

PE-Nut™ Healthy Snacks

Quick Snacks

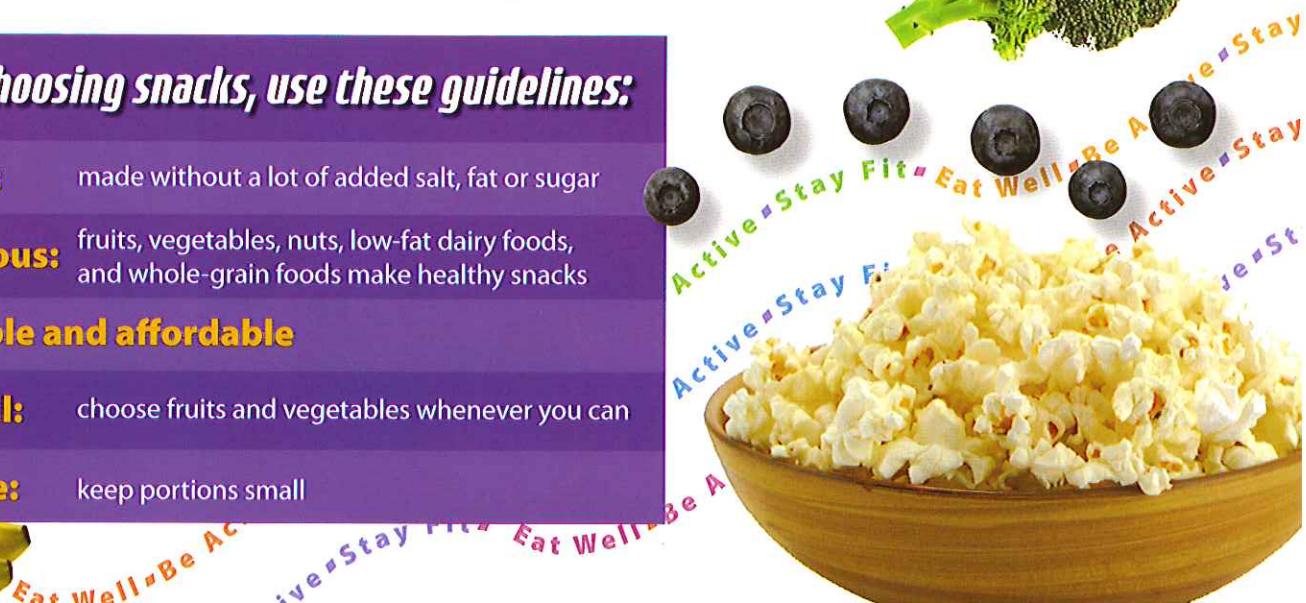
- Graham crackers
- Whole-grain crackers with cheese
- Pretzels
- 100% fruit leathers
- Flavored or carbonated water with fruit slices
- Low-fat/non-fat milk (plain or flavored)
- Low-fat/non-fat cottage cheese
- Nuts
- Fresh fruit
- Applesauce
- Whole-grain mini-bagel
- Carrots
- 100% fruit juice
- 100% vegetable juice
- Popcorn
- Whole-grain goldfish-type crackers
- Granola bar
- Mango slices
- Low-fat yogurt
- Dried fruit
- Banana
- Apple slices
- Low-fat/non-fat pudding cups
- Rice cakes
- String cheese
- Cheese sticks or cubes
- Baked corn chips and salsa or bean dip
- Fruit cups
- Whole-grain dry cereal
- Small cubes of low-fat meat, like turkey or venison
- ¼ of a PBJ
- 100% fruit snack chews
- Baked pita chips
- Animal crackers
- Grapes (try them frozen!)
- Edamame (boiled soy beans)
- Shelled sunflower seeds
- Kiwi slices
- Whole-grain waffle
- Broccoli
- Cauliflower
- Red pepper slices

Toppings, Dips and Spreads for Snacks

- Bean dip
- Low-fat/non-fat yogurt
- Low-fat/non-fat ranch dressing
- Peanut butter
- Caramel
- Hummus
- Salsa
- Guacamole
- Low-fat/non-fat cream cheese

When choosing snacks, use these guidelines:

- Simple:** made without a lot of added salt, fat or sugar
- Nutritious:** fruits, vegetables, nuts, low-fat dairy foods, and whole-grain foods make healthy snacks
- Available and affordable**
- Colorful:** choose fruits and vegetables whenever you can
- Kid-size:** keep portions small



Snacks Needing Some Preparation (good for parties and after school)

- Fruit wrap – whole-grain tortilla, low-fat/non-fat cream cheese, fruit
- Veggie wrap – whole-grain tortilla, low-fat/non-fat cream cheese, veggies
- Veggie salad with croutons
- Trail mix
- Frozen yogurt popsicle
- Fruit on a pretzel skewer/kabob
- Yogurt or pudding and fruit parfait
- Fruit salsa with pita chips
- Mini pizza on English muffin
- Quesadilla – melted low-fat/non-fat cheese on whole-grain tortilla
- Homemade quick bread such as banana bread
- Low-fat mini muffins
- Celery with peanut butter and raisins
- Cereal snack mix
- Gelatin with fruit
- Smoothies



Healthy Snacks on a Budget

- Buy larger quantities. Take 15 minutes to add to zip-top snack bags for quick, grab-and-go bags.
- Buy fruits and vegetables in season when they are less expensive and fresh from local fields and orchards.
- Pay attention to portion size. A snack is not a meal.
- Fresh fruit and vegetables are easier for children to eat if they are cut in bite-size pieces.
- A small container of dip can turn fruits and vegetables into favorite snacks.
- Make up batches of trail mix or cereal mix and portion into zip-top snack bags for grab-and-go bags.

Easy Yogurt Fruit Dip

INGREDIENTS:

- 1 cup nonfat vanilla (or any flavor) yogurt
- ½ cup low-fat/non-fat non-dairy whipped topping
- Pieces of fruit: apple slices, banana slices, strawberries, pineapple chunks, etc.

DIRECTIONS:

1. Mix yogurt and whipped topping together in a bowl.
 2. Dip fruit pieces into the yogurt dip.
- Serving size = 1/8 cup

GORP

An acronym for "good old raisins and peanuts," GORP is an on-the-go snack favorite.

INGREDIENTS:

- ¼ cup whole shelled almonds
- ¼ cup dry-roasted peanuts
- ¼ cup dried cranberries or cherries
- 2 tablespoons chopped pitted dates
- 1 tablespoon mini chocolate chips

DIRECTIONS:

Combine all items in a small bowl. Stir.
Serving size = ¼ cup

Crunchy Monkey Treats

A kid-pleasing healthy treat for a hot day.

INGREDIENTS:

- 2 bananas
- 1 container low-fat/non-fat yogurt, any flavor
- 2 cups toasted oat cereal
- 4 wooden sticks with rounded edges

Serving size = 1 banana

DIRECTIONS:

1. Cover cookie sheet with waxed paper.
2. Peel bananas; cut bananas crosswise in half.
3. Insert wooden stick into cut end of each banana.
4. Roll the banana in yogurt and sprinkle with cereal.
5. Place on cookie sheet.
6. Freeze about 1 hour or until firm.
7. Wrap each banana in plastic wrap or put in small plastic bag. Store in freezer.

Be Active Stay

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Be Active Stay Fit Eat Well

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RECIPES

