

Healthy Snack

guide

When a snack attack hits try any of these tasty, easy, and nutrition packed snacks

10 snacks for Healthy Kids



1. Frozen Bananas

Peel a banana and dip it into low-fat yogurt. Roll in low sugar crushed cereal and freeze.

2. Ants on a Log

Spread celery sticks with peanut butter or low-fat cream cheese. Top with raisins



3. Pita Pockets

Stuff a whole grain pita with low-fat cheddar cheese and green apples.

4. Granola

Top low-fat yogurt with crunchy granola and sprinkle with blueberries.



5. Snack kabobs

Make snack kabobs with fresh fruit on skewers, or place cubes of low fat cheese and grapes on pretzel sticks.

6. PB on Toast

Toast whole grain bread, spread peanut butter on the toast and slice up some banana on top.



7. Graham cracker balls

Mix together peanut butter and cornflakes in a bowl. Shape them into balls and roll them in crushed whole-grain graham crackers

8. Veggie soup

Microwave a cup of tomato or vegetable soup and enjoy with whole-grain crackers.



9. Mini pizzas

Mini pizza: toast an english muffin, drizzle with pizza sauce, sprinkle on low-fat mozzarella cheese.

10. Dip it

Grab your favorite vegetables like carrots, baby tomatoes, celery or cucumber and dip them in low-fat ranch dressing.

