



# KIDS!

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## Snacking Can Be Healthy and Fun!

Healthy snacks can be a great way to incorporate your daily required servings of fruits and vegetables. Here are few snacks that are quick and easy to make and sure to please!

### FUN KABOBS

**What you'll need:**

Grapes  
Strawberries  
Bananas  
Cheese, in small cubes  
Thin pretzel sticks



**What to do:**

Alternate the grapes, cheese, bananas and strawberries by pushing the pretzels through them like a kabob. Enjoy!

### TERRIFIC TRAIL MIX

**What you'll need:**

Dried cranberries or raisins  
Mini pretzels  
Oat squares cereal



**What to do:**

Add a small serving of each item to a clean Ziploc bag and shake to mix. Open the bag and start snacking! Try combining different items to make your own unique trail mix.

### YOGURT PARFAITS

**What you'll need:**

Greek yogurt (or any low fat/high protein yogurt you like)  
Low-fat granola  
Fresh or frozen berries, your choice



**What to do:**

In a bowl or short glass, first put a layer of berries, then a layer of yogurt, then a layer of granola. Repeat with another layer of berries, yogurt and granola. Grab a spoon and dig in!

### YUMMY CHIPS

**What you'll need:**

Your favorite type of apple  
Zucchini  
Canola oil spray  
Salt  
Cinnamon  
A grownup to help you cut and bake!



**What to do:**

Ask a grownup to preheat the oven to 275 degrees and cut the apple and zucchini into thin slices. Spray a cookie sheet with a small amount of canola oil spray and place the slices on the cookie sheet in a single layer. Bake for 1 hour, then flip the chips over so they bake evenly. Place the chips back in the oven.

Check every 30 minutes so they don't overcook. Take them out when they look crisp. Lightly salt the zucchini chips and lightly sprinkle the apple chips with cinnamon. Now enjoy your new favorite snack!



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