



10 HEALTHY SNACKS FOR KIDS

www.SuperHealthyKids.com | Amy Roskelley and Natalie Monson





TABLE OF CONTENTS

Mason Jar Veggies	3
Nutty Trail Mix.....	3
Fruit Salad with Citrus Dressing	4
Rainbow Fruit Kabobs	4
Healthy No Bake Snack Bars	5
PB&J Parfait	5
Peachy Keen Smoothie	6
Green Frog Pops	6
Toast Toppings	7
Deviled Eggs	8



MASON JAR VEGGIES

INGREDIENTS:

8 tablespoon – ranch dressing, low fat
4 medium – carrots, raw
2 stalk, medium (7-1/2” - 8” long) – celery, raw
1 medium – zucchini

DIRECTIONS:

Cut all veggies into long sticks. Place dip at the bottom of Mason jars (or even cups if you do not have Mason jars); top off with the veggies and seal with a top until ready to serve.
Yield: 4 servings

NUTRITION:

Calories 95 kcal
Protein 1 g
Fat 4 g
Carb 14 g
Fiber 2 g
Sugar 5 g



NUTTY TRAIL MIX



INGREDIENTS:

2 oz (23 whole kernels) – nuts, almonds
1 oz – peanuts, all types, dry-roasted, without salt
1 cup – cranberries, dried
4 date, pitted – dates, medjool
1/4 cup chips (6 oz package) – semisweet chocolate chips

DIRECTIONS:

Simply mix all ingredients together and serve in little cups. (If low sugar is desired, omit the chocolate chips!)
Yield: 4 servings

NUTRITION:

Calories 270 kcal
Protein 5 g
Fat 13 g
Carb 37 g
Fiber 5 g
Sugar 29 g



FRUIT SALAD WITH CITRUS DRESSING

INGREDIENTS:

1 cup, sliced – strawberries
1 fruit (2" dia) – kiwi
2 medium – oranges, raw
1 cup – pineapple
Serve with:
1 medium – bananas
1/4 cup – coconut milk
1 medium – oranges, raw
1 tsp – vanilla extract

DIRECTIONS:

Fruit Salad - Cut strawberries, kiwi, slice oranges, and pineapple. Mix together in a bowl.

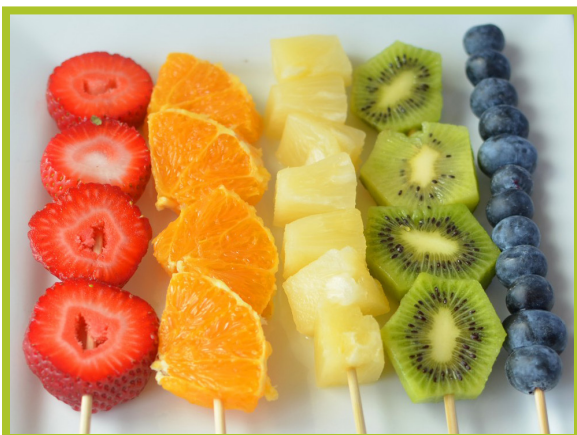
For Citrus Dressing - In a food processor, blend banana, coconut milk, orange slices, and vanilla extract. Pour dressing over fruit salad

NUTRITION:

Calories 134 kcal
Protein 2 g
Fat 3 g
Carb 26 g
Fiber 4 g
Sugar 17 g



RAINBOW FRUIT KABOBS



Fruit kabobs can be assembled by the kids. We set up separate bowls of different fruits. They skewer the fruit themselves, making patterns, using the fruit they love, and then enjoy. Some of the fruit that are reasonably priced in Utah right now are strawberries, watermelon, kiwi's, bananas, and we use canned pineapple.



HEALTHY NO BAKE SNACK BARS

INGREDIENTS:

2 cups pitted dates
3/4 cup raw cashews
1/4 cup nut butter (I used natural peanut butter)
1/2 cup unsweetened shredded coconut
2 tablespoons cocoa powder
1 pinch salt

DIRECTIONS:

Toss everything into a food processor and process until the mixture starts to go smooth and clump into a ball. The dates will be all chopped up but you'll still have bits of nut.

Turn the mixture out into an 8 or 9 inch square dish lined with parchment paper. Use your hands to firmly press the mixture into the bottom of the dish. Cover and refrigerate for 30 minutes.

Remove the bars from the pan and cut into pieces using a sharp knife. Enjoy these bars cold or frozen. Store in an air-tight container in the fridge or freezer.

NOTES:

I think a high power blender could be used to make these, but I haven't tried it myself.

This recipe was adapted and inspired by Almond Joy Bars from One Lovely Life



THE PEANUT BUTTER AND JELLY PARFAIT



INGREDIENTS:

Oats and Honey Cascadian Farm Organic Granola, Peanuts (we blended some into peanut butter, and some we left whole), Strawberries and blueberries (we mashed some together and left some whole), and Plain Yogurt



PEACHY KEEN SMOOTHIE

INGREDIENTS:

1 1/2 cup – almond milk, unsweetened
3 large (2-3/4" dia) – peaches, raw
2/3 cup – oats
1 cup – greek yogurt, plain
2 tbsp – honey
1/2 tsp – vanilla extract
1/2 tsp – nutmeg

DIRECTIONS:

Start with frozen peaches if you want it like ice cream!
Blend together frozen peaches, almond milk, oats, yogurt, honey, vanilla, and nutmeg. Blend till smooth.
Yield: 4 servings

NUTRITION:

Calories 285 kcal
Protein 11 g
Fat 6 g
Carb 47 g
Fiber 4 g
Sugar 28 g



GREEN FROG POPS



INGREDIENTS:

1 ripe banana
2-3 cups fresh baby spinach
1 cup frozen mango
1/2 cup coconut water

DIRECTIONS:

Blender together until smooth. Pour into popsicle molds and freeze. Enjoy!



KIDS FAVORITE TOAST TOPPINGS

FRUIT FACES:

Chocolate chip hair, banana eyes, strawberry nose, and apple mouth.

TYPICAL TOPPINGS:

Most mornings we add honey or cinnamon!

FLOWER POWER:

Slicing strawberries lengthwise, and arranged in a fan gives the look of a flower. So fun for tea parties, princess parties, or that special little girly girl!

BEAR TOAST:

Peanut butter, bananas, and blueberries.

PEANUT BUTTER-BANANA TOAST:

Bananas, peanut butter, and chocolate!

PUREED PINTO BEANS AND GRATED CHEESE:

This doesn't have to be for burritos only (or breakfast only for that matter). Some people don't like typical breakfast foods, and this is a great alternative.

FRESH TOMATOES AND MOZZARELLA CHEESE:

Bake this for a few minutes to get the cheese crispy. Works especially well with those who have a toaster oven.

NACHO TOAST:

Add salsa, green onions and cheese- then bake. The salsa I bought was super runny, or these would look better, I'm sure!

LIGHT CREAM CHEESE, RAISINS AND CINNAMON:

Mix these altogether and spread.

HAWAIIAN PIZZA:

Orange marmalade for a spread (optional), Pineapple tidbits, lean, nitrite free ham, and some cheese baked on top.

POMEGRANATE TOAST:

Cream cheese, pomegranate seeds, and nuts!

EGG TOAST:

Hard boiled egg and avocado slices!

MANDARARIN ORANGE RASPBERRY:

Cottage cheese on toast with mandarin orange slices and raspberries.





DEVILED EGGS

INGREDIENTS:

6 large – egg, hard boiled
2 tbsp – mayonnaise, light
1 tsp – sugar
1 tsp or 1 packet – mustard
1/2 tsp – salt
1/2 tsp – paprika

DIRECTIONS:

Slice eggs in half lengthwise; remove yolks and set whites aside. In a small bowl, mash yolks with a fork. Add the mayonnaise, sugar, mustard and salt; mix well. Stuff or pipe into egg whites. Sprinkle with paprika. Refrigerate until serving.
Yield: 6 servings

NUTRITION:

Calories 119 kcal
Protein 8 g
Fat 7 g
Carb 4 g
Fiber 1 g
Sugar 1 g

