

# Healthy After School Snacks

Have healthy snack options available for your kids at home to help them excel in school and have more energy throughout the day. Healthy snacks, combined with brainy breakfasts and nutrient-dense lunch + dinners, support a balanced diet.

## ORANGE CRANBERRY MUFFINS

### Ingredients:

- 1 medium orange, peeled and chopped
- 1/2 cup orange juice
- 1 large egg
- 1/4 cup vegetable oil
- 1 cup all-purpose flour
- 3/4 cup whole wheat flour
- 1/2 cup sugar
- 1/2 cup applesauce
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon kosher salt
- 1/2 cup dried cranberries, chopped

### Directions:

Preheat the oven to 375°F. Blend orange, orange juice, egg, applesauce and oil in a blender until smooth. In a medium bowl, whisk together the flour, sugar, baking powder, baking soda, and salt; whisk to incorporate. Make a well in the center of the dry ingredients; pour the orange mixture into it and stir to make a thick batter. Stir in the cranberries. Pour mixture into greased muffin tins and bake until muffins are golden (about 20-25 min).

## CUCUMBER BOATS

### Ingredients:

- Small cucumbers, such as Kirbys
- 1 cup plain Greek yogurt
- 1 teaspoon sugar or honey
- 1/4 teaspoon salt
- Cumin or other spices like Turmeric

### Directions:

Halve cucumbers lengthwise and scoop out seeds with a spoon or a melon baller. Mix plain yogurt, sugar, salt and a dash of cumin or other spices. Spread the mixture into hollowed cucumbers and serve!



# FRUIT DIP

## Ingredients:

- 1/4 cup plain Greek yogurt
- 1 teaspoon brown sugar
- 1/4 teaspoon cinnamon
- Various fresh fruit

## Directions:

Mix yogurt, brown sugar and cinnamon together and serve with cut up fresh fruit.

# PEANUT BUTTER SAUCE

Tired of just peanut butter? Mix it up with this unique sauce and serve with fresh veggies or over whole wheat noodles.

## Ingredients:

- 3 tablespoons of peanut butter
- 1 tablespoon of honey
- A splash of soy sauce
- A few drops of sesame oil
- Veggie slices (Carrots, celery, etc.)

## Directions:

Mix peanut butter, honey, soy sauce and sesame oil together and add water as needed to thin mixture. Serve as a dipping sauce for fresh veggies!