



THE NATIONAL CENTER ON
Health



Brush Up on Oral Health



Cook's Corner Recipes for Healthy Snacks

Compiled from *Brush Up on Oral Health*

National Center on Health

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Apple Roll Ups

Ingredients

- 1 apple, cored and sliced into thin wedges
- ½ pound light or reduced-fat cheddar cheese, sliced thin
- ½ pound deli meat such as beef, ham, or turkey, sliced thin

Directions

1. Put a slice of cheese on an apple wedge.
2. Wrap a slice of meat around the cheese and apple.

Safety tip: An adult should slice the ingredients.

Featured [October 2013: Oral Health Providers](#)



Apple Sauce



Ingredients

6 apples, peeled and cut into 1-inch cubes

¼ cup water

½ teaspoon cinnamon

Directions

1. Put apples in a microwave-safe bowl.
2. Add water.
3. Cover and microwave on high for 15 minutes.
4. Stir apples.
5. Uncover and microwave until apples are very tender, about 5 minutes.
6. Crush apples with a fork or potato masher.
7. Add cinnamon and stir into apple mixture.

Safety tip: If children are too young to read or follow written directions, they are too young to use a microwave without supervision.

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Cheese Quesadillas

Ingredients

- 1 cup low-fat shredded cheese
- ½ cup fat-free refried beans (optional)
- 2 tortillas, made with either corn flour or wheat flour

Directions

1. Put 1 tortilla on a large microwave-safe plate. Spread a layer of refried beans on the tortilla, and sprinkle shredded cheese over the beans. (Note: If the beans are not included, then sprinkle the cheese on the tortilla.)
2. Put the second tortilla on top of the cheese layer.
3. Cook in the microwave until the cheese is melted, about 30 seconds to 1 minute. Before serving, check to make sure that the cheese is not too hot.
4. Cut quesadilla crosswise into pizza-shaped slices.

Safety tip: If children are too young to read or follow written directions, they are too young to use a microwave without supervision.

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Photo credit: Wikipedia

Chocolate- Banana Smoothies



Ingredients

- 1 medium-sized ripe banana (one with a few brown spots is perfect)
- 1 tablespoon cocoa powder
- ¼ cup plain Greek yogurt
- ¼ cup low-fat milk

Directions

1. Put the banana, cocoa powder, yogurt, and milk into a blender.
2. Cover the top of the blender and blend the mixture until it's smooth.
3. Pour smoothie into glasses.

Featured [June 2013: Drink Choices](#)





Confetti Dip

Ingredients

- ½ cup shredded carrots
- ½ cup shredded cucumber
- ½ cup Greek yogurt
- ¼ teaspoon garlic, chopped fine
- ⅛ teaspoon salt
- 1 carrot, celery, bell pepper, or other vegetable sliced into thin pieces

Directions

1. Put carrots and cucumber, yogurt, garlic, and salt in a bowl and mix well with a fork.
2. Serve dip with vegetables.

Safety tips: An adult should slice the ingredients. For children under age 3, avoid foods that may cause choking (for example, raw carrots). For children ages 3 to 5, modify these foods (for example, chopping raw carrots into thin strips).

Featured [January 2014: Oral Injuries](#)

Corn and Black Bean Salad



Ingredients

- | | |
|---|--|
| 1 15-ounce can black beans | 2 tablespoons lemon juice |
| 2 cups frozen corn kernels, thawed | ¼ teaspoon salt |
| 1 red pepper, chopped | ¼ teaspoon ground pepper |
| 2–3 tablespoons red onion, finely chopped | 2 tablespoons cilantro, finely chopped |
| ¼ teaspoon garlic, finely chopped | ⅛ teaspoon chili powder |
| 3 tablespoons olive oil | |

Directions

1. Put black beans, corn, red pepper, red onion, and garlic in a large bowl.
2. Put olive oil and lemon juice in a small bowl and mix well with a fork or whisk. Pour over black beans, corn, red pepper, red onion, and garlic mixture.
3. Season with salt and pepper. Add cilantro and chili powder.
4. Mix well.

Safety tip: An adult should slice the ingredients.

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Cucumber Snakes

Ingredients

- 1 cucumber, sliced and cut in half
- 3 black olives, chopped into small pieces
- ½ red bell pepper, chopped into small pieces
- 2 cups low-fat ranch dressing (¼ cup per serving) for dipping sauce

Directions

1. Put 10 pieces of cucumber end to end in the shape of a snake.
2. For the eye, put 1 piece of bell pepper with 1 piece of olive on top of it on the first cucumber slice.
3. For the tongue, put one piece of chopped bell pepper in front of the first cucumber slice.

Safety tip: An adult should slice the ingredients.

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Frozen Bananas



Ingredients

4 medium ripe bananas
4 tablespoons low-sugar peanut butter or low-fat yogurt
½ to 1 cup crushed unsweetened whole grain cereal
Ice pop sticks

Directions

1. Cut bananas in half or thirds. Insert 1 ice pop stick lengthwise through the center of each banana section.
2. Wrap the bananas on sticks in plastic wrap, and put them in the freezer until the bananas are frozen, about 2 hours.
3. Spread a thin layer of peanut butter or yogurt over the bananas, and roll them in crushed cereal.

Safety tip: An adult should slice the ingredients.

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Fruit Yogurt Ice Pops

Ingredients

2 ¼ cups plain yogurt

½ cup fruit cut into chunks (strawberries, blueberries, or raspberries)

2 tablespoons lemon juice

2 medium ripe bananas, peeled and cut into chunks

12 3-ounce paper cups and 12 pop sticks or 12 ice pop molds with holders

Directions

1. In a blender, combine the yogurt, lemon juice, and bananas; cover and process for 45 seconds or until smooth. Stir if necessary.
2. Fill molds or cups with ¼ cup yogurt mixture; top with holders, or insert sticks into cups.
3. Freeze.

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Hummus



Ingredients

- 2 garlic cloves, cut into very small pieces
- 2 15-ounce cans of garbanzo beans (chickpeas), drained and rinsed
- $\frac{2}{3}$ cup of tahini (roasted, not raw)
- $\frac{1}{3}$ cup lemon juice, freshly squeezed or bottled
- $\frac{1}{2}$ cup water
- $\frac{1}{4}$ cup olive oil
- $\frac{1}{2}$ teaspoon of salt

Directions

1. Put the garlic, garbanzo beans, tahini, lemon juice, water, and olive oil in a blender or food processor. Blend until smooth.
2. Add salt and stir into mixture.
3. Put hummus in a bowl.
4. Serve hummus with pita bread, crackers, or raw vegetables such as carrots or celery cut into thin strips.

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Mini Pizzas

Ingredients

24 whole-wheat crackers

3 tablespoons pizza sauce

Pizza topping, such as diced vegetables (for example, mushrooms, olives, or peppers) or cooked and cubed beef, chicken, or ham

1½ cups shredded low-fat cheese

Directions

1. Spread each cracker with ½ teaspoon pizza sauce.
2. Put pizza topping on top of sauce.
3. Sprinkle pizza topping with low-fat cheese.
4. Put crackers on a microwave-safe plate.
5. Microwave on high for 1 to 2 minutes, until cheese melts. Before serving, check to make sure that the cheese is not too hot.

Safety tip: An adult should slice the ingredients. If children are too young to read or follow written directions, they are too young to use a microwave without supervision.

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Snowman Crackers



Ingredients

- 1 box round whole wheat or rice crackers
- 1 package light cream cheese, softened
- 1 can black beans, drained and rinsed
- 1 carrot, cut into thin strips about ¼ inch long
- 1 red or orange bell pepper, cut into strips about ¼ inch wide
- 1 to 2 celery stalks, cut into short thin strips

Directions

1. Spread a thin layer of cream cheese onto 3 crackers.
2. Arrange the crackers to make a snowman.
3. Add black beans for eyes, a mouth, and buttons; a carrot for a nose; bell pepper for a hat; and celery for arms.

Safety tip: An adult should slice the ingredients.

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Strawberry Hearts with Yogurt Dip



Ingredients

- 1 pint fresh strawberries
- ½ cup low-fat Greek yogurt

Directions

1. Wash and dry the strawberries.
2. Cut each strawberry in half.
3. Use the tip of the knife to cut the top of the strawberry half in a V-shape and remove the stem and leaves.
4. Put the yogurt in a bowl for dipping.

Safety tip: An adult should slice the ingredients.

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Toasted Shamrock Rounds

Ingredients

- 1 green pepper
- 6 English muffin halves
- 6 thin slices of low-fat cheddar cheese

Directions

1. Wash and dry the green pepper.
2. Cut off the top of the green pepper and remove the seeds from the inside.
3. Cut the green pepper crosswise near the pointed end to get 6 thin shamrock shapes.
4. Cut the remaining green pepper near the stem into thin slices.
5. Toast the English muffin halves.
6. Put a slice of cheese and a slice of green pepper on top of each English muffin half.
7. Put the English muffins on a tray, then broil in the oven until the cheese is melted.

Safety tip: An adult should slice the ingredients.

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Tomato Salsa



Ingredients

6 plum tomatoes
½ white or yellow onion
½ cup fresh cilantro
1 tablespoon lemon juice
Dash of garlic powder or 1 teaspoon finely chopped garlic

Directions

1. Chop the tomatoes, onion, and cilantro into small pieces and mix together in a bowl.
2. Add the lemon juice and garlic powder or chopped garlic.
3. Mix all ingredients together.
4. Serve with baked tortilla or corn chips.

Safety tip: An adult should slice the ingredients.

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Yogurt Parfaits

Ingredients

- 1 cup low-fat or non-fat plain or vanilla yogurt
- ½ cup low-fat granola (optional)
- 1 cup fresh fruit (such as strawberries, bananas, blueberries, or raspberries)

Directions

1. Wash and dry the fruit. If needed, slice the fruit into bite-size pieces.
2. Put ¼ cup of the yogurt in the bottom of two small glasses.
3. Sprinkle 1 tablespoon of granola over the yogurt in each glass.
4. Put ¼ cup of the sliced fruit over the granola in each glass.
5. Repeat the layers.

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Tips for Drinking Water



Here are tips for encouraging children to drink fluoridated water during the day.

Make it fun: Drink from single-use bendy, silly, or colored straws. Or children can choose their favorite cups or water bottles.

Keep it portable: Water bottles that can be carried anywhere and refilled with tap water are great.

Flavor it: Children used to drinking juice, juice drinks, or pop (soda) may think water is too plain. Add a lemon, lime, or orange slice or fresh mint leaves to the water. Or add fruit like blueberries, raspberries, or strawberries.

Ice it: Serve water with ice cubes or crushed ice. Look for ice cube trays in fun shapes like dinosaurs, letters, or animals.

Make it available: Set up a station where children can get a drink of water whenever they are thirsty. It can be as simple as keeping a non-breakable water pitcher on a low counter or a chair where young children can reach it.

Model it: Young children learn by watching. Be a good role model by drinking water instead of drinks that have sugar.

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