

## **BROWNIE: SNACKS**

Hey Girl Scout! Have you ever wanted to make a tasty snack for your best friend? Get ready to get in the kitchen and test out some new recipes! You'll learn how to make 4 different types of snacks. When you have earned this badge, you'll know how to make yummy snacks for you and your friends!

### **Step 1: Find out about different types of snacks.**

1. Let's get started talking about snacks and different types of snacks. A snack is a small amount of food eaten between meals. Take a minute to write down all of the different types of snacks that you can think of.
2. Go in your kitchen and look at the labels of some of your snacks. If you find an ingredient you can not pronounce then you might not want to eat it.
3. Research each type you come up with and think about what makes that snack different from others. This will help when we discover 4 types of snacks.

Supplies:

1. Pencil and paper
2. Computer

### **Step 2: Make a savory snack.**

1. What is a savory snack? Take a minute to write down what savory means to you. When I think savory snack I think of the following words: salty, cheesy, crunchy, spicy
2. Ask a parent for help and find savory snack recipes you could try. Make your own savory snack or use the recipe I have added.

Supplies:

1. Paper and pencil
2. Computer

### **Step 3: Try a sweet snack.**

1. Sweet snacks can be fun for after lunch or for a dessert! Take a minute and think of some of your favorite snacks. Write them down.
2. Pick a sweet snack you have had before or research a new one. I have added my favorite sweet snack that you can try.

Supplies:

1. Paper and pencil
2. Computer

### **Step 4: Snack for energy.**

1. Sometimes we need snacks to help us stay energized for sports or other fun activities. Think about what foods can give you energy. Write some down.
2. Now try to make your own snack that can give you energy. You can make one of your favorites or i have added my favorite below.

Supplies:

1. Paper and pencil

### **Step 5: Slurp a snack.**

1. Our final snack is something you can drink. This can include things like smoothies, milkshakes, lemonade, and other yummy beverages.
2. Look up some yummy drink recipes or use the one I have provided.

Supplies:

1. Paper and Pencil
2. Computer

Now that you have some snack making experience share with your friends and family your favorite snacks!

### **Recipes: Have parents help!**

#### **Savory snack:**

##### Cracker Pizzas

Ingredients:

- saltine crackers
- tomato sauce
- shredded cheese
- pepperoni or other toppings

Directions:

Preheat oven to 400 degrees

line a cookie sheet with saltine crackers

add a dollop of sauce to each cracker

sprinkle with cheese and add additional toppings

Bake for 8-10 minutes

Let cool and enjoy

#### **Sweet Snack:**

##### Rolo Pretzels

Ingredients:

- 1 bag of Rolos
- Square or regular pretzels
- M&Ms

Directions:

First, Lay out pretzels in a single layer on a baking sheet with parchment paper.

Remove all wrappers from the rolo candy.

Place 1 rolo onto each pretzel

Bake at 300 for 5 - 10. Or until rolo is melted.  
Then put one M&M on each rolo as soon as it comes out of the oven.  
Let it harden and enjoy!

### **Snack for Energy:**

#### Apple Slice Cookies

Ingredients:

- Apples
- Peanut Butter (You can use almond butter or nut butter substitute)
- Toppings of your choice (raisins, chocolate chips, nuts, oats, cinnamon, honey, or coconut)

Directions:

Slice your apples into a cookie shape (have a parent help)

Then spread peanut butter onto apple cookies

Add toppings

Enjoy!

### **Slurp Snack:**

Mermaid lemonade

Ingredients:

- 2 liters Lemon-Lime soda
- 1 container frozen lemonade concentrate
- Blue food coloring
- 1 Package of Swedish fish (optional)

Directions:

Mix lemon lime soda and frozen lemonade concentrate until well blended

Add approximately 10 drops of blue food coloring and blend

Add a Swedish Fish to the bottom of the glass before adding lemonade.