



ThinkFirst
St. Anthony Summit Medical Center
and Mountain Clinics

Snacks

Food is integral to any fire department event. ResQ and our firefighters love snacks. Some healthy snacks they enjoy are fresh fruits and vegetables, hard-boiled eggs, and cheese sticks. If you would like to make something special, the recipes below are some of their favorites:

Hearty Granola Bars

- 1/2 cup Craisins
- 1/2 cup Pumpkin Seeds
- 1 1/2 cups Rice Crispies
- 2 1/2 cups quick cooking Oats
- 2/3 cup honey or corn syrup (I use honey)
- 3/4 cup brown sugar
- 1 cup peanut butter or almond butter
- 1 teaspoon vanilla extract
- 1/4 cup Raisins
- 1/4 cup Sunflower Seeds

Mix dry ingredients in large bowl. Feel free to use whatever seeds or nuts you have. Chocolate chips are good too. Grease a 9X13" pan with butter or cooking spray.

Combine brown sugar, and honey. Heat in saucepan until boiling. Remove from heat and add nut butter and vanilla. Pour over cereal mixture and stir well.

Press into 9X13" greased pan. Cool and cut. Store in airtight container.

Gluten Free – no problem. Substitute GF oats & Rice Crispies

Nut Allergies – Substitute Sunflower Butter

Spicy Pretzels

- 1 teaspoon cayenne pepper
- 1 teaspoon garlic powder
- 1/2 teaspoon Creole Seasoning
- 1 package dry ranch dressing mix
- 1/4 cup oil
- 1 bag of pretzels

Put dry ingredients into a large bowl. Add oil and mix together well. Add pretzels and toss to coat. Pour coated pretzels on a large baking sheet. Bake for 1 hour at 250° Toss them every 20 minutes or so.

These may be too spicy for the kids. They go great with an ice cold beverage, especially after doing a fun Scavenger Hunt!

Fruit Salsa with Cinnamon Crisps

Cinnamon Crisps

- 10 flour or corn tortillas (I use corn)
- Cooking spray
- 1/3 cup sugar
- 1 teaspoon cinnamon

Preheat oven to 350° Combine cinnamon & sugar. Set aside. Working with 3 tortillas at a time, spray both sides of the tortilla and sprinkle each side lightly with cinnamon sugar. Stack 3 tortillas and using a pizza cutter, cut tortillas into 12 wedges. Place on a baking sheet and bake 8-11 minutes or until crisp.

Fruit Salsa

- 2 granny smith apples
- 1 lemon
- 1 cup finely diced kiwi or melon (your favorite variety)
- 1 lb strawberries
- 1/2 lb raspberries
- 4 tablespoons preserves (I use raspberry)

Zest the lemon and set aside. Peel and finely chop apple, squeeze 2 teaspoons lemon juice over apples and mix well to combine.

Chocolate Chip Cookie Dough Balls

- 1 stick unsalted butter
- 1 cup plus 2 tablespoons flour
- 1/2 teaspoon baking soda
- 3/4 teaspoon salt
- 1/2 cup brown sugar
- 1/3 cup white sugar
- 1 teaspoon vanilla extract
- 1/3 cup plain yogurt (I use Greek yogurt)
- 1 cup semi-sweet chocolate chips (I use mini chips)

Cream butters and sugars until fluffy. Add yogurt and vanilla. Stir to combine. Whisk together dry ingredients. Add all at once to wet ingredients. Stir until incorporated. Scoop large spoonfuls onto wax paper lined cookie sheet. Place in freezer overnight or until frozen. These can be eaten, as is, right from the freezer. Enjoy!