

# *10 Healthy Snacks For Kids*

Enjoy 10 healthy snack recipes that deliver power in flavor and nutrition

*By Annette Reeder*



# Contents

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- 1: Cherry Berry Muesli
- 2: Fiesta Party Wraps
- 3: Healthy Banana Cookies
- 4: Kids' Energy Bars
- 5: Muesli-Nut Fruit Salad
- 6: Muesli Mix
- 7: No Bake Peanut Butter Bars
- 8: Crispy Beans
- 9: Summertime Fruit Dip
- 10: Toasted Almond Granola

# Nutrition Information

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Flavor – comes from using real foods – God’s foods designed just for each person. These foods bring delight when the taste buds are trained to enjoy them.

Nutrition- comes from delivering high quality protein in small bite size pieces. Improve brain health which leads to better understanding, comprehension and application by having each snack and meal begin with bites of protein before eating carbs or fats. Never skimp on this important nutrient in the kids daily diet.

Healthy snacks on the go – nuts, seeds, and Trail Mix (make your own, see recipe ideas below).

How much is appropriate for a snack to not deter from dinner hunger? A handful is perfect. No matter what the size of the kid their own handful is appropriate for them for a snack. More than this will take away from dinner hunger which is very important for them to eat and desire a healthy meal. Too much sugar or too high in carbs will make the kids crave more sugar at dinner which can be a deterrent for healthy meals.

# Cherry Berry Muesli

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Serves: 8

Book: [The Daniel Fast](#)

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## Instructions

Soak oats overnight in pomegranate juice. Add other ingredients, mix and serve.



## Ingredients

1/2 cup oats

steel cut or old fashioned

1/2 cup pomegranate juice

1 banana

sliced

1 cup cherries or blueberries

fresh or frozen and thawed

1 granny smith apple

chopped

2 tablespoons ground flaxseed

freshly milled

1/4 cup almond milk

3 tablespoons nonfat soy yogurt

2 tablespoons chopped raw nuts

or 2 tablespoons sunflower seed butter

# Fiesta Party Wraps

Serves: 2 to 3

Book: [Treasures of Healthy Living Cookbook](#)

## Instructions

1:

In a medium-size mixing bowl, combine cream cheese, sour cream, garlic, chilies, green onions, and salsa. Add cheese and mix well

## Ingredients

1-8 ounce (224g) package cream cheese  
softened

1-8 ounce (224g) sour cream or yo-  
cheese

1 garlic clove  
minced

1-4 ounce (112g) can diced green  
chilies

3 tablespoons green onions  
chopped

1/4 cup (60 ml) salsa

16 ounce (448g) grated cheddar  
cheese

10 tortillas  
whole wheat or sun dried tomato

# Healthy Banana Cookies

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**Serves:** Makes 2 dozen cookies **Book:** [Treasures of Healthy Living Cookbook](#)

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## Instructions

1:

Preheat oven: 350 degrees Fahrenheit

2:

In a large bowl, mash the bananas, stir in oats, raisins, oil and vanilla. Mix well and allow sitting for 15 minutes. Drop by teaspoons onto ungreased



## Ingredients

3 ripe bananas

1 cup raisins

2 cups old fashioned oats

1/3 cup oil

1 teaspoon vanilla

# Kid's Energy Bars

Serves: makes 24 bars Book: [Treasures of Healthy Living Cookbook](#)

## Instructions

1:

Melt peanut butter with honey on the stove. Remove from heat. Stir in cereal and soy protein. Spread into 9 x 9" buttered pan.

2:

Top this with melted chocolate chips. Refrigerate until firm.

## Notes

Perfect snack or light lunch

\* Options: Nutty Flax Cereal can be replaced with Koala Crip or any "Rice Krispies" type cereal. Look for high fiber and low sugar content.

## Ingredients

1 cup natural peanut butter

1/3 cup honey

2 cups nutty flax cereal\*

1/3 cup chocolate soy

Chocolate Chips



# Muesli-Nut Fruit Salad

Serves: 1 to 2 servings Book: [Treasures of Healthy Living Cookbook](#)

## Instructions

1:

Cut up fruit into bite size pieces; set aside. In a food processor, combine the oats, nuts, coconut, sesame seeds, and cinnamon.

2:

Process with on/off turns until coarsely ground; do not over process or the mixture will become a paste.

2:

Sprinkle over fruit. Stir in the dried fruit and top with yogurt.

## Notes

An easy alternative to breakfast cereals and a great dieter's breakfast

Cold Cereal: Soak 1/4 cup muesli in 1/2 cup yogurt or fruit juice overnight. Enjoy as a quick satisfying breakfast.

Hot Cereal: Add 1/2 cup muesli to 1/2 cup water or milk and bring to boil. Simmer 3-5 minutes.

## Ingredients

1/2 cantaloupe

1 apple

1 mango

1 banana

2 peaches

5 strawberries

1/4 cup old fashioned oats

1/4 cup unsalted cashews, almonds, pecans or walnuts

4 tablespoons unsweetened, shredded coconut

1 tablespoon sesame seeds

1/8 teaspoon cinnamon

1/2 cup raisins, dried blueberries, or dates

2 cups non-fat yogurt



# Muesli Mix

Serves: 2 to 3    Book: [Treasures of Healthy Living Cookbook](#)

## Instructions

1:  
Mix and store in air tight container

## Notes

This recipe makes enough dry mix to keep on hand for a quick pick-me-up snack when added to yogurt or Kefir.

## Ingredients

2 cups oats

1 cup mixed nuts  
chopped

1/3 cup coconut

1/3 cup sesame seeds

1/3 cup flax seed

2 tablespoons cinnamon

1 cup dried blueberries

1 cup dates or raisins

# No Bake Peanut Butter Bars

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Serves: makes 12 bars    Book: [Treasures of Healthy Living Cookbook](#)

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## Instructions

1:

Combine oats, protein, and cereal in large bowl and set aside. Bring honey to a boil on stove top. Remove from heat and stir in peanut butter and vanilla until smooth. Immediately add honey mixture to dry mixture until well mixed.

2:

Stir in chocolate chips and press into 8" x 8" pan. Refrigerate 20-25 minutes until firm.

## Notes

Pressing excess moisture out of your tofu makes it firmer and thirstier—better able to absorb the delicious marinade.

## Ingredients

1/3 cup protein powder

1 cup quick oats

1 1/2 cups Nutty Flax Cereal

3/4 cup honey

1 cup natural peanut butter

2 1/2 teaspoons vanilla

1/3 cup chocolate chips

# Crispy Beans

Serves: 4 servings

Book: [The Daniel Fast](#)

## Instructions

1:

Rinse the beans. Spread baking sheet and pat dry with paper towel. Drizzle with olive oil and stir until all are lightly coated. Season with salt, pepper and rosemary. Other spices would be good-be creative. Mix until well coated and seasonings are well distributed.

2:

Bake in the oven at 450 degrees Fahrenheit for 25-30 minutes, until browned and crispy.

## Ingredients

1 can white kidney beans  
or beans of your choice

Olive Oil

Salt

Pepper

Rosemary

# Summertime Fruit Dip

Serves: 4 servings

Book: [Treasures of Healthy Living Cookbook](#)

## Instructions

1:

In a food processor, combine fruit, lemon juice and extract; cover and process until smooth.

## Notes

Ranch dressing can be made using the recipe in "Treasures of Healthy Living Cookbook" for a more flavorful, healthful contribution to this recipe.

Serve with fruit. Frozen fruit can be used-thaw before blending.



## Ingredients

2 cups fresh peaches  
sliced

2 cups strawberries  
sliced

1 tablespoon lemon juice

1 teaspoon almond extract

1 teaspoon cumin

Assorted fresh fruit for dipping

Salt and pepper to taste

# Toasted Almond Granola

Serves: 8 cups

Book: [The Daniel Fast](#)

## Instructions

1:

Place a rack in the upper third and middle of the oven and preheat to 325 degrees Fahrenheit. Line one large or two small baking sheets with parchment paper and set aside.

2:

Stir together oats, whole almonds, silvered almonds, sweetened coconut cinnamon and salt. Set aside.

3:

In a medium saucepan, melt together butter, oil, honey and sucanat until the sucanat is dissolved and the mixture begins to boil. Carefully stir together until well mixed. Add the vanilla extract. Pour the warm mixture over the oat and almond mixture and toss together with a wooden spoon, ensuring that all of the oat mixture gets moistened by the honey and oil mixture.

4:

Spread mixture onto prepared baking sheet(s) and bake for about 25 to 30 minutes. Stir the mixture twice during baking. Remove from the oven, let cool and store in an airtight container for up to two weeks.

## Notes

This recipe uses honey and sucanat so you may opt to save it for after the fast. It is delicious so make it an addition to your favorites.

## Ingredients

4 cups old fashioned oats

1 cup silvered raw almonds

1 cup whole raw almonds

1/2 cup sweetened shredded coconut

1 teaspoon ground cinnamon

1 teaspoon salt

3 tablespoons butter

1/4 cup olive oil

1/4 cup honey

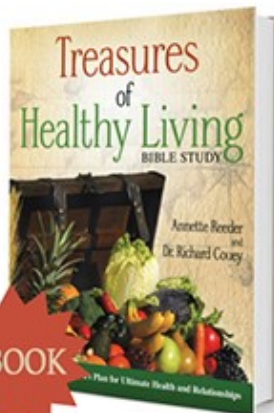
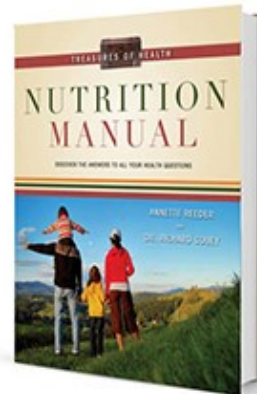
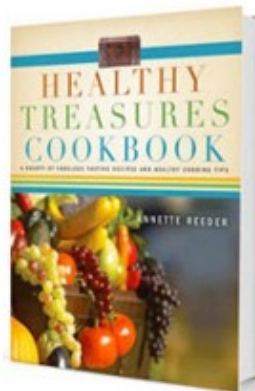
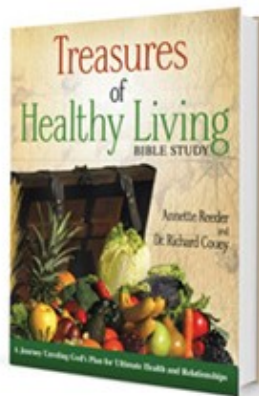
1/4 cup sucanat-any variety

1 teaspoon pure vanilla extract

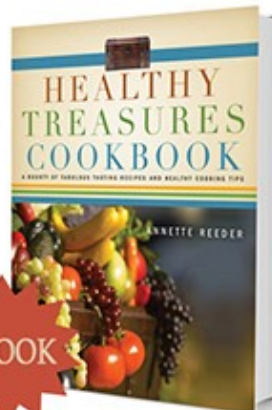


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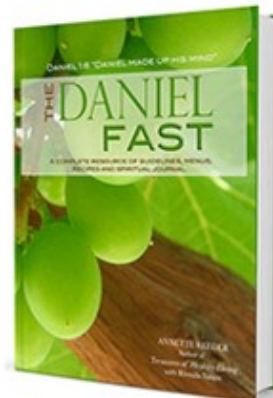
Thanks for downloading "10 Healthy Snacks for Kids".  
Make sure to check out Annette's cookbooks below.



E-BOOK



E-BOOK



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[www.TheBiblicalNutritionist.com](http://www.TheBiblicalNutritionist.com)