

## NUTTY CARROT BALLS

Makes about 20 balls



- 4 ounces regular or reduced-fat cream cheese
- 4 ounces **Cabot 50% Reduced Fat Cheddar**, grated (about 1 cup)
- ½ cup grated carrots
- ½ cup roasted sunflower seeds, chopped walnuts or pecans
- Grape tomatoes or red or green grapes

In small bowl, mash together cream cheese, cheese and carrots with fork; with moistened hands, shape into 1-inch balls. Roll in sunflower seeds or nuts. Serve with tomatoes or grapes.


**Nutrition Analysis:** Calories 120, Total Fat 11g, Saturated Fat 4.5g, Sodium 115mg, Carbohydrates 2g, Dietary Fiber 1g, Protein 4g, Calcium 97mg

Let kids try their hands at this easy recipe. To make even simpler, choose pre-shredded carrots from the produce section of your supermarket.

## Bean-CHEESE SPIRALS

Makes about 24 spirals



 Visit our website for a video tutorial.

- 1 (15-ounce) can black beans, rinsed and drained
- 2 tablespoons olive oil
- 1 tablespoon fresh lime juice
- 2 teaspoons ground cumin
- 2 rectangular sheets soft whole wheat lavash bread or other wrap breads
- 4 ounces **Cabot Chipotle, Sharp or Extra Sharp Cheddar**, grated (about 1 cup)
- Tomato salsa (optional)

Mash beans, oil, lime juice and cumin into coarse puree with potato masher or fork; spread half over each lavash. Sprinkle with cheese. From wide side, roll up tightly. Wrap and refrigerate until ready to serve. Cut off 1-inch slices. Place cut-side-down and microwave just until warm (about 20 seconds for 4). Serve with tomato salsa for dipping if desired.

**Nutrition Analysis:** Calories 210, Total Fat 12g, Saturated Fat 4g, Sodium 420mg, Carbohydrates 18g, Dietary Fiber 4g, Protein 10g, Calcium 169mg

This filling would also make an excellent dip. Keep on hand to warm and serve with baked tortilla chips.

## PEAR BOATS

Makes 2 servings



- 1 ripe pear, halved or 2 canned pear halves, blotted dry
- 1 ounce **Cabot 50% Reduced Fat Cheddar or Sharp Cheddar**, grated (about ¼ cup)
- 2 tablespoons dried raisins, currants or cranberries
- 1 teaspoon mayonnaise

If using fresh pear, scoop out center of pear halves with teaspoon. In small bowl, mix together cheese, dried fruit and mayonnaise. Fill centers of pear halves with mixture.

**Nutrition Analysis:** Calories 170, Total Fat 7g, Saturated Fat 3g, Sodium 105mg, Carbohydrates 26g, Dietary Fiber 4g, Protein 4g, Calcium 117mg

For younger children, be sure to peel the pear. While nutritious, fruit skins are sometimes difficult to swallow for "beginning" eaters.

## MUNCH BOWL

Makes 1 serving



- ¼ cup red or green grapes
- ⅓ ounce **Cabot 50% Reduced Fat Cheddar or Monterey Jack**, cubed
- Heaping tablespoon roasted almonds

To make one serving: combine in small bowl.

**Nutrition Analysis:** Calories 140, Total Fat 9g, Saturated Fat 3g, Sodium 90mg, Carbohydrates 11g, Dietary Fiber 1g, Protein 6g, Calcium 128mg

Most any fresh fruit will work well in this simple-to-serve snack idea. Remember to slice grapes if younger children are on-hand.



For generations, New Englanders have enjoyed the cheese produced by their neighbors at Cabot, a farmer-owned cooperative. Now our cheddar, made famous in Vermont and honored throughout the world, is available in your neighborhood. Look for us in your favorite grocery store. And if you can't find us the old-fashioned way, visit us on the web at [cabotcheese.coop](http://cabotcheese.coop).

# healthy kids snacks

## CABOT<sup>®</sup> Vermont

Owned by Dairy Farmers  
Since 1919



[www.cabotcheese.coop](http://www.cabotcheese.coop)



When suddenly starving kids burst through the door after a hard day of school or play, you need a bunch of quick snack ideas in your bag of tricks.

We've combined fruits, veggies, nuts and whole grains with our tangy cheddar cheese for eight fun treats that take no time at all and are chock full of kid-appeal. And they are healthy to boot.

You can make Bean-Cheese Spirals or Nutty Carrot Balls ahead of time to stash in the fridge, or pop Pizza Crisps or Warm Cheese Dunk into the microwave for a healthy snack that's done in seconds.

**Calcium needed daily to maintain good health:**

Age	Mg
9-18	1,300
19-50	1,000
50+	1,200



100% of profits go to our FARMERS

**PIZZA CRISPS**

Makes 1 serving



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**4 whole-grain or regular saltines, preferably unsalted**

**4 teaspoons marinara sauce**

**Additional favorite pizza toppings, such as cooked broccoli, turkey pepperoni, shredded chicken or drained pineapple**

**4 heaping teaspoons Cabot 50% Reduced Fat Cheddar, grated**

On each cracker, spread 1 teaspoon marinara sauce and add other favorite toppings. Sprinkle with cheese. Place on plate and microwave just until cheese is melted, about 10 seconds.

**Nutrition Analysis:** Calories 100, Total Fat 4g, Saturated Fat 2g, Sodium 270mg, Carbohydrates 12g, Dietary Fiber 1g, Protein 4g, Calcium 76mg

Younger eaters will love to "count and build" using this recipe. Let them count out the crackers for the recipe, then build a "Pizza Stack"—fun for eating!

**LetTuce ROLL-UPS**

Makes 4 roll-ups



**Washed leaves of soft lettuce, such as Boston or Red Leaf**

**¼ cup shredded shaved turkey breast**

**1 ounce Cabot 50% Reduced Fat Cheddar or Sharp Cheddar, grated (about ¼ cup)**

**¼ cup grated carrot**

In center of lettuce leaf, mound about a tablespoon of each ingredient. Roll up and eat.

**Nutrition Analysis:** Calories 40, Total Fat 2.5g, Saturated Fat 1.5g, Sodium 105mg, Carbohydrates 1g, Dietary Fiber 0g, Protein 3g, Calcium 58mg

Be sure to keep pre-washed and separated lettuce leaves on hand so older children can assemble straight from the fridge.

**WARM CHEESE DUNK**

Makes 2 servings



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**¼ cup milk**

**1 teaspoon cornstarch**

**4 ounces Cabot 50% Reduced Fat Cheddar or Monterey Jack, grated (about 1 cup)**

**Fresh veggies and whole wheat "dipping" pretzel sticks**

In small bowl, stir together milk and cornstarch until cornstarch is dissolved (*tilt bowl to make sure no lumps remain*). Microwave until boiling and thickened, about 40 seconds. Whisk in cheese until well combined. Return to microwave for 10 second intervals, whisking each time, or *just* until cheese is melted and blended. Serve with veggies and pretzel sticks for dunking.

**Nutrition Analysis:** Calories 240, Total Fat 19g, Saturated Fat 11g, Sodium 380mg, Carbohydrates 5g, Dietary Fiber 0g, Protein 15g, Calcium 441mg

Have a reluctant veggie eater? This cheese sauce also works well on steamed veggies for dinner.

**APPLE-CRANBERRY-CHEDDAR WAFFLES**

Makes 2 servings



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**2 whole-grain frozen waffles**

**1 large McIntosh or Cortland apple, peeled and thinly sliced**  
**⅓ cup sweetened dried cranberries**

**¼ cup water**

**¼ teaspoon ground cinnamon**

**1 ounce Cabot 50% Reduced Fat Cheddar or Monterey Jack, grated (about ¼ cup)**

Toast waffles. Meanwhile, toss together apple slices, cranberries, water and cinnamon in bowl. Cover with plastic wrap and microwave until apples are very soft, about 4 minutes (*add more water if needed*). Spoon over waffles and sprinkle with cheese.

**Nutrition Analysis:** Calories 230, Total Fat 6g, Saturated Fat 3g, Sodium 430mg, Carbohydrates 42g, Dietary Fiber 5g, Protein 7g, Calcium 222mg

This dish is super-versatile—try substituting pancakes, sliced pear and raisins for a delicious change of pace at breakfast.