



SNACK ATTACK!



The ultimate healthy snack list for kids

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1. Apple slices with vanilla greek yogurt
2. Cheese and whole grain crackers
3. Banana with peanut butter to dip
4. Popcorn and a glass of milk
5. An orange with some almonds
6. Greek yogurt and grapes
7. Homemade muffin with cheese
8. Homemade trailmix: nuts, unsweetened dried fruit whole grain cereal (with a few chocolate chips)
9. Frozen fruit and yogurt smoothie (made with milk)
10. Whole grain cereal with milk
11. Edamame beans or chickpeas
12. Carrots and cucumber with hummus
13. Peaches (or any fruit) with cottage cheese
14. Favourite raw veggies with ranch dip or hummus
15. Brown rice cakes with peanut butter and banana slices
16. Leftover cooked tortellini noodles with tomato sauce to dip
17. Oatmeal with yogurt
18. Apple sauce with cottage cheese
19. Homemade whole grain cookie and a glass of milk
20. Hardboiled egg and a plum
21. Seeds (pumpkin, sunflower etc.) with dried fruit and whole grain cereal
22. Whole wheat pretzels with hummus
23. Whole grain granola bar with milk
24. Fruit salad with vanilla yogurt/peanut butter dip (1/2 cup greek yogurt with 1 tbsp peanut butter and cinnamon)
25. Leftover french toast strips with yogurt and apple sauce
26. Cherry tomatoes and tzatziki dip
27. Freeze dried fruit and cheese
28. Pears slices with almonds or almond butter
29. Celery with natural peanut butter and raisins or raisins
30. Milk with cut-up fruit