

School days are back. Looking for some tasty (and healthy) after-school snacks for your hungry kids? We have a few ideas here. If you have a favorite recipe, send it in! Recipes, with photo (and a short story/history), if available, can be submitted to ads@thedrummer.com.

Spicy-Sweet Maple Snack Mix

*Prep: 20 mins
Total: 2 hrs 15 mins
Yield: 12 servings*

1/2 c. pure maple syrup
4 T. unsalted butter
1 T. white vinegar
1 T. fresh thyme leaves
3/4 tsp. cayenne pepper
Kosher salt
3 c. rice or corn cereal
2 c. mini pretzels
2 c. cheddar crackers
1 c. roasted unsalted peanuts
1 c. pepitas

Preheat oven to 275 degrees. Combine maple syrup, butter, vinegar, thyme, cayenne, and 1 teaspoon salt in a saucepan. Bring to a boil, stirring, until butter has melted and mixture is combined. Remove from heat. Stir together remaining ingredients in a large bowl. Drizzle maple mixture over cereal mixture, stirring to evenly coat. Spread on a rimmed baking sheet.

Bake, stirring a few times, until crisp and golden, about 1 hour. Let cool completely before serving. Mix can be stored in an airtight container at room temperature up to 1 week.

No-Bake Oatmeal Raisin Energy Balls

*Total Time: 40 mins
Yield: 18–20 bites*

1 c. rolled oats
1 c. coconut flakes
1/2 c. ground flax seed
1/2 c. mini chocolate chips (optional)
1/2 c. raisins
1/2 c. peanut butter
1/3 c. honey
1 tsp. vanilla

In a medium bowl, mix the oats, coconut flakes, flax seed, mini chocolate chips, if using, and raisins.

In a small bowl, whisk together the peanut butter, honey, and vanilla.

Pour the peanut butter mixture into the oat mix, until thoroughly incorporated. Let it chill in the refrigerator for half an hour. Once chilled, roll it into balls. Store in an airtight container or lunchbox, and keep refrigerated for up to 1 week.

Carrot and Zucchini Bars

Yield: 24 squares

1-1/2 c. all-purpose flour
1-1/2 tsp. baking powder
1/4 tsp. baking soda
2 eggs, slightly beaten
1 tsp. grated fresh ginger, opt.
1-1/2 c. shredded carrot, about 2 large carrots
1 c. packed shredded zucchini, about 1 med.
3/4 c. packed brown sugar
1/2 c. golden raisins, opt.
1/2 c. butter, or coconut oil
1/4 c. honey
1 tsp. vanilla
2 T. flax seed meal, opt.

Preheat the oven to 350F. Grease a large 13x9 inch baking pan.

In a large bowl, combine the flour, baking powder, and baking soda.

In another large bowl, whisk the eggs. Add in the ginger, carrot, zucchini, brown sugar, raisins, butter or oil, honey, and vanilla.

Combine the wet mixture into the flour mixture until you have a cohesive batter.

Pour the mixture inside the greased baking pan and bake, for 22-25 minutes, or until a wooden toothpick comes out clean. Remove from oven and cool.

Once cooled, cut into 24 squares.

Broccoli Tater Tots

Prep Time: 15 minutes

Cook Time: 12 minutes

Total Time: 30 minutes

Yield: 60 tots

2 med. potatoes, peeled & diced
2 c. chopped raw broccoli
2 c. parmesan cheese, divided
1 T. Italian seasoning

Preheat oven to 425F, place oven rack in the middle of the oven, and line a baking sheet with parchment paper or a silicone mat.

Boil, steam, or microwave the potatoes to the point where a fork punctures through but they are too tough to cook -about 10 minutes in boiling water, 5-6 in the microwave.

Drain the potatoes and set them aside.

In a food processor, pulse the broccoli florets until it resembles rice. Add the semi-cooked potatoes, 1-1/2 cups of the parmesan cheese, and seasoning, pulse to combine, and break up the potatoes.

With a spatula, fold the ingredients together to combine, making sure no large pieces of potatoes were left behind.

With your hands, begin forming small balls -smaller than meatballs, larger than traditional tater tots.

Roll each ball in parmesan cheese and place on the lined baking sheet. Repeat the process with the remaining mixture.

Bake for 12 minutes, or until they are golden brown. Remove from heat and serve.

Homemade Baked Banana Chips

Prep Time: 5 mins

Cook Time: 2 hours

Total Time: 2 hours 5 minutes

Yield: approx. 40 chips

2 bananas
1 T. lemon juice
4 T. water
Kosher salt

Preheat the oven to 250F. Line a large sheet with parchment paper.

In a small bowl, combine 4 parts (4 tablespoons) water with 1 part (1 tablespoon) lemon juice.

Slice bananas very thin, about 1/8" thick coins, brush with lemon juice and water mixture. Sprinkle with kosher salt.

Bake at 250 F for about 1-1/2 to 2 hours or until they are crispy, making sure to flip them over halfway through.

Remove them from the oven and allow them to cool (the longer they cool the crispier they become).

Sweet chips: Use overripe bananas and sprinkle with cinnamon after brushing with the lemon water. Follow the baking directions above.

PB&J Bars

Yields: 16 Servings

Total Time: 40 Mins

1 (15-oz.) can low-sodium chickpeas, rinsed
2 T. honey
2 tsp. pure vanilla extract
1/2 c. creamy peanut butter
2/3 c. old-fashioned rolled oats
1/2 c. roasted unsalted peanuts
1 tsp. baking powder
1/4 tsp. baking soda
1/2 tsp. kosher salt
1/3 c. strawberry jam

Heat oven to 350°F. Line an 8-in. square baking pan with parchment, leaving an overhang on two sides.

In a food processor, pulse chickpeas, honey, and vanilla until smooth. Add peanut butter and pulse to incorporate, scraping sides as necessary.

In a small bowl, mix together oats, peanuts, baking powder, baking soda, and salt. Add to food processor and pulse a few times until combined but chunky. Transfer 1 cup dough to a bowl and set aside.

Press remaining dough evenly into prepared pan. Gently spread jam on top, then crumble reserved dough over jam. Bake until edges just pull away from pan and top is set and light golden brown, 25 to 30 minutes.

Let cool at least 15 minutes in the pan; then, using overhangs, transfer to a rack and let cool completely. To serve, cut into 16 squares.

Pita Nachos

Servings: 2

1 regular size (6") whole-wheat pita, split in half horizontally & cut into quarters
1/3 c. mild salsa, plus more for serving (optional)
1/2 c. shredded cheese (2 oz.), such as cheddar or Monterey Jack

Heat broiler, with rack set in top third of oven. Arrange pita pieces in a single layer, cut side up, on a baking sheet; dividing evenly, top each first with salsa, then cheese.

Broil until cheese has melted and edges of pita are crisp, 2 to 4 minutes. Serve with extra salsa, if desired.

Pull-Apart Pigs in a Blanket

Prep: 20 mins

Total: 1 hr 40 mins

Yield: 8-10 servings

Unbleached all-purpose flour, for dusting
1 lb. pizza dough, room temp.
10 all-beef hot dogs
Extra-virgin olive oil, for brushing
Grainy mustard and/or ketchup, for serving

On a lightly floured surface, roll dough into a 10-by-15-inch rectangle. Cut in half lengthwise, then crosswise into ten 5-by-3-inch pieces. Wrap each piece around a hot dog; pinch edges of dough to seal. Transfer to a parchment-lined baking sheet and freeze until firm, about 20 minutes.

Preheat oven to 375°F; brush a 9-inch springform pan with oil. Place a 4-ounce ramekin in center of pan. Trim edges of wrapped hot dogs flat (discarding excess); cut each crosswise into thirds. Brush dough with oil and arrange in pan cut-sides up, spaced 1/2 inch apart.

Cover with parchment-lined foil and bake until puffed and set, about 35 minutes. Uncover; continue baking until golden, 15 to 25 minutes more. Serve warm, with mustard or ketchup in ramekin.

Quote of the Week:

“Silence becomes cowardice when occasion demands speaking out the whole truth and acting accordingly.”

~ Mahatma Gandhi