

“Healthy” Snack Time!

Kids often like to snack- which is not a bad thing. Snacking can help them get the extra energy and important nutrients they need to grow and curb their hunger. With the large variety of snacks, many of which that are not very nutritious, it is important to have healthy and tasty options available. So plan ahead with these quick, healthy, and tasty treats!



1. Peel a banana, dip it in yogurt, roll it in crushed cereal and put it in freezer so it is always ready.
2. Scoop some frozen yogurt on a graham cracker with berries, slices of bananas, or any fruit your child likes and place the other graham cracker on top for an “ice cream sandwich.”
3. Spread low-fat cream cheese or peanut butter on a celery stick with raisins and enjoy!
4. Toast a whole grain waffle and top it with sliced peaches.
5. Pop some popcorn kernels and while they are still warm sprinkle them with grated parmesan cheese.
6. Fill a waffle cone with cut up fruit, some low-fat vanilla yogurt, and top with sprinkles.
7. Toast a whole grain English muffin, spread on some pizza sauce and top with low-fat mozzarella cheese.
8. Mix together peanut butter and cornflakes in a bowl. Then shape the mixture into balls and roll them in crushed graham crackers.
9. Stuff a whole-grain pita pocket with apple slices, ricotta cheese, and add a dash of cinnamon for a finishing touch.
10. Spread mustard on a slice of turkey and wrap it around a sesame breadstick for an “inside-out sandwich.”

Although life is busy, hopefully these ideas will help you make any time a **Healthy Snack Time!**

From the AND website: <http://www.eatright.org/nutritiontipsheets/>