

25 Snack Ideas for Kids
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1. Peel a banana and dip it in yogurt. Roll in crushed cereal and freeze.
2. Spread celery sticks with 1 tablespoon peanut butter. Top with 2 tablespoons raisins.
3. Stuff a 100 calorie pita pocket with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.
4. Mix together 1 ounce of ready-to-eat cereal, 2 tbsp dried fruit and 20 nuts for an on-the-go snack.
5. Smear a ¼ cup scoop of frozen yogurt on two graham crackers and add a sliced banana to make a yummy sandwich. You can freeze and serve later for dessert.
6. Top ½ cup low fat yogurt with 1 tablespoon crunchy granola and sprinkle generously with blueberries.
7. Microwave a small baked potato. Top with a tablespoon of grated cheese and lots of salsa.
8. Make snack kabobs. Put grapes on pretzel sticks.
9. Toast a whole grain waffle, top with low-fat yogurt and sliced peaches.
10. Spread 1 tablespoon peanut butter on an apple.
11. Blend low-fat milk, frozen strawberries and a banana for thirty seconds for a delicious smoothie.
12. Make a mini-sandwich with tuna or egg salad on a one ounce dinner roll.
13. Sprinkle 1 ounce low fat grated cheese over a 100 calorie corn tortilla, fold in half and microwave for twenty seconds. Top with salsa.
14. Toss frozen raspberries and 1 tablespoon of chopped walnuts in 1 pkt plain instant oatmeal.
15. Dip baby carrots and cherry tomatoes in low-fat dressing.
16. Microwave a cup of tomato or vegetable soup and enjoy with a serving of whole grain crackers
17. Fill a waffle cone with cut-up fruit and top with low fat yogurt
18. Sprinkle grated Parmesan cheese on hot popcorn.
19. Banana split: Slice a small banana, top with low fat yogurt, sprinkle with 1 tbsp granola
20. Spread mustard on a 90 calorie tortilla. Top with a slice of turkey or ham or low fat cheese and lettuce. Then roll it up.
21. Mini Pizza: 100 calorie English muffin, drizzle with tomato sauce a sprinkle of cheese and broil one minute.
22. Inside- Out sandwich: Spread mustard on a slice of deli turkey. Wrap around a sesame breadstick.
23. Parfait: Layer vanilla yogurt and mandarin oranges or blueberries in a tall glass . Top with a tablespoon of granola.
24. Dip strawberries or apple slices in low-fat yogurt.
25. Dip pretzels in mustard.

Bonus snacks

Dip cucumbers in hummus, Dip bread sticks in salsa. *Adapted from the American Dietetic Association 25 Healthy Snacks for Kids 2009*