

# Good Snacks

## For You

### Snacks Are Important.

They sometimes give you  $\frac{1}{4}$  of the nutrients you need each day.

### Select Snacks From All Food Groups.

#### *Some Good Snacks*

**Milk and Milk Foods**—Ice cream, Cheese, Yogurt

**Fruits**—Oranges, Apples, Raisins, Bananas

**Vegetables**—Carrots, Celery, Broccoli, Bell peppers

**Meat and Meat Foods**—Peanut butter, Peanuts, Nuts

**Breads and Cereals**—Crackers, Oatmeal cookies, Granola bars

## *Lemon Fruit Juice*

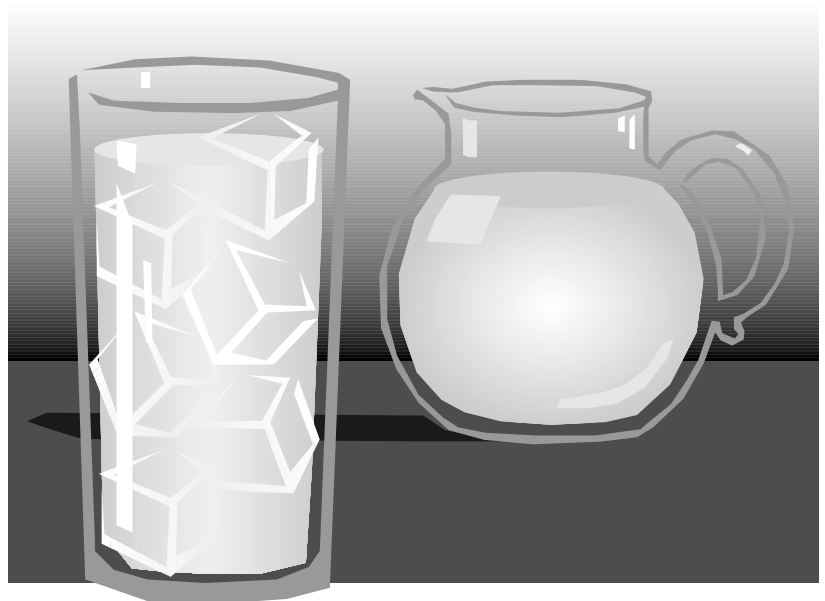
#### YOU WILL NEED:

- 1 package lemonade crystals
- 1 quart fruit juice

*This will make about 10 cups.*

#### TO MAKE THE DRINK:

1. Add water to the lemonade crystals.  
Follow directions on the package.
2. Add 1 quart of fruit juice.  
Stir well.
3. Put juice in the refrigerator.  
Or pour it over ice.

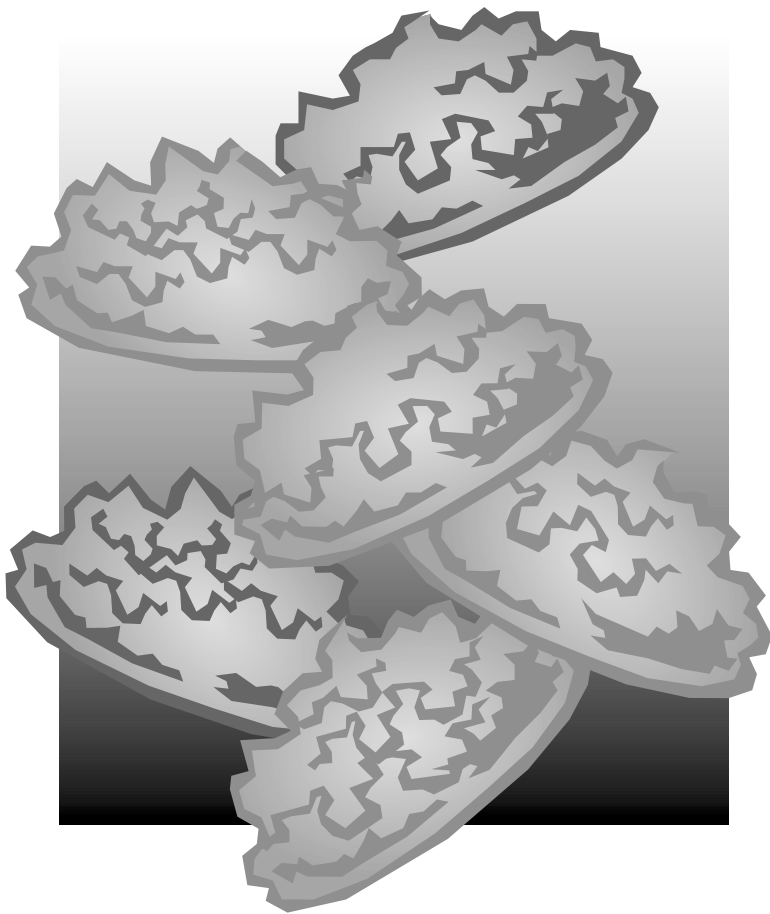


# Chocolate Oatmeal Cookies

## YOU WILL NEED:

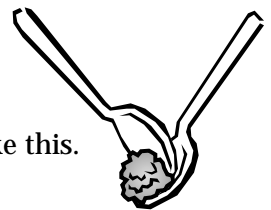
- 2 cups sugar
- 2 tablespoons cocoa
- 1/2 cup milk
- 1/2 cup butter or margarine
- 1/2 cup peanut butter
- 2 cups uncooked rolled oats
- 1 teaspoon vanilla, if you want it.

*This makes 3 or 4 dozen cookies.*



## TO MAKE THE COOKIES:

1. Put 2 cups of sugar in a boiler.  
Add 2 tablespoons of cocoa. Stir.
2. Add 1/2 cup of milk.  
Add 1/2 cup of butter or margarine.  
Stir.
3. Put the boiler on the stove.  
Turn heat to low.  
Cook until it starts to boil.  
Stir as it cooks.  
Boil about 2 minutes.
- 4.. Take the boiler off the stove.  
Add 1/2 cup of peanut butter.  
Add 2 cups of rolled oats.  
Stir until well mixed. Add 1 teaspoon  
of vanilla, if you want to.
5. Let it cool about 10 minutes.
6. Drop a little on a plate.  
Use two spoons.  
Make all the cookies like this.
7. Put cookies in the refrigerator.  
Let them get hard.



**DOT-104**



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