

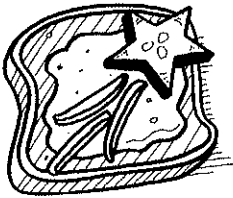
# Snacks That Surprise!

Healthy foods become mini works of art with these snacks your children will love eating. Even better, these snacks are so easy to make that your kids can have fun helping you put them together—and enjoy learning to cook for themselves.



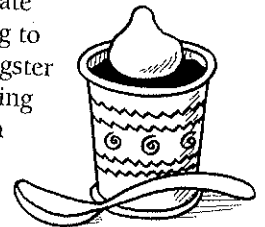
## Shooting-star zucchinis

Slice a zucchini into circles and a yellow pepper into thin strips. Then, have your child draw and cut out a star, put it on top of a zucchini slice, and cut the zucchini to match. Let her spread nonfat ranch dressing on whole-grain toast, place her "shooting star" on the bread, and add the yellow "tails."

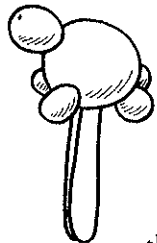


## Banana-split cups

For a sweet treat, prepare chocolate pudding with fat-free milk according to package directions. Have your youngster place banana slices and  $\frac{1}{2}$  cup pudding into each of four paper cups. He can top the pudding with a spoonful of nonfat whipped cream. Cover and refrigerate.



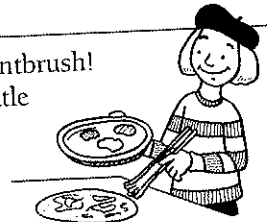
## Turtle popsicles



Ask your youngster to line a small cookie sheet with wax paper and scoop six balls of lime sherbet onto the pan. He can put a popsicle stick into each scoop and place the pan in the freezer. To make each turtle, he should put five toothpicks into a scoop after it's frozen and stick a green grape on the ends to make the head, arms, and legs.

## Celery painting

Use a celery stalk as a paintbrush! With kitchen scissors, cut little slits into one end of a celery stalk to create "bristles." Let your child put circles of jam (raspberry, apricot, and grape, for example) on a plate to resemble paint on a palette. Then, give her a slice of whole-wheat bread or a corn tortilla to "paint." After she's finished, she can eat her painting and paintbrush.



## Teddy-bear bagels

Have your child spread peanut butter on half of a whole-wheat bagel. Cut the other half into fourths, and let her put peanut butter on two quarters and attach them as the bear's ears. Then, she can add raisins for the nose and mouth and blueberries for the eyes. *Note:* For children with peanut allergies, substitute almond butter, sunflower seed butter, soy butter, cream cheese, or hummus.



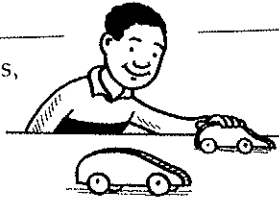
## Orange bowls

Slice an orange in half. With a knife, scoop out the fruit, and cut it into chunks. Have your youngster toss the orange pieces with blueberries, strawberry slices, or other fruit. He can heap the fruit salad back into his orange "bowl."



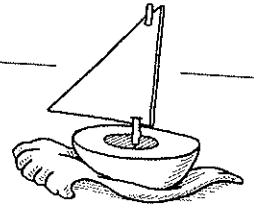
## Pear cars

Core and slice a pear into wedges, and place them flat side down. Have your child push two toothpicks (or uncooked linguini) through each wedge to make axles. Cut grapes in half, and let him attach one to each toothpick end so they look like wheels. This car will actually roll!



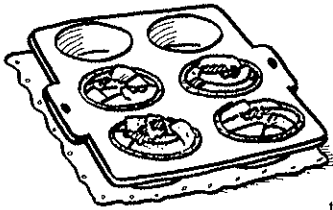
## Egg sailboats

Let your youngster slice a hard-boiled egg in half and put both sides (flat side up) on a plate. Then, have her cut two triangles from pieces of low-fat cheddar cheese. She can stick a thin pretzel stick into each egg half for a mast and into a cheese triangle for the sail. *Variation:* Cut a cucumber in half and let your child use a spoon to remove the seeds. She can fill the cucumber with yogurt and place it on romaine lettuce leaf pieces to look like waves.

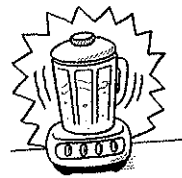


## Mini apple pies

Let your child flatten four slices of whole-wheat bread with a rolling pin and press each one into a muffin cup. Help her slice an apple. Then, she can toss the pieces with 1 tsp. brown sugar and  $\frac{1}{4}$  tsp. cinnamon and divide the mixture into the four cups. Bake 20 minutes at 350°.



## Magic smoothies

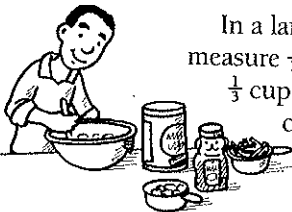


Green turns to pink with this recipe. Place 1 cup nonfat vanilla yogurt and  $\frac{3}{4}$  cup spinach leaves in a blender. Let your youngster hold down the button to puree the mixture. Then, have him add  $\frac{1}{2}$  cup water and 1 cup strawberries.

When he blends it again, he will see the green smoothie change to pink!

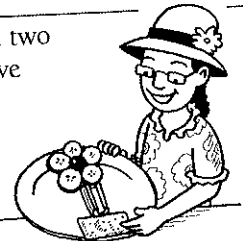
## Granola balls

In a large mixing bowl, have your child measure  $\frac{1}{2}$  cup peanut or almond butter,  $\frac{1}{3}$  cup honey, 1 cup old-fashioned oats, 1 cup shredded coconut, and  $\frac{1}{3}$  cup dried cranberries. Let him stir the mixture until combined. Place in the refrigerator for 30 minutes. Then, he can roll the batter into 20 nickel-sized balls. Refrigerate or freeze.



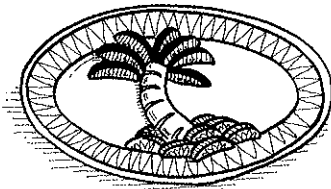
## Cucumber flowers

Cut 10 thin slices of cucumber and two 3-inch pieces of celery. On a plate, have your child assemble a pot of cucumbers. For each one, she can arrange five cucumber slices into a flower, add a grape tomato to the center, and use a celery piece for the stem. A multigrain cracker can be the flowerpot.



## Island fruit

Rinse and slice kiwi into circles, and cut the rings in half to make semi-circles. Let your child peel a banana, cut horizontal slits into it, and curve it on a plate to look like the trunk of a palm tree. She can set the kiwi pieces on top as leaves and put canned mandarin oranges (packed in their own juice, drained) around the base as an island.



## Ladybug crackers



Cut a strawberry in half lengthwise (remove the stem first). Then, have your youngster put whipped cream cheese in the center of a whole-grain cracker and one of the strawberry halves on top. Let him use cream cheese to "glue" on cereal rings for the eyes and raisins for the spots on the body.

*Editor's Note:* Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.