

— 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 $\frac{1}{3}$ **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**.