



Kid-Approved Healthy Snacks!

Nutritious, Delicious and Fun!

Peanut Butterflies

Ingredients:

- 2 pieces of celery, washed and trimmed.
- 4 teaspoons of peanut butter (or other nut butter)
- 4 raisins
- 6 dried cranberries
- 6 mini pretzels



Yield: 2 butterflies

Directions:

1. Spread peanut butter evenly on each piece of celery
2. Place two raisins at the top of each celery piece to make them look like eyes
3. Place three dried cranberries in the middle of the celery stalk in a straight line
4. Stick one pretzel in each side of the peanut butter to look like wings
5. Break apart one pretzel and use two curved pieces for the antennae. Place them directly above the raisins.

Fruit & Cheese Kebobs

Ingredients/Equipment

- Two skewers or two long, thin lollypop sticks
- 6 strawberries*
- 6 cantaloupe chunks*
- 6 cubes of Cheddar cheese



Yield: 2 Kebobs

*You can substitute any fruit you have on hand. Apples, pineapple, and berries work great!

Directions:

1. Alternate skewing ingredients on skewer/stick: strawberry, cantaloupe, cheese, and continue until skewer/stick is full. Repeat with second skewer/stick.

Apple Slices with Nut-Butter Dip

Ingredients:

- One apple
- 6 oz plain Greek yogurt
- 3 tablespoons of peanut butter*
- 3 teaspoons of maple syrup

Directions:

1. Cut apple into slices.
2. Combine yogurt, peanut butter and maple syrup into a small bowl and mix.
3. Serve immediately.



Yield: Serves 1

Turkey and Cheese Roll Ups on Pretzel Sticks

Ingredients:

- 4 slices American cheese
- 4 slices turkey breast
- ½ cup baby spinach, finely chopped.
- 4 mini pretzel sticks



Yield: 4 roll ups

Directions:

1. Lay 1 slice of turkey on a flat surface. Lay 1 slice of cheese on top of the ham. Add generous pinch of spinach on top of the cheese.
2. Roll up and place on flat surface, seam side down.
3. Using a tooth-pick or skewer stick, puncture a hole through the roll up. Remove tooth-pick or skewer stick. Insert pretzel stick through the hole.
4. Repeat 4 times with the rest of the ingredients.