

# Healthy Snacks Kids Can Make

## Apple Yogurt Dip

### RECIPE INGREDIENTS:

1/2 cup plain yogurt  
1/4 tsp. cinnamon  
1/4 tsp. vanilla extract  
1 medium apple

Combine the yogurt, cinnamon and vanilla extract in a small bowl. Core and slice apple to dip into mixture. Makes 1 serving.

## Homemade Salsa

### RECIPE INGREDIENTS:

Tomatos chopped (fresh or canned)  
Black beans (canned)  
Cilantro (chopped)  
Onion (chopped)  
Lime

Mix together and serve with your favorite chips esp. homemade tortilla chips

Homemade tortilla chips-Cut tortilla, spray both sides with Pam, bake for 5-10 minutes, add seasoning.

## Crystal Light Pops

### RECIPE INGREDIENTS:

Dixie cups and popsicle sticks (plastic spoons work well too)  
Crystal Light or any low calorie beverage

Pour Crystal Light in cup. Freeze for 1 hour, add spoons, continue freezing until done.

## Creamy Yogurt Pops

### RECIPE INGREDIENTS:

Your favorite yogurt  
Popsicle sticks or plastic spoon  
Dixie Cups

Place yogurt in Dixie cups, add popsicle stick or spoon, freeze.

## English Muffin Pizzas

### RECIPE INGREDIENTS:

English muffins  
Pizza sauce  
Shredded mozzarella cheese  
Toppings (fresh vegetables, turkey bacon, low-fat feta, etc..)

Cut muffins in half and line on cookie sheet or foil. Top with sauce, cheese, and toppings. Place in 350 deg. oven or conventional oven until cheese melts.

## Banana Wrap

### RECIPE INGREDIENTS:

1 flour tortilla  
Peanut butter  
Jelly or fluff  
Banana

Spread peanut butter and jelly on tortilla, place banana, wrap it, and cut in half.

## Chocolate Dipped Strawberry or Banana Pops

Chocolate chips  
Popsicle sticks (optional)  
Strawberries, bananas, or your favorite fruit

Melt chocolate chips in microwave. Carefully (HOT!!) dip fruit, place on wax paper and freeze.

## Other Easy Ideas

Try frozen grapes or bananas

Try freezing your favorite juice in the ice cube tray. Add them to water or seltzer for a flavor twist.