

10 Wholesome Snacks for Sprightly Sprouts



INGREDIENTS

- 2 cups plain Greek yogurt (or flavored if preferred)
- 1 cup mixed berries (strawberries, blueberries, raspberries, blackberries)
- 2 tablespoons honey or maple syrup (optional, for added sweetness)
- 1 teaspoon vanilla extract
- 1/2 cup granola (optional, for a crunchy topping)

BERRY BLAST FROZEN YOGURT BITES



EQUIPMENT:

- Blender or food processor
- Silicone muffin cups or an ice cube tray
- Mixing bowl
- Spoon
- Baking sheet or tray that fits in your freezer

STEP

1. Wash and cut the berries into small pieces.
2. Mix Greek yogurt with a drizzle of honey to taste.
3. Place a berry piece in each compartment of an ice cube tray.
4. Spoon the yogurt over the berries, filling each compartment.
5. Freeze for at least 2 hours until solid.
6. Pop out and enjoy!

BERRY BLAST FROZEN YOGURT BITES



SPECIAL RECIPE

Nutritional Fun Fact:

These bites are bursting with antioxidants and vitamin C, perfect for boosting your immune system!



INGREDIENTS:

- baby carrots
- Celery sticks
- Cherry tomatoes
- Cucumber slices
- Hummus or ranch dip
- Toothpicks

STEP

1. Prepare Vegetables: Wash and cut vegetables into fun shapes.
2. Assemble Critters: Use toothpicks to attach veggies and create fun critter shapes.
3. Serve: Arrange on a plate with a side of hummus or ranch dip.

VEGGIE CRITTER CRUNCHERS



Nutritional Fun Fact:

Crunch on these for a fibre-rich snack that keeps your digestive system happy!



INGREDIENTS:

- 2 whole wheat tortillas
- 2 tablespoons peanut butter
- 1 banana
- 1 tablespoon honey (optional)

STEP

1. Spread Peanut Butter: Spread peanut butter evenly over each tortilla.
2. Add Banana: Place a whole banana on one edge of each tortilla.
3. Roll Up: Roll the tortilla around the banana.
4. Slice: Cut into bite-sized pieces and drizzle with honey if desired.

PEANUT BUTTER & BANANA ROLL-UPS



Nutritional Fun Fact:

This snack is a powerhouse of energy, with protein and potassium to fuel your adventures!



Cheesy Cauliflower Tots

Ingredients

- 2 cups water 1 head of cauliflower, chopped
- 1 cup shredded cheddar cheese
- 1/2 cup breadcrumbs
- 1 egg
- Salt and pepper to taste
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Steps

1. **Steam Cauliflower:** Steam cauliflower until soft, then mash.
2. **Mix Ingredients:** Combine cauliflower, cheese, breadcrumbs, egg, salt, and pepper in a bowl.
3. **Shape Tots:** Form mixture into small tot shapes.
4. **Bake:** Place on a baking sheet and bake at 400°F (200°C) for 20-25 minutes, until golden.



Nutritional Fun Fact:

Cauliflower is a super veggie that's high in vitamins and low in carbs!



INGREDIENTS:

- 1 apple
- 4 grapes
- 1 tablespoon peanut butter
- 8 mini pretzel sticks
- Raisins (for eyes)

STEP

1. Prepare Apple: Cut the apple into slices.
2. Assemble Turtles: Use peanut butter to attach grapes as the turtle heads and legs, pretzels as the legs, and raisins for the eyes.

APPLE TURTLE SNACKS



Nutritional Fun Fact:

Apples are a great source of fiber, and grapes add a sweet touch of antioxidants!



INGREDIENTS:

- Strawberries
- Pineapple chunks
- Green grapes
- Blueberries
- Purple grapes
- Skewers

STEP

1. Prepare Fruit: Wash and cut fruit into bite-sized pieces.
2. Assemble Skewers: Thread fruit onto skewers in rainbow order (red, yellow, green, blue, purple).

RAINBOW FRUIT SKEWERS



Nutritional Fun Fact:

Apples are a great source of fibre, and grapes add a sweet touch of antioxidants!



INGREDIENTS:

- 1 cucumber
- 1 carrot
- 1 avocado
- 1/2 cup cooked rice
- Soy sauce (optional)

STEP

1. Prepare Ingredients: Slice cucumber and carrot into thin strips, and mash avocado.
2. Assemble Sushi: Cut cucumber into large pieces and hollow out the center. Fill with rice, avocado, and carrot strips.
3. Serve: Serve with soy sauce for dipping.

CUCUMBER SUSHI FOR KIDS



Nutritional Fun Fact:

Cucumbers are hydrating and
carrots are great for your
eyesight!



INGREDIENTS:

- 2 sweet potatoes
- 2 tablespoons olive oil
- Salt and pepper to taste

STEP

1. Preheat Oven: Preheat to 425°F (220°C).
2. Prepare Sweet Potatoes: Cut sweet potatoes into fry shapes.
3. Season: Toss with olive oil, salt, and pepper.
4. Bake: Bake for 20-25 minutes, flipping halfway, until crispy.

SWEET POTATO CRUNCH FRIES



Nutritional Fun Fact:

Sweet potatoes are full of beta-carotene, which is good for your heart!



INGREDIENTS:

- Whole grain pizza dough
- 1/2 cup marinara sauce
- 1 cup shredded mozzarella cheese
- Pepperoni slices
- Star-shaped cookie cutter

STEP

1. Preheat Oven: Preheat to 425°F (220°C).
2. Cut Dough: Use star-shaped cutter to cut out star shapes from the dough.
3. Assemble Pizzas: Top each star with marinara sauce, cheese, and a pepperoni slice.
4. Bake: Bake for 10-12 minutes, until the cheese is melted and the crust is golden.

WHOLE GRAIN PIZZA STARS



Nutritional Fun Fact:

Whole grains are full of nutrients and help keep your energy levels steady!



INGREDIENTS:

- 1 cup cooked quinoa
- 1 cup diced mango
- 1 cup diced strawberries
- 1 cup blueberries
- 2 tablespoons honey
- Juice of 1 lime

STEP

1. Prepare Quinoa: Cook quinoa according to package instructions and let cool.
2. Mix Fruit: Combine quinoa, mango, strawberries, and blueberries in a bowl.
3. Add Dressing: Whisk honey and lime juice together and pour over the salad. Mix well.

HONEY LIME QUINOA FRUIT SALAD



Nutritional Fun Fact:

Quinoa is a complete protein,
and the fruits add a sweet
dose of vitamins!



INGREDIENTS:

- 1 cup mixed berries
- 1 banana
- 1 cup almond milk
- 1 tablespoon honey

STEP

1. Blend Ingredients: Combine all ingredients in a blender and blend until smooth.
2. Serve: Pour into a glass and enjoy.

BERRY BONANZA SMOOTHIE

