



# 50 Healthy Snacks

1. Piece of Fruit (banana, apple, kiwi fruit etc)
2. Apple slices with a tablespoon of peanut butter
3. Carrots sliced with hummus or avocado dip. (My kids like it with peanut butter too)
4. Celery sliced longways and filled with peanut butter and raisins a.k.a. "Ants on a Log"
5. Frozen Grapes (these make a great summer snack)
8. A bowl of Mashed Sweet Potato (good with butter and cinnamon)
9. Cucumber slices topped with tuna and mayonnaise (I buy a store bought organic mayo)
10. Cherry tomatoes and hummus on whole wheat or Rye crackers (This is so so so good!)
11. Applesauce (serve in a cup with a spoon – kids love it!)
12. Frozen Peas (frozen...no cooking necessary!)
13. Unsweetened Raisins
14. Fruit Leathers
15. Freeze Dried Fruit (like mango, banana, blueberries or strawberries)
16. Dried Apple Rings
17. Canned Fruit like Mandarin Oranges (Look for the ones that are canned in juice rather than syrup)
18. Apple and Cheese slices
19. Popcorn (make plain popcorn and flavor it yourself)
20. Oatmeal (served with cinnamon and a maple syrup swirl)
21. Shredded Wheat Cereal (look for brands that contain 1-ingredient)
22. Brown Rice Cakes topped with hummus, peanut butter or cottage cheese
23. Whole-Wheat Pretzels
24. Whole-Grain Toast (with cheese, peanut butter, honey or avocado)
25. Small, Cooked Whole-Grain Noodles – my kids like them plain as a snack
26. Homemade Granola Bars / Seed Bars
27. Nuts (peanut / cashew / almond / macadamia / walnut) roasted and salted
28. Nut Trail Mix including Dried Fruit
29. Hard-Boiled Eggs
30. DIY Lunchables with cheese, cucumber and whole-wheat crackers (my kids LOVE these in their lunch box)
31. DIY Vanilla Yogurt (plain Greek Yogurt flavoured with a little honey or maple syrup and vanilla extract)
32. French Fries (potato sliced and baked until crispy)
33. Popsicle – Pop Fruit and water in a blender until smooth then freeze in popsicle mould)
34. Homemade muffins (Banana / Blueberry/cheese and corn)
35. Smoothies
36. Chai Seed Pudding
37. Leftovers from dinner
38. Bliss Balls
39. Sweet Potato Nachos
40. Granola Parfait
41. Whole wheat Tuna Salad Pocket
42. Guacamole and Wholegrain Pita Chips
43. Soup (Tomato or Butternut Soup are easiest)
44. Breakfast Cookies
45. Fruit Kebabs
46. Homemade Biscuits (Peanut Butter and Ginger Ninja Biscuits are a favourite) Recipes on website.
47. Quick Cheats Pizza: Whole wheat Pockets topped with tomato puree, cheese & ham and baked in oven.
48. Corn Fritters
49. Toad in a hole (Cut hole in middle of bread, add egg & fry in pan. Turn over to cook other side)
50. Savoury Slices (my kids love zucchini, corn, ham and cheese slice)