



Snacking is vital to little growing bodies! Kids need to eat smaller meals, more often because they have smaller stomachs! With proper planning and shopping, their snacks can be a great way to get much nutrients needed in a day. Use snack time to fill in the gaps left by their meals and have a balanced day.

## GRANOLA BARS

- \*
  - 1 Cup Oats
  - 1 cup brown sugar
  - 1 Cup whole wheat flour
  - 1/2 tsp baking soda
  - 1/2 tsp baking powder
  - 1 tsp cinnamon
  - 1 tsp salt
  - 1 tsp vanilla
  - 1/2 Cup honey
  - Any dried fruit, nuts, seeds, chocolate chips, butterscotch chips, etc.

Mix all ingredients and press into greased pan, 11 X 13. Dough will be very dry and crumbly, but press until dough forms with pan.. Bake at 325 for 20 minutes or until edges are browned. Take out and let cool entirely. Cut into strips and store in snack size bags.



## SNACKING TIPS

- \* Limit packaged items by rationing in their own snack boxes.
- \* Allow unlimited snacking for vegetables and fruits.
- \* You control what they eat, they control how much they want to eat.
- \* Consult the food guide pyramid when helping a child choose a snack. Ask them which food groups they haven't eaten from that day.
- \* End snacking 2 hours before a meal so they will more readily eat what is prepared.
- \* Present on skewers, in muffin tins, in muffin papers, or on decorated paper towels.

## Spinach Dip

- 1/4 cup Plain Yogurt
- 1/4 cup light sour cream
- 1/4 cup parmesan cheese
- 1/4 cup frozen spinach, thawed and water squeezed out
- 1/4 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp pepper

Mix altogether and chill for at least 30 minutes.

