

High Calorie Snacks & Recipes

- Buttered toast with peanut butter
- Homemade milkshake (see recipe below)
- Canned peaches in heavy syrup topped with whipped cream
- Ritz-type crackers with cheese slices or peanut butter
- Flour tortilla rolled up with cream cheese, turkey, and cheddar cheese
- Full-fat muffin or fruit breads with butter or nut butters and jelly (see recipe below)
- Bagel half topped with 1–2 teaspoons spaghetti sauce, 1 teaspoon olive oil, grated cheese, and pepperoni slices. Microwave until cheese melts.
- Whole milk mixed with half and half and cookies
- Chips with ranch dip (see recipe below)
- Candy bar
- Macaroni and cheese (see recipe below)
- Deviled eggs or egg salad sandwich (see recipe below)
- Brownies and hot chocolate made with whole milk, topped with whipped cream
- Croissant sandwich — tuna fish with mayo, ham and cheese, or bacon, tomato, and avocado
- Pie and gourmet ice cream
- Cream soup made with whole milk and butter with garlic bread

- Trail mix with peanuts for over five years of age (see recipe below)
- Cupcakes with frosting (see recipe below) and whole milk
- Baked potato topped with butter, sour cream, grated cheddar cheese, and bacon bits
- Fruit smoothie (see recipe below)
- Slice of meat and cheese pizza

Muffin

- Whisk together in a bowl: $\frac{1}{4}$ cup peanut butter, 3 egg yolks, $1\frac{1}{2}$ cups half and half cream, $\frac{1}{2}$ cup melted butter, and 1 cup packed brown sugar.
- Sift together 2 cups flour, 2 teaspoons baking soda, and $\frac{3}{4}$ teaspoon salt.
- Add to wet mixture and stir until just blended.
- Add 2 cups quick-cooking oats and 1 cup of any of the following — M&Ms®, chocolate chips, butterscotch chips, Butterfinger® BBs, or cinnamon or white chocolate chips.
- Bake at 350 degrees for 25–30 minutes in muffin tin coated with butter.

Ranch dip

- Mix 1 package regular cream cheese, $\frac{1}{2}$ cup sour cream, $\frac{1}{2}$ cup mayonnaise, 1 package ranch dressing mix, and 2 tablespoons of parmesan cheese in a bowl and serve.

Deviled Eggs

- Peel and halve 6 hard cooked eggs.
- Remove yolk and place in bowl.
- Mix with 4–6 tablespoons mayonnaise, 1 tablespoon chopped olives, 1 teaspoon of mustard, and $\frac{1}{4}$ teaspoon of paprika or pepper.
- Salt to taste.
- Spoon yolk mixture back into white halves and serve.

Egg Salad

- Peel and chop 3 hard cooked eggs into a bowl.
- Add 4 tablespoons of mayonnaise, 1 teaspoon mustard, and 1 small chopped dill pickle.
- Spread on buttered bread and top with second slice of buttered bread.

Trail Mix

Not recommended for children less than 5 years old due to choking hazard

- Combine 1 cup pretzels, 2 cups Chex®-type mix, $\frac{1}{2}$ cup raisins, $\frac{1}{2}$ cup chocolate chips, and $\frac{1}{2}$ cup toffee-coated peanuts.
- Store in air tight container.

Fruit Smoothie

- In a blender, combine 3 tablespoons sugar, $\frac{1}{4}$ cup frozen or fresh berries, $\frac{1}{2}$ cup whipping cream, and 3–4 ice cubes.
- Blend until frothy.

Macaroni and Cheese

- Cook 2 cups macaroni noodles and drain.
- Grate 10 ounces each sharp cheddar, medium cheddar and Velveeta cheeses.

- Set aside $\frac{1}{3}$ cup of mixed cheese.
- Heat in sauce pan on low: $2\frac{1}{2}$ cups whole milk, 6 tablespoons butter, cheese and $\frac{1}{2}$ teaspoon salt and pepper.
- Stir and pour over macaroni in buttered casserole dish.
- Bake at 350 for 25 minutes, top with remaining cheese and bake 5 minutes more.

Frosting

- Combine $\frac{1}{2}$ cup softened butter, 2 cups powdered sugar, 2 tablespoons whipping cream, 1 teaspoon vanilla
- Mix well and serve.

Homemade Milkshake

- Mix 1 cup gourmet ice cream with $\frac{1}{2}$ cup of half and half cream and blend.
- Add your favorite combination of the following ingredients:
 - ◆ $\frac{1}{4}$ cup chocolate, butterscotch or white chocolate chips
 - ◆ Crushed favorite candy bar, like Reese's peanut butter cups, Snickers®, Butterfinger®
 - ◆ $\frac{1}{4}$ cup crushed nuts
 - ◆ 4 sandwich cookies crumbled, like Oreo or Nutter Butter
 - ◆ $\frac{1}{2}$ cup canned fruit in heavy syrup
 - ◆ $\frac{1}{2}$ cup frozen, sweetened berries
 - ◆ $\frac{1}{4}$ cup peanut or other nut butter
 - ◆ 2 tablespoons sundae topping, berry jam or honey
- Top with whipped cream

