NUTTY CARROT BALLS
Makes 20 balls

4 ounces regular or reduced-fat cream cheese
4 ounces Cabot Mild Cheddar or Sharp Cheddar, grated (about 1 cup)
1/2 cup roasted sunflower seeds, chopped walnuts or pecans
Grape tomatoes or red or green grapes

In small bowl, mash together cream cheese, cheddar 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 (based on 2 balls per serving):
Calories 120, Total Fat 11g, Saturated Fat 4.5g, Cholesterol 25mg, Sodium 115mg, Carbohydrates 2g, Dietary Fiber 1g, Protein 4g, Calcium 100mg

MUNCH BOWL
Makes 1 serving

1/3 cup red or green grapes
1/2 ounce Cabot Mild Cheddar or Monterey Jack, cubed
Heaping tablespoon roasted almonds

To make combine all ingredients in small bowl.

NUTRITION ANALYSIS: Calories 140, Total Fat 9g, Saturated Fat 3g, Cholesterol 15mg, Sodium 90mg, Carbohydrates 11g, Dietary Fiber 1g, Protein 6g, Calcium 150mg

BEAN-CHEESE SPIRALS
Makes 24 spirals

1 (15-ounce) can black beans, rinsed and drained
2 tablespoons olive oil
1 tablespoon fresh lime juice
2 teaspoons ground cumin
4  ounces Cabot Chipotle Cheddar, Sharp Cheddar or Extra Sharp Cheddar, grated (about 1 cup)
Tomato salsa (optional)

In bowl, mash beans, oil, lime juice and cumin into coarse puree with potato masher or fork. Spread half of mixture over each lavash. Sprinkle with cheese. Starting with wide side, roll up tightly. Wrap in plastic wrap and refrigerate until ready to serve. As needed, cut off 1-inch slices. Place cut-side-down on plate and microwave just until warm, about 20 seconds for 4 spirals. Serve with tomato salsa for dipping if desired.

NUTRITION ANALYSIS (based on 1 spiral per serving):
Calories 50, Total Fat 3g, Saturated Fat 1g, Cholesterol 5mg, Sodium 105mg, Carbohydrates 5g, Dietary Fiber 1g, Protein 3g, Calcium 40mg

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 Wham Cheese-Doodle into the microwave for a healthy snack that’s done in seconds.

Visit our website for a video tutorial.

Since 1919, the New England and New York farm families who own Cabot Creamery Cooperative have used only the finest ingredients and old-world, traditional cheesemaking methods to produce internationally award-winning cheeses, including the “World’s Best Cheddar.” To learn more about our farm families, visit our website and discover how we make Cabot—cheese for the way we live. And the way you live, too.
PIZZA CRISPS
Makes 1 serving
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 Mild Cheddar or Sharp 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

APPLE-CRANBERRY-CHEDDAR WAFFLES
Makes 2 servings
2 whole-grain frozen waffles
1 large McIntosh or Cortland apple, peeled and thinly sliced
1/3 cup sweetened dried cranberries
1/4 cup water
1/4 teaspoon ground cinnamon
1 ounce Cabot Mild Cheddar or Monterey Jack, grated (about 1/4 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, Cholesterol 20mg, Sodium 430mg, Carbohydrates 42g, Dietary Fiber 5g, Protein 7g, Calcium 200mg

WARM CHEESE DUNK
Makes 2 servings
1/4 cup milk
1 teaspoon cornstarch
4 ounces Cabot Mild 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

LETTUCE ROLL-UPS
Makes 4 Servings
Washed leaves of soft lettuce, such as Boston or Red Leaf
1/4 cup shredded shaved turkey breast
1 ounce Cabot Mild Cheddar or Sharp Cheddar, grated (about 1/4 cup)
1/4 cup grated carrots

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, Cholesterol 10mg, Sodium 105mg, Carbohydrates 1g, Dietary Fiber 0g, Protein 3g, Calcium 60mg

PEAR BOATS
Makes 2 servings
1 ripe pear, halved or 2 canned pear halves, blotted dry
1 ounce Cabot Mild Cheddar or Sharp Cheddar, grated (about 1/4 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, Cholesterol 15mg, Sodium 105mg, Carbohydrates 26g, Dietary Fiber 4g, Protein 4g, Calcium 100mg

You can measure portions easily on every package!