WIC
Women Infants and Children

Cowboy CAVIAR

IN A SNAP RECIPE

The following ingredients are WIC approved foods.

- **black beans**
- **black-eyed peas**
- **tomatoes**
- **green bell pepper**
- **red bell pepper**
- **jalapeno**
- **white onion**
- **green onions**

Smart Snacking Tip:

Serve water with snacks. If milk or juice is available, children are likely to fill up on the drink instead of eating the snack.

IN A SNAP RECIPE

Cowboy CAVIAR

Ingredients

- 1 can shoe peg corn (drained)
- 1 can black beans (rinsed)
- 1 can black-eyed peas (rinsed)
- 1 can diced tomatoes (or fresh)
- 1 green bell pepper
- 1 red bell pepper
- 1 jalapeño
- ½ white onion
- 1 bunch green onions
- Fresh cilantro
- Italian Dressing

Instructions

1. Drain corn and rinse beans and peas. Combine in a bowl.
2. Dice a whole tomato or drain a can of diced tomatoes. Add to the bowl.
3. Dice peppers, jalapeño, onions and cilantro. Combine with rest of ingredients.
4. Add ½ cup Italian Dressing and mix well.

IN A SNAP RECIPE

Peanut Butter Breakfast BITES

The following ingredients are WIC approved foods.

- **Cheerios**
- **peanut butter**

Smart Snacking Tip:
Small children need 3 meals and at least 2 snacks per day. Try to serve snacks that include both protein and fiber.

IN A SNAP RECIPE

Peanut Butter Breakfast BITES

Ingredients

- 5-6 cups Cheerios
- 1 cup crunchy peanut butter
- ½ cup honey
- 1 teaspoon vanilla

Instructions

1. Pour 5-6 cups of Cheerios into a bowl. Set aside.
2. In a separate bowl, add 1 cup crunchy peanut butter. Microwave for 40 seconds.
3. Add ½ cup honey. Stir and microwave for 30 seconds.
4. Add 1 teaspoon vanilla. Mix thoroughly.
5. Combine peanut butter mixture with Cheerios.
6. Place small clumps of cheerios onto a cookie sheet or in muffin liners. Let sit for 3 hours.
7. Eat and enjoy!

Chocolate Chip Peanut Butter

FROZEN YOGURT

IN A SNAP RECIPE

The following ingredients are WIC approved foods.

- **bananas**
- **Greek yogurt**
- **peanut butter**

Smart Snacking Tip:
Turn off the TV during snack time. Snacking while watching TV leads to mindless munching.

IN A SNAP RECIPE

Chocolate Chip Peanut Butter FROZEN YOGURT

Ingredients

- 3 bananas, frozen, sliced
- 1 cup Greek yogurt
- 1 cup peanut butter
- ½ cup mini dark chocolate chips

Instructions

1. Combine all ingredients except the chocolate chips into a food processor or high-speed blender, process until consistent color and completely smooth.
2. Pour into a pan. Mix into dark chocolate chips and smooth into an even layer.
3. Freeze 2 hours, or until frozen but still a little soft for scooping. (If freezing overnight, cover with a lid or plastic wrap, but let it sit out at room temperature for about 5-10 minutes before scooping).
4. Scoop into a bowl and top with your favorite toppings.

SNACKS IN A SNAP

For more information call **1-888-655-2942**
or go to our website at
Oklahoma.gov/health/wic

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OKLAHOMA
State Department of Health

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