

Fun and Nutritious

AFTER SCHOOL SNACKS

Scrambled parfait olé

- Toast whole-grain bread. Scramble an egg. Layer in a sundae glass with salsa.

Hummus fondue.

- Stir low-sodium vegetable broth into hummus until fondue-like. Serve cool with cubes of whole-grain bread and cucumber on bamboo skewers.

Chips 'n' "favorite fruit" salsa.

- Have your child choose a seasonal fruit. Finely chop it, and stir $\frac{1}{2}$ cup fruit with $\frac{1}{4}$ cup salsa. Serve with whole-grain corn tortilla chips or grilled chicken strips.

Orange bowl.

- Scoop out an orange half. Cut a sliver off the rind on the bottom so it sits flat. Fill the orange bowl with whole-grain cereal and milk of choice. Place orange segments around it like sun rays.

Burger kebabs.

- Cook a veggie or turkey burger; cut into bite-size pieces; insert onto bamboo skewers with cherry tomatoes and whole-grain pita pieces.

Smoothie soup.

- Blend one cup frozen fruit of choice with $\frac{1}{2}$ cup each vanilla yogurt and 100% fruit juice of choice. Serve as chilled soup in a bowl or cantaloupe "bowl."

Ant attack.

- Spread a mixture of $\frac{1}{4}$ cup low-fat cream cheese and 2 tablespoons salsa onto a whole-wheat tortilla. Top with shredded leafy greens ("grass") and black beans ("ants").

Source: Academy of Nutrition and Dietetics



Nutrition and Wellness
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