KID FRIENDLY SNACKS

Flip for recipes.
CRUNCHY ANTS ON A LOG

Wash celery and cut in half. Top with peanut butter (or almond butter). Decorate by adding a line of raisins on the top. Enjoy!

SPICY FRUIT AND VEGGIE CUPS

With the help of an adult, cut 1 cup each of fresh mango, watermelon, pineapple, papaya, jicama, and cucumber into spears. Drizzle with juice from one lime and sprinkle with 1 teaspoon chili powder. Divide into cups. Enjoy!

SAVORY AIR-POPPED POPCORN

Add ⅓ cup popcorn kernels to a medium paper bag. Fold the top over twice. Microwave on high until the popping has a one second gap, about 1 ½ to 2 ½ minutes. Try topping with a little garlic powder, chili powder, or grated parmesan.

SWEET STRAWBERRY YOGURT POPS

Mix 1 cup low-fat strawberry yogurt with 6 chopped strawberries. Use an ice tray or paper cups as a mold, and pour in yogurt mixture. Cover tray or cups with plastic wrap or tin foil, and add craft sticks. Freeze about 4 hours or until firm.