

Healthy Snack List



20 Peanut and Nut-free Snacks that Nourish and Nurture



Please talk with your child's teacher about specific classroom allergies and food sensitivities so we can ensure safe snacks for all students!

1. Apple sauce
2. Apple slices and Sunbutter*
3. Bananas
4. Bell Peppers and *homemade tahini-free hummus*
5. *Berry Spinach Smoothie*
6. Carrots and Ranch Dressing or Greek yogurt ranch dressing
7. Celery and Sunbutter*
8. Cheese sticks
9. Cucumber & cream cheese mini-sandwiches
10. Cuties
11. Grapes
12. Guacamole and corn chips
13. *Homemade Pumpkin Garbanzo Bites*
14. Homemade trail mix: dried fruit, pumpkin seeds, low sugar cereal such as Cheerios* or Rice Chex*
15. Plain yogurt with a 'touch' of maple syrup or honey, or Siggis yogurt tubes
16. Raisins with Go Raw Pumpkin seeds or pepitas
17. Sliced watermelon or cantaloupe
18. *Whipped cottage cheese* and fresh fruit
19. Whole wheat pita and *homemade tahini-free hummus*
20. 100% whole grain crackers and cheese slices

-Fruits, vegetables, healthy fats and high quality proteins make the best snack choices because they provide the body with essential vitamins and minerals for growth and optimal wellness.

-Snacks that are high in sugar, low in fiber can cause spikes in blood sugar levels, making it more challenging for children to maintain focus and perform at their best.

-90% of children do not get the recommended amount of fruits and veggies per day. Including fruits or veggies at snack time is a great way to increase consumption of these Super Hero foods!

Healthy Snack Recipes

All recipes serve up to 8 students



Tahini-free Hummus

Ingredients:

- 1 can chickpeas, include liquid
- Juice from 1 lemon
- 1 tsp. cumin
- 1 tsp. salt
- 3 tbsp. olive oil

Directions: Place Ingredients through salt in a food processor or blender. Start the blender and add olive oil.

Optional Add-Ins:

- 1 handful of fresh basil
- 1 red pepper, diced

Serving suggestions:
fresh veggies or pita bread

Pumpkin Garbanzo Bites

Ingredients:

- 2 can garbanzo beans, rinsed
- 1/4 maple syrup
- 2 tbsp. butter, melted
- 2 tsp. pumpkin pie spice
- 1/2 cup raw pepitas
- Dash sea salt

Directions: Line baking sheet with parchment paper. Preheat oven to 350F. Pat beans dry. Bake for 35 minutes, rotate after 20 minutes. Toss beans with melted butter, pie spice, pepitas, and salt. Transfer back to the baking sheet and bake for an additional 5 minutes. Allow mixture to cool.



Berry Spinach Smoothie

Ingredients:

- 3 cup whole or 2% milk
- 1 ½ cup frozen blueberries
- 2 bananas
- 2 handfuls of baby spinach

Directions: Place ingredients in a high speed blender and blend until smooth.

Whipped Cottage Cheese

Ingredients:

- 24 oz. container of 2% cottage cheese
- Juice from 1 to 2 lemons
- ¼ cup maple syrup or honey
- Cinnamon to taste

Directions: Place ingredients in a high-speed blender and blend until smooth.

Serving suggestions: Serve with fresh fruit (berries, apple slices) or with carrot and celery sticks or whole grain graham crackers