

SNACKS IN A SNAP

LET KIDS HELP YOU
MAKE TASTY SNACKS
THAT WILL POWER
THEM THROUGH
THE DAY.

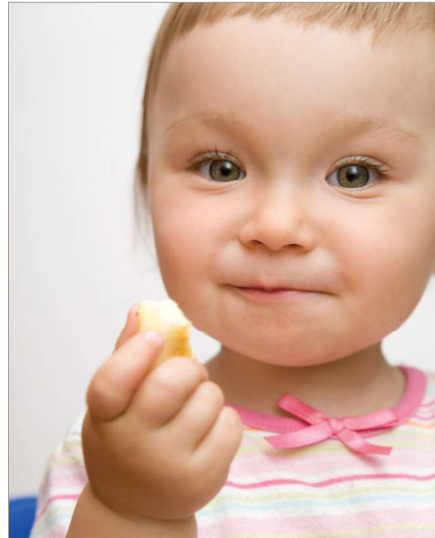
Avocado Crunch

Let children mash 1 ripe avocado in a bowl. Add juice from half a lemon, 2 teaspoons of sunflower seeds, and a pinch of salt. Spread over Cucumber Sammies (right). Or, serve with vegetable slices or whole wheat crackers.



Baked Apples

Core apples. Place in a microwave-safe dish. Each child can fill their apple with about ½ teaspoon of butter, brown sugar, and cinnamon. Add a few raisins, if desired. Cook for about 6 minutes in the microwave. Let cool. Serve with toasted whole wheat pita wedges dusted with cinnamon.



Banana Crunch

Ask for help mashing one large, very ripe banana in a bowl. Add ¼ to ½ cup of granola, a dash of cinnamon, and mix. Spread onto thin wafers or graham crackers.

Cucumber Sammies

Cut cucumbers into ¼-inch slices. Help children top with egg salad, tuna salad, Avocado Crunch (left), or turkey and cheese. Cover with another cucumber slice.

Roasted Vegetables

Preheat oven to 375°F. Wash and cut several types of root veggies (beets, carrots, parsnips, sweet potatoes, turnips, etc.) lengthwise, into “fingers.” Toss in a large bowl with 2 Tablespoons of olive or canola oil, ½ teaspoon of salt, and ½ teaspoon of pepper. Place in a single layer on a baking sheet. Roast for 35-45 minutes, until tender. Serve over brown rice.



Kabobs

Cube different cheeses and slice a mixture of fruits. Invite children to make snack kabobs on coffee stirrer “skewers” or pretzel sticks.

Seasonal Fruit Salad

Let children help you wash and peel fruits that are in season. Cut into bite-size pieces. Combine in a large bowl. Squeeze the juice from half a lime over the fruit. Drizzle with a Tablespoon of honey* if you like. Serve family-style with graham crackers.



Smoothie

Have children help add ingredients to a blender. Use 6 ounces low-fat milk, ½ cup of frozen fruit, and 1 Tablespoon of honey* if you like. Let little fingers press buttons to blend well. Pour and serve with whole oat granola bars.



*Honey should NOT be given to children under 12 months old.