



KRISPIE TREATS

You can make them unique by adding M&M candies, dried fruit, food coloring, etc.



Ingredients

- 1/4 cup margarine
- 40 large marshmallows
- 5 cups Krispie rice cereal
- 1 teaspoon vanilla

Instructions

1. Melt ¼ cup margarine and 40 large marshmallows over low heat in a saucepan, stirring constantly.
2. When melted, add 5 cups Krispie rice cereal and 1 t. vanilla.
3. Stir until coated.
4. Press mixture into a 9x9x2" pan that has been greased with margarine.
5. Let cool and cut into squares.

CUPCAKES

Frosted – or Not! If there is no frosting, consider adding some fresh fruit.



Now, here is where I'm going to surprise you – but why not use a box mix – either a small one for 6-8 cupcakes or a full cake mix that makes 12 large or 24 regular size. Use paper liners. It takes usually 2 eggs, some oil, water, and oila' cupcakes! They are very tasty! Frost them with a can of frosting or leave them plain.

Remember to take hand wipes on the go if you take items like frosted cupcakes to clean up the messy hands!



NO-BAKE COOKIES

You can make a Blondie or Chocolate version. They are easy to make, and no baking time is involved!

Ingredients

- 2 cups granulated sugar
- 4 Tablespoons cocoa
- ½ cup milk or can cream like Carnation (NOT sweetened condensed)
- 1 stick margarine
- 1 teaspoon vanilla
- 3 cups quick-cooking oats



Instructions

1. Combine the sugar, cocoa, milk, and margarine in a saucepan and boil for 1 minute.
2. Remove from heat and add 1 t. vanilla, 3 cups quick-cooking oats.
3. Beat 3 minutes at least. Drop on waxed paper. Let cool.

OPTIONS:

I often add 1/3 cup peanut butter – either to the chocolate recipe above OR in place of the cocoa.

FOR BLONDIES: Do NOT add the cocoa. You might want to add butterscotch chips instead!

FRESH VEGETABLES

Not really a recipe, but I like to take along a variety of whatever I have on hand. Examples include:

- Carrot Sticks
- Broccoli Flowers
- Grape Tomatoes
- Cauliflower
- Radishes
- Celery Sticks
- Zucchini Sticks





You can pack the veggies in little snack zip-lock baggies or roll them in a plastic wrap. TIP: The baggies can also be used as a “garbage” bag for anything that must be tossed while on the go.

CRACKERS AND CHEESE OR PEANUT BUTTER

These sandwiched cracker snacks are another easy-peasy snack to take on the go! Even today, I carry these with me. You may find them in packages on the shelves or can make them at home!



HARD-BOILED EGGS

Peeled, hard-boiled eggs are a good on-the-go snack as well. You can carry them in a plastic zip-lock bag. Maybe add a little salt if desired. Hard-boiled eggs are a great source of protein and a great energy source!



Kids usually love them. They can be messy, so be sure to take a clean-up kit for faces and hands!

POPCORN CEREAL NUT MIX

I’m sure you know this as many names – I’ve found it’s fun to add “everything but the kitchen sink.” So, here’s a basic recipe with options, and then you can customize it to what your eaters like to munch on.



ORIGINAL:

Ingredients

- ½ cup butter
- 2 cups rice cereal squares
- 2 cups unblanched almonds
- 2 cups shredded wheat squares
- 1 cup thin pretzel sticks
- 2 teaspoons celery salt
- ¼ cup Worcestershire sauce
- 2 cups oat cereal balls



- 1 teaspoon garlic salt

Instructions

1. Melt butter and stir in Worcestershire sauce, garlic salt, and celery salt. Remove from heat and let stand.
2. Combine the rest of the ingredients in a large roasting pan.
3. Pour butter sauce over cereal mixture and toss until well blended.
4. Bake uncovered in slow oven (250 deg F) for 1 hour, stirring every 20 minutes.
5. Spread on absorbent paper to cool. Store in airtight container. Makes 2 ¼ quarts.

ADDITIONS:

- Popped popcorn
- Mixed nuts
- Additional cereals – not fruity ones
- Asian spicy peas
- Small crispy “cracker bread”
- Any other snack items you like
- M&M type candies for sweetness if you enjoy it

Just make sure you double or add enough of the marinade to cover all your mixes.

CHOCOLATE CHIP COOKIES

Ingredients

- 1 cup shortening (like Crisco)
- 3/4 cup granulated sugar
- 3/4 cup light brown sugar
- 2 large eggs
- 1 teaspoon vanilla
- 2 1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 6-ounce packages semi-sweet chocolate chips
- 1 cup chopped walnuts (optional)
- 1 teaspoon hot water





Instructions

1. In a large mixing bowl cream together 1 cup Crisco shortening, $\frac{3}{4}$ cup granulated sugar, $\frac{3}{4}$ cup packed light brown sugar, 2 large eggs, and 1 t. vanilla until light and fluffy.
2. In another bowl, thoroughly blend together 2 $\frac{1}{4}$ cups all-purpose flour, 1 t. baking soda, and 1 t. salt.
3. Add flour mixture to the creamed mixture. Beat well.
4. Stir in 2 6-ounce packages of semi-sweet chocolate chips (or any other chip you want, or a combination of different chips), 1 cup chopped walnuts (or other nuts, or no nuts), and 1 t. hot water.
5. Drop batter from a teaspoon on to an ungreased cookie sheet and bake at 350 degrees F for 9-12 minutes until done. Remove to a rack and let cool.

OPTIONS:

- Oatmeal
- Peanut butter
- Coconut
- Dried fruit