

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!