



girl scouts  
of greater chicago  
and northwest  
indiana



# **BROWNIE SNACKS BADGE**

## **ACTIVITY BOOK**

**For Girls in Grades 2-3**





## BADGE REQUIREMENTS

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In this guide, you will be completing steps toward your Brownie Snacks Badge!

### Badge Requirements

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





## ACTIVITY 1

### Make a Savory Snack

Today you will start with a savory snack-- that means it isn't sweet like a dessert, but it might be salty or spicy.

#### MINI BAGEL PIZZAS

##### Ingredients

- 10-12 plain mini bagels, halved
- 1 cup pizza sauce
- 2 cups mozzarella Cheese

##### Topping Ideas

- Cheese: Mozzarella, Mexican Cheese, Asiago, Parmesan, Romano, Blue Cheese, Feta, Provolone
- Meat: chicken, Italian sausage, bacon, ham, beef, chorizo, pepperoni, prosciutto
- Vegetables: tomatoes, artichokes, roasted red peppers, onions, green peppers, spinach, olive, mushrooms
- Other: pineapple chunks, fresh basil, garlic



Photo credit: [thecomfortofcooking.com](http://thecomfortofcooking.com)

##### Directions

1. Pre-heat oven to 400 degrees Fahrenheit
2. Line a large baking sheet with parchment paper or aluminum foil
3. Place mini bagels 1-inch apart on baking sheet
4. Top each bagel with sauce, cheese and other desired toppings
5. Bake for 10-12 minutes or until bagel is crisp

Recipe courtesy of [thecomfortofcooking.com](http://thecomfortofcooking.com)



#### Badge Requirement 2



## ACTIVITY 2

### Snack for Energy

Your next snack will give you energy to help keep you going and keep up with all the activities you have planned throughout the day.

#### ANTS ON A LOG

##### Ingredients

- Peanut Butter (any nut butter or soy butter will work too)
- Raisins
- Chocolate chips
- Blueberries
- Celery

##### Directions

1. Rinse off celery stick and dry with a paper towel
2. Cut celery stick in half or in smaller sections
3. Spread peanut butter (or nut/soy butter) on celery
4. Top with various toppings such as chocolate chips, raisins and/or blueberries.

Recipe courtesy of [iheartnaptime.net](http://iheartnaptime.net)

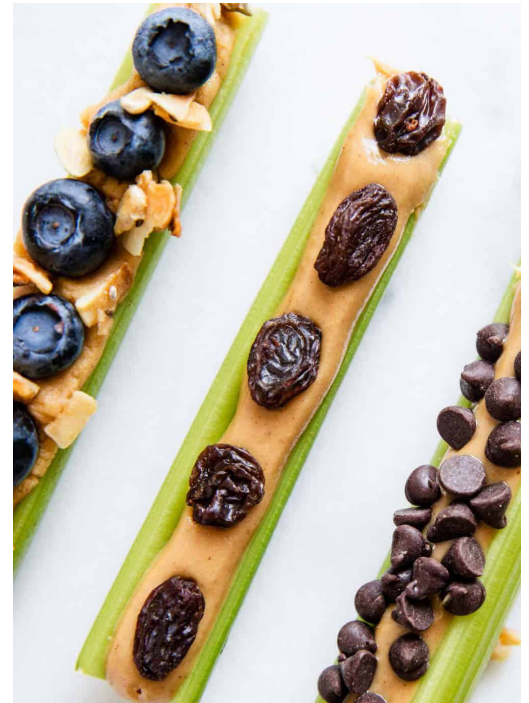


Photo credit: [iheartnaptime.net](http://iheartnaptime.net)



#### Badge Requirement 4



## ACTIVITY 3

### Slurp a Snack

#### FRUIT SMOOTHIES

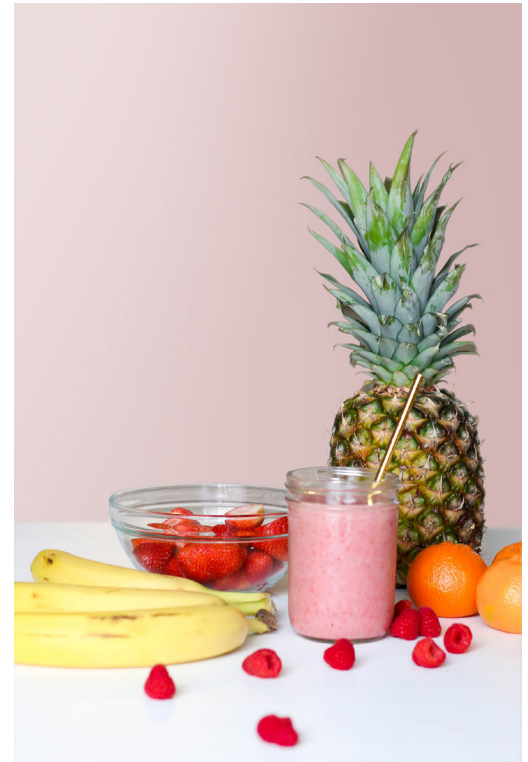
##### Ingredients

- Various fruits (can also use frozen fruits like strawberries and blueberries)
- Ice
- Orange juice
- Apple juice
- Plain or vanilla yogurt
- Blender
- Small cups
- Blender

##### Directions

It might seem crazy, but some of the healthiest snacks are the ones you drink! Smoothies are a great example of that.

The fun of a smoothie is that you can pick what goes in it. Let's make some, but with different ingredients, and see how it tastes!



Make 2-3 different smoothies out of the ingredients above that you can sample. Have and adult help you choose the ingredients you would like to work with. This could even mean adding something unexpected like the avocado or spinach!

Have a discussion with your family about the smoothies you have made:

- Does the taste surprise you at all?
- Do you taste all the ingredients?
- For smoothie #2, let's try some different ingredients, including...(spinach or avocado).  
[Create it and pass out small samples to everyone.]
- How does this one compare to the first one?



- Do you taste the (spinach or avocado)?
- Let's make one more and try a different combination. [Create it and pass out small samples to everyone.]
- What was everyone's favorite smoothie?

Recipe pulled from the [Volunteer Tool Kit](#).



### Badge Requirement 5



# CONGRATS!!!

**YOU HAVE COMPLETED STEPS 2, 4, AND 5 AND ARE ON YOUR WAY TO COMPLETE YOUR BROWNIE SNACK BADGE.**

To complete this badge, you will need to do steps 1 (Find out about different types of snacks) and step 3 (Try a sweet snack) on your own.

To purchase the Brownie Snacks Badge visit **[www.shopgirlscouts.com](http://www.shopgirlscouts.com)**



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