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 ⅛ 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.

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.

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

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.