Healthy Snacks for Children of All Ages

Eating healthy and nutritious foods is very important...especially in the hot summer months. Children need to eat three meals a day plus two healthy snacks for optimal growth. Snacking is important for children because they have smaller stomachs and they fill up quicker and then tend to run it off! It is important for them to get all the nutrients and hydration they need every day.

Snacks have gotten a bad image over the years. Actually snacks are an important part of our diets to keep our metabolism flowing and give us more energy in the day. Snacks are mini-meals that should be provided if there is a long stretch in-between meals. Healthy snacks help our children to take in the nutrients they need to help them grow and develop.

Try these recipes at home:

Healthy Fruit Pizza Minis: 1/2 c. Greek Yogurt

1 tsp. Honey 1/2 tsp. Vanilla 3/4 tsp. Lime Juice

One Whole Wheat Tortilla

Sliced Fruit (strawberries, blackberries, mandarin oranges,

grapes, apples, pears, raspberries, etc.)

Mix yogurt, honey, vanilla and lime juice in a bowl. Set aside. Take tortilla and - using a cookie cutter - cut four pieces. Top tortilla circles with mixture and top with fruit slices. Have fun decorating your Fruit Pizzas!

Peanut Butter Balls (contains NUTS!) 1 c. Peanut Butter or Almond Butter

1 c. Honey

2 c. Powdered Milk

1 1/2 c. Crushed Cornflakes

1 c. Coconut

1 1/2 c. Finely chopped pecans or walnuts

Mix peanut butter, honey and milk together in a large bowl to form a thick mixture. Roll mixture into small balls about the size of a walnut. Roll the balls in either the crushed cornflakes, coconut, or nuts. Place on waxed paper and refrigerate 20 minutes.

Stuffed Jumbo Shells 1 box Jumbo Pasta Shells

Your favorite salad (egg, chicken or tuna)

Cook and drain pasta shells as directed on the package. Pat dry. Spoon in 1 heaping tablespoon of your salad mixture. Sprinkle with a light dusting of paprika before serving. Serve chilled.

Purple Cow 1 can Frozen Grape Juice Concentrate

1 c. Milk 2 c. Ice Cream

Place the grape juice concentrate and milk into the blender. Add ice cream. Cover blender and blend on high for 30 seconds. Pour into your glasses and serve immediately.