

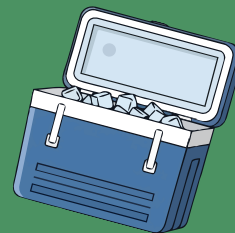
Snack Smart: Healthy Bites for Busy Teens & Parents



Make sure to check and follow your schools allergy and snack policies.

Snack Cooler Packing List

- String cheese sticks
- Hard boiled eggs
- Fruit
- Veggies
- Edamame
- Nuts
- Sandwich roll ups
 - Tortilla, lettuce, meat and cheese
- Applesauce/fruit pouches
- Raisins
- Drinkable yogurt
- Whole wheat crackers
- Plain or low salt popcorn



For more ideas visit:

Kristine's Kitchen: kristineskitchenblog.com
Children's Hospital Colorado:
childrenscolorado.org/just-ask-childrens/articles/lunch-tips-athletes/
Healthline: healthline.com/nutrition/snacks-for-teens#quick-bites
Kitchen Treaty: kitchentreaty.com/dark-chocolate-cherry-trail-mix/
Love and Lemons: loveandlemons.com/roasted-chickpeas/

Dark Chocolate Cherry Trail Mix

Ingredients

- 1 ½ c roasted salted almonds
- 1 ½ c raw cashews
- 5 oz package dried cherries (1 cup)
- ¾ c dark chocolate chips



Directions

1. Mix all ingredients together and store in an airtight container.

Make your own version! Mix your favorite ingredients together, some suggestions are:

- Seeds-pumpkin, sunflower, etc.
- Nuts-Pick the lightly salted or raw versions
- dark chocolate chips or candies
- dried fruits-bite size versions work best





Quick and Easy Ideas

Apple and Nut butter sandwiches

Slice apples, spread nut butter on one slice, put another on top. For an over the top snack, roll the edges in seeds or chopped nuts.

Hummus jar

Put a layer of hummus in the bottom of a jar or tall glass, then fill with sliced veggies like carrots, cucumber, celery and zucchini



Mozzarella/Tomato sticks

Use skewers to alternate mozzarella balls and cherry tomatoes, sprinkle with Italian herb seasoning or other seasonings if desired.

Cheese, apple, and grape sticks

Use skewers to layer cubes of cheese, whole red or green grapes and apple chunks.



Deviled Eggs

1. Cut hard boiled eggs in half, and scoop out the yolks.
2. Mix yolks with mayonaise or Greek yogurt, salt, pepper and/or whatever seasonings you desire.
3. Add in other things like chopped onions, paprika, celery or pickle relish if desired.
4. Scoop the yolk mixture back into the egg white depressions and sprinkle the tops with chopped gr onion, parsley, or paprika if desired.



Yogurt Parfaits

Using a jar or tall glass, layer greek yogurt with fresh fruit such as berries, or peaches, and chopped nuts, seeds, or granola



Easy Roasted Chickpeas



Ingredients

- 2 cups cooked chickpeas (can also use canned, drained chickpeas)
- 1–2 tsp oil
- Salt
- Optional spices: paprika, chili powder, garlic powder, cumin, or cinnamon



Directions

1. Heat oven to 400°F.
2. Pat chickpeas dry with a towel (the drier they are, the crispier they get).
3. Spread chickpeas on a baking sheet. Drizzle with oil and sprinkle with salt.
4. Roast 20–30 minutes, shaking the pan halfway through.
5. Sprinkle with optional spices while warm.



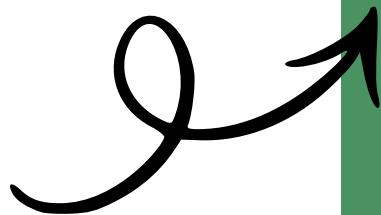
Carrot Cake Breakfast Cookies



Ingredients

- 2 1/4 cups old-fashioned oats
- 1 cup oat flour or whole wheat flour
- 1/2 cup ground flaxseed-optional
- 2 teaspoons cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup unsweetened applesauce
- 1/2 cup honey or pure maple syrup
- 1 large egg
- 2 teaspoons vanilla extract
- 1/4 cup unsalted butter melted and cooled slightly
- 1 cup grated carrot (2 medium carrots)
- 1 cup finely chopped or grated apple (1 medium), no need to peel

Directions next column



Carrot Cake Breakfast Cookies- Continued

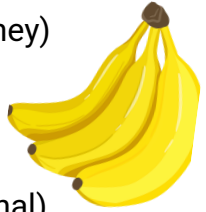
Directions

1. Preheat oven to 350° F. Line baking sheets with parchment paper.
2. In a large bowl, stir together oats, flour, flaxseed, cinnamon, nutmeg, baking soda and salt.
3. In a medium bowl, whisk together applesauce, honey (or maple syrup), egg and vanilla. Mix in the melted butter.
4. Pour the wet ingredients into the dry and stir until just combined. Gently fold in the grated carrot and apple.
5. Use a large scoop or measuring cup to drop 1/4-cup portions of dough onto the prepared baking sheets. Use your fingers to gently shape the cookies and flatten slightly, as they won't flatten on their own during baking.
6. Bake 14-15 minutes, until set and lightly golden.
7. Let cookies cool on the baking sheet for a few minutes before removing to a wire rack to cool completely.

Banana Oatmeal Mini Muffins

Ingredients

- 2 cups Oats
- 1 cup Plain Yogurt (Greek or regular)
- 2 Eggs
- 2 Ripe Bananas
- 2 tbsp Maple Syrup (or honey)
- 1.5 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1 tsp vanilla extract (optional)
- Optional: 1/2 Cup Mix-ins (i.e. chocolate chips, chopped nuts, raisins or dried fruit, blueberries, shredded coconut, etc.)



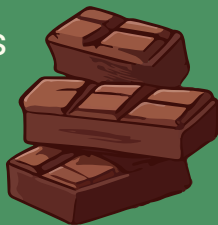
Directions

1. Add oats, yogurt, eggs, bananas, maple syrup, baking powder, baking soda, vanilla and salt to the blender container.
2. Blend until the muffin batter is completely smooth.
3. Pour batter into prepared muffin cups.
4. Gently add mix-ins directly to muffin cups. Use a small spoon to stir them in.
5. Bake at 350°F (180°C) for 15-20 minutes.
6. Remove from oven once the muffins are fully cooked and set on top. Allow to cool and remove.
7. Serve and enjoy or store in an air tight container for 3-5 days.

Chocolate Energy Bites

Ingredients

- Pitted dates
- Unsweetened Cocoa Powder
- Rolled Oats
- Unsalted Cashews
- Almond Flour
- Maple Syrup
- Salt



Directions

1. Place all ingredients (except maple syrup) in a food processor
2. Process mixture until a dry, fine mixture forms
3. Add maple syrup through the top opening, pulsing to form moist crumbles
4. Turn crumbly dough out from food processor into a bowl. Lightly compress it with your hands or a spoon to make a cohesive lump of dough.
5. Portion dough into bite-sized balls with your hands or a portion scoop.
6. Roll each ball between your hands to create a uniform surface and compacted ingredients

Mix and Match Energy Bites

Ingredients

- 1 c old-fashioned oats
- ½ c nut butter
- 1 tsp vanilla
- 2 Tbsp honey/maple syrup
- Add in:
 - Seeds: chia, sunflower, pumpkin, ground flax seed, hemp seed
 - Nuts: Peanut, almond, walnut, cashew
 - Dried fruit: raisins, craisins, dried cherries, etc.

Directions

1. Mix Base ingredients. Add in seeds, nuts and/or dried fruit as desired.
2. Portion dough into bite-sized balls.
3. Store in an airtight container in a cool, dry place.

Mix and Match Energy Bites-varieties

Use these add ins for different varieties!

1. **Candy Bar:** Slivered almonds, coconut, mini chocolate chips
2. **Tropical:** dried pineapple, dried mango, coconut, almonds
3. **Banana Bread:** dried banana chips, walnuts, cinnamon
4. **Pumpkin Pie:** ½ cup canned pumpkin, pumpkin seeds, pumpkin pie spice optional: chia/flax seeds
5. **Pineapple Upside Down Cake:** dried pineapple, dried cherries/craisins, chia/flax seeds
6. **PBJ:** peanuts, flax seed, raisins
7. **Try your own!** Think of things that remind you of your favorite snack or dessert and add those in to make your own variety!

