

## NO COOK RECIPES



Preparing these foods will begin to acquaint girls with cooking equipment and tools, food preparation and hygiene.

**Walking Salad** - Core small apples (or apple halves dipped with lemon juice and water).

Stuff with 2 tsp. Miracle Whip, cream cheese or peanut butter mixed with chopped celery, nuts, raisins or chopped dates.

**Ants on a Log or Bugs on Snow** - Stuff celery sticks with peanut butter or cream cheese. Line stuffing with raisins.

**Applewiches** - Spread apple slices with peanut butter or cheese spread.



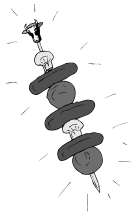
**Pudding Cones** - Prepare any flavor instant pudding. Use to fill ice cream cones just before serving. Can be topped with marshmallow topping, pie filling, chopped nuts, etc, or added on top of sliced bananas already in the cone.

**Rainbow Pudding** - Prepare instant vanilla pudding. Swirl a small package of M&Ms through the pudding just before serving.

**Carrot Wheels** - Dip slices of large carrots in peanut butter or cream cheese thinned with a little honey



**Quick Banana Boats** - Slice bananas. Mix with Cool Whip, chocolate chips and mini-marshmallows



**Toothpick Kabobs** - String any combination of small cubes of vegetables, cheese, meat, Vienna sausage, pickles, and/or fruit on toothpicks.

**Mini Burritos** - Use round corn chips to assemble

bite-sized burritos with refried beans, grated cheese, chopped lettuce, salsa, etc.

**Veggie Patch** - Use ranch dressing for a dip. Serve with assorted raw vegetables such as cauliflower, broccoli, carrots, zucchini and cucumbers.

**Roll-M-Ups** - Cream cheese or peanut butter and raisins rolled in a lettuce or Chinese cabbage leaf or a stick of cheese and a pickle rolled in a cold cut slice.

**Salad on a Stick** - String assorted vegetables on a skewer. Dunk in salad dressing.

**Cottage Cheese Crunch** - Chop crunchy vegetables and mix with cottage cheese.

**Candles** - Place a pineapple ring on a lettuce leaf. Stand  $\frac{1}{4}$  or  $\frac{1}{2}$  banana in center of ring. Spoon on Miracle Whip, if desired. Top with a maraschino cherry on a toothpick.

**Friendship Salad** - Each person brings a piece of fruit. Dice the fruit and mix with a little honey and a dash of lemon juice or mix with undiluted frozen orange or apple juice concentrate. Mini-marshmallows and nuts can be added.

**Golden Salad** - Serves 16. You need one 13 oz can pineapple tidbits, one 11 oz can Mandarin oranges, 1 or 2 cups grapes OR #2 can fruit cocktail, 1 can peach or apricot pie filling and 1 or 2 sliced bananas. Drain canned fruit. Mix with pie filling and chill. Add bananas before serving.