



Healthy Snacks for Your Kids!

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DIY Trail Mix

Combine some fun ingredients to make the perfect mix that can easily be prepared for the whole week! Mix unsalted nuts, pretzels, and cheerios, raisins, marshmallows, chocolate chips, gold fish, and teddy grahams, popcorn dried fruit.

Pretzel sticks and Cheese

Use pretzel sticks as “tooth picks” for cheese. Cut cheddar (or another type of hard cheese) into bite-sized cubes. Pierce each cube with the end of a pretzel stick.

Apple Cookies

Slice one apple into rounds. Using a cookie cutter, remove the core and seeds of each apple ring. Spread each ring with peanut butter and scatter raisins or chocolate chips on top.



Peanut Butter and Jelly

Spread an English muffin with a tablespoon of peanut butter and sugar-free jam



Homemade Tortilla Chips

Slice whole grain tortillas and bake them at 350 °F for 10-20 min. Pair with homemade salsa!

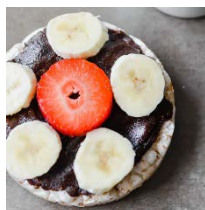


Frozen Blueberry Yogurt Bites

Coat fresh blueberries in yogurt (vanilla-flavored works well) and transfer to a parchment-lined baking sheet. Freeze for one hour, or until completely frozen.

Nutella Rice Cakes and Fresh Fruit

Spread Nutella on thin brown rice crackers and top with sliced strawberries or fruit of your liking!



Coconut Pineapples

Sprinkle unsweetened coconut onto a can of pineapple slices in pineapple juice.

Veggie Bags

Mix in a zip lock bag- baby carrots, grape tomatoes and cut up cucumbers with ranch dressing on the side.