

Brownie Snacks Badge – Earn From Home Guide

Girls will make great snacks for themselves and their family.



1. Find out about different types of snacks
2. Make a savory snack
3. Try a sweet snack
4. Snack for energy
5. Slurp a snack

Once you've earned this badge, you will know how to make yummy snacks!

All girls should complete the requirements for this badge with adult help and supervision, as skills such as cutting and peeling may be learned and practiced.

1. Different Types of Snacks
 - Before beginning a snack activity, watch this video about [healthy snacks!](#)
 - For this activity, you will need a piece of plain paper, and crayons, markers or colored pencils.
 - On your paper, draw 7 different snacks that you love to eat. After you have colored in your snack page, take a look at what foods you drew. Are they healthy? Is the snack just one food, like strawberries, or pretzels, or does it combine several foods to create one snack, such as celery, peanut butter and raisins to create an "Ants on a Log" snack?
2. Make a savory snack – Personal Pizza
 - To make your own personal pizza, you will need the following ingredients:
 - A bagel, pita bread or English muffin
 - Tomato sauce
 - Shredded cheese, and any other pizza toppings you love!
 - Once you have your ingredients, place your bagel, English muffin or pita bread on a baking sheet. With an adult's help, preheat the oven to 400 degrees. While the oven is preheating, use a spoon to spread tomato sauce on your bread. Then cover the sauce with your favorite cheese and your other pizza toppings.
 - Once the oven is preheated, use oven mitts to place the baking sheet carefully in the oven. Set a timer for 4 minutes. When the time is up, have an adult help you check on your pizza to make sure the cheese is melted. Once it is done, an adult can carefully pull the baking sheet out of the oven.
 - Let your pizza cool for two minutes before eating, then enjoy your savory snack!
3. Try a sweet snack that also gives you energy – Trail Mix!
 - To make a trail mix that is sweet and gives you energy, you will need the following ingredients:

- 2 cups mini marshmallows
 - 1 cup raisins
 - 1 cup chocolate chips
 - 2 cups dry cereal of your choice
 - This snack recipe is super easy. Once you have all of your ingredients, combine them all in a large bowl. You can also add other items to your snack mix, like raisins, pretzels, or berries. Create your own recipe!
4. Slurp a snack - Smoothie
- For a smoothie snack that you can slurp, you will need the following ingredients:
 - 1 cup frozen fruit, cut into cubes
 - 1 tablespoon of honey
 - 1 cup juice or water
 - 1 cup of ice
 - Once you have all of your ingredients, place them all in blender, then have an adult help you blend everything together until it is smooth. Pour your smoothie into a glass, and slurp and enjoy!
5. Create your own recipes
- You've made a few recipes for delicious snacks. Now try creating your own snack, using some of your favorite foods! Once you have created your recipe, have an adult help you make your snack, then taste test it to see how it turns out!

Congratulations, you have completed all of the requirements to earn your Snacks badge! You have learned about choosing healthy snacks, and you have even created recipes for snacks that are healthy and delicious!

The Brownie Snacks badge can be purchased at our [online store](#).