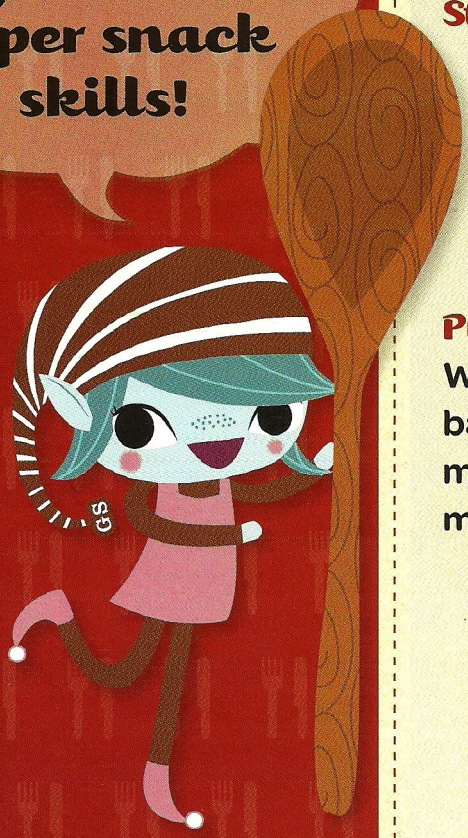
LEGACY: COOK

Snacks

Hop into the kitchen and get some super snack skills!



Make great snacks for yourself and your friends. When you eat them, they'll give you the energy to think, hike, run around, dress up—and do all the other activities you love to do!

Steps

1. Jump into the world of snacks
2. Make a savory snack
3. Try a sweet snack
4. Snack for energy
5. Slurp a snack

Purpose

When I've earned this badge, I'll know how to make yummy snacks for my family and friends.

Every step has three choices. Do ONE choice to complete each step. Inspired? Do more!

Tip Before Takeoff

Never use (or even touch!) the stove, oven, knives, or other kitchen appliances without an adult to help you.

STEP 1

Jump into the world of snacks

One of the easiest snacks is just a washed fruit or vegetable! But when you make a snack, you combine ingredients. So how do you know which ones are best? Find out in this step.

CHOICES — DO ONE:

☐ **Is the food good for me?** You've probably heard words like *vitamins, fat, carbohydrates,* and *fiber.* Choose one of these or another food word you've heard and find out what it means. Then bring a food that contains that thing to a meeting. Tell your friends what it is, how your body uses it, and if it's good for you.

OR

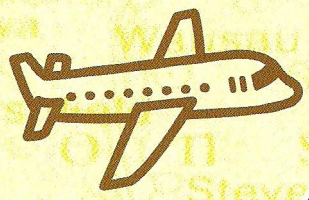
☐ **Is the food good for the earth?** Make a report for one fruit or vegetable. Draw a picture of it. Write why it's good for you, how it grows, and how to tell if it's ready to eat. Then go to the grocery store or farmers' market and ask where it travels from to get to your area.

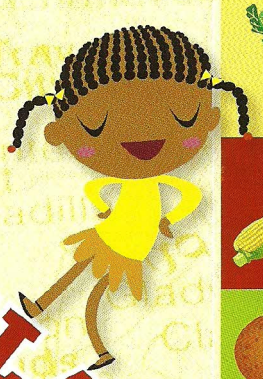
FOR MORE FUN: Have a "food miles" relay with your Brownie group! See the next page for instructions.

OR

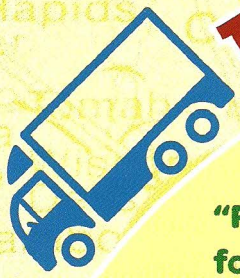
☐ **What's in that snack?** Go on a scavenger hunt in your kitchen or at a grocery store and find three packaged snacks. Look at the list of ingredients. Find three you don't recognize and team up with an adult to figure out what they are and if they're good for you.

The best part about snacks is sharing them with people you love!





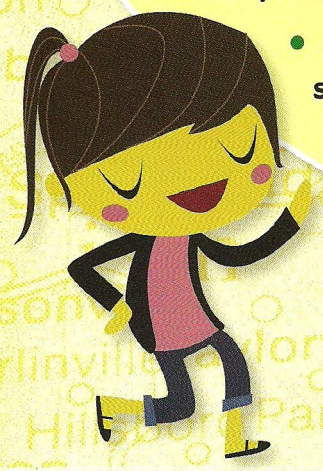
FOOD MILES RELAY

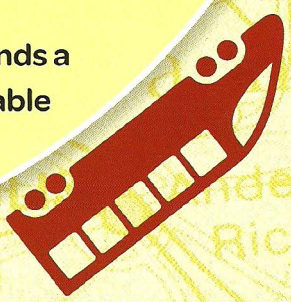


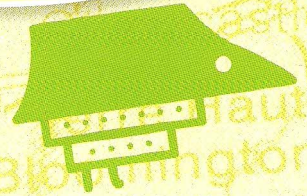
"Food miles" are the distance between where a food is grown and where it's eaten. For example, if your apple comes from Washington State and you live in Florida, the apple went about 2,500 food miles in a plane, truck, or train. And the apple was likely picked before it was ripe so it wouldn't be too squishy when it finally arrived. But an orange might have been grown in the next town—so much less gas was used to bring that tasty, fresh orange to you.

Instructions:

- Make a map of the world on a large space of grass or asphalt. You could use chalk to draw the continents on asphalt, or play at a park where you can pretend that different objects are different places (the slide is South America, the tree is India, etc.). Mark your hometown clearly!
- Every girl gets to be the fruit or vegetable from her report. First, tell the group what you are, where you come from, and how you grow. Then stand at the place in the world where your food comes from.
- Once all girls have reported, the volunteer sounds a signal, and you all race to get to the hometown table as quickly as you can.







Cooking can get messy, so you might want to wear an apron. You could make or decorate your own!

Recipes

- Many foods you eat are made from recipes. A **recipe** is like a road map for your kitchen creation. It tells you what things to put in your snack and how much.
- For each recipe, you'll need to know how many people you're making a snack for. A **recipe** will tell you how many it will serve, and if you have more people you may need to use your math skills to double it. (That means using two of each ingredient.)

STEP 2

Make a savory snack

A savory snack is one that's not sweet—it might be salty or spicy. Try one of these!

CHOICES – DO ONE:

☐ **Make your own restaurant snack.** When you make a snack at home, it's often healthier for you than when you eat it in a restaurant. Restaurants may use more oil, butter, sugar, and salt! Find a recipe for a favorite snack, like potato skins, cheese sticks, or fish sticks, and make it yourself.

FOR MORE FUN: Ask a restaurant for the list of ingredients they use for their snack and compare it to yours. Which is better for you?

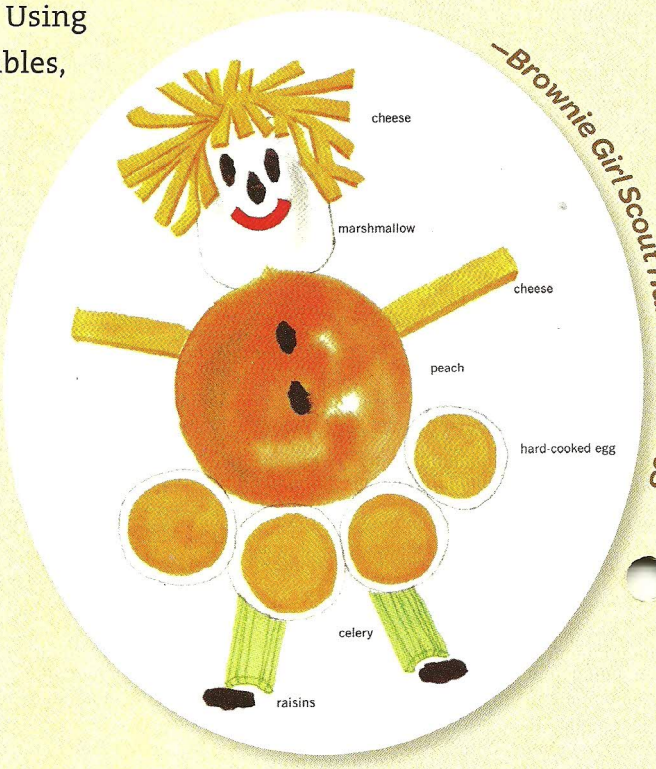
OR

☐ **Make a savory snack from a different country.** Kids from different parts of the world eat some amazing snacks. Try making a Japanese sushi roll, a Vietnamese lettuce roll, or Mexican guacamole with baked tortilla chips.

OR

☐ **Make a veggie face.** Using your favorite vegetables, make a funny face on your plate. With an adult's help, cut up veggies such as cucumbers, celery, carrots, peppers, and broccoli. Then create a veggie face. Don't forget to eat it!

FOR MORE FUN: Make your own dip.



—Brownie Girl Scout Handbook, 1963

Fresh Guacamole

Makes about 3 cups

*Be careful when handling fresh jalapeños! They can irritate your skin. You might want to wear plastic or latex gloves (like the kind used for washing dishes) when you touch them. If you do touch them with bare hands, wash your hands before touching your eyes.

Ingredients:

6-8 avocados, ripe and soft but not mushy
½ cup cilantro leaves, chopped
½ cup tomatoes, chopped fine
½ cup white onions, chopped fine
1 jalapeño*
1 teaspoon cumin powder
Salt
5-6 limes, halved

Directions:

1. Peel and pit avocados. In a large mixing bowl, mash avocados one by one with a large fork until fairly smooth.
2. Add cilantro, tomatoes, white onions, jalapeño, cumin, and a few pinches of salt. Mash and mix all ingredients.
   *Take out the jalapeno seeds if you don't like it hot!
3. Squeeze the limes into the guacamole one by one, mixing after each one.
4. Taste, and add salt pinch by pinch until it's as salty as you like it. You will probably need about 3 teaspoons all together.

Honey Mustard Yogurt Dip

Makes about 1 cup

Goes great with veggies!

Ingredients:

½ cup plain yogurt
½ cup milk
2 tablespoons mayonnaise
2 tablespoons honey mustard
2 tablespoons honey
1 tablespoon fresh parsley, chopped fine
1 tablespoon fresh chives, chopped fine
1 teaspoon salt

Directions:

In a small mixing bowl, whisk together all ingredients until smooth and creamy.

Taste the mixture, and add more salt if you'd like it saltier or honey if you'd like it sweeter.

All recipes created by Nissa Pierson.

STEP

3 Try a sweet snack

If you like desserts, you'll like these snacks. Sweet snacks are best to eat on special occasions.

CHOICES – DO ONE:

☐ **Create a holiday dessert.** Holidays are the perfect time to celebrate with a special sweet snack. With an adult, look online for recipes. Some ideas: make the Purim cookies called hamantaschen; Valentine's Day cupcakes; strawberries and blueberries dipped in white chocolate for the Fourth of July; or delicious winter gingerbread!

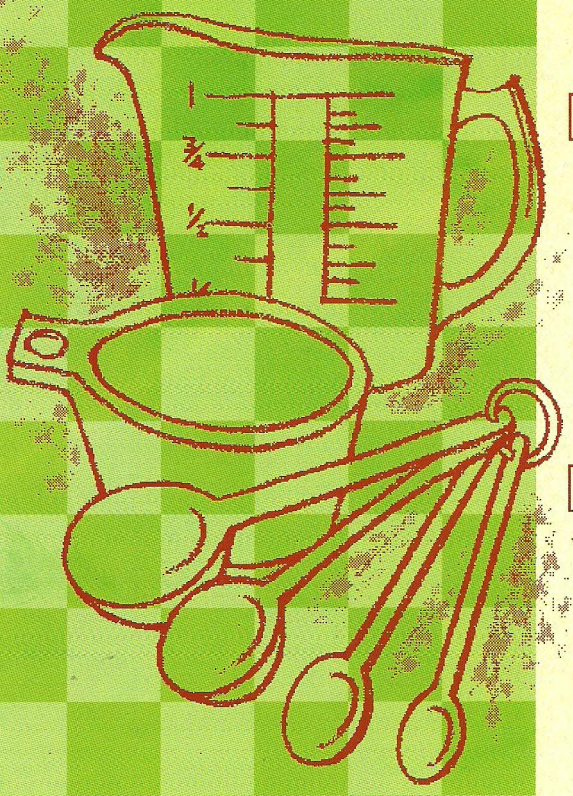
OR

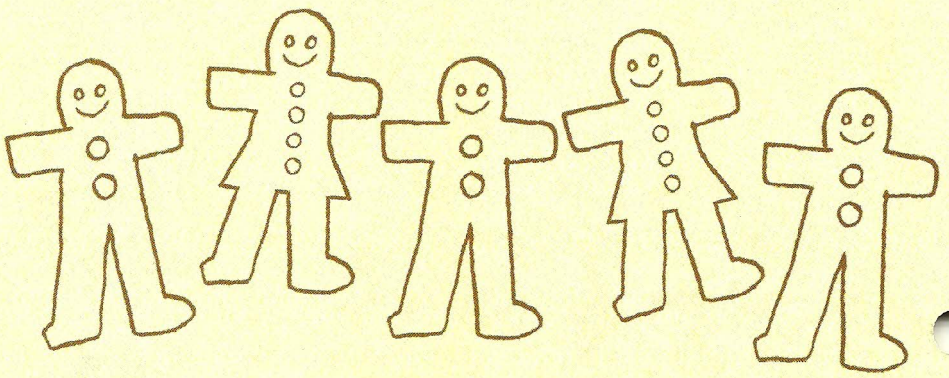
☐ **Make a snack "in disguise."** Have fun and trick your friends and family with a food that looks like one thing but tastes like something else. Try the recipe on the next page. They'll expect a filling of sweet jam, but these toaster pastries are filled with yummy broccoli and cheese.

FOR MORE **FUN:** Make the snack for April Fools' Day!

OR

☐ **Make your own cookies.** There are thousands of cookie recipes out there, but why not make it your own? Find a basic chocolate chip cookie recipe, but instead of chocolate chips, add what you like best! You could try dried fruit, candy bits, or marshmallows.





Make your own "toaster pastry"!

Usually they're filled with sweet fruit, but these have something savory in disguise.

Yum!

You could even make your own crust for a great Brownie challenge!

Broccoli Cheese "Toaster Pastry"

Makes 8 pastries without ham, 12 pastries with ham

Use pre-made whole-wheat pie crust or pizza dough for the pastry

Filling Ingredients:

- ¾ cup cooked broccoli, chopped fine
- 3 tablespoons carrots, chopped fine
- 2 tablespoons yellow onion, chopped fine
- 5 slices ham, chopped (optional)
- ⅓ cup cheddar cheese, shredded
- 2 tablespoons milk
- 1 egg
- Salt and pepper

Directions:

1. In a large bowl, combine all ingredients and mix well. Season with salt and pepper. Set aside.
2. Have an adult help you preheat the oven to 350°F.
3. Lay one rolled piece of pie crust or pizza dough, about 3" in diameter, on a greased baking sheet. Place one heaping tablespoon of the filling in the center.
4. Cover with another piece of crust or dough and flatten edges with the tines of a fork. (You can brush top with egg white so the baked crust will have a golden shine.) Repeat with remaining crust or dough and filling.
5. Bake in preheated oven for 20 minutes, or until golden brown. Serve warm.

STEP 4

Snack for energy

Sometimes you don't have time to sit at home and enjoy a snack. So try some snacks that are good for you and perfect for taking along. When you're on the go, it's important to have energy snacks that help you move and think and be strong.

CHOICES — DO ONE:

☐ **Make no-bake energy bars.** These are great for a hike! Team up with an adult to find a recipe in a cookbook or online.

FOR MORE FUN: Make an energy snack into jewelry—you could string pretzels or licorice together for a yummy hiking necklace.

OR

☐ **Create a snack for a group.** It might be for sports teammates, your Brownie group, or even a club. Try to make a snack that is easy to carry, doesn't need silverware, and that a lot of people might like. What about fruit kebab?

OR

☐ **Make a lunchtime snack.** Create a snack that can sit in your lunch box and that doesn't need to be heated or kept cool. How about turkey jerky or your own blend of snack mix?

Tip: Did you learn anything in step 1 that could help you tell if a snack is good for you?

Words Worth Knowing

*A RAW NUT is one that hasn't been roasted, toasted, or salted.

Sweet & Salty Nuts

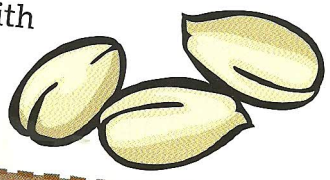
Makes 2½ cups

Ingredients:

2 ½ cups raw nuts*
3 tablespoons honey
2 tablespoons unsalted butter, melted
1 teaspoon cinnamon
½ teaspoon paprika
1 ½ teaspoons salt
2 teaspoons fresh rosemary, chopped fine
1 tablespoon fresh thyme, chopped fine

Directions:

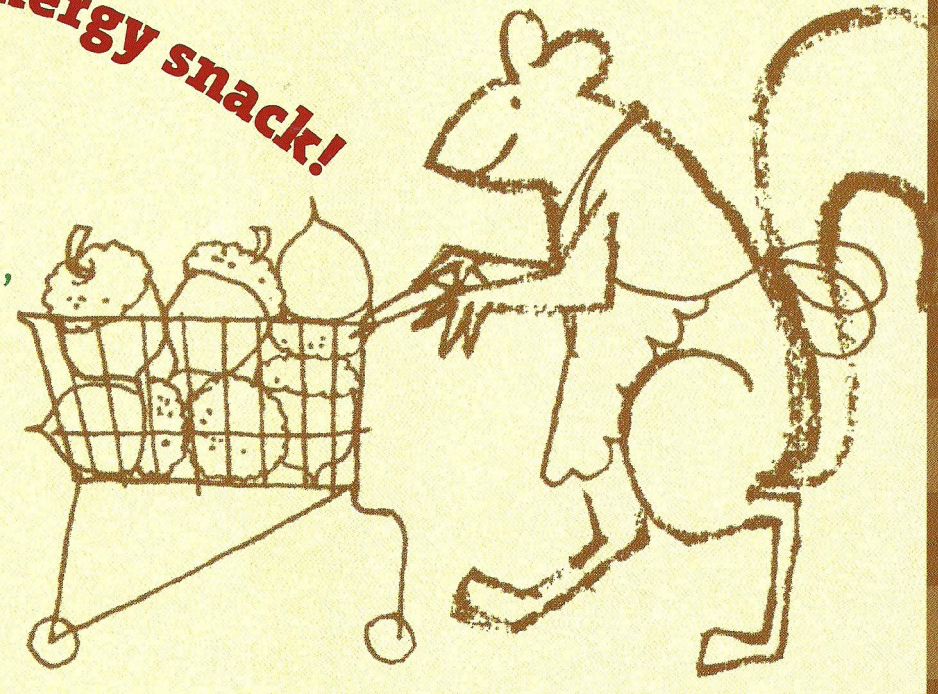
1. Have an adult help you preheat the oven to 350°F.
2. In a large bowl, combine all ingredients except the fresh herbs.
3. Spread onto a cookie sheet in a single layer.
4. Put into the oven and cook 15 to 20 minutes, until toasted.
5. Remove from the oven and let cool completely. Toss with fresh herbs before serving.



More to Explore

The perfect energy snack!

You can choose any combination of nuts you'd like. What about almonds, cashews, pecans, walnuts, or pumpkin seeds?



Make Your Own Snack Cards

Just like snacks, recipes are fun to share. You can write them on index cards to keep in a box. Or create a book of your group's or your family's recipes on the computer. (If you've earned your Computer Expert badge, this is a great time to use those skills!)

STEP 5

Slurp a snack

Some snacks are best in a cup. Just because these snacks are liquid doesn't mean they're any less delicious. And they can still be great for you if you choose the right ingredients!

CHOICES — DO ONE:

☐ **Make your own milk shake.** Milk shakes taste so good and are usually good for you! Milk has calcium, which kids need when they're growing. Find a recipe for a low-sugar milk shake to build up your bones. (If you don't drink milk, you could use soy, rice, or almond milk instead.)

OR

☐ **Make your own fruit smoothie.** Just like milk shakes, smoothies provide a lot of vitamins in a little cup. Try the recipe to build your own fruit smoothie.

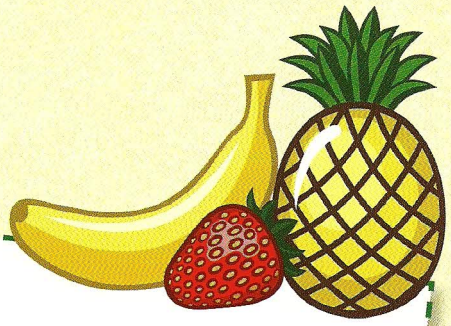
FOR MORE FUN: Make another smoothie with a different fruit. Which one do you like better?

OR

☐ **Make your own party punch.** Sodas and packaged drinks add lots of sugar to your diet. For the next family gathering or party with friends, create your own punch using natural juices—or make your own cola with the recipe.

FOR MORE FUN: Add seltzer water to make it fizz, or sorbet to make it foamy. With an adult's help, you might even make your own juice!

"Cola" flavor is just a combination of spices—why not make your own?



Fruit Smoothie

Makes 4 cups

Choose your favorite fruit to make this delicious smoothie. Some great smoothie options are strawberry, blueberry, mango, and peach. Many fruits taste great together—try combinations like strawberry banana or kiwi raspberry.

Get an adult's help to cut the fruit and use the blender! (If you don't use pre-frozen fruit, make sure to cut the fruit before you put it in the freezer.)

Ingredients:

- 1 cup frozen fruit cut into cubes
- 1 tablespoon honey
- 1 cup 100% juice or water
- 1 cup ice

Optional:

For a thicker smoothie, add 1 chopped banana

For a creamier smoothie, add 1 cup low-fat plain or vanilla yogurt

Directions:

Place all items in a blender and blend until smooth!

Make Your Own Cola

Get an adult's help: this recipe includes heat!

Makes 6 cups

Ingredients:

- 3 cloves
- ½ cup molasses
- ½ cup water
- ½ cup sugar
- 1 teaspoon cinnamon
- 1 cinnamon stick
- 4 cups seltzer water/soda water
- Cherries (optional)

Directions:

1. In a medium saucepan, heat the cloves and molasses on low for about 15 minutes.
2. In another saucepan, combine the water, sugar, cinnamon, and cinnamon stick. Bring the second pan to a boil and then turn on low and allow to simmer for about 10 minutes.
3. Take out the cinnamon stick. Allow both pans to cool for about 10 minutes.
4. Place the molasses and the cinnamon syrups in a large pitcher and mix well.
5. Add the seltzer and mix again.
6. Pour into a glass filled with ice. Add cherries, if you like!