

Fit Food is Fun Food

Simple Healthy Snacking Options



If your child refuses broccoli and gags at the sight of squash, don't give up! Use these creative ideas for serving vegetables in a fun, delicious way that kids will want to try. Best of all, many of these ideas use foods you may already have in your home, just put together with a different twist. If you don't have all the ingredients, no worries. Just substitute something similar. Have fun and happy snacking!

How much is enough? The USDA recommends:

Age:	Quantity (per day)
2-3	1 cup of fruit and 1 cup vegetables
4-8	1.5 cups fruit and 1.5 cups vegetables
9-13	1.5 cups fruit and 2-2.5 cups vegetables (boys need more)
14-18	.5-2 cups of fruit and 2.5-3 cups vegetables (boys need more)



Crock-a-mole

- 2 avocados
- 1 Tbsp. minced cilantro
- 2 tsp. minced garlic
- 1 tsp. lime
- Pinch of sea salt
- Optional ingredients: ½ tsp. cumin, chopped sun dried tomatoes, fresh jalapenos

Directions: Mash avocado, stir in remaining ingredients. Put back in avocado skins. Use sliced cucumbers and olives as eyes and chopped carrots as teeth. Serve with black bean chips or sliced veggies.

*Avocados are a heart healthy nutrient dense food packed with beneficial fats and fiber which help keep you full and satisfied.

Savory Treats



Veggie sushi

Remove seeds from center of cucumbers until hollow and stuff with cooked quinoa, sliced red/yellow/orange bell peppers, avocado, sun dried tomato strips, thin carrot strips, etc. Slice and serve with soy sauce, coconut aminos, or spicy sauce (plain Greek yogurt + sriracha).

*Quinoa is a high protein antioxidant seed with a crunchy texture and nutty flavor. Use quinoa in salads, power bowls, burritos, casseroles, soups, and more!

Pinwheels

- Wrap of choice: whole wheat, quinoa and flax seed, spinach, sun dried tomato
- Hummus or hidden veggie dip
- Protein of choice: turkey, ham, chicken, or cheese
- Veggie strips: sliced red/yellow/orange bell peppers, carrots, tomato
- Avocado

Directions: Spread dip on wrap and layer with protein and veggies and top with avocado. Wrap everything up like a burrito and cover with plastic wrap. Refrigerate and slice immediately into pin wheel rounds when ready to serve.



Lion hummus

- Hummus of choice
- Thinly sliced red/yellow/orange bell peppers or carrots
- Olives
- Tomato
- Chives

Directions: Place hummus into a cup in the center of a plate. Layer thinly sliced red/yellow/orange bell peppers and carrots around the cup like a lion's mane. Use sliced olives for eyes and mouth, tomato for the nose, and chives for whiskers.

*Hummus is a delicious and filling plant based protein dip made from chickpeas. It is a low GI food that slows digestion and promotes a more balanced rise and fall of blood sugar. Hummus is found in the deli section of your local grocer in various flavor combinations like roasted red pepper, garlic, and chocolate.



Hidden veggie popsicles

- **Cucumber melon**
½ cup cantaloupe, ½ cup seeded cucumber, ½ cup frozen pumpkin or butternut squash, 4 mint leaves, and a splash of lime
- **Mean green**
1 kiwi, handful of spinach, ½ cup frozen zucchini, ½ cup pineapple, ½ cup unsweetened almond milk
- **Blueberry kale**
½ banana, 1 cup fresh or frozen blueberries, handful of kale, 1 cup Greek yogurt
- **Orange yogurt**
½ cup fresh squeezed orange juice, ½ cup frozen carrots, ½ cup riced cauliflower, ½ cup frozen mango, swirl with Greek yogurt

Directions: Blend all ingredients together and freeze in popsicle molds

Chocolate dipped bananas

- 3 bananas
- 1 cup dark chocolate chips
- 3 Tbsp. coconut oil
- Topping options: coarse sea salt, crushed cereal, freeze dried fruit, unsweetened coconut flakes, crushed nuts

Directions: Cut bananas in half. Insert Popsicle stick in the bottom of each leaving enough room for your hands to hold. Place on parchment paper lined baking sheet and freeze 3 hours or more. Melt chocolate chips and coconut oil together in a saucepan over low heat until smooth. Pour into a narrow glass and dip each banana in chocolate and sprinkle with toppings. Place back in freezer to set.



Protein chocolate chip cookie dough

- 5 Tbsp. vanilla protein powder of choice
- 1 Tbsp. coconut flour
- Pinch of sea salt
- 3 Tbsp. unsweetened applesauce
- 1 tsp. unsweetened almond milk
- ¼ tsp. butter extract
- ½ Tbsp. mini chocolate chips

Directions: In a medium bowl, whisk together protein powder, coconut flour, and sea salt. Add in applesauce, almond milk, and butter extract. Stir until fluffy and add in chocolate chips.

*Protein added to meals and snacks increases satiety and decreases appetite.

Apple doughnuts

- **Topping variations:**

- Protein chocolate chip dip + unsweetened coconut flakes
- Chocolate hummus with chopped pistachios (or other type of nut) with a pinch of coarse sea salt
- Chocolate hummus with sprinkles
- Peanut butter with dried fruit, chopped nuts, or 1 Tbsp. mini chocolate chips

Directions: Slice apples width wise into 1" thick slices and add toppings.

*Sweet tooth? This snack promotes healthy blood sugar levels and prolonged fullness through the addition of protein, fiber, and healthy fats.



Kitty bagel bites with hidden veggie dip

- 3 oz. 1/3 fat cream cheese, softened
- 4 baby carrots
- 1 stalk of celery, chopped
- ½ red bell pepper, chopped
- 1 tsp ranch seasoning
- 1 Tbsp. ground flaxseed

Directions: Mix all ingredients in food processor until smooth.

Top bagel chips with hidden veggie dip, use strawberries for ears, raisins or Crasins for eyes/nose, pretzel sticks for whiskers.

Banana sushi

- Banana
- Nut butter of choice
- Cheerios, crushed
- Hemp hearts, chia seeds, or ground flax
- Chopped nuts
- Unsweetened coconut flakes

Directions: Paint banana with a thick layer of nut butter of choice. Mix crushed cereal, hemp hearts, nuts, and coconut flakes. Roll banana into cereal mixture and slice into rounds.

*Seeds like flax and chia are rich in healthy fats, high-quality plant based protein, and fiber. They decrease appetite, stabilize blood sugar, and promote gut health. Hemp hearts are technically a nut, and one of the few complete plant based protein sources with all 9 essential amino acids.



Unicorn peanut butter, strawberry, and chia sandwich

Use cookie cutters to create cut shapes out of bread. Ditch the jelly and replace with whole fruit. Add chia seeds for a spike of fiber and crunch that will keep your child full and satisfied much longer.

Tomato basil skewers

Layer fresh basil leaves, pearl mozzarella balls, cherry tomatoes, and pepperoni on a wooden skewer. Drizzle with balsamic vinaigrette.

Tuna salad boats

Use sliced bell peppers as the base of the boat. Top with tuna salad. Use a long toothpick and thinly sliced cucumber as the sail and add a cherry tomato. Eyes are optional but fun. Simply use something sticky like peanut butter and adhere cheerios with olives in the middle.

*These snacks are the perfect example on how to “eat your vitamins”. Help your child develop and grow by making sure they get lots of colorful fruits and vegetables at each meal and snack. Remember, it may take up to 15 tries for them to know if they like a food or not. Don’t give up, continue to offer!