

Kid-Approved Snack List

Filled Dates

- Open/slice dates long ways
- Remove pits
- Fill with nut or seed butter OR ricotta or cream cheese
- Add cinnamon, nuts, chocolate chips, and/or coconut



Fruit & Cheese

- Cut desired fruit
- Cut desired cheese
- Serve charcuterie style to allow choices

Dips

- Mash an avocado and add some lemon juice and salt
- Mix italian seasoning into plain yogurt
- Mix honey *if over 1 year, nut butter, and cinnamon to plain yogurt
- Mix date caramel and homemade chocolate syrup

Popsicles

- Puree fruit of choice
- Add plain yogurt, honey *if over 1 year, and/or milk of choice, if desired
- Pour into popsicle makers, freeze, & enjoy!

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Smoothies

- Liquid of choice ... water, juice, or milk
 - Frozen fruit
 - Greens, fresh or frozen
 - Add ins ... nut or seed butter, coconut, avocado
- Blend all ingredients together and serve!

Hard Boiled Eggs

- Add up to 12 eggs to a pot
- Cover with water
- Bring to a boil
- Place a lid, turn off heat, but keep pot on heat for 20 minutes
- Drain and run under cold water. Place in fridge immediately

Banana Nachos

- Slice bananas
- Toppings: granola, nuts or seeds *prepared according to age & safety, nut or seed butter, chocolate chips
- Serve buffet-style to allow your child to choose what they want



Yogurt Parfaits

- Plain yogurt of choice
- Fruit
- Nuts or seeds (chopped, powdered, or butter)
- Honey *if over 1 year
- Granola
- No sugar added dried fruit



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Chia Pudding

- 2TBSP Chia seeds
- 1/3 - 2/3 cup milk of choice
- Optional add ins: cocoa powder & honey *if over 1 year; cinnamon and nut butter
- Give a good shake and let it sit at least 30 minutes, but overnight is best
- Top with fruit, granola, coconut

Ice Cream Fruit

- Slightly thaw frozen fruit
- Cover with milk of choice or heavy cream
- Add a drizzle of honey *if over 1 year
- Slightly mash, serve, & enjoy!

Peanut Butter on Everything

Peanut Butter is a great, easy protein source! Add it to a slice of sourdough or whole wheat bread, crackers, pretzels, fruit, dates, mix into yogurt, bars, and more!



Snack Mix

- Freeze dried fruit
- No sugar added dried fruit
- Nuts and seeds *prepared according to age and safety
- Shredded coconut
- Chocolate chips
- Cheerios
- Pretzels
- Combine desired ingredients and enjoy!



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**All foods should be prepared according to age and safety. No honey prior to 1 year of age. Whole nuts or seeds are choking hazards and should be used with extreme caution. Many foods recommended are part of the Big 9 Allergy Foods and should also be used with extreme caution.*

Always consult your child's healthcare provider if you have questions or concerns about food safety and serving suggestions.

Reference

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