

Easy Snacks for Children



Apple Twist

Freeze small containers of unsweetened applesauce overnight for a slushy treat and a serving of fruit.

Serving size: 1 container



Bagel Bites

Cut 1/2 of a whole wheat bagel into bite-sized pieces, spread with peanut butter.



Fruit and cheese kabobs

Thread fresh strawberries and cut-up block cheese onto a toothpick or bamboo stick.

Serving size is one ounce of cheese.



Ladybugs on a Log

Fill 3" to 4" long celery sticks with about 2 tablespoons Laughing Cow light cheese spread and dot with dried cranberries or raisins.