Nutrition News

25 Healthy Snacks for Kids

1. Peel a banana and dip it in yogurt. Roll in crushed cereal and freeze.

2. Spread celery sticks with peanut butter or low-fat cream cheese. Top with raisins. Enjoy your “ants on a log.”

3. Stuff a whole-grain pita pocket with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.

4. Mix together ready-to-eat cereal, dried fruit and nuts in a sandwich bag for an on-the-go snack.

5. Smear a scoop of frozen yogurt on two graham crackers and add sliced banana to make a yummy sandwich.

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

7. Microwave a small baked potato. Top with reduced-fat cheddar cheese and salsa.


9. Toast a whole grain waffle and top with low-fat yogurt and sliced peaches.

10. Spread peanut butter on apple slices.

11. Sprinkle grated Parmesan Cheese on hot popcorn.

12. Make a mini-sandwich with tuna or egg salad on a dinner roll.

13. Sprinkle grated Monterey Jack cheese over a corn tortilla; fold in half and microwave for twenty seconds. Top with salsa.

14. Toss dried cranberries and chopped walnuts in instant oatmeal.

15. Mix together peanut butter and cornflakes in a bowl. Shape into balls and roll in crushed graham crackers.


DIP IT! BONUS SNACKS

+ Dip baby carrots and cherry tomatoes in low-fat ranch dressing
+ Dip strawberries or apple slices in low-fat yogurt
+ Dip pretzels in mustard
+ Dip graham crackers in applesauce
+ Dip baked tortilla chips in bean dip
+ Dip animal crackers in low-fat pudding
+ Dip bread sticks in salsa
+ Dip a granola bar in low-fat yogurt
+ Dip mini-toaster waffles in cinnamon applesauce
17. Fill a waffle cone with cut-up fruit and top with low-fat vanilla yogurt.

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


20. Sandwich Cut-Outs: Make a sandwich on whole grain bread. Cut out your favorite shape using a big cookie cutter. Eat the fun shape and the edges, too!

21. Spread mustard on a flour tortilla. Top with a slice of turkey or ham, low-fat cheese and lettuce. Then roll it up.

22. Mini Pizza: Toast an English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.

23. Rocky Road: Break a graham cracker into bite-size pieces. Add to low-fat chocolate pudding along with a few miniature marshmallows.


25. Parfait: Layer vanilla yogurt and mandarin oranges or blueberries in a tall glass. Top with sprinkle of granola.

**Mini Meatballs**

1 pound ground beef  
½ cup milk  
2 slices stale bread (finely crumbled)  
1 egg  
1 teaspoon salt  
1 teaspoon dried minced onion or 3 tablespoons chopped fresh onion

Preheat oven to 400 degrees. Soften bread crumbs in milk; add remaining ingredients. Mix thoroughly and shape into small balls. Arrange on baking sheets that have been sprayed with non-stick cooking spray. Bake 10 minutes or until done. Spear with toothpick; serve plain or with sauce. Makes 2 dozen.

**Sauce for Meatballs**

1 tablespoon margarine  
1 teaspoon dry minced onion or tablespoon chopped fresh onion  
1 (15 ounce) can tomato sauce  
salt  
pepper

Sauté onion in melted margarine until onion is transparent. Add tomato sauce; season to taste. Cook over low heat until well blended. Serve over meatballs, rice or noodles.

**Barbecue Beef Cups**

10 canned biscuits  
1 pound of ground beef  
½ cup of barbecue sauce  
shredded or sliced cheese

Flatten biscuits. Press into ungreased muffin cups and shape. Brown ground beef in a large skillet. Drain excess fat. Stir in barbecue sauce. Fill muffin cups with ground beef mixture and top with cheese. Bake in a 350 degree oven for 20-25 minutes or until biscuits are browned.

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