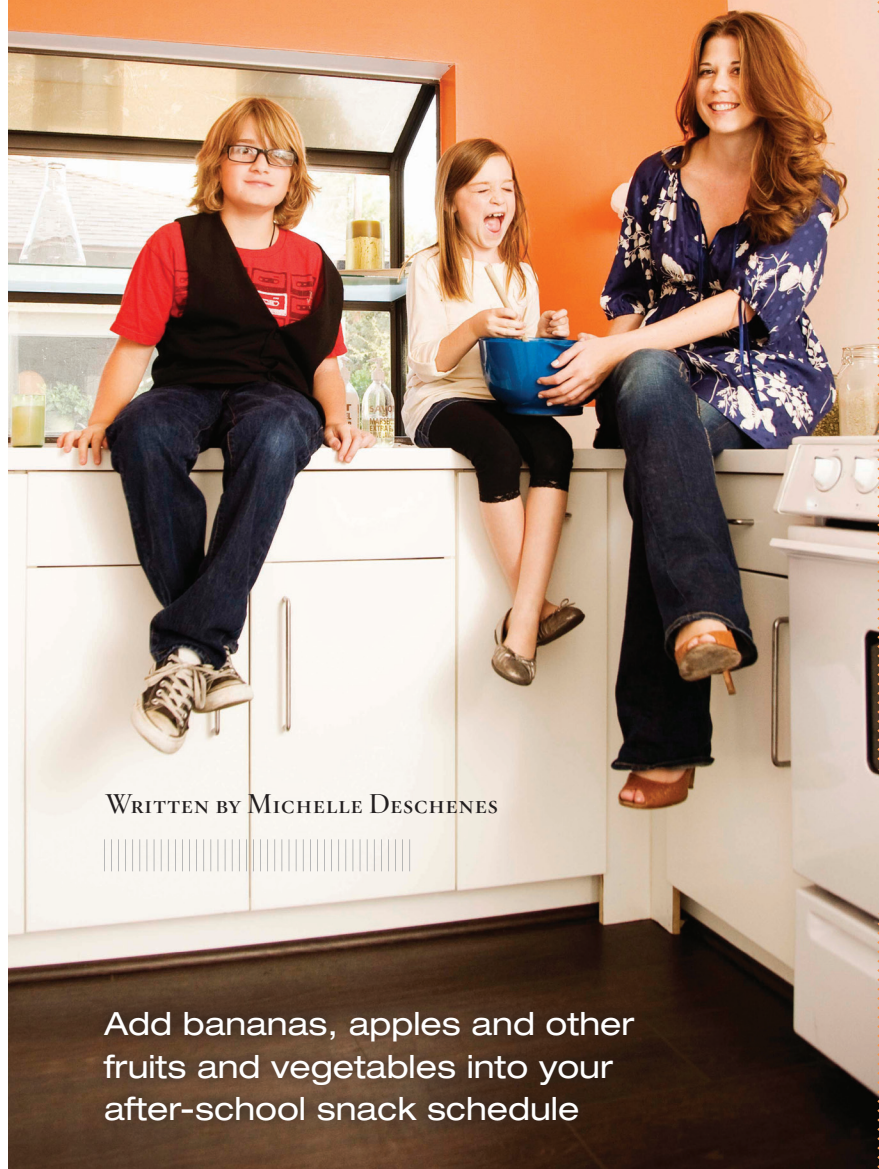


HEALTHY SNACKS, HAPPY HOME



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Add bananas, apples and other fruits and vegetables into your after-school snack schedule

After a few months of summer lounging, it's time to return to school—which means trying to find healthy snacks kids can enjoy when they get home.

Children love to be involved in the kitchen, so have them help in the preparation or even try executing these recipes themselves. This gives kids the confidence to create a healthy snack and provides a lasting impression that “health matters.”

Preparing food together also provides important bonding time with your child. Even when it comes to something as simple as making a snack together in the kitchen, kids love to be noticed and valued, especially by their parents.

So, whether you are a seasoned chef or accustomed to eating snacks out of the box, try these three fast and kid-friendly recipes. 🍌

Banana Cream Dream

Did you know eating bananas can cheer you up? Bananas are high in vitamin B6, fiber, potassium and other healthy vitamins and minerals. They also contain the amino acid tryptophan, which, when mixed with vitamin B6, produces serotonin—a natural mood-boosting chemical.

Ingredients

4 bananas

Preparation

Freeze the bananas for a few hours. Peel them, then put them in blender and blend until smooth.

For an even creamier treat, add 1/2 c. frozen coconut milk.



Melon Mix-Up

Melons are a great source of electrolytes like sodium and potassium. They are 92 percent water, which is just what you need after a long day at work or school. Melons are also an excellent source of vitamins C and A, beta-carotene and folate.

Ingredients

- 1/4 cantaloupe
- 1/4 honeydew melon
- 1/4 watermelon
- Juice of 1/2 lime and 1/2 lemon
- 1 or 2 tsp. agave nectar or honey
- 3 or 4 ice cubes

Preparation

Peel, seed and cut melons in to smaller pieces. Place all ingredients into a blender and blend until smooth.



Apple Salad

Apples provide vitamins, nutrients, fiber, pectin and healthy sugars. Pectin helps reduce cholesterol, high blood pressure and high blood sugar. It's best to eat apples with the skin on because that's where you'll find vitamin C and fiber. Apples also act like natural toothbrushes because they help scrub away tooth stains.

Ingredients

Salad

- 1 c. shredded cabbage (mix of red and white)
- 3 apples, diced (two red, one Granny Smith, unpeeled)
- 2 Tbsp. dried cranberries
- 2 Tbsp. raisins
- 2 Tbsp. sliced almonds or chopped walnuts
- 1 heaping Tbsp. sunflower seeds (unsalted)

Dressing

- 1/2 c. Greek or Soy yogurt
- 2 Tbsp. honey or agave nectar
- 1 Tbsp. apple cider vinegar
- 1 Tbsp. olive oil

Preparation

Mix the ingredients for the salad and then top or toss with the mixed dressing.

