

# Healthy Snack Ideas for You and Your Child

Snack	Ingredients	How To Make	Nutrition
<b>Bumps on a Log</b>	celery peanut butter raisins	Wash & cut celery into 3 inch long pieces. Spread peanut butter over the groove and top with raisins	Fiber Protein Iron
<b>Fruit Smoothie</b>	banana strawberries (or other favorite fruit) ¼ cup milk ¼ cup orange juice	Mix ingredients together in a mixer (add ice if you'd like)	Potassium Fiber Calcium Vitamin C
<b>Nachos</b>	baked corn tortilla chips grated cheddar cheese chunky salsa	Top baked tortilla chips with grated cheddar cheese, microwave until the cheese melts, dip in chunky salsa	Protein & Calcium Vitamin A
<b>Snack Kabobs</b>	favorite cheese, cut into cubes grapes thin pretzel sticks	Carefully string cubes of cheese and grapes onto pretzel sticks	Protein & Calcium Vitamin C & K
<b>Energy Squares</b>	whole wheat bread apple, thinly sliced cheddar cheese, thinly sliced	Toast whole wheat bread and slice into 4 small squares. Top with sliced apple and cheese.	B Vitamins Fiber Protein
<b>Yogurt Parfait</b>	low-fat yogurt fresh fruit, chopped ¼ cup high fiber cereal	Combined ingredients in a bowl and enjoy	Protein Vitamin C Fiber
<b>Super Breakfast Snack</b>	whole grain waffle, toasted 1 ½ tbsp peanut butter banana, sliced	Top whole grain toasted waffle with peanut butter and sliced bananas	Fiber Protein Potassium

