

# 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!