



HEALTHY SNACKS FOR KIDS!

Yogurt



Yogurt is an excellent snack for kids because it's a good source of protein and calcium. Most yogurts marketed to kids are high in sugar. Instead, choose plain, full-fat yogurt and sweeten it with fresh fruit or a drizzle of honey. (Do not give honey to infants under 12 months old.)

Popcorn



You may consider popcorn a junk food, but it's really a nutritious whole grain. Air-pop your own popcorn, drizzle it with a little butter, and sprinkle some grated Parmesan cheese on top. However, use caution when offering to younger children, as it can be a choking hazard.

Celery w/ Peanut Butter and Raisins



Celery with peanut butter and raisins, sometimes called "ants on a log," is a fun way to get your child to eat a vegetable. Just be sure to buy peanut butter without added sugar or vegetable oils.

Trail Mix



As long as your child is not allergic to nuts, trail mix is a healthy snack for kids to eat on the go. For a healthy homemade version, mix nuts, dried fruit, and a whole-grain cereal.

A Piece of Cheese



Cheese is mostly made up of protein and fat and is a good source of calcium. Studies show that eating cheese and other dairy products is linked to better overall diet quality. Cheese provides children with high-quality protein, which is needed for proper growth. What's more, some studies note that children who eat cheese are less likely to get cavities.



Fruit Smoothie

A fruit smoothie is a good way to pack a lot of nutrients into a small snack. You can also add veggies to a smoothie. With the sweetness of the fruit, your kid may not even realize they're in there. Use whole, fresh ingredients & avoid fruit juice (high in sugar).

Banana Oat Cookies

These cookies get their sweetness from mashed bananas rather than refined sugar.

Ingredients:

3 ripe bananas, mashed

1/3 Cup (80 ml) of coconut oil

2 cups (160 grams) of rolled oats

1/2 Cup (80–90 grams) of mini chocolate chips or dried fruit

1 teaspoon (5 ml) of Vanilla

Mix all ingredients in a bowl. Place spoonfuls of the cookie mixture onto a greased cookie sheet and bake for 15–20 minutes at 350°F (175°C).



Raisin Snack Packs

Raisins are dried grapes. They have nearly all of the nutrients found in fresh grapes — but in a smaller package. Raisin snack packs are an easy grab-and-go snack that's much healthier than most convenience foods.

Baked Sweet Potato Fries

Homemade, baked sweet potato fries are a nutritious alternative to french fries.

Ingredients:

1 fresh sweet potato

1 teaspoon (5 ml) of olive oil

Sea salt

Peel and slice the sweet potato. Toss the potato in olive oil and sprinkle it with sea salt. Bake on a cookie sheet at 425°F (220°C) for 20 minutes.



Pickles



Pickles are cucumbers that have been fermented in salt and water. Pickles that contain vinegar don't contain probiotics, so look in the refrigerated section of the grocery store for pickles with live cultures. Avoid sweet pickles (high in added sugar).

Kale chips

Kale is considered a superfood, as it's packed with nutrients but low in calories. Though most kids won't jump at the chance to eat this leafy green raw, Kale chips are a tasty snack that might change your child's mind.



Ingredients:

- 1 small bunch of kale
- 1 tablespoon (15 ml) of olive oil
- 1 teaspoon of garlic powder
- 1/4 teaspoon of salt

Tear the kale into pieces, then wash and thoroughly dry it. Toss it in the olive oil and seasonings. Spread it out on a cookie sheet and bake it at 350°F (175°C) for 10–12 minutes. Watch the oven carefully, as the kale can quickly burn.



Veggie Sticks and Hummus

Most kids love dip, and providing them with a healthy dip is a great way to get them to eat their veggies.

Energy balls



Energy balls taste like cookie dough but are made with nutritious whole ingredients. You can make these snacks with either ground flax or whole chia seeds — both are a source of fiber, protein, and antioxidants. They're a healthier alternative to commercial granola bars, which are usually high in sugar and artificial ingredients.

Ingredients:

- 1 cup (80 grams) of oats
- 1/3 cup (115 grams) of unfiltered honey
- 1/2 cup (125 grams) of almond butter
- 1/2 cup of ground flax seeds (55 grams) or whole chia seeds (110 grams)
- 1 teaspoon (5 ml) of vanilla
- 1/2 cup (80 grams) of dried fruit

Mix all the ingredients in a large bowl. Roll the mixture into small balls and refrigerate. For a treat, replace the dried fruit with chopped dark chocolate chips.



Bell Peppers and Guacamole

Bell peppers are naturally sweet and highly nutritious. Bell peppers taste delicious dipped in guacamole, a creamy spread made from mashed avocados.

Whole-grain Crackers and Nut Butter

Choose crackers for your kids carefully. Many crackers are full of refined flour, hydrogenated oils, and sugar. Choose crackers made w/ 100% whole grains & seeds.



A Piece of Fruit

A piece of fruit is a convenient and healthy snack for kids.



Apples and Peanut Butter Dip

Apple slices and peanut butter are a delicious combination. Mix a little bit of plain, full-fat yogurt into two tablespoons (30 grams) of peanut butter to make a smooth, creamy dip for apple slices.



Frozen Fruit Popsicles

Frozen fruit popsicles are a yummy treat for kids and really quite healthy.



Most store-bought popsicles are full of artificial flavors and refined sugar or high-fructose corn syrup.

But you can easily make your own, and your kids may enjoy helping. Purée frozen fruit or berries and a small amount of fruit juice in a blender. Pour the mixture into popsicle molds or small plastic cups. Cover with foil and insert a popsicle stick into the popsicles through the foil. Freeze overnight.