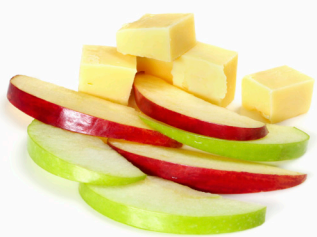




Kid Friendly Snack Ideas

Snacks are an important source of nutrition for children and can help keep kids focused and energized between meals. Try these kid-friendly (and adult friendly!) snack ideas at home or on the go.



Apple + cheese

Unsweetened applesauce + mini muffin (see recipe*)

Carrots, celery + hummus

Whole wheat toast + seed butter

Whole wheat pita + guacamole (see recipe*)

Cottage cheese + strawberries



Leftovers

Smoothie (see recipe*)

Roasted chickpeas (see recipe*)

Sliced grapes + whole wheat crackers



Greek yogurt + blueberries

Hardboiled egg

Milk (or milk alternative such as fortified soy milk) + homemade protein bar

Banana + nut butter

Muffin tin omelets (see recipe*)

****See recipes on reverse***



Homemade mini muffins

(makes 24 mini muffins/12 snack servings)¹

2 ½ cups (590ml) old fashioned oats

1 cup (250ml) plain Greek yogurt

2 eggs

¾ cup (180ml) sugar

1½ tsp (3.75ml) baking powder

½ (2.5 ml) tsp baking soda

2 ripe bananas

1. Pre-heat oven to 400F. Spray mini muffin tins with non-stick spray.
2. Blend all ingredients in a food processor until smooth (can also mix ingredients in a bowl if you want more texture).
3. Divide batter among cupcake liners, and bake for 15 minutes, or until toothpick comes out clean.

Homemade guacamole

(makes 2 cups/4 snack servings)²

2 avocados (ripe)

½ small onion, chopped

½ tomato, chopped

1 lime, juiced

Salt and pepper, to taste

1. Peel and mash avocados in a medium serving bowl. Stir in onion, garlic, tomato, lime juice, salt and pepper. Season with remaining lime juice and salt and pepper to taste. Chill for half an hour to blend flavors.

Homemade protein bar

(makes 10 bars/10 snack servings)³

2 cups (500ml) large oats, ground to a powder

1 ½ (330ml) cup vanilla whey protein powder

½ (125ml) cup nut butter

½-¾ (125-180ml) cups of milk (add the half cup, then add one tbsp (15ml) at a time and knead by hand)

1. Line 8 inch pan with parchment or tinfoil.
2. Mix all ingredients together by hand. Once mixture is a fudge like (thick) texture, transfer to pan and using a small piece of parchment paper press down firmly until evenly distributed in pan.
3. Cover and refrigerate for one hour before removing from pan and cutting.

Roasted chickpeas

(makes 2 cups/6 snack servings)²

2 tbsp (30ml) olive oil

1 tbsp (15ml) ground cumin

1 tsp garlic (5ml) powder

½ tsp (2.5ml) chili powder

1 pinch black pepper

1 dash crushed red pepper

1 can chickpeas, rinsed and drained

1. Pre-heat oven to 350F.
2. Whisk the oil, cumin, garlic powder, chili powder, black pepper, and red pepper together in a small bowl; add the chickpeas and toss to coat. Spread into a single layer on a baking sheet.
3. Roast until browned and crispy (~45 min).

Smoothie

(makes 2 cups/2 snack servings)²

1 cup (250ml) plain Greek yogurt

2 cups (500ml) fresh or frozen fruit of choice

1 tbsp (15ml) ground flaxseed

Low fat milk (add until desired consistency)

1. Mix all ingredients in a blender.

Muffin tin omelet

(makes 8 muffin tin omelets/8 snack servings)⁴

8 eggs

8oz (225g) tuna packed in water/ baked ham

1 pepper (any colour), chopped

1 cup (250ml), onions, chopped

¼ tsp salt & pepper

2 tbsp water

1. Preheat oven to 350 F. Line muffin cups with paper liners.
2. Beat eggs together in a large bowl. Mix ham, bell pepper, onion, salt, black pepper, and water into the beaten eggs. Pour egg mixture evenly into prepared muffin cups.
3. Bake in the preheated oven until muffins are set in the middle (about 15 minutes).

References:

1. Recipe adapted from: Dietitians of Canada-Cookspiration: www.cookspiration.com/recipe.aspx?perma=r5dkautBZKE&g=6
2. Recipe by Emily Spencer, Registered Dietitian
3. Recipe by Stacey Segal, Social Worker
4. Recipe by Robert Lazzinano, Registered Dietitian