

## 10 NUTRITIOUS SNACKS TO SHARE WITH YOUR FAMILY

Snacking between meals can contribute to a healthy diet, if you make the best snack selections. However, encouraging family members to grab an apple rather than a bag of chips can be tricky. Here are a few tasty and nutritious recipes that will grab their attention, and appetite!

**Smooth Sundaes** —Just say sundae and they will come running! Simply scoop vanilla yogurt into a bowl, top with sliced fruit or berries, and sprinkle granola or nuts on top. Voila! Your very own smooth sundae.

**Nutty Monkey** —A quick and filling snack. Slice a banana in half lengthwise. Spread peanut butter down each side of the banana and put the halves back together. Wrap the banana in plastic wrap and freeze. Perfect for a hot day.

**Family Surprise Mix**—It is a recipe that will change each time you create it! Each family member selects one secret item for the mix, combine equal amounts of each and you have a snack everyone will like.

**Fruit Shakes** —Easy to make and adaptable to each family member's likes! Simply pull your blender out from the cabinet, put 2-3 ice cubes, a 1/2 cup of vanilla yogurt, a 1/2 cup of your favorite fruit (strawberries, raspberries, banana, peach), and a tablespoon of vanilla and blend it all together. Cool and Refreshing!

### Quick Tricks

- ▲ Pre-portion healthy snacks into small plastic bags for easy grab and go.
- ▲ Roll sliced fruit in yogurt and then roll in coconut or chopped nuts.
- ▲ Add a splash of flavor to a glass of water by using frozen orange, lemon or lime slices as ice cubes.

**Jazzed Up Popcorn**—A traditional low fat treat with a new flavor. Spread popped popcorn on a baking sheet and toss and coat with a low fat cooking spray. Pick your pleasure—parmesan cheese, taco seasoning, cinnamon and sugar—sprinkle over popcorn and bake for 5-7 minutes at 300 degrees.

**Fruit Kabobs**— This is a fun recipe for the entire family to help create! Select your favorite fruit and slice up in large chunks. Provide everyone with a skewer and invite people to create their own kabobs.

**Mini Pizzazzas** —Using whole wheat English muffins or bagels, add pizza sauce and diced vegetables. Everyone can create their own pizza before adding some low-fat mozzarella cheese and throwing it in the oven for 5-8 minutes.

**Dippers**—Provide dipping alternatives for your family. Offer hummus, honey mustard or cottage cheese when serving sliced, raw veggies!

**Fruity Burritos**—This is like no burrito your family has tasted before. Spread peanut butter on a wheat tortilla, add some sliced fruit, and sprinkle shredded coconut on top. Fold and enjoy!

**Same but Different**—Freeze grapes or berries in a re-sealable bowl for whole fruit that tastes like mini popsicles.

*Some recipe ideas adapted from Kids Health, <http://www.kidshealth.org/index.html>.*

**Your kids are what YOU eat! Be a good role model and make healthy choices!**