

Game Snacks

Is it your turn to take snacks for your child's team? Here are some suggestions and recipes brought to you by Nutrition Partners and Food Literacy Partners Program.

Snack Ideas

Food Item	Quantity	Approximate Cost
BEVERAGES		
Fruit Drink/Juice	5 quarts	\$ 4.85
Sports Drink	5 quarts	4.70
Lemonade (from frozen concentrate)	5 quarts	3.30
SNACKS		
Bananas	20 bananas	1.90
Bananas (1/2) sliced lengthwise spread with 1 tablespoon peanut butter	10 bananas 1 ¼ cup peanut butter	1.00
Orange (cut into quarters)	20 oranges	5.60
Peanut butter and jelly sandwich (1/2)	10 sandwiches (in halves)	3.00
Oatmeal raisin cookie (Archway brand)	20 cookies	4.50
Carrot raisin muffin or fruit-flavored muffin (see attached recipe)	20 muffins	2.70–6.00
Chilled pudding cup (with plastic spoons)	20 pudding cups 20 plastic spoons	5.00–7.00
Canned fruit cup (fruit cocktail) (with plastic spoons)	20 fruit cups 20 plastic spoons	8.25
Pita bread (cut in half), with 1 ½ ounces American cheese	10 pita bread (in halves) 30 ounces reduced fat cheese	6.50
Pop snack (see attached recipe)	40 cups	12.25
Graham crackers, spread with Peanut butter	40 crackers 2 cups peanut butter	3.75
Sports bar (see attached recipe)	20 bars	5.50
Sports drink (see attached recipe)	5 quarts	.40

Snack Recipes

CARROT BRAN MUFFINS

	Cost
1 cup all-purpose flour	\$.15
1/2 cup firmly packed brown sugar	.15
1/3 cup sugar	.10
1-1/2 cups 100% wheat bran cereal, crushed	2.20
1/2 cup raisins	.50
1/3cup chopped nuts	.70
2 teaspoons baking powder	.10
2 teaspoons ground cinnamon	.10
1/4 teaspoon salt	.00
1-1/2 cup shredded carrots	.75
1/2 cup vegetable oil	.50
1 egg	.10
1/4 cup milk	<u>.06</u>
Makes 18 muffins:	\$ 5.41
Cost of 20 muffins:	\$ 6.00

- 1) Combine first 9 ingredients in a large bowl; make a well in the center of mixture and set aside.
- 2) Combine carrots, oil, egg and milk.
- 3) Add carrot mixture to dry ingredients, stirring just until moistened.
- 4) Spoon batter into paper-lined muffin cups, filling two-thirds full.
- 5) Bake at 400° degrees for 20 minutes.
- 6) May be made ahead of time and frozen.

Calories per serving 170. Sugar 13 grams, Total Carbohydrates 23 grams, Protein 2 grams, Fat 8 grams. Sodium 90 milligrams.

BANANA SURPRISE MUFFINS

	Cost
3-1/2 cups all-purpose flour	\$.65
1/3 cup sugar	.20
4 teaspoons baking powder	.25
1-1/2 teaspoons salt	.00
1/2 teaspoon baking soda	.05
2 eggs, beaten	.20
2/3 cup vegetable oil	.55
2 cups mashed ripe bananas	1.00
1/2 cup jelly	<u>.35</u>
Makes 2 dozen muffins:	\$ 3.25
Cost of 20 muffins:	\$ 2.70

- 1) Combine first five ingredients in a large bowl; make a well in the center of mixture.
- 2) Add egg, oil and banana to well, stirring just until moistened
- 3) Spoon batter into paper-lined muffin cups, filling one-thirds full.
- 4) Spoon 1 teaspoon of jelly into center of each muffin cup.
- 5) Spoon remaining batter over jelly filling, filling each cup two-thirds full.
- 6) Bake at 400° degrees for 18-20 minutes or until done.

Calories per serving 170. Sugar 9 grams, Total Carbohydrates 26 grams, Protein 3 grams, Fat 7 grams. Sodium 240 milligrams

Snack Recipes (cont'd)

POP SNACK

	Cost
20 cups popped popcorn	\$.50
2-1/2 cups dried apples or other dried fruit cut into 1/4 inch pieces	4.75
5 cups small unsalted pretzels	2.00
2-1/2 cups dry-roasted, unsalted peanuts	2.50
2-1/2 cups raisins	<u>2.50</u>
Makes 20 servings.	\$12.25

Toss all ingredients together. Scoop out 2 cups of mixture and seal in individual sandwich bags.

Calories per serving 490. Sugar 18 grams, Total Carbohydrates 89 grams, Protein 12 grams, Fat 12 grams. Sodium 750 milligrams.

SPORTS BAR

	Cost
1/4 cup butter or margarine	\$.65
8 ounces chopped dates	1.50
2 eggs or egg substitute	.20
1/2 to 1 cup sugar	.20
1/2 teaspoon salt	.00
1/4 teaspoon baking soda	.00
1/2 cup flour	<u>.10</u>
Makes 12 servings.	\$ 2.65
For 20 servings.	\$ 4.50

Optional:

1 cup chopped walnuts	.65
1/2 teaspoon cinnamon	<u>.10</u>
	.75

- 1) Put cooking spray in a nine-inch square pan.
- 2) Melt butter or margarine in a saucepan or microwave.
- 3) Remove pan from the heat and add the dates, eggs, sugar and salt. Beat well
- 4) Mix in the baking powder, then gently stir in the flour.
- 5) Pour batter into the prepared pan.
- 6) Bake at 350 degrees for 45 minutes, or until a toothpick inserted near the center come out clean.

Calories per serving 150. Sugar 20 grams, Total Carbohydrates 26 grams, Protein 2 grams, Fat 4.5 grams. Sodium 135 milligrams.

With Walnuts:

Calories per serving 210. Sugar 20 grams, Total Carbohydrates 27 grams, Protein 4 grams, Fat 11 grams. Sodium 135 milligrams.

Recipe from the New York City Marathon Cookbook by Nancy Clark

Sports Drink Recipes

DRINK 1

1 Quart water	
5 - 6 Tablespoons sugar	.10
1/3 teaspoon salt	<u>.00</u>
	\$.10 (+/-)
Carbohydrate concentration = 6.4% -7.6%	

DRINK 2

1 Gallon water	
1 tablespoons salt	.05
3 tablespoons sugar	.05
1 package of unsweetened Kool-aid for flavor	<u>.20</u>
Ice to chill	\$.30 (+/-)

Carbohydrate concentration = 1%

Sports drink Recipes from International Center for Sports Nutrition.

This handout prepared by Jackie Duffy RD and Linda Alva, August 2003.