

# Read a Book, Have a Snack

Snuggling up with a good book has never seemed so delicious! From mooncakes to monkey bars, your youngster is sure to enjoy nutritious snacks inspired by mouthwatering stories.

Here are eight popular children's books paired with healthy, homemade treats. You'll find the recipes easy—and fun—to make with your child.



## Mooncake by Frank Asch

**The story:** Bear wants to taste the moon. He builds a spaceship, but since it's winter and he's supposed to be hibernating, he falls asleep during his countdown to takeoff. When he wakes up, the ground is covered with snow. Not used to being awake in winter, Bear assumes he has landed on the moon and serves himself a "mooncake" made of snow.

**The recipe:** Create your own mooncake by blending fruit and frozen milk. Pour  $\frac{1}{2}$  cup of low-fat or fat-free milk into a container, and freeze it for at least two hours. In a blender, puree the frozen milk and 1 cup of peach, pear, or pineapple slices (fresh, packed in their own juice and drained, or frozen). Spoon into bowls.

## The Apple Pie Tree by Zoe Hall

**The story:** This book explains how apples grow and are turned into pies, as two children watch an apple tree change through the seasons. The tree is bare in winter, and then in the spring, robins build a nest among the apple blossoms. Small green apples appear in summer and turn to juicy red ones in the fall. The youngsters' excitement builds as the apples are picked, sliced, put in a pie shell, and baked into a delicious apple pie.

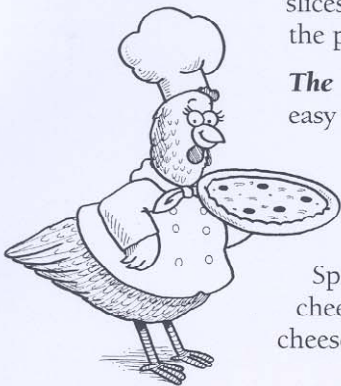
**The recipe:** This apple treat can be ready in no time! Core an apple and scoop out some of the inside, leaving a shell at least an inch thick. Combine  $\frac{1}{2}$  cup low-fat cream cheese and  $\frac{1}{4}$  cup dry, crushed cereal (try oat rings, corn puffs, or wheat flakes). Scoop the mixture into the apple, and chill for 2–3 hours. Cut into wedges and serve. *Note:* The book includes an apple pie recipe, too.

## The Little Red Hen Makes a Pizza by Philomen Sturges

**The story:** This retelling of "The Little Red Hen" has a modern slant and a happy ending for all. Instead of asking her neighbors to help her harvest wheat, the hen asks them to go to the store and buy her some flour. "Not I," say the duck, the cat, and the dog. So the Little Red Hen makes several trips to the store on her own, then kneads dough, grates cheese, and slices pepperoni. In the end, she shares the pizza with her friends.

**The recipe:** Your child will ask for this easy double-cheese "stuffed-crust" pizza over and over again. Cut a slit in one side of a whole-wheat round pita. Fill with a thin layer of part-skim mozzarella cheese.

Spoon on tomato sauce, and add more cheese. Heat in a toaster oven until the cheese melts.



## Strega Nona by Tomie dePaola

**The story:** Nona has left home to attend magic school. But she misses her grandmother, so she returns home, where she discovers secret potions being made in her pasta pot. Then, a mishap leaves the entire town covered in spaghetti. In the end, Nona learns that the secret ingredient in all the potions is love.

**The recipe:** For a healthy pasta salad, cook 12 oz. of spiral or

