combine cereals, cheese crackers, and chow mein noodles.
2. Drizzle oil over cereal mixture and toss. Sprinkle with dry dressing mix and toss to coat. Bake in the 350 degree F oven about 10 minutes, stirring once. Cool in pan for 15 minutes. Store in a tightly covered container at room temperature for up to 1 week. Makes 6 servings.

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