

SNACK IDEAS

GENERAL

- MUFFIN OR BAR
- SMOOTHIE OR SMOOTHIE POPSICLE
- ENERGY BALLS OR BAR
- APPLE NACHOS
- POPCORN
- TORTILLA PIZZA
- FRUIT SNACKS OR FRUIT LEATHER
- TAQUITOS OR QUESADILLAS
- TRAIL MIX
- HOMEMADE LUNCHABLE OR SNACK PLATE

COMBOS

- OATMEAL + FRUIT (WARM OR COLD)
- AVOCADO TOAST + FRIED EGG
- STRING CHEESE + FRUIT OR CRACKERS
- APPLE + PEANUT BUTTER
- HB EGG + CEREAL OR FRUIT
- YOGURT + FRUIT + NUT/SEED PARFAIT
- HUMMUS OR RANCH DIP + VEGGIE STRIPS
- RICE CAKES + PEANUT BUTTER
- COTTAGE CHEESE + FRUIT
- CELERY + PEANUT BUTTER + RAISINS
- CEREAL + MILK
- POPCORN/PRETZELS/CEREAL + NUTS + DRIED FRUIT
- EGG WRAP OR BREAD + TURKEY + AVOCADO
- WAFFLE OR PANCAKE + PEANUT BUTTER OR YOGURT
- DATES + NUT BUTTER

BLOG RECIPES

ALL OF THESE RECIPES ARE KID-FRIENDLY AND CAN BE FOUND USING THE SEARCH BAR ON MY BLOG!

- CARROT OAT BARS
- BLUEBERRY BEET MUFFINS
- LEMON ENERGY BALLS
- SWEET POTATO BANANA BITES
- FRUIT PIZZA W/ OATMEAL FLAX CRUST
- MY GO-TO ENERGY BALLS
- WHOLE WHEAT YOGURT WAFFLES
- CHOCOLATE PEA COOKIES
- CHOCOLATE SQUASH MUFFINS
- NUT-FREE TODDLER TRAIL MIX
- BLUEBERRY CAULIFLOWER SMOOTHIE
- GREEN SMOOTHIE SNACK BARS
- COCONUT OIL BANANA MUFFINS
- BANANA OAT BARS
- PB BANANA CHIA PUDDING
- APPLE CINNAMON SNACK BARS
- PUMPKIN YOGURT BARS
- EGG WRAPS OR EGG WAFFLES
- WILD BLUEBERRY KEFIR SMOOTHIE
- SWEET POTATO PROTEIN COOKIES
- FROZEN YOGURT BITES
- CHOCOLATE AVOCADO PUDDING
- PEANUT BUTTER HEMP COOKIES
- ZUCCHINI CARROT APPLE MUFFINS
- PEANUT BUTTER CHICKPEA BARS

STORE-BOUGHT

- WHOLLY GUACAMOLE MINIS
- SABRA HUMMUS SINGLES
- LOVE GROWN FOODS POLAR PUFFS
- STONYFIELD ORGANIC WHOLE MILK POUCHES
- ANGIE'S BOOM CHICKA POP
- ANNIE'S WHOLE WHEAT BUNNIES
- HORIZON ORGANIC GOOD & GO!
- MUNK PACK FRUIT & OATMEAL SQUEEZE
- SKINNY POP POPCORN CAKES
- LIFEWAY KEFIR (8OZ SINGLES)
- MAMMA CHIA CHIA SQUEEZE
- MADE IN NATURE FIGGY POPS
- INNOFOODS COCONUT CLUSTERS
- LIFEWAY PROBUGS
- ENJOY LIFE GRAIN & SEED BARS
- TRISCUITS
- BARBARA'S CINNAMON PUFFINS
- KIND CINNAMON OAT BARS
- CRAZY RICHARD'S SINGLES OR YUMBUTTER
- ENJOY LIFE FOODS PLENTILS
- SIGGIS 4% YOGURT
- PRESSED BARS BY KIND
- SIMPLE MILLS CRACKERS
- ENLIGHTENED BROAD BEAN CRISPS
- BARE APPLE CHIPS
- ENJOY LIFE SEED & FRUIT PACKS
- UNIQUE SPROUTED PRETZEL SHELLS
- HALF POPS
- CINNAMON & SUGAR SUPERSEEDZ
- BIENA CHICKPEA SNACKS
- LORISSA'S KITCHEN
- RX BAR KIDS AND LARABAR MINIS
- CHOMPS GRASS-FED BEEF STICKS
- BAMBA PEANUT SNACKS
- ORGANIC VALLEY STRINGLES
- BITSY'S SMART CRACKERS
- SOMERSAULTS
- RHYTHM SUPERFOODS KALE CHIPS OR CARROT STICKS
- NATIERRA FREEZE-DRIED PEAS
- LESSER EVIL HIMALAYAN GOLD POPCORN
- BEANITOS WHITE BEAN CHIPS
- HARVEST SNAPS SNAPEA CRISPS
- CHIA POD
- PRE-PACKAGED HARD-BOILED EGGS
- HIPPEAS
- RW GARCIA SWEET POTATO CRACKERS
- TERRA SWEETS & BEETS
- OFF THE EATEN PATH VEGGIE CRISPS
- OUTSHINE KIDS FRUIT & VEGGIE POPSICLES
- MY SUPERFOODS GRANOLA BARS AND COOKIES
- APPLESAUCE
- STEAMABLE EDAMAME
- DR. PRAEGER'S SPINACH LITTLES
- NO ADDED SUGAR DRIED FRUIT
- SUNCHIPS