KID-FRIENDLY SNACK RECIPE COLLECTION

Whole Lifecycle NUTRITION

Fun, nutritious, and easy to make with or for kids! It includes a variety of snacks... sweet, savory, and even a few with hidden veggies.

FRUITY YOGURT PARFAITS

Ingredients:

- 1 cup Greek yogurt (or any yogurt)
- 1/2 cup granola
- 1 cup chopped fruit (berries, banana, mango)
- Honey or maple syrup (optional)

Instructions:

1. In a cup or small jar, layer yogurt, granola, and fruit.
2. Repeat layers and drizzle with a little honey if desired.
3. Serve chilled!

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MINI VEGGIE PIZZA FACES

Ingredients:

- Whole wheat English muffins, halved
- Pizza sauce
- Shredded mozzarella cheese
- Assorted veggies (bell peppers, olives, cherry tomatoes, corn)

Instructions:

1. Preheat oven to 375°F (190°C).
2. Spread pizza sauce on muffin halves.
3. Add cheese and decorate with veggies as fun “faces.”
4. Bake 10 minutes or until cheese melts.

ANTS ON A LOG

Ingredients:

- Celery sticks
- Peanut butter or cream cheese
- Raisins

Instructions:

1. Fill celery with peanut butter or cream cheese.
2. Top with raisins (“ants”).
3. Enjoy crunchy, sweet fun!

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FROZEN BANANA POPS

Ingredients:

- Bananas, halved
- Yogurt
- Sprinkles, crushed nuts, or mini chocolate chips
- Popsicle sticks

Instructions:

1. Insert stick into banana halves.
2. Dip in yogurt, then roll in toppings.
3. Freeze 1–2 hours until firm.

CHEESY QUESADILLA WEDGES

Ingredients:

- Flour tortillas
- Shredded cheese
- Optional: beans, chopped veggies, or chicken

Instructions:

1. Sprinkle cheese (and extras) on one tortilla.
2. Top with another tortilla.
3. Heat in skillet until golden and cheese melts.
4. Cut into wedges and serve with salsa.

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APPLE "DONUTS"

Ingredients:

- Apples, cored and sliced into rings
- Peanut butter, yogurt, or cream cheese
- Toppings: granola, mini chocolate chips, coconut, sprinkles

Instructions:

1. Spread topping on each apple ring.
2. Decorate with fun toppings!

NO-BAKE ENERGY BITES

Ingredients:

- 1 cup oats
- 1/2 cup peanut butter or sunflower seed butter
- 1/4 cup honey
- 1/4 cup mini chocolate chips
- 1 tbsp chia seeds or flaxseed (optional)

Instructions:

1. Mix all ingredients until combined.
2. Roll into small balls.
3. Chill for 30 minutes before serving.

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CHEDDAR CHEESE STARS

Ingredients:

- Whole wheat tortilla or puff pastry
- Shredded cheddar cheese

Instructions:

1. Use a cookie cutter to cut star shapes.
2. Sprinkle cheese on top.
3. Bake at 375°F (190°C) for 8–10 minutes or until crisp.

RAINBOW SKEWERS

Ingredients:

- Grapes, strawberries, pineapple, kiwi, blueberries, melon
- Small wooden skewers

Instructions:

1. Thread fruits onto skewers in rainbow order.
2. Serve fresh with a yogurt dip.

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PB&J ROLL-UPS

Ingredients:

- Whole wheat bread (crusts removed)
- Peanut butter
- Jam or jelly

Instructions:

1. Flatten bread slices with a rolling pin.
2. Spread with peanut butter and jelly.
3. Roll up tightly and slice into bite-sized rounds.