

Healthy Snack Ideas



Quick and Nutritious Snack Suggestions

- Apple slices
- Cheese and apple slices
- Celery filled with cottage cheese
- Smoothies (made from milk and fresh fruit in the blender)
- Vegetable spears dipped in cottage cheese
- Cheese melted on tortillas
- Mini-pizzas (made from tomato sauce and cheese grilled on an English Muffin)
- Banana slices dipped in peanut butter and sesame seeds
- Hard boiled eggs
- Cantaloupe boats with cottage cheese inside
- Ants-on-a-log (Celery stuffed with peanut butter and topped with raisins)
- Carrots with ranch dressing
- Make a fruit bowl with apples, bananas, grapes, pears, oranges, watermelon, and strawberries.
- Pretzel lollipops (Stick pretzel with cheese chunks on top)
- Jell-O cubes
- Pudding pops
- Banana pops (Peel bananas, cut in half. Put a wooden stick in center of each half and freeze)
- Corn bread or muffins, raisin breads, nut breads
- Snack mix (popcorn, peanuts, raisins, small pretzels)
- Yogurt
- Tuna fish sandwich
- 2 Tortillas with melted cheese AKA Quesadillas