

Watermelon Gazpacho

1 Large seeded watermelon
2 Cups diced cucumber, peeled and seeded
½ seeded cantaloupe, diced
1 tsp. salt
Juice of 2 lemons
2 Tbsp. fresh mint, minced

In a blender, purée half of the watermelon until smooth and freeze it. Then in a large bowl, combine the frozen watermelon purée, the other half of the watermelon mashed by hand or chopped, the diced cucumber, cantaloupe, salt, and lemon juice. Serve with fresh mint.

Fruit Salsa

2 lbs granny smith apples
1 ½ lbs of grapes
1 pt of Blueberries
2 lbs of bananas
1 lb of carrots
1 Fennel bulb
½ Cup yogurt
½ Cup applesauce

Mix the ½ cup of yogurt with the ½ cup of applesauce to make salsa. Then chop apples, bananas, carrots and fennel Bulb. Mix all fruit and vegetables into one bowl and add the "salsa".

Date Cocoa Truffles

2 Tbsp. to ¼ cup tahini (sesame paste) or peanut butter (we made both kinds)
1 Cup of chopped dates
¼ Cup cocoa powder

Place all ingredients into a bowl and mix with your hands. Then roll the ingredients into small truffle sized balls. Roll the balls into cocunut, cocoa powder, or a crushed nut of your choosing.

Pretzels

by Alton Brown

1 ½ Cups warm water
1 Tbsp. sugar
2 tsp. kosher salt
1 Package active dry yeast
4 ½ Cups all-purpose flour
2 Oz. unsalted melted butter
Vegetable oil, for pan
10 Cups water
⅔ Cup baking soda

1 large egg yolk beaten with
1 Tbsp. water
Pretzel salt

Combine the water, sugar and kosher salt in the bowl of a stand mixer and sprinkle the yeast on top. Allow to sit for 5 minutes or until the mixture begins to foam. Add the flour and butter and mix on low speed until well combined. Preheat the oven to 450 degrees. Bring the 10 cups of water and the baking soda to a boil. Roll out each piece of dough into a 24-inch rope. Make a U-shape with the rope & cross them over each other and press onto the bottom of the U in order to form the shape of a pretzel. Boil each pretzel for 30 seconds. Then brush with the egg yolk and sprinkle with salt. Finally bake the pretzel for 12- 14 minutes or until golden brown.



Hummus

2 Cups cooked garbanzo beans
2 large Tbsp. of tahini
¼ cup lemon juice
1 tsp. salt

Add 2 cups of cooked garbanzo beans to food processor and purée. Then add 2 large Tbsp. of tahini, ¼ cup lemon juice and 1 tsp. of table salt. Purée once again. If the hummus is too thick add water from the garbanzo beans slowly while puréeing until desired thickness is reached. Serve as a dip with vegetables or a spread with crackers or toast.

Cheese Spinach Quesadillas

16 Whole-wheat tortillas (8-inch)
4 Cups thawed frozen spinach, squeezed dry (2 bags of washed)
2 Cups shredded cheese

Heat skillet using medium high heat on an electric stove or a medium flame on a gas stove. Once heated place a tortilla in skillet. Top the tortilla with cheese and spread. Then top the cheese with spinach and spread. Place another tortilla on top of the spinach and cheese. When the bottom tortilla begins to brown flip the quesadilla. Remove from heat cut into eighths and serve with sour cream and/or salsa.

Veggie Slaw

2 Cups shredded zucchinis
2 ½ Cups shredded raw sweet potatoes
2 Cups shredded carrots
1 Cup of cut pineapple
1 Cup of raisins
1 Head of romaine lettuce
½ Cup of whipping cream

Dressing

¼ Cup olive oil
2 Tbsp. vinegar
1 tsp. cumin powder
1 tsp coriander powder
1 tsp. salt

Add dressing ingredients to jar and shake well until mixed

Whisk cream in a bowl until it thickens. Combine shredded and cut ingredients in a bowl. Add the cream and dressing to the other ingredients and stir until it is evenly mixed. Serve on a leaf of lettuce

Smoothies

1 Banana
½ Cup of liquid of choice— (we used orange and grapefruit juice)
½ Cup of yogurt
½ Cup of mix of different fruits and vegetables

Chop fruits and vegetables into medium sized pieces and add them to the blender. Then add the ½ cup of liquid. Follow that with the ½ cup of yogurt. Blend the contents until it is smooth. Serve cold.

Zuchinni Pancakes

2 cups whole grain wheat (or combination of oats, cormeal, etc)
2 Tbsp brown sugar (optional)
2 Tbsp baking powder
½ tsp salt
4 Tbsp oil
2 eggs

2 cups milk
1 tsp cinnamon (optional)
2 cups grated zucchini

Grate zucchini. In a bowl add beaten eggs and all other ingredients. Scoop ¼ cup of batter and cook over medium heat in a cast iron or a sprayed pan until you see bubbles forming. Turn once. Serve hot or cool and freeze.

Piña-Pizza

Pineapple slices
Yogurt
Assorted fruit (grapes, strawberries, bananas etc.)
Seaweed (optional)

Place the Seaweed down for use as a plate. Place pineapple slice on seaweed. Then top the pineapple with a spoonful or 2 of yogurt and spread. Finally top it off with fruits of your choice and enjoy



"DIY SnackShops" is part of Uptown Summer, a six week program for young people in the North Central neighborhood of Troy, NY. Participants gained hands-on experience cooking at The Collard City Growers lot, in the Missing Link Kitchen, and at The Sanctuary for Independent Media.

DIY SnackShop led by Ellie Markovitch and Amy Halloran
Pictures by Brian Jones, Ellie Markovitch, and Abby Lublin

Food donations made by Missing Link Street Ministry and Capital District Community Gardens

Cookbook layout by Brian Jones

This Cookbook is a Youth Media Sanctuary Production

For more information visit us at:
www.MediaSanctuary.org
or call 518•272•2390

It's Your Do It Yourself SnackShop

Healthy Snacks for
Healthier Kids

Fold Along This Line First

Fold Along This Line First

