

Scrumptious Snack Ideas for Healthy Kids

from *YUM: Your Ultimate Manual for Good Nutrition*
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Jazzed-Up Hummus



Mix together:

- 1 cup (250 mL) canned chickpeas, drained
- 1 ripe avocado (remove the skin, cut away the fleshy part, slice, and discard the pit)
- 4 Tbsp (50 mL) your very favorite salsa

You can enjoy the mixture in chunks, or blend all together for a great spread or dip – try this with crackers, whole grain bread, or vegetables.

One serving (4 Tbsp or 60 mL) provides: 78 calories; 4 grams fat (6 % DV); 0.5 grams saturated fat (3 % DV); 0 mg cholesterol (0 % DV); 140 mg sodium (6 % DV); 2.1 grams protein; 9.4 grams carbohydrate (3 % DV); 3.1 grams fiber (12 % DV); 0.6 mg iron (4 % DV); 15 mg calcium (1 % DV); 67 IU vitamin A (2 % DV); 4 mg vitamin C (6 % DV)

Scrumptious Smoothie



Place the following ingredients in a blender and blend until smooth:

- 1 cup (250 mL) plain or vanilla yogurt
- 1 cup (250 mL) milk
- 1 very ripe pear, chopped into smaller pieces
- 1 whole ripe banana, sliced
- 1/2 cup (125 mL) berries (frozen or fresh)
- 4 Tbsp (50 mL) ground flaxseeds

Makes about 4 cups (1 L). Any leftovers can be kept in the refrigerator and used later as a great after-school or pre-sports snack.

One serving (1 cup or 250 mL) provides: 168 calories; 6 grams fat (9 % DV); 2.0 grams saturated fat (10 % DV); 10.5 mg cholesterol (3 % DV); 69 mg sodium (3 % DV); 6.5 grams protein; 24.5 grams carbohydrate (8 % DV); 4.6 grams fiber (18 % DV); 1 mg iron (7 % DV); 188 mg calcium (17 % DV); 231 IU vitamin A (7 % DV); 5 mg vitamin C (8 % DV)

The Best-Ever Chocolate Chip Cookies



Mix together 1 cup (250 mL) all-purpose flour, 1 cup (250 mL) rolled oats, 1/4 tsp (1 mL) salt, 1/2 tsp (2 mL) baking powder, and 1/2 tsp (2 mL) baking soda in one bowl.

In another smaller bowl, mix together 1/2 cup (125 mL) butter, softened, 1 cup brown sugar, 1 egg, and 1/2 tsp (2 mL) vanilla extract.

Mix the butter mixture and the flour mixture together. Add 1 1/2 cups (375 mL) semi-sweet chocolate chips to this batter.

Spoon onto greased baking sheet about 1 Tbsp (15 mL) of batter per cookie. Bake at 375° F (190° C) for about 12 minutes, or until they are lightly brown – not too dark or they won't be nice and chewy!

Tip: You can also add walnuts, about 1/2 cup (125 mL) with the chocolate chips if you like for added protein and fiber. YUM!

One serving (1 cookie) provides: 141 calories; 6.4 grams fat (10 % DV); 3.8 grams saturated fat (19 % DV); 15.5 mg cholesterol (5 % DV); 71 mg sodium (3 % DV); 1.5 grams protein; 19.6 grams carbohydrate (6 % DV); 1.1 grams fiber (4 % DV); 0.7 mg iron (5 % DV); 16 mg calcium (1 % DV); 111 IU vitamin A (3 % DV); 0 mg vitamin C (0 % DV)