

## Brownie Snacks Badge:

Before you get started- never use (or even touch!) the stove, oven, knives, or other kitchen appliances without an adult to help you.

1. Pick a fruit or vegetable, and learn a little more about it. What does it taste like? How does it grow? How do you know when it's ready to eat? Why is that fruit or vegetable good for your body?
2. Make a savory snack! A savory snack is something that's not sweet—it can be salty or spicy. You can follow a recipe, or you can create your own savory snack using items you have at home. Here are some ideas for savory snacks. You can pick one to try, or you can create your own savory snack!
  - Cheese & Crackers
  - Meat & Cheese Rolls
  - Celery with Peanut Butter
  - Veggies & Ranch
  - Chips & [Guacamole](#) or [Salsa](#)
  - Popcorn
  - [Hummus Dip](#)
3. Make a sweet snack! If you like dessert, you'll love making a sweet snack! You can try one of the snacks below, or you can create your own sweet snack using items you have at home.
  - Blueberry muffins
  - Fruit Skewers
  - [Cereal Necklaces](#)
  - [Apple "donuts"](#)
  - [Apple nachos](#)
  - [Greek Yogurt Frozen Banana](#)
  - [Yogurt Parfait](#)
  - [Rice Crispy Treats](#)
  - Toast and Honey
  - Pretzels and Peanut Butter
4. Make a snack for when you're on the go! Sometimes we don't have time to sit and eat a snack, we need a snack "to go". When you're on the go, it's important to have energy snacks to help you move, think, and be strong. Try making your own trail mix for when you're on the go. You can put anything you want in a trail mix!
  - Nuts, raisins, dried fruit, cereal, granola, chocolate chips, crackers, cut up granola bars, pretzels, goldfish, cut up fruit leather.
5. Make a snack in DRINK form! Follow a recipe, or create your own drinkable snack concoction!
  - [Smoothie](#)
  - [Strawberry Milkshake](#)
  - [Horchata](#)
  - Fresh Juice
  - [Chocolate Milk](#)
  - [Popsicle](#)

**\*\*\*To complete this badge- email a photo of your girl with her favorite snack to [mmyers@girlscoutsoaz.org](mailto:mmyers@girlscoutsoaz.org). Let us know if we can share your girl's photo on social media, and consider including the recipe for us to share!**

You can purchase Badges at our online store <https://www.girlscoutshop.com/SOUTHERN-ARIZONA-COUNCIL>