

HEALTHY SNACKS

To make as a family

Looking for quick, yet healthy snacks for your family to enjoy? These budget-friendly and easy-to-make snacks will soon be family favorites. It's also a great way to get children involved in the kitchen!



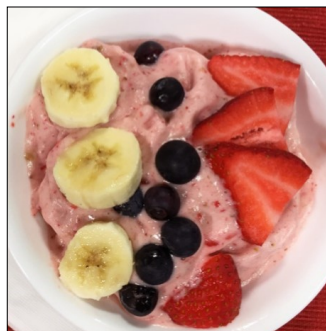
ANIMAL CRACKERS ON A LOG

Children of all ages can help put these snacks together. This snack is a fun way to get your child to eat vegetables!



TORTILLA FRUIT PIZZA

Toddlers will have fun placing pieces of fruit on this fruit pizza that can be served as a snack or dessert. Make sure to cut the fruit in bite-sized pieces to prevent choking.



BANANA BERRY SOFT SERVE

This recipe is a great way to use up ripe bananas. Children ages 4-8 can practice slicing the bananas using a plastic knife.



FRUIT AND NUT GRANOLA BAR CLUSTERS

These sweet snacks are a good source of fiber and protein. Snack on these when you need a boost of energy!



APPLE NACHOS

These apple nachos make a great afternoon snack or after-dinner dessert. They're also a good source of fiber!



GORP

GORP is a great recipe for children of any age to help measure and mix the ingredients together. This is also a perfect snack to take on the go!

For recipes visit

<https://eat-move-save.extension.illinois.edu/>

I ILLINOIS
Extension

**COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCES**

Learn More
extension.illinois.edu

University of Illinois | U.S. Department of Agriculture | Local Extension Councils Cooperating
University of Illinois Extension provides equal opportunities in programs and employment.