



Kid-Approved, Healthy Snack Recipes

The following snack recipes are easy and fun for kids to prepare — and they're nutritious! Most of the recipes can be prepared without cooking facilities. A few require access to a stovetop, oven, refrigerator or freezer. Ask your parents for help!

Confetti Bean Salsa

Ingredients:

- 1 15-ounce can red or black beans
- 1 11-ounce can corn
- 1 cup salsa

Instructions:

1. Drain and rinse beans.
2. Drain corn.
3. Combine beans, corn and salsa in medium-sized bowl.
4. Mix.
5. Scoop with baked tortilla chips, cut-up raw vegetables or whole grain crackers.

*Makes 3 cups salsa or 6 half-cup servings
(or 12 tasting servings)*

Source: Power of Choice, USDA

Frozen Fruit Pops

Ingredients:

- 1 8-ounce can crushed pineapple
- 1 cup low-fat fruit yogurt
- 1 6-ounce can orange juice concentrate, thawed

Instructions:

1. Mix ingredients in a medium-sized bowl.
2. Divide into 4 paper cups.
3. Freeze until slushy (about 60 minutes). Insert a wooden stick halfway through the center of each fruit pop.
4. Freeze until hard or at least 4 hours. Peel away the paper cup before eating.

Makes 4 frozen pops

Source: Power of Choice, USDA

Mango Salsa

Ingredients:

- 2 ripe mangos
- ½ cucumber, diced
- ¼ cup lime juice
- ½ teaspoon salt

Instructions:

1. Mix ingredients in a medium-sized bowl.
2. Scoop with baked tortilla chips, cut-up raw vegetables or whole grain crackers.

Optional: 1 tablespoon fresh jalapeño pepper, chopped

Optional: 2 tablespoons fresh cilantro, chopped

Source: Share Our Strength, Operation Frontline

Batida-Fruit Milk Shake

Ingredients:

- 1 ripe mango
- 1 kiwifruit
- 1 medium banana
- 1½ cups ice cubes
- 1½ cups low-fat/fat-free milk
- 1 tablespoon sugar

Instructions:

1. Peel the mango. Cut in sections down to the pit. Scrape the fruit from the pit and put it in the blender.
2. Cut kiwifruit in half. Using a spoon, scoop the fruit from each half into the blender.
3. Peel banana. Cut into chunks and add to the blender.
4. Add ice cubes, milk and sugar. Blend until smooth.

Makes 4 servings

Source: Share Our Strength, Operation Frontline

Banana French Toast

Ingredients:

- 1 medium, ripe banana
- 1 cup low-fat/fat-free milk
- 2 eggs
- ¼ teaspoon ground cinnamon
- ½ teaspoon vanilla
- 6 slices whole wheat or white bread
- Vegetable cooking spray
- 1 tablespoon butter

Optional: Powdered sugar or applesauce.

Instructions:

1. Place banana, milk, eggs, cinnamon and vanilla in a blender. Cover and process until well-blended. Pour into medium-sized bowl.
2. Spray nonstick skillet with vegetable spray; place on medium-high heat. Add butter and melt.
3. Dip bread slices into banana mixture.
4. Sauté bread slices on both sides until cooked through and golden brown.
5. Serve with a sprinkle of powdered sugar or cut into strips and dip into applesauce.

Tip: If you do not have a blender, mash the banana in bowl and stir in other ingredients until well-blended.

Makes 6 servings (or 18 tasting servings)

Source: School Nutrition Association

Strawberry-Banana Smoothie

Ingredients:

- 1 large banana
- 1 cup whole, frozen strawberries
- 1½ cups low-fat/fat-free milk
- 1 8-ounce container low-fat strawberry yogurt

Instructions:

1. Peel banana. Break into chunks and place in blender.
2. Add strawberries, milk and yogurt.
3. Cover and blend until smooth. Serve immediately.

Makes 3 servings

Source: National Dairy Council

Cinnamon-Fruit Toast

Ingredients:

- 1 slice bread
- 1 teaspoon soft butter
- ½ apple, thinly sliced
- 1 slice low-fat American cheese
- ¼ teaspoon cinnamon
- 1 teaspoon sugar

Instructions:

1. Spread one side of bread with butter. Put bread in a baking pan with butter side down.
2. Arrange apple and cheese slices on the bread. Combine the cinnamon and sugar in a small bowl and sprinkle on top.
3. Bake at 375°F until bread turns light brown on bottom (about 10 minutes).

Makes 1 serving (or 4 tasting servings)

Source: Power of Choice, USDA

Lemon-Velvet Smoothie

Ingredients:

- 1 8-ounce container low-fat lemon yogurt
- 1 6-ounce container frozen orange juice concentrate
- 1½ cups low-fat/fat-free milk
- 1 teaspoon vanilla

Optional: 1 cup ice cubes

Instructions:

1. Scoop yogurt into blender.
2. Add orange juice concentrate and milk.
3. Place cover on blender and blend until smooth.

Makes 6 servings

Linebacker Sandwich

Ingredients:

- 24 whole wheat crackers
- 6 ounces low-fat Cheddar cheese, cut into 12 slices
- 12 cucumber slices
- 3 large tomato slices, cut into quarters

Instructions:

1. Place a piece of cheese on a cracker.
2. Add a cucumber slice and a tomato slice.
3. Top with another cracker.

Makes 12 sandwiches

Peanut Butter Wraps

Ingredients:

- ¼ cup peanut butter
- 4 teaspoons honey
- 1 cup granola
- 4 6-inch flour tortillas
- 1 cup low-fat vanilla yogurt

Instructions:

1. Spread 1 tablespoon peanut butter over flour tortilla. (Be sure to cover the tortilla to the edges.) Drizzle 1 teaspoon honey over peanut butter. Sprinkle ¼ cup granola over honey.
2. Roll tortilla. Cut tortilla in half.
3. Repeat with the remaining tortillas.
4. Serve with yogurt for dipping.

Makes 4 servings (or 12 tasting servings)

Source: School Nutrition Association

Lemon-Raspberry Yogurt Dip

Ingredients:

- 1 8-ounce container low-fat lemon yogurt
- ½ cup unsweetened frozen raspberries
- 1 tablespoon raspberry jam

Instructions:

1. Place yogurt in a small mixing bowl.
2. Add raspberries and raspberry jam to yogurt and mix well.
3. Enjoy with fresh, cut fruit.

Source: National Dairy Council

Turkey-Cucumber Pockets

Ingredients:

- 2 whole-wheat pita pockets, cut in half
- 8 ounces sliced turkey
- 2 medium cucumbers, thinly sliced (about 2 cups)
- 4 tablespoons low-fat ranch dressing
- 1 medium tomato, diced (about ¼ cup)

Instructions:

1. In each pita pocket half, place 2 ounces sliced turkey and ¼ cup cucumber slices.
2. Spoon 1 tablespoon dressing over turkey and cucumbers.
3. Top with 1 tablespoon chopped tomatoes.

Makes 4 servings (or 16 (1/2-sandwich) tasting servings)

Source: School Nutrition Association

Easy Tortilla Chips

Ingredients:

- 8 flour or corn tortillas
- Vegetable spray

Optional: chili powder

Optional: garlic powder

Instructions:

1. Preheat oven to 350°F.
2. Cut each tortilla into 6 wedges. Place on baking sheet and spray with vegetable spray.
3. *Optional:* Sprinkle chili powder and garlic powder over tortilla wedges.
4. Bake at 350°F for 8 minutes or until crisp. Let cool.
5. Serve with salsa.

Makes 6 servings (or 24 tasting servings of 2 chips each)

Source: School Nutrition Association

Pumpkin Pudding

Ingredients:

- 1 box 3.5-ounce instant low-fat vanilla pudding mix
- 2 cups low-fat/fat-free milk
- 1 15-ounce can pumpkin pie filling, refrigerated
- 1 teaspoon pumpkin pie spice

Instructions:

1. Mix instant pudding with milk in a bowl.
2. Whip it with a wire whisk until completely blended.
3. Stir in the canned pumpkin and pumpkin pie spice.
4. Enjoy!

Tip: If pumpkin pie filling is not refrigerated, chill the pudding in the refrigerator for 2 hours.

Makes 4 servings (or 8 to 10 tasting servings)

Source: Rhode Island Kids First and Team Nutrition

Mixed-up Snack Bar

Ingredients:

- 1 cup shredded carrot (about 1 medium)
- ½ cup crushed pineapple, drained
- ½ cup dried cranberries
- 2 cups quick-cooking oats
- ½ cup chopped peanuts (or other nuts)
- 1 6-ounce can frozen apple juice concentrate, thawed
- ½ teaspoon ground cinnamon

Instructions:

1. Preheat oven to 350°F.
2. Combine all ingredients and stir until evenly moistened.
3. Spread in greased 13 x 9-inch glass baking dish. Press firmly into pan.
4. Bake for 30 to 35 minutes or until brown. Cool before slicing.

Makes 18 bars

Source: School Nutrition Association

Fruity Mosaic Pizza Plays

Ingredients:

- 1 cup part-skim ricotta cheese
- 2 tablespoons powdered sugar
- dash of vanilla
- 8 rice cakes
- 2 cups (about ¼ cup per pizza) assorted fresh and dried fruits, such as kiwi, blueberries, mandarin orange segments, strawberry slices, dried cranberries

Optional: 1–2 drops food coloring

Instructions:

1. Measure ricotta cheese into a small bowl.
2. Add powdered sugar and vanilla, and mix until well-blended.
3. *Optional:* Add a few drops of food coloring for a colorful background.
4. Spread layer of ricotta cheese (about 2 tablespoons) on each rice cake.
5. Decorate with different fruits to create a mosaic.

Makes 8 servings

After-school Trail Mix

Ingredients:

- 1 cup roasted sunflower seeds
- 1 cup Cheerios or Wheat Chex cereal
- 1 cup pretzels
- ½ cup mixed, dried fruit, diced
- ½ cup walnut pieces
- ¼ cup yogurt-covered raisins

Instructions:

1. Mix all ingredients in a large bowl and serve

Makes 8 servings (or 16 (¼-cup) tasting servings)

Source: Rhode Island Kids First and Team Nutrition

Harvest Corn Mix

Ingredients:

- 6 cups air-popped popcorn
- 1 cup dried apricots, diced
- 1 cup dried apples, diced
- ¼ cup golden raisins
- ¼ cup chopped walnuts
- 1 cup roasted and salted pumpkin or sunflower seeds
- 1 tablespoon brown sugar
- ¼ teaspoon cinnamon

Instructions:

1. Combine popped corn, apricots, apples, golden raisins, nuts and seeds in a large bowl.
2. In a smaller bowl, combine brown sugar and cinnamon. Sprinkle over popcorn mix.
3. Toss until evenly coated.

Makes 9 servings (or 25 tasting servings)

Source: Rhode Island Kids First and Team Nutrition

Salad in a Baggie

Ingredients:

- 2 cups baby spinach
- 2 cups mixed, shredded lettuces, washed
- ½ cup shredded low-fat cheese
- ½ cup low-fat ranch or Italian dressing
- 1 cup croutons
- Small zipper-lock baggies
- Plastic fork

Instructions:

1. Mix baby spinach and lettuces in a large bowl.
2. Place ½ cup mixed salad greens in a baggie.
3. Add 1 tablespoon shredded cheese, 1 tablespoon dressing and 2 tablespoons croutons.
4. Close bag and mix until cheese, dressing and croutons are distributed.
5. Eat out of the bag with a plastic fork.

Makes 8 servings