



Healthy + Easy Kid Snacks

Kids love snacks! And studies estimate that about 1/4 of kids' calories come from snacks, so why not use snacktime to serve up some FUN nutritious fare?

These snacks contain nutrient-rich fruit/veggies + healthy protein. Plus, these snacks are ready in 15 minutes or less!

Looking for more tips on healthy snacks and meals for kids or ideas for getting healthy meals on your family table? Check us out at SmartMouthNutrition.com or call 336.690.0007 to schedule a session. Happy noshing!



Watermelon Pizza

8 servings

10 minutes

Ingredients

- 1 1/2 cups Canned Coconut Milk (full fat, refrigerated overnight)
- 1/4 Seedless Watermelon (medium)
- 1/4 cup Blueberries
- 1 Peach (sliced)

Directions

- 1 Scrape the coconut cream from the top of the can into a large mixing bowl. The cream should have separated from the coconut juice after being refrigerated.
- 2 Whip the coconut cream with a hand mixer until fluffy, about 5-10 minutes. Place in fridge until ready to use. (Note: it will not be as stiff as dairy whipped cream.)
- 3 Cut a round slice from the center of your watermelon, about 1 inch thick. Pat dry with paper towel.
- 4 Spread whipped coconut cream evenly across your watermelon and top with blueberries and peach slices. Carefully cut into servings and enjoy immediately.

Notes

Other Toppings: Any fruit, fresh herbs, crushed nuts, shredded coconut, hemp hearts, dark chocolate chips, etc.

No Coconut Whipped Cream: Use melted chocolate or yogurt instead.

Make More: Create smaller watermelon pizzas with leftover watermelon.



Peanut Butter Fruit Dip

8 servings

10 minutes

Ingredients

1/2 cup All Natural Peanut Butter
1 cup Unsweetened Coconut Yogurt
1 tbsp Maple Syrup

Directions

- 1 Combine all ingredients together in a bowl or a food processor and mix well. Enjoy!

Notes

Serving Size: One serving is equal to approximately 3 tbsp of dip.

Leftovers: Keeps well in the fridge up to 3 to 4 days. Stir well before serving.

Serve it With: Sliced fruit such as strawberries, bananas, apples, pears or pineapple.

Nut-Free: Make it with sunflower seed butter instead of peanut butter.

No Coconut Yogurt: Use Greek yogurt or almond yogurt instead.



Cottage Cheese with Blueberries

3 servings

5 minutes

Ingredients

- 1 1/2 cups Cottage Cheese
- 3/4 cup Blueberries (fresh or frozen)

Directions

- 1 Divide the cottage cheese and blueberries into bowls or storage containers. Enjoy!

Notes

Make It Sweet: Drizzle honey or maple syrup overtop.

Storage: Refrigerate in an airtight container up to 3 to 5 days.



Edamame

1 serving

5 minutes

Ingredients

1/2 cup Frozen Edamame (shelled, thawed)

Directions

- 1 Enjoy as a snack or add as a side to a main dish, salad or soup.

Notes

Storage: Refrigerate in an airtight container up to 4 days.



Rice Cake with Sunflower Seed Butter & Raspberries

1 serving

5 minutes

Ingredients

- 1 Plain Rice Cake
- 1 tbsp Sunflower Seed Butter
- 1/4 cup Raspberries

Directions

1

Spread sunflower seed butter onto the rice cake and top with raspberries.
Enjoy!

Notes

No Sunflower Seed Butter: Use any nut or seed butter instead.

More Flavor: Top each rice cake with a drizzle of maple syrup, honey or a pinch of cinnamon.

More Fiber: Garnish with hemp seeds, chia seeds or ground flax seeds.

No Raspberries: Use blueberries, blackberries or sliced strawberries instead.



Chocolate Peanut Butter Energy Bites

16 servings

15 minutes

Ingredients

1 cup Quick Oats
1/2 cup Ground Flax Seed
3 tbsps Cacao Powder
1/4 tsp Sea Salt
1/2 cup All Natural Peanut Butter
1/3 cup Maple Syrup
1 tbsp Unsweetened Almond Milk
(optional)

Directions

- 1 In a large mixing bowl combine oats, flax, cacao powder, sea salt, peanut butter and maple syrup. Add almond milk if the dough is too thick and sticky.
- 2 Roll the dough into balls about 1-inch in diameter. Chill in the fridge for at least 20 minutes before serving. Enjoy!

Notes

Storage: Store in an airtight container in the fridge for seven days or in the freezer for longer. Always serve chilled.

Serving Size: One serving is equal to one ball.

Gluten-Free: Use certified gluten-free oats.

Nut-Free: Use sunflower seed butter instead.

More Flavor: Add vanilla extract.

No Maple Syrup: Use honey instead.

No Quick Oats: For best results, these balls need a smaller oat-texture. If you substitute with rolled oats, pulse a few times in a food processor to chop them up into a quick oats texture.



Fruit & Egg Snack Plate

2 servings

20 minutes

Ingredients

- 2 Egg
- 1 cup Blueberries
- 1 cup Strawberries (halved)

Directions

- 1 Place eggs in a saucepan and cover with water. Bring to a boil over high heat then turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Transfer the eggs to a bowl of cold water and let the eggs sit until cool enough to handle.
- 2 Peel and slice the hard boiled egg and serve with the blueberries and strawberries. Enjoy!

Notes

Leftovers: Store the eggs and fruit separately. Refrigerate the hard boiled eggs in a covered container with the shell on for up to seven days. Refrigerate the fruit in an airtight container for up to two days.

Serving Size: One serving is one egg and one cup of fruit.

More Flavor: Season the hard boiled egg with salt and pepper.



Bocconcini & Cucumber

2 servings

5 minutes

Ingredients

- 3 1/2 ozs Small Bocconcini
- 1/3 Cucumber (sliced)
- 1/4 cup Basil Leaves

Directions

- 1 Take a toothpick and thread bocconcini, a cucumber slice, and a basil leaf one at a time. Repeat until each toothpick is full. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately six small bocconcini, six cucumber slices, and six basil leaves.

Make it Vegan: Omit the cheese and replace it with a tomato or small boiled potato. Use vegan cheese instead of bocconcini.

More Flavor: Season with salt, pepper or fresh/dried herbs. Drizzle olive oil, pesto, or balsamic overtop.



Melon with Cinnamon Yogurt Dip

2 servings

5 minutes

Ingredients

1/2 cup Unsweetened Coconut Yogurt
1/4 tsp Cinnamon
1/2 Honeydew Melon (small, peeled,
seeds removed and chopped)

Directions

1 In a small bowl combine the yogurt and cinnamon. Dip the melon and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Store melon and yogurt dip separately.

Serving Size: One serving is approximately 1 1/2 cups of melon and 1/4 cup of yogurt.

More Flavor: Add maple syrup or honey to the yogurt dip for extra sweetness.

No Coconut Yogurt: Use Greek yogurt instead.



Applesauce & Berries

2 servings

5 minutes

Ingredients

- 2 cups Unsweetened Applesauce
- 1/2 cup Strawberries (chopped)
- 1/2 cup Blueberries

Directions

- 1 Divide the applesauce into bowls and top with strawberries and blueberries. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add cinnamon.

Additional Toppings: Sliced banana, crushed nuts, or granola.