

SNACK TIME IDEAS FOR MONTHLY MEETINGS

Sweet Potato Chips

- > Slice sweet potato into wedges
- > Brush with olive oil and sprinkle with cinnamon or salt
- > Bake in oven at 400°F for about 20 minutes

Kale Chips

- > Break kale into bite-size pieces
- > Brush with olive oil and sprinkle with salt and pepper
- > Bake in oven at 375°F for about 15 minutes

Guacamole

- > Mash inside of 4 avocados with ingredients of your choice (e.g., lime or lemon juice, salt, chopped red onion, diced jalapeño)
- > Serve with whole grain chips

Trail Mix*

- > Buy ingredients for trail mix (try nuts, dried fruit, pretzels)
- > Mix or let the children mix their own

Mini Pizza Bites

- > Place whole wheat tortillas flat on baking sheet
- > Top with tomato sauce, veggies, and mozzarella cheese
- > Bake in oven until cheese melts

Fruit and Cheese Kabobs

- > Cut cheese and fruit into 1- to 2-inch pieces
- > Skewer on plastic or wooden skewers or straws

Yogurt Sundaes

- > Set out yogurt cups and bowls of various toppings (try fruit pieces, nuts, granola, coconut, cherries, low-fat cool whip)
- > Kids can make their own yogurt sundaes

Frozen Peanut Butter/Banana Pops*

- > Spread peanut butter on several peeled bananas
- > Roll bananas with peanut butter in crushed corn flakes
- > Stick a popsicle stick in the bottom of the banana and freeze

Smoothies

- > Provide frozen fruit, firm tofu or yogurt, and a blender

Cherry Ice Popsicles

- > Blend apple juice, vanilla yogurt, and unsweetened cherries in blender (use about equal amounts of each ingredient)
- > Pour mixture into popsicle molds (available at Target or Wal-Mart) and freeze

Fruit Bites with Yogurt Dip

- > In a bowl, mix vanilla yogurt with low-fat whipped topping (or make dip with vanilla yogurt, honey, and cinnamon)
- > Serve with bite-size pieces of fruit and toothpicks

Apple Sandwiches with Peanut Butter*

- > Core apples and cut horizontally into thin slices
- > Use thin slices of apple as “bread” and spread peanut butter between slices (try adding chocolate or granola)

**consider peanut allergies*



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