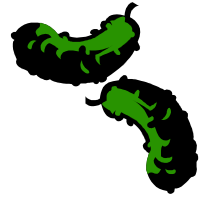
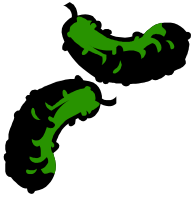


Mommy, I'm hungry AGAIN!



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1. Make up your own trail mix
2. Thinly slice apples and sprinkle with pumpkin pie spice
3. Make AntHills ... by pressing in a few raisins in the top of a healthy muffin.
4. Dip various fruits in vanilla yogurt.
5. Make Ants on a Log by spreading peanut butter in a celery stalk and topping with raisins or currants.
6. Lightly sprinkle flour tortillas with water, sprinkle over cinnamon and sugar and bake at 400 until slightly crispy.
7. Use bamboo skewers to make Fruit Kabobs or Vegetable Kabobs. Try a fruit or veggie you have never tried before.
8. Make homemade popsicles. You can make any flavor imaginable that way. . .
  - Grind up pineapple and bananas in the blender
  - Use any flavor juice
  - Add blueberries to juice before freezing
  - Try any of the fruit drinks from this book
9. Melt Pepper-Jack cheese in flour tortillas in the microwave.
10. Vegetables and dip. (Always a winner!) Try different flavors of dip. Dill weed, garlic salt and lemon juice mixed in sour cream or nonfat plain yogurt is great. Chili powder, cumin, garlic salt and onion powder make a great Mexican dip.
11. Add garlic and onion to cream cheese. Serve with crackers, pretzels and veggies.
12. Have fruit starting to spoil? Cut off blemishes, puree in blender, layer in a dish with ice cream or yogurt.
13. Frozen Mango chunks are a favorite treat.
14. Bugs Bunny Carrots are easy. Peel a carrot; hand to child and say "what's up doc?" (Sometimes they get tired of carrot sticks; this gives a bit of variety, and is easier than making sticks anyway!)

15. Chips and salsa
16. Rice and Ice Cream!  
Reheat leftover rice if you have some, top with ice cream and cinnamon. Tastes like rice pudding, only surprisingly yummiier!
17. Stuff Mini Taco Shells with cheese and various veggies and olives. Serve with salsa for dipping.
18. Cut up melons for a fruit salad.
19. Cut up any other fruits, and or berries for an entirely different fruit salad.

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20. Try bagels or toast with a variety of jams, honey, and spreads to try out.
21. Build your own open face sandwich. Be creative. Try some of these:

Cucumbers	Radishes
Pickles	Mayo
Mustard	Dill
Chives	Peppers
Tomatoes	Cold boiled tatoes
Lettuce Salad dressing	
Cream cheese	Grated carrot
Raisins	Red onion

Encourage the kids to make silly faces or animals on their sandwich. In order to get really cool faces, they will often choose things they otherwise might not eat.

### Mom's Great grated apple salad

5 med. Apples-grated  
1 can fruit cocktail (NO Sugar added)  
Cinnamon to taste

Drain 2-3 TBS of juice from fruit cocktail and Drink or discard that juice. Mix grated apples and fruit cocktail together in a medium size glass bowl. Sprinkle with cinnamon and stir. Refrigerate or serve right away.

(My kids named this one.)

### CrackerJacks

8 quarts popped corn  
1 ½ cups honey  
½ tsp. salt  
1 ½ tsp. vanilla  
¼ cup butter  
1 cup raw or roasted peanuts

In a large saucepan, heat honey and salt over medium heat until hard crack stage. Hard crack stage is when a few drops of the honey mixture dripped into a cup of cold water will make a strand of brittle candy that cracks when you try to bend it. Take off heat and add butter, vanilla, and peanuts. Stir well and pour over popcorn, mixing thoroughly to coat. Spread on 2 cookie sheets to cool. Break into clusters

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### Monkey's Delight

Popsicle or craft sticks  
Bananas  
Yogurt, any flavor  
Shredded coconut, sweetened or unsweetened

Slice banana in half. Insert Popsicle stick. Dip in yogurt. Roll in coconut. Serve.

### Whole Wheat Candy

1 cup butter  
1 cup honey  
1 ½ cups w.w. flour  
1 cup peanutbutter  
nuts, coconut, sesame seeds

Melt butter, honey, and peanut butter. Add flour. Cook and stir a few minutes. Add nuts, seeds, and coconut if desired. Roll into balls.

### Anyflavor-no-ice-cream-but-delicious-shakes!

1 can evaporated milk  
¼ cup fructose or honey, give or take a bit depending on desired sweetness and tartness of fruit.  
More than 1 tray of ice cubes (enough to make it as thick as you like)

Approximately 1 tsp. vanilla  
1 or more of the following:  
3-4 peaches, 1 cup blueberries, 1 ½ cup strawberries, 2 bananas, ¼ cup carob, 4 TBS carnation malted milk powder, any other fruit you want or leave it vanilla flavored.

Put milk and fructose in blender. Slowly add rest of ingredients, preferably while blender is running (if you have a hole in top) Grind until smooth consistency. These really taste every bit as good as an ice cream shake.

### Jungle Jumble

1 20 oz can pineapple chunks, drained  
1 cup grapes  
2 bananas, peeled and sliced  
1 red apple, chopped  
1 orange, cut up  
1 tsp. lemon juice

Put pineapple and grapes into a large bowl with lid. Add rest of ingredients. Put the lid on and "jumble" the fruit back and forth, upside down, until well mixed.  
Serves 4

### Monkey Muffins

1 cup wheat flour  
2 ½ tsp. Baking powder  
¾ cup oats  
¼ tsp. salt  
¼ tsp. baking soda  
3 Tbl. Honey  
½ cup milk  
1 egg white  
1 Tbl. Oil  
2 mashed ripe bananas

Preheat oven to 400. Combine dry ingredients. Add egg white, but don't mix. Add honey, milk, oil, and bananas to the flour mixture. Stir with a fork until just moistened. Fill Muffin cups 2/3 full. Bake about 18 to 20 minutes (till slightly browned). Makes 12 muffins

### Tutti-frutti Treat

½ med. Red apple, peeled, chopped  
1 cup applesauce, unsweetened  
¼ cup crushed pineapple, drained  
  
1/8 cup raisins  
¼ tsp. cinnamon  
6 Tbs. Vanilla yogurt

Put apple in medium sized bowl. Add all but yogurt. Chill or eat it now. Serve topped with 1 tablespoon yogurt. 6 servings.

### 1 Potato, 2 Potato 3 Potato, 4

2 medium baked potatoes  
2 Tbs. Apple juice  
1 tsp. Seasoned salt

Slice potatoes lengthwise into 4 wedges. Place in a large bowl. Add apple juice. Stir until all potatoes covered with juice evenly. Transfer wedges to another bowl, add seasoning, and stir till each wedge is covered. Lightly grease a cookie sheet. Don't let the wedges touch each other. Bake for 7 minutes at 400 degrees. Turn the wedges over and cook for 7 more minutes. Eat.

### Indian Summer Salad

½ cup crushed pineapple, drained  
2 cups shredded carrots  
¼ cup raisins

Mix altogether. Can serve on plate over a lettuce leaf. Eat now or chill first. Serves 2

### Nuts Gone Crazy

1 cup honey  
½ cup peanut butter  
1 tsp. vanilla  
½ cup unsweetened shredded coconut  
½ cup chopped almonds  
1 cup oatmeal  
Chopped walnuts to roll candies in

Cook honey over medium heat until it reaches the soft ball stage. To test for soft ball, drip a few drops of the cooked honey in a cup of very cold water. Gather the honey into a ball with your fingers. A soft ball will flatten without you pressing on it. Take off heat and add vanilla. Cool and add peanut butter, almonds, coconut and oatmeal. Scoop out tablespoonfuls and form into round balls. Roll in chopped nuts. Chill.

### Tropical Slurpee

1 6 oz can frozen orange juice concentrate  
1 12 oz can crushed pineapple with juice  
2 trays of ice cubes

In blender, process o.j. and pineapple until smooth. Add ice cubes a few at a time and blend well.

### Kid-do-able Cinnamon Rolls

1 loaf frozen bread dough  
oil spritzer  
Cinnamon  
Raisins  
Honey  
Chopped nuts

Allow dough to thaw. Roll out to a rectangular shape. Spray with oil. Sprinkle with cinnamon, raisins, and nuts. Squirt honey over it. Roll it up from the long side. Cut into about 12 pieces. Lay swirly side up in a greased pan. Let it rise until doubled. Bake at 350 for about 15 to 20 minutes or till golden. (Kids may need help with the rolling and cutting part. Yes, it is sticky when you cut it and put in pan.)

### Molasses Cookies

1 cup ww flour  
1 cup white flour  
1 tsp. baking soda  
½ tsp. salt  
½ tsp. ginger  
1 tsp. cinnamon  
1 stick butter  
1/3 cup dark brown sugar  
1 egg  
½ cup molasses  
¼ cup milk or water

Beat the butter till fluffy. Add Sugar, egg and molasses. Add 1 cup flour and sprinkle spices, salt, and soda over the flour. Then mix together at low speed. Add the milk and the rest of the flour. Drop by the teaspoon onto greased cookie sheets, about 2 inches apart. Bake for 8 to 10 minutes at 375 degrees. Cool on wire rack. Makes 48 small or 24 larger cookies.

### My Favorite Blueberry Muffins

1 cup ww flour  
½ cup white flour  
2 tsp. baking powder  
¼ tsp. salt  
1 egg  
½ cup milk  
½ cup honey  
¼ cup oil (or ½ of it applesauce)  
1 tsp. lemon zest from peel  
¾ cup frozen blueberries

Mix dry ingredients except white flour. Add wet ingredients in hole in center of dry ingredients. Mix wet ingredients together before stirring altogether into the dry. In a small bowl, mix blueberries and white flour. Add to muffin batter. Don't stir too much. Should be lumpy. Fill paper bake cups 2/3 full and bake at 400 for 18 to 20 minutes or till lightly browned on top. Makes about 12

### Strawberry Smoothies

3 cups milk  
2 large frozen bananas  
1 cup frozen strawberries  
1 tsp. vanilla

Put milk and vanilla in blender. While running, add bananas and strawberries until the mixture is the consistency of a milkshake. Serves 4

Use frozen peaches, berries or other fruit for variation.

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### Honey Fruit Bars

1 ½ cups peanut butter  
1 cup honey  
¾ cup brown sugar  
5 cups raisin bran cereal  
1 cup raisins and /or dates

Grease a 9 X 13 inch pan. In a medium saucepan, combine peanut butter, honey, and sugar. Bring to a boil over medium high heat. Stir constantly. Remove from heat and stir in remaining ingredients. Turn the mixture into the prepared pan. Using waxed paper, press the mixture down to distribute evenly in the pan. Cool for 15 minutes. Cut into 18 bars.

### Fruit Smoothies

1-2 cups frozen strawberries  
1 cup frozen peaches  
½ cup or less frozen blueberries  
2-3 cups of apple, grape, or other juice  
Other fruit, i.e. Oranges, lemon, banana

In a blender, grind up about ¼ of the ingredients at a time. When you have it all processed, it should be smooth and fairly thick. Use your imagination and vary the amounts of the types of fruits. For a thicker, dessert type drink, use more frozen fruits. For a breakfast type drink, use more fresh fruits. Do not use too many blueberries or bananas because their flavors will overpower other flavors. It really is difficult to have this turn out badly. It is hard to beat for super taste, healthy treat and family pleaser.

### Cougar Crunch—A BYU favorite.

Peanut butter	Wheat germ
Honey	Oats
Wheat flour	Coconut
Other flours	Vanilla
Millet	Cornmeal
Any kinds of nuts	raw granola
Sunflower seeds	Sesame seeds

Peanut butter, honey, and flour makes up the base of this. Add the rest and form into balls. You have done well if it is not too sticky and tastes good to you. Adding raisins and other dried fruit makes it Gorilla Grub. This is a great tasting way to eat raw nuts.

### EZ bean dip for chips

2 cans chickpeas (garbanzos)  
about 1 cup salsa (pace picante is good)  
2-3 TBS chopped fresh cilantro (opt.)

Grind till smooth in blender a bit at a time. Serve with chips, crackers and/or celery sticks.

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## Tips & Tricks

- You can use ½ wheat and ½ white flour and most all cookies, etc. will turn out tasting just as tasty and work just as well as if you use all white. Also this makes it better for you.
- Freeze bananas in a ziploc bag to have on hand for shakes, etc. Be sure to peel them first. Good to do with bananas that have bruises on them.
- What's in a name? A whole lot! This has saved me several times when I make

things that don't look as great as they taste. If you want them to try something new, nothing is better than giving it a name that matches something they are interested in. For instance, barbecued beans could be better named Wild Bill Hickcocks Rootin' Tootin' Vittles. A dish with bananas in it could be named Great Apes Bonanza. This works even better if you can tell a story to go along with the theme, or read a book.

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