

Knacks for Snack Attacks

Try these healthful, quick snacks. They're easy and fun to make — and depending on your child's age, require little adult supervision.

1. **“Peanut Butter Pizza”** with yogurt for dipping.
2. **“Ants on a Log”** with a glass of cold milk.
3. **Snack kabobs:** Cut raw vegetables or fruit into chunks. Skewer them onto thin pretzel sticks.
4. Leftover **macaroni and cheese**, served with fruit juice.
5. **Banana pops:** Dip a peeled banana into yogurt, then roll in crushed breakfast cereal. Try them with graham crackers.
6. **Veggies with dip:** Cut carrots, celery, zucchini or cucumbers into sticks. Dip them into salsa. Serve with cheese sticks, too.
7. **Peanut butter balls:** Mix peanut butter and corn flakes in a bowl. Shape mixture into balls with clean hands. Then roll balls in crushed graham crackers, and serve with milk.
8. **Leftover pizza.**
9. **Peanut butter and jelly rolled inside a wheat tortilla.**
10. Small bowl of **breakfast cereal and milk.**



Kid-Approved Snacks

Peanut Butter Pizza

Boxed pizza crust mix
1 cup peanut butter
3 bananas, sliced
 $\frac{3}{4}$ cup raisins
 $\frac{1}{2}$ cup chopped apples



1. Bake pizza crust according to package directions.
2. Spread crust with peanut butter and top with bananas, raisins and apples.
3. Bake at 350°F for 10 minutes or until peanut butter melts. Slice and serve.

Serves 12.

Tip: For an extra-fun snack, fill a small bowl with yogurt to dip pizza slices.



Ants on a Log

4 celery sticks
Peanut butter or cream cheese
Raisins



1. Fill celery with peanut butter or cream cheese.
2. Top with raisins. Serves 1.

Tip: Serve with a cold glass of milk for a satisfying after-school snack.



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