

FUN KID'S SNACKS

to increase fruit and vegetable intake!

CARROT STARS



mix 1.5 cups of grated carrots, 1/2 a cup of water, 1/2 a cup of grated cheese, 2 eggs, 4 tbs flour and bake in the oven at 350 for 13 minutes!

FRUITY RICE CAKES



spread greek yogurt on a brown rice cake and top with blueberries, strawberries, banana, or any choice of your favorite fruit!

BEET CHIPS



thinly slice beets and put them in the oven at 375 for 10 minutes for a healthy and tasty chip alternative!

GREEK YOGURT STRAWBERRIES



dip strawberries in greek yogurt and freeze for 2 hours for a sweet and healthy treat!

RECOMMENDED DAILY AMOUNT:

VEGETABLES: 2-3 SERVINGS

FRUITS: 1-2 SERVINGS

WHAT COUNTS AS A SERVING?

- 1 cup of raw or cooked vegetables
- 8oz of 100% vegetable juice
- 2 cups of raw leafy greens
- 1 cup of cooked beans, chickpeas, or lentils

- 1 cup of raw fruit
- 8oz of 100% fruit juice
- 1/2 cup of dried fruit

CUCUMBER CUPS



scoop out the inside of a cucumber slice and fill with chicken salad, greek yogurt, or any filling of your choice!

ZUCCHINI PIZZA BITES



thinly slice zucchini and top with marinara, cheese, or any of your favorite toppings and bake for 8 minutes at 400!

BELL PEPPER & HUMMUS CUPS



thinly slice bell pepper and serve in a cup of hummus for a cute way to present a classic snack!

BANANA GRANOLA BITES



top banana slices with peanut butter or another nut butter and then sprinkle with granola or chopped nuts!

BERRY SKEWERS



have your kids make their very own berry skewers! mix and match different fruits for multiple flavor combinations!

TOMATO AVOCADO CUPS



slice cherry tomatoes in half and fill with avocado spread for a snack that combines two awesome veggies!