



Growth and Nutrition Program
300 Longwood Ave, Fegan 5
Boston, MA 02115
617-355-7713

ONE MINUTE SNACK IDEAS

Peanut Butter and Banana Grahams:

Take 2 graham cracker squares and spread peanut butter on both halves. Place 3-4 slices of banana on top of the peanut butter or one half and cover with the other half (peanut butter side in). Wrap in plastic wrap and freeze. Serve Frozen.

Dip with a Kick:

Combine 1 cup plain yogurt with 1 cup salsa. Chill and serve with cut veggies.

Trail Mix:

Toss light microwavable popcorn with Cheerios, dried fruit bits, pretzel twists, and roasted, unsalted peanuts. (For children over three.)

Fruity Parfait

Put 1/3 of one (8oz) container of low-fat vanilla yogurt in a paper cup or medium-size glass tumbler. Top with 1/2 cup chopped fruit of blueberries and 2 tablespoons of Grape-Nuts. Repeat layering.

Frozen Fruit Treats:

Combine 1 (15oz) can pear halves or slices and 1 small carton (6-8oz) of low-fat vanilla yogurt in a blender. Process until smooth. Divide mixture evenly into paper cups and insert craft stick in center of each pop. Freeze until firm – about 3-4 hours.

Zucchini Melts:

Slice zucchini into rounds. Sprinkle with Monterey jack cheese and chopped red bell pepper. Microwave on high for 1 minute or until cheese melts.

Peanut Butter Sundae:

Place 2 tablespoons creamy peanut butter in a small microwave-safe dish. Heat until melted – about 1 minute. Drizzle over 1/2 cup frozen yogurt.

Crunchy Banana Split:

Halve banana lengthwise. Spread 1 half with 2 tablespoons peanut butter. Press in 2 tablespoons of cornflakes or other cereal of your choice. Top with other banana half and cut in half.



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Mini-Fruit Kabobs:

Cut cheese into cubes - about the size of dice. Slide 1 grape and 1 piece of cheese on a toothpick. Repeat with the remaining cubes of cheese and grapes. (For children under three, cut grapes in half.)

PB, B, and J Waffles:

Toast multigrain waffles. Layer with peanut butter, jelly, and banana slice. Top with another waffle. Cut into four pieces.

Bagel Bites:

Spread 2 tablespoons of pasta sauce on a bagel half. Sprinkle with shredded mozzarella cheese. Bake in toaster oven or broil in the oven until cheese is brown.